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Photo: Canadian Armed Forces



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while protecting ourselves!**

Information and advice inside.

**Votre
gouvernement**

Québec

Military presents report on long-term care homes, in Québec

Staffing, protective equipment still a challenge in Quebec long-term care homes

CBC- Patients in CHSLDs account for more than 60% of deaths in province A report prepared by the Canadian military about Quebec's long-term care homes says the division between "hot" and "cold" zones, proper use of protective equipment and staffing shortages remain major challenges in the facilities.

The report was shared with the Quebec government Tuesday night and made public this morning, on the heels of a separate, more damning report a day earlier about conditions in Ontario.

The Quebec report provides an account of the conditions in 25 homes where members of the military have been assisting during the pandemic.

In many cases, the military describes how equipment and staffing were inadequate when they arrived but have since improved.

Helped train staff

At the Centre d'hébergement Saint-Laurent in Montreal, for example, the report notes some staff weren't properly using protective equipment and were moving between "hot" zones, for those who have tested positive, and "cold" zones, which are supposed to be COVID-free.

The report said military personnel helped train staff to improve the situation.

Problems in Quebec's long-term care homes, known by their French initials as CHSLDs, have already been well-documented.

Quebec's nursing homes deaths

More than 60 per cent of deaths related to COVID-19 in Quebec have occurred in CHSLDs.

Workers on the front lines have described

chaos inside the homes, including a lack of protective equipment for staff and for residents who had not yet caught the disease.

Soldiers first arrived in Quebec in mid-April, as the crisis unfolded. Since then, according to the report, the situation has improved, though some problems persist.

Narcotic medications gone, not enough orderlies

For example, at Vigi Mont-Royal, another Montreal residence, the report notes a shipment of narcotic medications seemed to have disappeared, and care units were short of supplies of some items.

"A lack of medical equipment is often noted during shift changes, and the soldiers had to intervene several times to offer solutions to allow the nursing staff to do their work safely," the report says.

According to the report, there still aren't enough orderlies at many of the homes.

At CHSLD de la Rive, in Laval, the report noted a persistent shortage of staff, saying "most of the people who work at the centre are volunteers with little or no CHSLD experience."

More than 1,675 troops have been deployed to long-term care homes in Quebec and Ontario to help with residents' day-to-day needs, to clean the facilities and distribute meals.

Military 'not a long-term solution'

The Canadian military's report on Ontario detailed allegations of elder abuse in five Ontario long-term care homes, describing residents being bullied, improperly fed and in

some cases left for hours or even days in soiled bedding.

Ontario Premier Doug Ford described the report as "gut-wrenching."

Prime Minister Justin Trudeau said Wednesday the federal government will be part of reforms to improve conditions in Quebec and Ontario as they try to "regain control of their systems."

"Obviously the report highlights a number of preoccupying issues," he said, adding there will be a need for "much longer conversations" about how to ensure seniors get better care.

"We're very lucky to have the military, but it's not a long-term solution."

Trudeau deeply disturbed about reports on long-term care homes

Prime Minister Justin Trudeau said the report underscores the need to improve standards of care for seniors in long-term care homes across the country, and said the federal government will support the provinces' efforts to do that going forward. Long-term care falls under provincial jurisdiction.

"We need to do a better job of caring for the people who built this country," Trudeau said. "The greatest generation saw us through World War Two. We need to be there to support them properly through this global crisis."

Over 1,675 troops have been brought in to backstop five long-term care homes in Ontario and a further 25 in Quebec. Their duties include helping residents with day-to-day needs, cleaning the facilities and meal distribution.

It is unclear whether similar abuse allegations have been levelled at long-term care facilities in Quebec. The federal Public Safety department

has said a similar assessment is being prepared for that much larger operation.

Trudeau said Ontario and Quebec have asked that the deployment of troops in long-term care homes be extended until the end of June.

Quebec's long-term care homes struggle with heat during pandemic

People with chronic physical or mental health conditions and the elderly are especially vulnerable to high heat and humidity.

With the COVID-19 pandemic also impacting people with disabilities and those over 70, long-term care homes are facing a doubly challenging situation: how to deal with the heat while preventing further spread of the novel coronavirus.

1/3 of rooms with A/C

Fewer than a third of the rooms have air conditioning in the province's long-term care institutions (known as CHSLDs), where the majority of cases with complications and most of the COVID-19 deaths have occurred.

Premier François Legault has said 97 per cent of CHSLDs have at least one zone that is air-conditioned — but shared spaces indoors are off-limits in the institutions, because of the risk of spreading the virus.

Health Minister Danielle McCann acknowledged the pandemic makes it difficult to offer residents a place to cool off.

"It's going to be more complicated this year," she said.

Facilities will have to be careful not to mix those who have COVID-19 and those who don't, she said.

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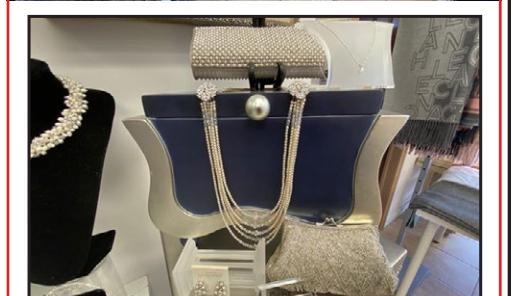
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Laval restaurants file lawsuit against their insurers

Class action launched alleging non-respect of 'business interruption' clause

(NEWSFIRST) A group of Quebec restaurant owners, including some in Laval, have joined forces to file a class action lawsuit against their insurance companies after the latter refused to honor claims stemming from damages caused by the COVID-19 pandemic.

Ordered to shut

The COVID-19 pandemic forced bar and restaurant owners across Quebec to shut completely on March 23. This came about following an order issued by the government of Quebec. The effect has led to enormous losses for the restaurateurs and bar owners, however.

"Unfortunately, quite a number of insurers that cover restaurants are refusing to honor their obligations by denying the fact that the impact of this pandemic was an insurable risk," said lawyer Laurent Debrun of the firm Spiegel Sohmer who is representing three of the claimants.

Three claimants

The claimants are the Bâton rouge and l'Elixir in Laval, as well as 21st Century Foods of Montreal. They are respectively suing insurers Allianz Global Risks, Promutel Assurance and Intact Assurance in Quebec Superior Court.

For their part, the insurers are claiming that the restaurant owners didn't suffer any physical losses caused by a disaster (such as a fire or flood), but rather are victims of a governmental decree. At least one of the insurance companies replied as such to a claimant, suggesting that



Me Laurent Debrun de Spiegel Sohmer.

compensation should be sought instead from government assistance programs that have been set up.

Claim not among exclusions

On the other hand, their lawyer maintains that the policies held by the restaurateurs were for comprehensive coverage, including all possible risks, except for certain specific exclusions. He pointed out that "interruption of business" is not among the exclusions and that it should be considered a valid claim during a pandemic.

The lawyer is asking for \$739,314 for Bâton Rouge, \$570,000 for Elixir, and \$270,000 for 21st Century Foods. Some other restaurateurs in the province have also come forward to say they too might want to join the class action suit.

Mobile COVID-19 screening unit soon available in the Laurentides region.

On May 25, the Public Health Department of the Integrated Center for Health and Social Services (CISSS) in the Laurentians deploys a mobile COVID-19 screening unit, no appointment required, for the Laurentides region.

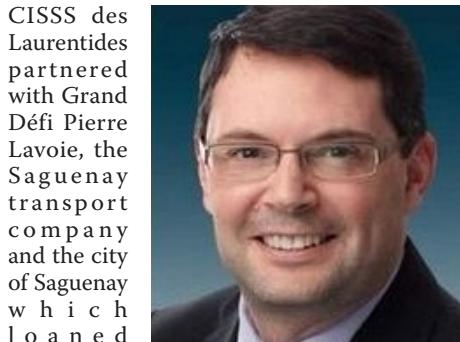
The current pandemic has led all of the CISSS des Laurentides' departments to review their methods of intervention in order to be innovative in meeting the needs of the population.

Thus, the mobile screening unit will serve to significantly increase the number of screenings for

COVID-19 and to increase the accessibility of the screening service to the population in areas of particular geographic challenges or with reduced access to services, who are vulnerable or having an outbreak.

This mobile screening unit will be of great importance in ensuring the protection and security of the citizens of the region in the face of the current pandemic.

However, the deployment of such a project obviously cannot be done without the collaboration of different partners. This is why the



CISSS des Laurentides partnered with Grand Défi Pierre Lavoie, the Saguenay transport company and the city of Saguenay which loaned the bus as

well as the Centre de formation du transport commercial de Saint-Jérôme as well as the Rivière-du-Nord School Board, which made its drivers available.

"In times of crisis, support and mutual aid are at the heart of the action. Thank you very much to our various partners for being there to support the Laurentian Public Health Department. We are extremely grateful to you," said Dr. Éric Goyer, Director of Public Health.

