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COMPLEXE WALTER-BUSWELL
ARÉNA FLORIAN-GUINDON
ARÉNA PAUL-TARDIF

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Big fines for the organizer of the “covidiot” party in Place Rosemère



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

No-one would have thought that an illegal gathering of 30 anti-maskers was something one would see in a North Shore mall. We are all used to seeing this kind of thing only in the large urban centers. And yet, according to the authorities some careless people were willing to endanger the lives of shoppers at Place Rosemère

The incident

After a demonstration involving around 30 people on the 21st of November, the organizer of an anti-mask rally in a shopping center will receive at least three fines. On the images shared on social networks, one can see these maskless protesters dancing in the heart of Place Rosemère.

The crowd included adults, children as well as seniors. The RIPTB police officers intervened around 3 p.m. following the obtaining of information concerning an illegal gathering in connection with the Public Health Act. During the intervention of the police and security guards of the shopping center, nearly thirty people were dancing to the sound of music, without masks and not respecting physical distancing.

This event lasted just under five minutes. When the police stopped the participants, the majority of them put on their masks and left. The main instigator of the event was identified and will receive at least three tickets of more than \$ 1,000 each, or more than \$ 1,500 including costs. She was informed that at least three violation reports in her name will be served on the DPCP for having organized the event and not having respected the sanitary measures during the intervention. An investigation was opened by the police service, which is still ongoing.

The RIPTB (Régie intermunicipale de police Thérèse-De Blainville) confirmed that at least 18 offense reports will be submitted to the DPCP in connection with this event. It is possible that more general violation reports will be produced in the coming days. Police from the Régie intermunicipale de police Thérèse-De Blainville went to the site on Saturday November 21st afternoon, but did not issue a statement of offense at that time. Even



though the event only lasted a few minutes, many police officers were mobilized.

In an interview with North Shore News, Inspector Martin Charron (photo above), said that the police were ready for the event. “We knew it was coming, but we did not know exactly where” said Martin Charron. “We followed the instigator’s efforts on social media and we knew that she was planning an anti-mask gathering” Even though during the event the people were dancing, the organizing of it had a clear political agenda, specifically anti-mask. As far as the Thérèse-De Blainville PD this was a first for them. Their reaction time was less than 5 minutes but Martin Charron confirmed that Place Rosemère’s security assisted in this very fast reaction especially considering that the usual RIPTB liaison officer was not in the mall at the moment. “There are several offenses that were committed, including the failure to respect social distancing and not having worn masks. Saturday we mainly targeted the person who organized the rally,” concluded the constable.

“Fighting” Covid through social media

The ministry confirmed that Myriam Ouimet, the alleged instigator of the rally, is one of its employees. Ms. Ouimet also administers the Facebook group “Célibataire et complotiste Qc”. “Group created with the aim of promoting socialization between people awakened to the Covid scam, but avoiding talking about Covid”, one can read in the description. The group was



formed on the 26th of September, is private and numbers 556 members. Annie Kouhouny, a Trump supporter, is the other main administrator and Katy Drouin is a moderator. One can see the entire incident in her public personal page.

Back in the mall

A few days later the RIPTB contributing to the safety of the different environments and in

order to ensure respect for sanitary measures and crime prevention sent its neighborhood agents alongside their liaison agent from Place Rosemère in partnership with private security back to the mall. The police reminds all shoppers that the food court in Place Rosemère is open but only for takeout. It is forbidden to sit at the tables in the mall to eat.

New shopping rules in malls and stores

Quebec is tightening the health guidelines for stores and malls for the holiday shopping season in an attempt to limit the transmission of the coronavirus.

Deputy Premier Geneviève Guilbault said Wednesday she wants Quebecers to be able to shop for loved ones in a safe environment.

The measures include:

A maximum capacity of customers based on floor space available to customers. The capacity must be displayed at the front of the store or shopping mall.

Signs about distancing rules to ensure compliance while shopping and waiting in line.

Clear markings so that shoppers can more easily navigate the store.

Guilbault acknowledged that many shopping venues already have these measures in place.

But she said those that don’t risk being fined up to \$6,000 or closed altogether.

She said police and workplace safety inspectors would increase their presence in shopping districts during the holiday period.

The province reported a record 1,514 cases on Wednesday, the highest daily total since the start of the pandemic, along with 43 deaths.

Dr. Horacio Arruda, the province’s public health director, said earlier this week that shopping malls have not been a major driver of COVID-19 outbreaks but he said stricter guidelines would ensure that remains the case.

Calculation

By dividing the square meters of a store by 20 you get the maximum number of clients aloud.