2-year-old child dies in freak accident

(NSN) A 2-year-old child died on Saturday in Saint-Eustache after being seriously injured when a van rolled over his body in a private entrance.

The drama took place around 1 p.m. on rue Bigras.

According to the Saint-Eustache City Police Service, this is a dumb accident.

"It all happened in a driveway entrance to a private residence. It was a pick-up truck that struck the child during a maneuver. The child was at the family home," said Lieutenant Detective Audrey Bouchard in an email sent to the press.

An urgent message to the Government of Canada from the publishers of Canada's major newspapers

Around the world, governments are moving to correct an historical inequality that dates back to the birth of digital media platforms.

In April 2020 alone, Australia and France both announced plans to make sure Google and Facebook pay their fair share, instead of exploiting tax loopholes while making billions of dollars off the back of original content producers.

We, the undersigned publishers representing the vast majority of Canadian newspapers, call on Ottawa to follow the example of France and Australia.

The situation is urgent, with media companies suffering huge advertising revenue declines because of the Coronavirus pandemic. Other governments recognize the need for speedy intervention. Both France and Australia have set deadlines to have mandatory solutions in place by July. That means paying for copyrighted content and sharing the advertising dollars and data that flow from it.

We encourage the Federal Government to follow the advice of its own expert panel set up to review the Broadcasting and Telecommunications Acts, which recommended similar measures. The model exists. The need is clear. Let's apply those principles of fairness in Canada, and do it now.

Respectfully,

George Bakoyannis
George Guzman
Co-publishers



John Boynton
Publisher

TORONTO STAR

Bob Cox
Publisher

Winnipeg Free Press

Phillip Crawley
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Quebecor, President and Publisher



Opinion & Editorial



Tax Freedom Day came early, but still little to celebrate

Have you ever wondered how much you actually pay in taxes each year?

While tax returns help us understand how much income tax we pay, it's difficult for most Canadians to calculate their total tax bill.

In Canada we pay many taxes to the federal, provincial and local governments. Some of these taxes are visible but many are hidden, which adds to the confusion about how much we actually pay.

Not only do we pay income taxes, we pay property taxes, payroll taxes such as the Canada Pension Plan, health taxes, sales taxes such as the GST, carbon taxes, taxes on gasoline, taxes on imported goods, 'sin' taxes and so on.

To be clear, Tax Freedom Day doesn't measure the benefits or quality of services Canadians receive from government in return for their taxes. Rather, it looks at the price paid to receive a product in the form of government.

Understanding your family's total tax burden is important to assess the value you receive from government services and income transfers. It's ultimately up to Canadians to decide if they receive good value for these services.

In 2020, we estimate the average Canadian family (consisting of two or more people) earning \$115,735 will pay \$43,671 in total taxes – or 37.7 per cent of their income. In other words, if you paid all your taxes for 2020 up front, you'd give government every dollar you earned before May 19 – Tax Freedom Day.

After working the first 139 days of the year for government, you're now working for yourself and your family.

However, there isn't much to celebrate this year.

This year, Tax Freedom Day came much earlier than usual because the estimates of income and total taxes for average Canadian families have

been significantly impacted by the COVID-19 recession.

The earlier date has nothing to do with the federal government or any provincial government reducing taxes.

When the economy slows and incomes decline, the average family's taxes tend to be reduced to a greater extent than its income. There are several reasons for this, including Canadians falling into lower income tax brackets due to lower incomes and reductions in sales taxes paid due to reduced consumption.

Canadians may rightfully also be thinking about the economic and tax implications of the budget deficits our federal and provincial governments will run this year. The federal government projects a \$252.1-billion deficit in 2020, while cumulative deficit for the provinces is expected to reach \$63.1 billion.

Of course, today's deficits must one day be paid for by taxes. This means the combined projected federal and provincial government deficits of \$315.2 billion should be considered as deferred taxes.

So if Canadian governments had to raise taxes to balance their budgets instead of financing spending with deficits, Tax Freedom Day would arrive more than two months later, on July 26.

The economic responses to COVID-19 will undoubtedly have large future implications for levels of taxation and the state of government finances for the federal and provincial governments.

May 19 may seem early for Tax Freedom Day, but without a significant change in policy direction, all signs point to a much later day in the future.

Jake Fuss

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THAT'S WHAT I'M THINKING

Robert Vairo



What's Next?

I wonder, and worry about what comes next. We have been shut down and shut out approaching three months and finally some parts of the economy are coming back to life. Some provinces have clearly done better than others in 'flattening the curve', but so far very few regions and countries have actually declared the virus 'dead'. New Zealand has, so has Taiwan, South Korea, Singapore, and Hong Kong. It will never be dead or completely eradicated. Under control, is a more realistic phrase. There will always be new cases, until there is an effective vaccine. And there is hope. Canada's Dalhousie University as you know is approved for first clinical trials for the coronavirus vaccine. But it's in cooperation with a government controlled Chinese firm. Not at all to my liking. The manufacturer is CanSino Biologics Inc., a Chinese vaccine company. "The intellectual property rights for the vaccine will stay in Chinese hands" according to the Canadian Center for Vaccinology. It may work. If it does, it would be a very proud moment for Canada. Although I'm not sure how many Canadians will want a China made vaccine. How many of us trust authoritarian China today. There's also US Moderna labs partnering with a Swiss group, and OXFORD U. is with a Montana firm, all in search of THE vaccine. So there is a lot of hope. But hope needs an audacious and robust plan of action.

This has been a horrific shock. After all this suffering, isolation, strained and broken relations, conjugal violence, unemployment, and a world economy on its knees, this had better not happen again, but it might.

Many, including Dr Tony Fauci are predicting a resurgence of the virus this autumn. Developing countries South Africa, and Brazil, combined populations of 270 million, are just starting to see the virus appear. The Canada US border may be reopened too soon. So something like this could happen again in Canada. It may be worse. Dr. Robert Glatter, an emergency physician at Lenox Hill Hospital in New York City says "Combined with the usual autumn influenza, the intensity of both viruses could make our initial COVID-19 look benign".

There are issues we must confront now to prevent it. For example, some scientists are fearful of our over sanitizing. All our attempts against COVID-19 by cleaning, sanitizing, spraying city sidewalks, buses etc. could lead to a super bug resistant to alcohol. Scientists are already talking about diseases whose names even my computer spell check can't get right. Sanitizers may not work or be as effective the next time.

And then there is drug resistance. Bacteria change and evolve so that a drug we once knew and saved us, can no longer perform miracles.

We can not afford to go through this again. Canada's money has been spent. An RBC newsletter says we have "no more fire power" if we are hit again. So what's the solution. The best way to stop a pandemic is to never let it start. We can't enforce good hygiene in a Wuhan wet market. But we can look at home. This virus exposed Canada's weak chief physician who is

re-active and not pro active, and exposed weak top doctors in Quebec and Ontario. It exposed woeful inadequacies in our health care system, the worst being nursing homes, where our seniors led the number of fatalities across the country. This must not happen again. There is just too much pain.

Is the answer global cooperation? The WHO is racked with politics and can't be trusted. Neither can the world's two super powers, the US and China.

Canada must first become as self-sufficient as possible in as many areas as possible. Mr Trudeau, please stop these daily media managed appearances and return to Parliament. We must absolutely develop our own supply chain in health, food, and energy and stop relying on others. This is a health care crisis. We absolutely must focus and spend in our health care system and health care workers. Remove the layers of crippling health department bureaucracy that prevent provinces like Quebec and Ontario to respond swiftly and effectively.

I've been reading a Dr. Jim Yong Kim a British physician and anthropologist with a list of credentials the length of a gurney. He suggests the five-pronged "weapons" we have been using. We all know them by now. Social distancing, contact tracing, testing, isolation, and treatment. Says Dr. Kim, "Do this over and over and you will defeat the virus". CONTACT TRACING jumped out at me. It has to be done without violating our privacy rights, especially if using a smart phone app. It's very labour intensive and involves a lot of detective work. BC got it. It ramped it up early, increased its staff six-fold, and now attributes CONTACT TRACING as one of the main reasons it has been able to control this virus.

We have to be on the offensive for the next enemy. We must do our part. Continue distancing, hand washing, masks. And our governments must rectify health care, secure our supply chains, reduce layers of bureaucracy. We will then have the confidence as Canadians to attack the next wave, or new virus, quicker and more efficiently, and save precious Canadian lives.

That's what I'm thinking.

Day camps open as of June 22

After being on hold, municipalities as well as independent day camps have been given the green light from the government of Quebec to operate during the summer. On May 21, 2020, the government announced the authorization to operate day camps as of June 22, 2020 and the postponement of the relaunch of vacation camps to 2021, with the exception of certain specialized camps for people with special needs.



DIMITRIS ILIAS
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The experience, however, will be very different given that a slew of extra measures has been taken in order to prevent the spread of the virus. The COVID-19 Camp Relaunch Guide has been prepared and posted, in French only, by the Association des camps du Québec, in close collaboration with the Association du loisir municipal and the Network of regional leisure and sport units in Quebec. The document was also commented on by various partners and collaborators, including the Direction générale de la santé publique du Québec (DGSP), which approved its final content and distribution.

The measures presented there are aligned with those applied in school and early childhood care settings (CPE and daycare) and respond to instructions from the Department of Public

Health. The guide will allow day camp managers to be better equipped to assess their capacities (financial, accessibility to premises, etc.) and their willingness to open their doors.

Certain questions specific to family camps and camps for people with special needs are still being studied by the DGSP. Missing information will be communicated as soon as possible.

The four directives of the Department of Public Health

1. Physical distance: A space of 2 meters between participants has to be ensured and organization of the physical environment favoring the maintenance of this distance between all individuals.

2. Outdoor activities have to be favored and limitation of use of indoor premises in case of rain only by respecting the maximum number of participants per room to respect physical distance.

3. Limitation of physical contact: Direct and indirect contact between individuals has to be minimized, in particular by scheduling activities and games limiting the sharing of non-disinfected material between participants (balloons, balls, pencils, brushes, scissors, helmets, disguises, bows and arrows...).

4. Hygiene measures: Sanitary rules including the cleaning and disinfection of premises and equipment, furniture and sanitary facilities and personal hygiene routines, including washing the hands of participants and Staff have to be rigorously applied and enforced.

Denis Martin re-elected to union of Quebec municipalities executive

(NSN) The Union of Quebec Municipalities (UMQ) renewed their outgoing members of its Executive Committee for the year 2020-2021, committee on which the mayor of the City of Deux-Montagnes, Mr. Denis Martin, sits. The meeting took place on May 20th.

Honored by the confidence shown in him once again by the UMQ's board of directors, particularly in this time of health crisis, Mayor Denis Martin will therefore continue to use his experience on the Executive Committee, the organization's senior level of authority: "I am extremely committed to the continuation of the work carried out by the committee, in particular since the beginning of the COVID-19 crisis. Economic recovery is one of the most important phases and I intend to participate actively in the search for solutions to support municipalities in coping with this important challenge," he said.

Mayor Denis Martin also occupies the function of president of the Commission on the economic development, which also adds to his role of prefect of the MRC of Deux-Montagnes and member of the commission of transport of the Metropolitan Community of Montreal (CMM).

About the UMQ

For the past 100 years, the UMQ has repre-



sented local governments in every region of Quebec. The UMQ mission is to provide strong leadership for effective, autonomous local governments by mobilizing municipal expertise, supporting members in carrying out their functions, and promoting enhanced municipal democracy. UMQ members, representing over 85% of the population and land area of Quebec, are grouped into affinity caucuses: local municipalities, central municipalities, regional cities, major cities, and municipalities in the Montreal metropolis.

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Watering your lawn: not a free for all

Canadians have always been enamoured with nature. A well-kept lawn, just like in England, is considered by many a sign of respect, love of nature and care towards your property. Part of taking care of your lawn is watering it especially when you put in new grass. Here in Canada, being the world's third largest per-capita freshwater reserve, we have been spoiled in the way we use fresh water. When in other countries water is rationed, taxed heavily and sold as a commodity, here it can be used freely to water your lawn. Well...could be used freely but not lately. Canadians can no longer be assured that our waters are abundant, safe and secure. As global temperatures continue to increase, our glaciers melt, permafrost thaws, river flows become unpredictable and lakes warm and fill with toxic algae.



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North Shore cities join forces

Keeping these hard realities in mind, the cities of Blainville, Boisbriand, Mirabel and Sainte-Thérèse are joining forces to deploy a vast communication campaign aimed at emphasizing that when it comes to watering, we should not exaggerate. These cities have changed their regulations to better distribute the consumption of drinking water necessary for lawn maintenance and landscaping. The new schedule has been in effect since April 15.

"We all buy our water from the same place in Sainte-Thérèse which has the filtration plant so it makes sense for all of the client cities to have a common strategy" said Boisbriand mayor Marlene Cordato.

In addition to provoking a reflection among citizens regarding excessive watering, the cities hope that this campaign will raise awareness among the population of more efficient management of drinking water consumption. It is important for all citizens to mobilize and take significant action to preserve, particularly during the summer period, this unfortunately exhaustible and expensive resource.

Watering tips

Some tips can help maintain land while reducing its water consumption, such as:

Installing a rainwater collection barrel.
Redirect the water from the gutters into the flowerbeds or onto the lawn.

Avoid cutting the lawn during dry periods and keep the lawn 6 cm high so that it retains more moisture.

Practice grass cycling, which consists of leaving the cut grass on the ground when mowing.

Use a rain gauge to find out how much water has fallen on the lawn, as only 2 to 3 cm per week is enough to keep the lawn healthy. If you have not already done so, citizens are invited to program their automatic sprinkler according to the schedule in effect in their municipality. Consult the section Drinking Water of the City's Internet site for the new regulations in force.

Rules



Automatic watering with programmable buried sprinklers set to the different times and schedules allowed for each zone and city. For the older mechanical types they can be opened and closed manually as per the schedules for each city.

Hand held gun watering as well as washing of vehicles and watering of flowers is allowed at all times on the condition of strictly using the water necessary for these ends.

Pool filling is permitted every day between midnight and 4 p.m.

Seeding and new peat

During seeding or sodding work, it is possible to obtain a temporary watering authorization allowing automatic watering or mechanical, without schedule restrictions. "We ask people to call and obtain this permit" said Cordato. For the first time in 2020 this kind of permit is also available online. They are free for Boisbriand but could carry a price tag in other cities, they have a limit of days that can be used and are not renewable.

Use of drinking water for other purposes

It is prohibited to use water from the Municipal aqueduct to clean parking areas and paved driveways.

However, it is permitted to use water from the Municipal aqueduct to clean parking areas and paved driveways on the strict condition that the cleaning is done with a self-closing lance and that it aims to prepare the surface to receive a protective coating or sealer.

It is prohibited to use the water from the municipal aqueduct to ensure the functioning of a



fountain, a waterfall, an artificial waterfall or any such arrangement, unless such arrangement is provided with a water recirculation pump.

Sainte Thérèse water purification plant

All of these measures are taken by the cities in order to reduce the strain at the filtration plant which serves over 120,000 people. Built

in the 1950s, its initial capacity of 13,600 m³ / d but was upgraded many times (1965, 1979, 1992-1993) to reach 126,000 m³ / d in 2008. It was automated during the last upgrade (2005-2008). The plant has now a daily production capacity of 128 000 m³

Don't hesitate to ask for a COVID-19 screening test



(NSN) The Integrated Center for Health and Social Services (CISSS) Laurentides encourages anyone with flu-like symptoms, onset or worsening of a cough, difficulty breathing, symptoms of gastroenteritis or loss of smell without nasal congestion to make an appointment for a COVID-19 screening test.

Even in case of minor symptoms, the Integrated Center for Health and Social Services (CISSS)

Laurentides urges everyone to make an appointment in order to protect one's health, while preserving that of others.

"With the gradual deconfinement started, vigilance is required. In this sense, we invite the population to monitor their state of health. As the Laurentides region has the capacity to respond to an

increase in requests for screening tests, you should not hesitate to go to a designated clinic for a COVID-19 screening," explained the director of public health for the Laurentians, Dr. Éric Goyer.

According to Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides, each person must be vigilant to protect those around them: "The population should not hesitate to take the test." As announced by the Government of Quebec, the Laurentians region is participating in a diagnostic strategy massive to have a more accurate measurement of community transmission. "The more screening tests are carried out, the more the results will provide a fair portrait of the state of health of our population. The deconfinement can thus be better controlled," concluded Ms. Landry.



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DIMITRIS ILIAS

Local Journalism Initiative Reporter
For The North-Shore News
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Rosemère

Town Hall reopened to residents on May 25.

As part of the gradual deconfinement of Rosemère and the rest of the Communauté métropolitaine de Montréal (CMM), as announced by the Government of Québec, the Town started cautiously reopening its administrative offices as of May 25.

However, the Town strongly suggests that residents make an appointment, as much as possible, before coming in person, and encourages them to continue to give priority to communications,

payments and sending documents either electronically or by telephone in order to ensure a safe reopening for everyone. To prevent the risks associated with the spread of the virus, the Town has implemented a number of health and distancing measures to ensure the health and safety of employees and residents, while complying with government guidelines. For example, they have rearranged the common areas and work spaces in their buildings in order to abide by the 2-metre rule between employees and also between employees and residents.



"Since the beginning of this pandemic, we have been pursuing clear objectives to maintain essential services and virtual programming for residents, while looking after our employees' well-being. Over the past few months, all our employees have continued their work from home in order to offer a variety of services. With

the partial opening of several areas of activity, we hope, as a first step, to reopen the administrative offices to residents so as to be in step with this economic recovery," stated Rosemère Mayor Eric Westram.