Example: Only 60 people can be at the same time in a store that has 1200 sq meters.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Canada, Late at the Game with no Reserved Seat

In the midst of discussing the weather, an associate burst out "we Canadians only care about health and the weather. That's why we often ask, 'how are you, nice day eh,' in the same sentence". To which another quickly added, "health, weather and American politics." So true. We are barely half as interested in Canadian politics as we are in US presidential elections, senate and house of representatives to a lesser degree, and only because the number of republicans or Democrats elected could influence their president.

The election of Donald Trump is the most talked about US President in our memory. He is ever controversial. Never a day has gone by without hearing, reading, or seeing Donald Trump, for the past four years. No other leader has gotten as much air time and taken up so much media space according to a Boston based data company that analyses Google searches. Commented a New Jersey political science professor, Matthew Hale, "Previous presidents had a message of the day. Trump has a message of the right now. Lots more to Google when you bounce around like he does", especially those 2 a.m. tweets. Saying Trump is controversial is an understatement. It's a wonder that news web sites don't crash on some news days. Trump has taken credit for the DOW JONES hitting the 30 thousand mark for the first time in history, as well as vaccines arriving in unbelievable record time.

While vaccines may arrive in the U.S. as early as December 11th, Justin Trudeau says only one half of Canadians will be inoculated by "September '21, if all goes well". Maybe. I have difficulty believing it's only because we have no made in Canada vaccine. While the rest of the western world was signing "firm unconditional vaccine purchase agreements, our Liberal government was posturing about making sure the poorer countries had vaccines". Our vaccines will arrive months late not because we don't have a giant vaccine factory in Canada but because the liberal government was too late committing to sign, and we ended up at the end of the line. Britain will be getting its vaccine well ahead of Canada because it placed an order early with U.S. Pfizer and Germany's BioNTech for their vaccine. And that vaccine may get approval by December 1st or 2nd, even before the U.S.! Our liberal government can not tell us when Health Canada will approve the vaccine, when it will

arrive, when and how and to whom it will be distributed. When asked, our Health Minister Hajdu replied "It's complicated". Is that it? Is this the transparency that Trudeau promised? This is truly disheartening. Hajdu should be fired for incompetence. Our government dropped the ball, plain and simple. And it's not because we do not manufacture it in Canada. Frankly, we arrived late at the game with no reserved seat. We did manufacture vaccines decades ago. Some of you may remember the names Connaught Laboratories of Toronto, and Institut Armand Frappier from Montreal. We sold them to the French and the British. Today we have Quebec's Medicago and Saskatchewan's VIDO-InterVac but we do not have the means to produce millions of vaccines in Canada.

All this leads to a troubling statement we heard from our Prime Minister. "The pandemic is giving Canada an opportunity to reset our economy on extreme poverty, inequality and climate change". Why is he making windy rhetoric from the Swiss based Economic Forum a Canadian government commitment? What about a "reset" to plan for the next pandemic without dictating our social lives, to fix our long-term care homes, take better care and better prepare our health care workers, stimulate our economy, offer incentives to small and medium size businesses which employ most of Canada's workers.

We have not met a carbon emission target, ever. The latest is zero by 2050. All talk. Ironically, Canada is a leader in capturing carbon emissions before they are released into the air. An excellent way to reduce emissions instead of taxing us for carbon. An RBC memo speaks of "carbon capture, utilization, and storage (CCUS)". But that would mean government investment in our biggest economic contributors, oil, gas, and heavy industry like concrete and steel production. These are clearly not favourites for our social activist Prime Minister.

Let's face it. Governments have failed us. The list of ideas for a better tomorrow is long my friends. Unfortunately, it is unlikely that any of our current elected leaders have the political will, chutzpah, or the know-how, to fulfill this vision.

That's What I'm Thinking.
Robert Vairo

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Liberal Government will spend \$100B to boost post-pandemic economy

The Liberal government is preparing to spend up to \$100 billion to kick start the post-pandemic economy. At the same time it is projected that Canada will have this fiscal year a record-high deficit of \$381 billion.

Finance Minister Chrystia Freeland -photo top right-said the government's immediate priority is to do "whatever it takes" to help Canadians and businesses stay safe and solvent.

The short-term stimulus package is valued at \$70 billion to \$100 billion over roughly three years. The government says the stimulus spending — intended to build a greener, more inclusive, more innovative and competitive economy — will launch after a vaccine is distributed and life begins to return to normal.

"When the virus is under control and our economy is ready for new growth, we will deploy an ambitious stimulus package to jump-start our recovery," Freeland said in a statement read in the House of Commons today.

"Spending roughly three to four per cent of GDP, over three years, our government will make carefully judged, targeted and meaningful investments to create jobs and boost growth."

Freeland said the stimulus program will help guard against long-term damage to the economy. She said government debt is highly affordable now, due to Canada's strong past economic performance and low interest rates.

'Down-payments' on child care, green measures

The minister said the risks associated with not providing enough economic support right now outweigh those involved in spending too

much. Freeland said the government will not repeat the "mistakes" made following the 2008 recession, when the federal government introduced austerity measures to rein in spending.