In this first phase, the reception, the municipal court, public works and also the recreational activities counter will reopen on May 25. For the time being, the library will remain closed to residents.

Since May 20, the tennis and pickleball courts for singles practice sessions as well as the Bouthilier Marsh for hiking have opened to residents. Starting June 1, the Charbonneau Park skatepark will open according to a plan to be announced to residents shortly. And lastly, starting June 22, day camps will be able to welcome Rosemère children.

Saint Eustache

The city is asking the residents to help them help local businesses!

In order to come to the aid of local merchants hard hit by the pandemic, IDÉ Saint-Eustache, in collaboration with the City of Saint-Eustache, invites citizens to respond to a short survey on their consumption habits.



"We know that purchasing habits have changed considerably since the start of the pandemic. People shop more online and want to encourage shopping at local stores, in addition to promoting products made here. How do they get from intention to action?" mayor of Saint-Eustache, Pierre Charron was asked.

The objective of this survey is to properly target the interventions of local economic development authorities in order to support local merchants, where it will be most useful.

"The concept of local purchasing is on everyone's lips currently; we firmly intend to support this movement. By participating in the survey, you are helping us help local businesses", concluded the mayor.

Sainte-Thérèse

The City invites the citizens to the 21st edition of its annual blood drive, next June 2 and 3, between 10:30 a.m. and 7 p.m. 30, by appointment only, at the Thérèse De Blainville Cultural and Community Center (120, boulevard du Séminaire).

In the current pandemic context, everyone is encouraged to visit www.hemaquebec.qc.ca to validate their eligibility.



"For many weeks, the men and women of Sainte-Thérèse have been putting their shoulder to the wheel, respecting government instructions in order to get through this ordeal as best as possible. Today, I appeal once again to your generosity and your kindness, because the needs for blood donations are great. Thank you for making a difference!", underlined Sylvie

Suprenant, mayoress of Sainte-Thérèse.

This year, Normand Toupin, municipal councilor in Sainte-Thérèse, will proudly assume the role of honorary co-chair of the fundraising alongside Alec Lupien, a Secondary 5 student at Polyvalente Sainte-Thérèse: "Due to an anomaly in the blood exchange between my mother and me, I was born with a third of the normal amount of blood of a baby. So I had severe anemia and hypoxemia, which affected my kidneys and my brain. I had to get a blood transfusion quickly. Blood donations save lives! Thank you for your generosity."

"Organized by the Fire Department of the City of Sainte-Thérèse, in collaboration with the Polyvalente Sainte-Thérèse, this event aims to host the ambitious number of 350 donors, making it the one of the largest blood drive campaigns in Quebec.

Blainville

The Richard-Garneau Stadium athletics track is now accessible, according to the following schedule: Monday to Friday, 5 p.m. to 9 p.m. Saturday and Sunday, 8 a.m. to 11 a.m.

In the current situation, Richard-Garneau Stadium users must imperatively respect the following regulations, under penalty

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Access reserved only for residents of the cities of Blainville and Sainte-Thérèse having in their possession their valid resident card.

A maximum of sixteen riders is authorized simultaneously on the track.

No training sessions or lessons are allowed.

Users must wear sports clothing and wear sneakers or shoes with No. 7 crampons designed for track racing.

Training equipment is strictly prohibited on the track.

No consumption (food or drink) other than water is allowed on the track.

At all times, a distance of two (2) meters must be maintained between users.

People must leave the track as soon as training is finished.

Users must comply with the posted regulations.

The activities organized by the Corsaire-Chaparral Athletics Club or the City of Sainte-Thérèse will take precedence over free practice, when permitted.

Municipal employees have full authority to enforce regulations.

Blainville: walking and cycling authorized in park Domaine Vert



Following the recent announcement by Ms. Isabelle Charest, Minister Delegate for Education and Minister responsible for the

Status of Women, the city of Blainville that the Parc du Domaine Vert will open its doors on Wednesday May 20 at 8:30 am and will allow the resumption of certain outdoor activities, such as cycling, mountain biking and walking. The park will be open every day within its regular schedule, from 8:30 am to 8:00 pm.

Restrictions of access due to covid-19 apply to people who have symptoms related to COVID-19. The 2-meter social distancing has to be respected and no gathering or moving of picnic tables is allowed.

Also for an indefinite period, the play modules, the groundwork course, the main chalet and the toilet block will be closed.

As usual, residents of Blainville, Boisbriand, Mirabel and Sainte-Thérèse will benefit from free access to the park, while the rates in effect will be applied to users located outside these cities. In addition, it is to be noted that no cash payment will be accepted. Only credit card or debit card payments will be allowed. The Parc du Domaine Vert is making the necessary arrangements which will allow and facilitate opening in compliance with the sanitary and distancing conditions required for the protection of customers, employees and volunteers.

Deux-Montagnes

As of Monday, May 25, the City welcomes residents at City Hall, the Public Works Department and the Town Planning Department. The library service and the Recreation service remain closed to the public until further notice.

To protect citizens and provide a safe working environment for municipal employees, a series of measures have been put in place by the city of Two Mountains:

Visitors entering the buildings must disinfect their hands using disinfectant gel made available to the public.

A physical distance of 2 meters must be observed between each individual. Floor stickers have been affixed in several places to facilitate compliance with this instruction.

Transparent acrylic panels were installed in the various reception areas.

The maintenance measures have been reinforced to intensify the disinfection of surfaces conducive to contagion everywhere in the buildings of the City.

Cash will not be accepted until further notice.

Municipal Court

Limited access to citizens is maintained for the Municipal Court, in particular for appearances (held behind closed doors) and for the payment of statements, respecting directives aimed at limiting the spread of the virus (hand disinfection at reception, presence of one citizen at a time, etc.).

Services offered at the library

Although the library is closed to the public, a variety of digital resources are available via its website. Also, for a greater number of citizens to benefit from the digital services of the library, it is possible to obtain a temporary subscription by telephone.

Tennis courts open

The tennis courts, located in Olympia Park, are now open for playing single games. A maximum of two people can therefore be on the ground. For the safety of everyone around the COVID-19, a series of instructions must be followed by players wishing to access the courts.

Lorraine



In Lorraine, citizens who love gardening got a little help from their mayor this past Tuesday!

Mayor Jean Comptois helped deliver over 700 plants that the city is donating for the beautification of the residents' gardens. Lorrainites had to register to receive their box of plants. That happened 2 weeks ago and within 2 hours all complimentary

plants were reserved. Talk about passionate gardeners!
Happy gardening to all!

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We can gradually restart normal activities while protecting ourselves!

In the coming weeks, activities will gradually resume in Québec, with the consent and collaboration of public health authorities. The reopenings will occur in phases, depending on the type of activities and the geographic zone. You can check information about the reopening phases on the Government of Québec website: Québec.ca/coronavirus

Throughout this process it will remain essential to abide by protective health directives, which limit the danger of the virus spreading. If you have COVID-19 symptoms, it is equally crucial to follow the recommendations for home isolation in order to avoid transmitting the disease to others.

Abide by the protective health recommendations

After you go out in public, monitor yourself for symptoms and abide by the following recommendations.



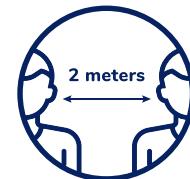
- Wash your hands frequently with soap and warm running water for at least 20 seconds.
- Use an alcohol-based hand rub if soap and water are not available.
- Practice proper cough and sneeze etiquette:



Cover your mouth and nose with your arm to reduce the spread of germs.



If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.



- If you must go out, stay at least 2 meters (around 6 feet) away from people who do not live in your household.
- If you are unable to stay at least 2 meters away from others, wear a face covering.
- If you are sick, avoid all contact with more vulnerable people such as seniors and people whose immune system is weakened or that have a chronic disease.
- Avoid direct contact when you greet someone, such as shaking hands, and use alternative ways to greet people.

Face coverings

Wearing a face covering is recommended in public settings whenever physical distancing is not possible. For example, this could be when you go shopping for groceries or take public transit.

When you wear a face covering in public, you must also follow other safety measures, such as hygiene.

If you are sick, stay home. If you must go to a medical clinic or the hospital, wear your face covering until you are given a procedure mask.



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a tightly woven fabric



Bandana or
a tightly woven fabric

Children under 2 years of age and people with respiratory difficulties or who are handicapped or unable to remove their face covering without help, should not wear one.

You can learn more about the correct use of a face covering and how to make one by viewing the short videos on the Government of Québec website:

Québec.ca/couvre-visage

Resources

If you are concerned that you might have COVID-19 or have symptoms like the appearance or worsening of cough, fever, difficulty breathing and/or loss of smell or taste without nasal congestion, call one of the following phone numbers: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 or 1877 644-4545 (toll free throughout Québec) to be directed to the appropriate resource. If you are a hard-of-hearing person, call 1 800 361-9596 (TTY toll free).

Québec.ca/coronavirus

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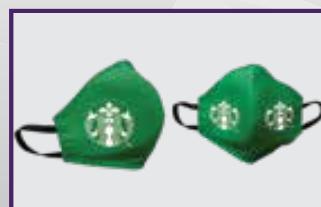


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My name is COVID-19...and I am not alive!

An in-depth interview with Dr. Christos Karatzios, Assistant Professor of Paediatrics/Infectious Diseases – Montréal Children's Hospital (Part 2)

In the continuation of our discussion with Dr. Karatzios we explore more in depth our immune system. This magnificent and intelligent defensive organ in our bodies. We also cover the similarities and differences of Covid-19 with SARS-1 which vanished a few months after it scared the entire world in 2002.



DIMITRIS ILIAS
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Our immune system always needs training but...

"If you live in a bubble all your life, then your immune system is not trained and does not have memory of things that are out there" said Dr. Karatzios. "Let's say you live in this bubble and have never been vaccinated then if you venture outside for the first time, you will invariably get sick". Dr. Karatzios brought as an example how little children with "virgin" immune systems get sick all the time when they first go to school for the first couple of years. Then they come home less sick as their immune system learns how to deal with the different microorganisms. So in a way isolation during covid does not give our immune system the opportunity to spar. As Dr. Karatzios noted, if covid would only give us mild symptoms like a cold, then yes, the immune system should get its time in the gym. "The problem is that this virus we're looking at so much problems-10% of the people infected end up in the ICU. So do you want to end up in the ICU? And do we have enough ICU beds? No!" emphasized Dr. Karatzios.

Mortality rate

There has been a lot of talk about the mortality rate of this virus that Dr. Karatzios does not care too much about. "We don't have a good measure of what the mortality rate is. We need to be understood is that to get an accurate mortality rate you need to have a denominator. Number of people that died over number of people infected. Right now, we have no idea how many people have been infected. All we are doing is doing throat swabs of the people that have been



Dr. Christos Karatzios, Assistant Professor of Paediatrics/Infectious Diseases – Montréal Children's Hospital

sick. How about those that did not go to the hospital and others that were asymptomatic. What we see now is the tip of the iceberg" said the doctor adding that there are probably 50 to 100 times more people infected than we never knew about.

Mutations

Like the flu virus, covid-19 mutates. For the moment it appears that it mutates slowly which is good news. I asked the doctor if it could mutate to a stain less dangerous and less virulent than now.

"It has to mutate in a such a way as to lose its virulence. SARS-1 disappeared. It started November 2002 with a huge mortality rate of 10% and then by July 2003 it was gone" said Dr. Karatzios. Apparently, there are some indications that covid is beginning to show the same signs as SARS-1 but we have not yet peaked in cases all over the world. It is too early to foster hope that the virus will mutate in a way to make itself extinct.

Covid-19 and SARS 1

They are in essence brothers. They are both coronaviruses which came from bats. SARS-1 went from bat to civet cat to human and Covid-19, from bat to pangolin to human. Covid-19 is however a much meaner brother (Complex is the word Dr. Karatzios used) because of all these immune over exaggerations that it causes which have led to thrombotic events, kidney failure and lung emboli. It has caused more stroke type events compared to SARS 1 (Severe Acute Respiratory Syndrome).

Testing

Testing speed is a crucial factor in outbreak management. Knowing whether a patient has coronavirus means health care workers know how to act: what treatment to provide; where to place patients in a hospital, especially in communities with dedicated COVID-19 wards;

and whether medical staff seeing the patient should conserve or deploy personal protective equipment.

We discussed testing as a possible means to contain the outbreak. I asked if it were possible, eventually to have tests with fast results and in great numbers, isolating immediately any carriers. "We need to have point of care tests that we do not have at the moment" said Dr. Karatzios. You also need to be able to detect all the asymptomatic cases and isolate them as well. "South Korea was able to do it and they are right next to China. They did not close down their economy. They also had excellent virology labs and they were able to test relentlessly while using apps on their phones not to mention that they are a mask wearing society" added the doctor.

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Students confess about living through COVID-19

The Coronavirus crisis is still dominating global headlines and altering life as we knew it. Schools worldwide have closed. In Canada and globally, students are quickly adjusting to learning and socializing remotely, spending more time with family, and relinquishing comfort and convenience for the societal good.



RENATA ISOPO
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Newsfirst decided to get a roundup of student comments as it was only fitting to ask teenagers to react to various dimensions of this unprecedented situation: how the coronavirus outbreak is affecting their daily lives, how we can all help one another during the crisis and what thoughts or stories the term "social distancing" conjures for them. The coronavirus has changed our lifestyle: how we work, learn, and play. Schools have closed, sports leagues have been cancelled, and many people have been asked to work from home or became unemployed.

Students were asked how their lives have changed since the onset of the pandemic. They talked about all the things they miss, what it's like to learn online, and how they're dealing with uncertainties. But, they also pointed to joy and serenity amid the chaos.

This is what they had to say:

A blow to my educational motivation

Chris: "When Champlain College announced it would be closed for the rest of the school year, upon receiving the email, I immediately contacted my friends to share our responses. To most of my friends and me, this news was no surprise. Already finishing almost two months of quarantine, I find myself in a state of pessimism in regards to life in the midst of a COVID-19. My days have blurred into Zoom assignments, hobby seeking, aimless searching on Netflix, and on exceptionally boring days, existential contemplation."

The dichotomy of chance freedom from school and yet the discombobulated feelings of helplessness and loneliness plague my time home alone. My parents are yet working, and I try my best to stay sane with blasting music and shows. Other times, I call my friends to pass the time doing school assignments. Even then, schoolwork seems increasingly pointless.

With my classes being online, the recent update for the 2020 exams was a blow to my educational motivation. I am naturally a driven, passionate learner with intense intellectual curiosity. But in the midst of this chaos, I can't help feeling like all the assignments from my classes are just busywork. I manage to stay afloat, keeping in mind that everyone is doing their best. Despite no ostensible end in sight, I hope this quarantine brings out the best in me

and in society. I decided to get a part-time job for the remainder of the school year; that keeps my sanity going."

The Ups and Downs of online learning



Anie: "Although we do have online school now, it's not the same. Working from home is worse as I don't care to admit, my work habits from home are not the best. I am easily able to procrastinate. Plus, I can no longer get the one on one help teachers provide if needed."

"The coronavirus affected me because now having to do my school virtually is kind of hard because I don't have much of a good WIFI, and it's nerve-racking to know about what we're going to do about tests or how we're going to be graded in order to pass because I do care about graduating. Moving to the next level with good marks is important to me, in order to graduate and get my diploma. Teachers don't mention grades at all. It just seems to be busy work to justify our time at home. Sitting in front of a computer all day is tiring and boring."

About the time frame of school-at-home, the 15-year-old teenager expressed mixed emotions: "I personally have to do four hours a day hours of work, and it feels more tiring somehow. We follow the same nine-day school schedule. I'm in the comfort of my home all the time, but have to do this for a few hours, and it feels much more monotonous than spending eight hours in a classroom, and that's what everybody has been doing from my school, I guess."

"But in that sense, it also feels a lot calmer not being around people constantly. The people in classrooms are insane. It didn't affect my life negatively by much, but it really makes me think. If the school system were like this in the near future, I think it would be something to consider."

Jacqueline, from a French school board, doesn't want her school to be identified: "I never understood how much social interaction I experienced at school until the end of the five weeks of isolation. I had been trapped in my house with my family at that point, when my French class

had a Zoom conference. I had done them for other classes, so I wasn't exactly excited for the opportunity. It was just another zoom lecture."

"As it turned out, it wasn't a lecture, it was a conversation. It was a discussion about our last current events assignment that I didn't know I desperately needed. The conversation was explosive. Differing opinions flew left and right, people brought their cats to join in the fun, family members popped in and out of the frames, and the controlled chaos felt incredible. I relished the opportunity to argue and challenge their opinions. I didn't even realize how isolated I was feeling until I was able to talk to them in a creative and intellectual setting once more."

Creating new ways to socialize

Anthony, Vanier College: "Finding new ways to stay social has been essential, and recently, my friends and I all drove our cars to a large parking lot, parked more than 10 feet apart from each other, sat in our cars or sat on the trunks of our cars, talked loudly and enjoyed each other's company for over a couple of hours, and wore our masks. This was crucial in keeping our sanity. We missed each other and being in the presence of people other than our family. However, we were sure to maintain our distance and continue social distancing. I think we'll keep it up until a vaccine is discovered."

Regretting cancelled events

Michael: "To say that this virus has completely changed my day to day living would just be an understatement. I went from having things to do from 6:30 am to 9:30 pm every day to absolutely nothing. The whole month of March was going to be booked as well. I had activities such as soccer practice and swimming lined up. Everything that I was looking forward to just came to a halt and nothing is going to be postponed, just canceled."

Joseph, who doesn't want his school to be identified: "As a High School senior, this quarantine chopped off the fun part of our senior year. We had made it so far, and were so close to getting to experience all of the exciting events and traditions set aside for seniors. This includes graduation, prom, and the famous and legendary Europe trip which Ms. Isopo started a long time ago and which every one of my siblings went on with practically all of Laval. SWLSB cancelled two out of three trips right before departure. That wasn't fair since they should have cancelled all of them; we felt left out."

Enduring emotional strain

Lisa of Rosemere High, laughing over the phone: "The virus is having a pretty significant impact on me. Physically, it's reducing my daily physical activity to the point where the most exercise I get is walking around my house and dancing around my room. Emotionally, it has also been very straining. I, myself, am missing my closest friends a lot right now, and often feel lonely."

Lisa was asked what she thought is important at this time for her and the community: "The most important thing one can do during this time of uncertainty is to protect oneself, that is how one can protect others. By practicing social distancing, the risk of spreading germs or disease is reduced. From within one's home, much can be done. Keeping in touch with close friends and family, donating money and food to those in need and not hoarding or stockpiling too much are all things one could do to support one's community. Every little thing counts."

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Facebook agrees to \$9 million fine for making misleading privacy claims

Web giant allowed certain third-party developers to access personal information

The Competition Bureau has announced that web giant Facebook is agreeing to pay a \$9 million penalty after the federal law enforcement agency concluded the company made false or misleading statements about the privacy of Canadians' personal information on Facebook and Facebook Messenger.



MARTIN C. BARRY
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Will crack down, says Bureau

"Canadians expect and deserve truth from businesses in the digital economy, and claims about privacy are no exception," said Matthew Boswell, head of the Competition Bureau, known formally as the Commissioner of Competition.

"The Competition Bureau will not hesitate to crack down on any business that makes false or misleading claims to Canadians about how they use personal data, whether they are multinational corporations like Facebook or smaller companies," he added.

Will also pay legal fees

According to the terms, Facebook will pay an additional \$500,000 for the costs of the bureau's investigation. The payments are part of a settlement registered last week with the Competition Tribunal in which Facebook has agreed not to make false or misleading representations about the disclosure of personal information.

According to a statement issued by the bureau, this includes representations about the extent to which users can control access to their personal information on Facebook and Messenger.

Six-year investigation

Following an investigation that took into account Facebook's practices between August 2012 and June 2018, the bureau concluded that Facebook gave the impression users could control who could see and access their personal information on the Facebook platform when using privacy features.

These included the general "Privacy Settings" page, the "About" page and the audience selector menu on posts, among other things.



'The Competition Bureau will not hesitate to crack down on any business that makes false or misleading claims,' said Competition Bureau head Matthew Boswell

However, the bureau added, Facebook did not limit the sharing of users' personal information with some third-party developers in a way that was consistent with the company's privacy claims. This information included content users posted on Facebook, messages users exchanged on Messenger, and other information about identifiable users.

Practice still continued

The bureau said Facebook also allowed certain third-party developers to access the personal information of users' friends after users installed certain third-party applications. While Facebook made claims that it would no longer allow such access to the personal information of users' friends after April 30, 2015, the bureau said the practice continued until 2018 with some third-party developers.

mation of users' friends after April 30, 2015, the bureau said the practice continued until 2018 with some third-party developers.

The bureau noted that the federal Competition Act forbids companies from making false or misleading claims about a product or service to promote their business interests. This includes claims about the information they collect, why they collect it, and how they use it.

Claims must be true

According to the Competition Bureau, the Act applies to "free" digital products in the same way that it applies to regular products or services purchased by consumers. They noted that

advances in technology are allowing firms to collect large amounts of data from consumers.

"Whether or not their products or services are free, firms must ensure that their claims about the collection and use of data are not false or misleading," the Competition Bureau said in a statement issued when the penalty imposed on Facebook was announced last week.

However, the bureau acknowledged Facebook's voluntary cooperation in resolving the matter. They said that a copy of the registered settlement (consent agreement) would be available soon on the Competition Bureau Tribunal's website.

Targeted advertising revenue

As the Competition Bureau pointed out, Facebook is one of the largest social media platforms in the world. The company, founded by Mark Zuckerberg in 2004, recently estimated it has 2.6 billion monthly active global users. It has previously estimated that its Messenger platform has 1.3 billion monthly active global users.

Facebook earns revenue primarily by selling advertising services, including targeted advertisements, based in part on the information provided by its users.

Facebook has previously estimated that it has 24 million monthly active Canadian users. The Competition Bureau says that during the fourth quarter of 2018, Facebook's average revenue per month per user in Canada and the United States was \$34.86 U.S.

Fined \$5 billion in the U.S.

Facebook has had similar penalties imposed on it in countries other than Canada. In 2019, the U.S. Federal Trade Commission imposed a \$5-billion fine on the company, the largest ever of its kind for an information technology company.

And in 2016, the French government's privacy regulation agency forced Facebook to alter its personal information tracking policy.

Last year, Facebook's Zuckerberg announced a new vision for the company, ostensibly focused on privacy. The Competition Bureau says it strongly encourages anyone who feels they have been misled by privacy claims to file a complaint with the bureau.

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Direct? Answers

from Wayne & Tamara

Reddit: Am I The Ass—?

I'm a 33-year-old DWM (divorced 2.5 years). She is a DWF, 27.

Here is my situation. She broke up with my best friend three weeks ago, and he was and still is crushed. She is beautiful, smart, funny, and I always liked her.

I've known her for the year they were together. We got to know one another as friends. I always sensed she had a small thing for me, but I acted like I never noticed. I never looked at her that way. I guess, because she was with my friend.

I knew in m

y gut it wouldn't work out between my buddy and her from the start, because she met my buddy right after her divorce. Since I am divorced, I understood what one goes through and how one thinks, and I could just tell her interest level for him was not where it should be.

Well, I was correct. Three weeks ago they broke up. It was like he was the nice guy she needed at the time, and he was waiting for her to come around. I warned him then, but he didn't listen.

After she left, I was my buddy's go-to guy. I tried to help him through it the best I could and explain what I understood about their relationship.

I never saw her romantically while they were dating, but after she and I started talking, she broke down and told me how she felt about me. We started seeing each other secretly until we could decide how to handle the situation. My buddy was still confiding in me, and I just couldn't tell him.

Wayne and Tamara, we are so good together. I love her and she loves me. I know less than a month isn't much, but it's been a year since we met, and I think deep down we always had this connection.

Anyway, I told my buddy about us, and it didn't go well. He terminated our friendship and said I went behind his back and betrayed him. I will agree I should have told him from the beginning, but I just couldn't hurt him more.

He is my best friend that I've lost, and he was the best man at my wedding. I love my friend. I couldn't tell him and couldn't stop the feelings I was having for her.

It's been almost a month now. She and I are still seeing each other, and it's wonderful, really wonderful. Some of my other friends have shut me out also. She backs me up and



wouldn't let me take all the blame from my friends, which showed me a lot of respect for her.

It's just me and her now, at least for a while. I don't mind because we have each other and are happy. We're going to stick it out and see what happens. Did I make the right decision? Aren't my buddy and my friends acting immaturely? Cal

Cal, you frame your love in terms of rainbows and lollipops. Your friends frame it a different way: all's fair in love and war.

So which view is correct? The Todd Rundgren version (we got to get you a woman), or the Rick Springfield version (I wish that I had Jessie's girl).

She dated your buddy a year. How much traction is there in a relationship after 10 or 12 months. Your buddy must have been in the realm of, she's beautiful, she's witty, and she's mine. He is crushed because the relationship ended, but not by his own hand.

You claim to know her mind from knowing your own mind, but your mind had an agenda. You think you are a benefactor who tried to help a friend, however, your motives were subterranean. If you are madly in love with her after three weeks, odds are you were hopeful for yourself while they were dating.

The mature thing to do, when trying not to hurt a friend, is let things cool off. You shouldn't have started dating his ex behind his back within days of the breakup.

When you act like a caveman, don't act surprised when you get clubbed. And if this relationship ends in two months, you will be empty-handed.

Everyone agrees with your ex-friend. That suggests you are the one in the wrong. To answer the question in the title of this column, we're thinking, "Yes, you are."

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of
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A cartoon illustration shows a woman walking a yellow dog on a leash. In the background, there are other dogs and a house.

Statement from the Chief Public Health Officer of Canada on COVID-19

(CNW) In lieu of a daily in-person update to the media, Dr. Theresa Tam, Canada's Chief Public Health Officer, issued the following statement:

"As of Wednesday, May 27, there are now 86,939 cases, including 6,671 deaths and 45,766 or 53% have now recovered. Labs across Canada have tested over 1,528,000 people for COVID-19 to date, with about 5% of these testing positive overall. Over the past week, we have been testing an average of 22,300 people daily.

I would like to remind people to exercise caution when dealing with extreme heat this summer. It can affect how the body regulates its core temperature and can result in heat illnesses.

A heatwave is challenging, but one in the middle of an infectious disease outbreak is even more complex. Cooling off in an indoor space—where there could be limited air exchange or recycled air and many people—is concerning from a transmission standpoint. It is important at all times to follow the tried and true public health measures like maintaining a two metre distance, covering your cough and washing your hands frequently.

During high heat and humidity, wearing a

mask can make breathing difficult. Therefore, when you are outdoors, maintaining physical distancing is best. Reserve the mask for use indoors for short periods of time when physical distancing cannot be maintained. Extreme heat can worsen pre-existing conditions and breathing difficulties.

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for older adults, infants and young children, people with chronic illnesses, people who work in the heat, people who are homeless and low-income households.

I am particularly concerned about seniors who have already faced devastating outcomes from COVID-19. I urge Canadians to check in with senior members of their family or community to make sure they are ok.

Enjoy the hot weather, but remember to drink lots of water and avoid strenuous activities. Wherever you live, stay informed about your local weather forecasts and find out what your municipality is doing to beat the heat. Do not forget to maintain a two metre physical distance while seeking heat relief or helping others to stay cool and safe."

Free tax clinics going 'virtual'

(TLN) The Canada Revenue Agency has announced that free tax clinics, which in past years have allowed a growing number of eligible Canadians to file their annual income tax return at no charge, will continue despite the covid-19 pandemic – but with special protective safeguards in place this year.

Due to concerns surrounding the COVID-19 pandemic, many community organizations had to close, postpone, or scale back on the free tax clinics they normally offer, the federal tax collection agency noted in a press release issued on May 12.

However, the CRA says the tax clinics will continue to be offered by local organizations, in partnership with its Community Volunteer Income Tax Program (CVITP) and the joint CRA and Revenu Québec Income Tax Assistance – Volunteer Program.

It is the CRA's hope that by going virtual, community organizations will have the opportunity to host clinics before the June 1, 2020 filing deadline and beyond.

"By filing a tax return, Canadians can get benefits and credits that can significantly improve their quality of life," said Diane Lebouthillier, federal Minister of National Revenue. "I am reassured to see that tax clinics will now be able to provide virtual services to continue supporting vulnerable Canadians."

"The Income Tax Assistance – Volunteer Program has a major impact on the lives of thousands of low-income individuals in Quebec," added Quebec Minister of Finance Eric Girard. "The measures announced today will make it possible to help taxpayers through online and telephone tax clinics."

The tax filing season has been extended from April 30 to June 1, 2020 as part of the measures introduced to deal with the various hardships created by the COVID-19 pandemic. The CRA says that penalties and interest will not be charged if tax payments are made by the extended deadline of September 1, 2020.

Survey: Event bookings down a third

(TLN) According to a poll conducted by the agency responsible for promoting tourism in the Laval region, there has been a 33 per cent rate of cancellation for events scheduled in Laval since the start of the COVID-19 pandemic, while 40 per cent have been postponed until next year, and 27 per cent will be taking place online to minimize risks of COVID-19 infection.

"For several weeks now, COVID-19 has been transforming our reality," says Tourisme Laval president and general director Geneviève Roy. "Our partners and our clients are facing incredible challenges. Despite the uncertainty, sharing the findings of this survey is encouraging reflection towards a gradual return to normal. I am confident that our industry will be able to

meet the challenges and will turn a new page. Creativity is our strength."

The survey was conducted in recent weeks among more than 100 event organizers in Laval on the challenges they felt lay ahead. Other findings in the survey found that 91 per cent of organizers have been considering alternate ways for holding events, including videoconferencing (45 per cent), and smaller scale events (18 per cent).

Up to 50 per cent of survey participants said they were anticipating losing half their budget for holding events, while 13 per cent thought they could lose up to 75 per cent of budget for events. Twenty-six per cent did not anticipate any drop in their budget.

The Baking Soprano

by Maria Diamantis



When Greece meets Colombia it's Fasolakia and Mojicones (part 1)



With summer being around the corner, and everything turning from dull brown to bright green, I can't help myself by singing to the tune of Bing Crosby's, I'm dreaming of a white Christmas to my own lyrics: "I'm dreaming of a green summer!"

Something about the color green makes me smile. Budding trees with their new leaves, unfurling fern plants, thick fresh grass, yellow dandelion flowers, peony shrubs with their new shoots... ok I made my point of why I chose to do this recipe. Inspiration comes in many forms and colors. In my case: the color green and of course, growing up with this dish! Fasolakia (green string beans) is a traditional Greek peasant dish. My mother would regularly make this dish for us. It was a weekly staple in our home especially during the summer. My mom would often cook using the stove-top, avoiding using the oven in the summer heat as much as possible. If you try this, you won't want to ever go back to plain steamed beans with butter (mmm butter).

This dish is best served with Feta cheese and bread. As seen in the picture, I served it with Mojicones which are sweet rolls ...Colombian style! Naturally during the isolation, I did a lot of baking and happened to have leftover Mojicones in my freezer. How did Greece meet Colombia? I came about this food when Claudia Perez, the mother of my singing student, shared this recipe with me. She herself, being in the same predicament, was baking a lot too! I will be sharing with you the Mojicones recipe on the next North Shore News issue on June 12th while enlightening you about this Greco-Colombian match!

FASOLAKIA ME PATATES (Greek green beans with potatoes)

INGREDIENTS:

- 1/4 cup olive oil
- 1 spanish onion thinly sliced
- 2 cloves garlic chopped
- 1/2 - 1 lb green string beans
- 1-2 medium potatoes 1/4s chopped
- 2 tomatoes chopped
- 1/4 cup chopped parsley
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- Ground fresh pepper to taste
- Cinnamon stick or ground (optional)

INSTRUCTIONS: (You will have to cut off the ends of the string beans, and wash them under cold water. If they are too long, you can cut them in half)

- In a medium sized pot, heat olive oil at medium to low heat. Sauté onion until soft. Add tomatoes.
 - Raise the heat to high and add the potatoes until to boil. Lower heat and allow to simmer for at least 5 more minutes. You may then add the parsley, sugar, cinnamon stick (optional), salt and pepper, then mix together.
 - Add beans on top, let them steam for 10 minutes and then carefully mix until covered with the sauce and potatoes.
 - Add hot water just enough to barely cover the beans. Let it go to a boil then simmer on low with the lid on for at least 1hr (do not stir, just shake the pot occasionally).
 - Taste the beans for tenderness, if the potatoes are done and all the water is absorbed then the fasolakia are ready.
- Bonne Appetit! Enjoy!

Deadline:

WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries

NEUKOM LUCHSINGER, Maria

1919 - 2020



At CISSS des Laurentides, CHSLD Sainte-Anne, passed away May 13, 2020, at the age of 101 years, Mrs. Maria Neukom, daughter of the late Albert Neukom and the late Marie Neukom, wife of the late Fridolin Luchsinger. She leaves to mourn her sister Margrit Lowinger-Neukom (late Walter), her brother Arthur Neukom (Sigrid) and her sister-in-law Heidi Weiland-Luchsinger (late Hans). Mrs. Neukom also leaves cousins, nephews and nieces and several friends in Sainte-Anne-du-Lac and Ferme-Neuve. She was predeceased by her sisters: Hanna Manidi-Neukom (late Toto), Ella Zwingman-Neukom (late Henry) and Elisabeth Feldmann-Neukom (late Herbert).

COLLIN PERREAULT, Pierrette

1938 - 2020



At the age of 81 years, past away Pierrette Collin, beloved wife of the late Jean-Paul Perreault. She is survived by her sons Tanguy, Jocelyn, Daniel and Michel, her grandchildren, her great grandchildren, her brother Norman, her sisters Huguette and Carmen, her brothers-in-law, her sister-in-law, nephews, nieces as well as other relatives and friends.

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SERVICES

- Arrangements via telephone or virtual meetings
- Celebration with your family present (according to current recommendations)
- Live webcast of the ceremony (funeraweb.tv)

LAMADE, Jacques

1930 - 2020



In Sainte-Thérèse, on May 22, 2020, passed away Mr. Jacques Lamade, husband of Mrs. Gisèle Maitre, at the age of 90. Besides his wife, he leaves to mourn his children, Marie-Josée, the late Marie-France, Sylvain and Cédric, his grandchildren, Roselyne, Frédéric, Nicholas and Marie-Soleil, Jonathan and the late Laura, his great grandchildren- children, his sister Michelle, his brothers-in-law, Claude, Paul and Pascal as well as many relatives and friends.

CHARRON, Monique

1940 - 2020



On Friday May 22, 2020, passed away Mrs. Monique Charron, of the Covid-19, at the age of 80 years. She is survived by her sons Mario (Martine), Martin (Amélie), her grandchildren (Li Anne, Édouard). Lina Champagne and her family (Olivier, Korina) as well as her great friend Madeleine Turcotte, as well as many other relatives and friends. The family would like to thank all the staff of the CHSLD St-Jude, particularly the 2nd floor team, for their dedication and good care over the past six years.

LABELLE, Claudine

1934 - 2020



It is with deep sadness that we announce the death of our mother, Mrs. Claudine Labelle, wife of the late Marcel Gauthier, at the CHSLD du Boisé Sainte-Thérèse, on May 23, 2020, at the age of 85, from covid-19. She is survived by her daughters Suzanne and Danielle, her grandchildren Vicky (Luc), Guillaume (Valérie) and Maxime, her great grandchildren Mila, Luvi, Eve, Laurence and Jade, her brothers-in-law and beautiful -sisters, nephews and nieces as well as many relatives and friends.



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HOROSCOPE

Week of May 31 to June 6, 2020

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS



ARIES

Your emotions will run high this week. A move or change in employment will allow you to realize a long-standing dream.



TAURUS

Your love life will occupy your thoughts. Certain pursuits will be scary and may symbolize a commitment you're not ready for. Some reflection is needed.



GEMINI

New eating habits will work out well for you. You'll take the first steps toward starting a business from home, but it'll take some time to become profitable.



CANCER

Self-esteem is an important part of well-being. You'll become aware of your value and your loved ones will show more appreciation for you.



LEO

All of your attention will be on your family this week. If you have a big move coming up, you'll realize time is running out and your stress level will rise.



VIRGO

You won't keep your opinions to yourself. If there's something on your mind, talk to someone about it so they can guide you toward a solution.



LIBRA

You'll find a solution to your financial or emotional concerns thanks to sudden inspiration or a dream. The right choice will be clear and things will fall into place.



SCORPIO

Standing still isn't a solution. It's time to take action and make things better. You'll successfully put aside your fears and worries so you can move in the right direction.



SAGITTARIUS

You'll uncover a new talent that allows you to demonstrate your creativity. You'll volunteer for a cause that's close to your heart.



CAPRICORN

It may be time to clean up your social circle. As the saying goes, when you lend money to a friend, you lose the money and the friend. Use this proverb to keep your friendships intact.



AQUARIUS

You'll be given new and challenging responsibilities at work and in your personal life. If you're looking for a job, you'll find a position with excellent working conditions and great potential.



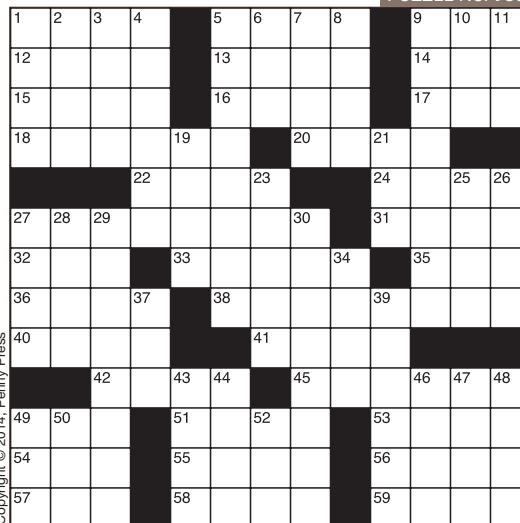
PISCES

Vacation plans will take shape for the summer. Don't disregard the value of preparation, even if a deadline is looming. Any opportunity to learn will be extremely beneficial.

Coffee Break

CROSSWORDS

PUZZLE NO. 986



ACROSS

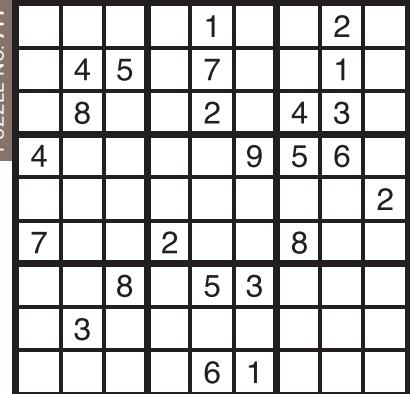
- Fashionable
- Pipe joint
- Largest amount
- Beak
- Moisture on the lawn
- Petted
- Former Milan money
- Kill, as a dragon
- Wheels
- Tug
- Division of history
- Of slanting type
- Increase
- Biblical ships
- Double
- Courage
- Crisp, filled tortilla
- Mew
- Bring action against
- Pattern
- Sincere
- "____ You Tonight"
- MacDonald had one
- Accompanied
- Musical combo
- Exclamation of contempt
- Distance runner
- ____ in a lifetime
- At all times
- "I Was Made to Love ____"
- Rose starter
- Isolated

DOWN

- Garbed
- Give a job to
- Annoys
- Gambling house
- Attractive
- Belonging to us
- Recipe direction
- Lug
- Announces
- Take a wrong turn
- Path
- Wheat ____
- Toward the back, matey
- Impede
- Agitate
- Form
- Declines
- Ground

Sudoku

PUZZLE NO. 711



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.

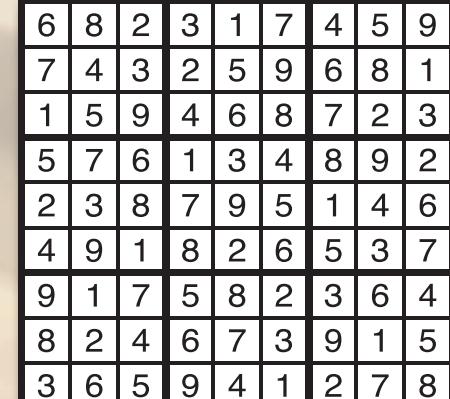
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

Last Issues' Answers

CROSSWORDS



Sudoku



Following the most recent requests from the provincial government regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed till further notice.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.



The Cinemas Guzzo Team



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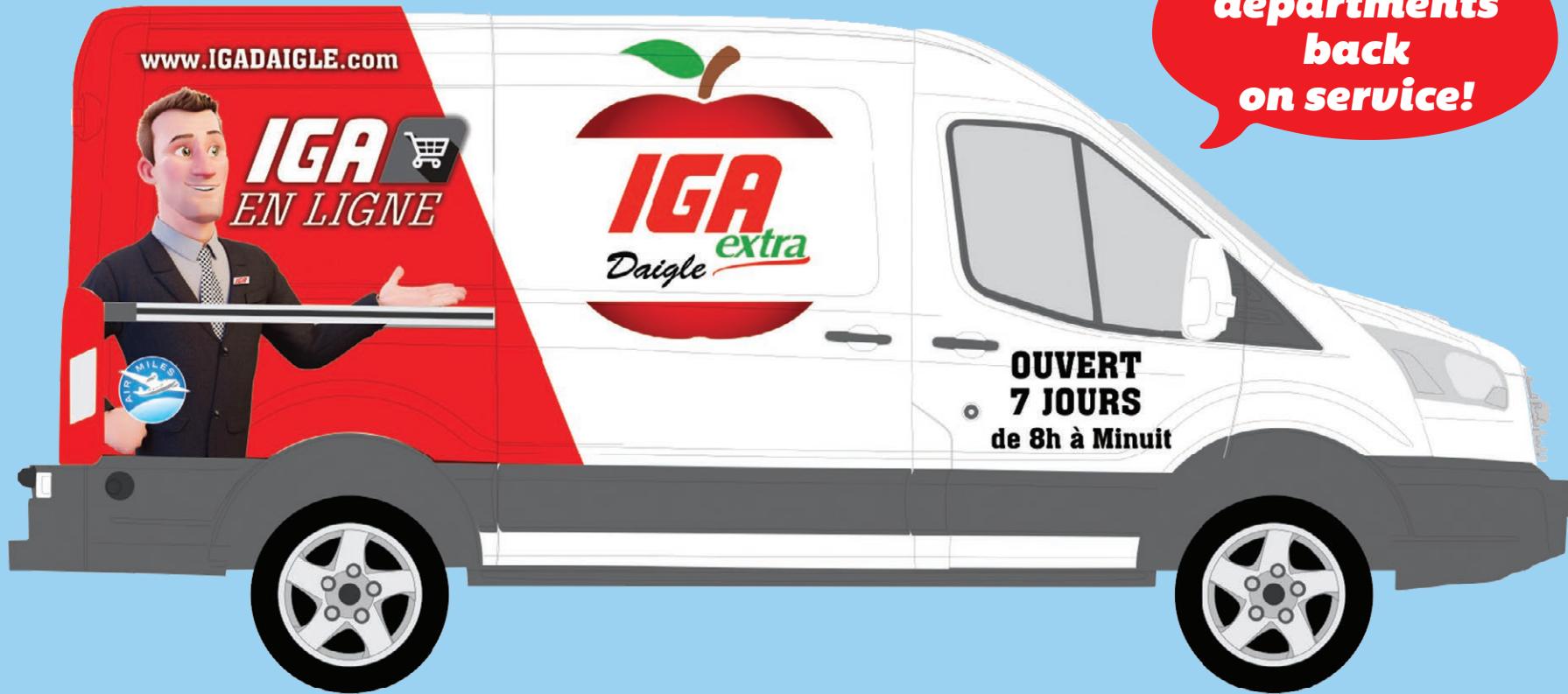
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