Freeland said the government will track progress by monitoring the employment rate, total hours worked and the level of unemployment in the economy to determine when to end the stimulus spending.

In the meantime, the government plans to make investments that will serve as what it calls a down-payment on "transformative initiatives," such as Canada-wide early learning and child care, job training and green initiatives.

Freeland's November 30th, economic statement promises a \$1-billion fund to help provinces and territories improve COVID-19 infection control in long-term care facilities. The pandemic exposed deadly gaps in infection control in nursing and long-term care homes across the country.

Helping the middle-class families

Noting that the pandemic has left many middle-class families struggling, the government is also proposing a temporary support in 2021 of up to \$1,200 for each child under six for low and middle-income families eligible for the Canada child benefit (CCB).

Freeland said the government is laying the groundwork for a Canada-wide early learning and child care system, and that more details will come in next year's federal budget.

For now, the government is promising \$20 million over five years — beginning next year with a \$4.3 million annual allotment for a



Hon. | L'hon.

CHRYSZIA FREELAND

Deputy Prime Minister and Minister of Finance | Vice-première ministre et ministre des Finances

LIBERAL | LIBÉRAL

federal secretariat on early learning and child care that will engage stakeholders and analyze child care policy.

The government also is proposing to spend \$70 million over five years, starting next year, and \$15 million per year to continue the federal Indigenous early learning and child care secretariat.

"I say this both as a working mother and as a minister of finance — Canada will not be truly competitive until all Canadian women have access to the affordable child care we need to support our participation in our country's workforce," she said.

Difficult days ahead

Today's fiscal update projects the deficit will reach \$381.6 billion by the end of March 2021, and could climb even higher depending on

factors such as the severity of shutdowns and the rate of COVID-19 infections.

Calling the Liberal growth plan "far-reaching and transformative," Freeland said that while there is light at the end of the tunnel, the most difficult days of the pandemic may come in the weeks and months ahead.

"We are all tired. But we also know vaccines, and a better day, are coming. To get to that day, we must first help each other get through the winter," she said.

Opposition: "you have no plan"

Opposition Conservative leader Erin O'Toole said Canadians want details on when they will get a vaccine and how it will be distributed.

"Where is the plan?" O'Toole said. "Canadians would, in the midst of a second wave, rather have one dose in the next month than the largest portfolio 18 months from now."

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Unveiling of the winners of the 2021 Saint-Eustache municipal calendar photography competition

DIMITRIS ILIAS-NSN On November 23, as part of a small ceremony organized virtually, the 13 winners of the 2021 municipal calendar photography competition, on the theme: Saint-Eustache at night, were unveiled.

For the occasion, the mayor of Saint-Eustache, Mr. Pierre Charron, welcomed all the contest participants who were present: "I want to thank you all for your participation. Especially this year, with the difficult situation we are living in, I want to thank you for bringing so much beauty and poetry into our lives. We really need it. Thank you for reminding us how privileged we are to live in our beautiful city.", he said.

For her part, the president of the Commission des communications et des relations avec le Citoyen, the municipal councillor Ms. Nicole Carignan-Lefebvre, added: "The choice of photos is made depending on the theme and the four seasons. This year we had the difficult task of choosing from 122 photos from 50 participants."

For this edition of the competition, the jury was made up of Ms. Nicole Carignan-Lefebvre as well as Ms. Stéphanie Bouchard and Brigitte St-Jean, respectively Director of the Communications Department and Coordinator of the SEM, Mr. Florent Escalle, Coordinator of Interactive Communications as well as the two volunteer members of the Committee on Communications and Citizen Relations, Ms. Caroline DuPaul and Mr. Michel Besner.

The winners of the photo competition for the 2021 calendar are: Gabrielle Favreau-Lavallée, Guylaine Ouellet, Jocelyne Beaulieu, Michael Fortin, Robert Dabas, Robert Pagé, Daniel Lavallée, Mireille Chaput, Gabriel Charbonneau-



Clavette, Pierre Meunier, Sophie Dominique, Sophie Lévesque and Irini Blais. As a reward, in addition to the satisfaction of seeing their photo adorn a calendar page, the winners receive a frame of their photograph. In addition, a draw was made among the 13 awarded photographs to determine the winner of an electronic tablet.

In conclusion, the vice-president of the Commission for communications and relations with the citizens, the municipal councillor Ms. Janique-A. Danis, announced the theme of the 2022 calendar: Saint-Eustache from another angle. "Full details for entering the photo contest can be found on our website," she said.

The 2021 municipal calendar, printed in 21,500 copies, was distributed to all the doors of Saint-Eustache on Wednesday, November 25, with the local newspaper.

Wellness in Deux Montagnes An advent calendar to take care of yourself

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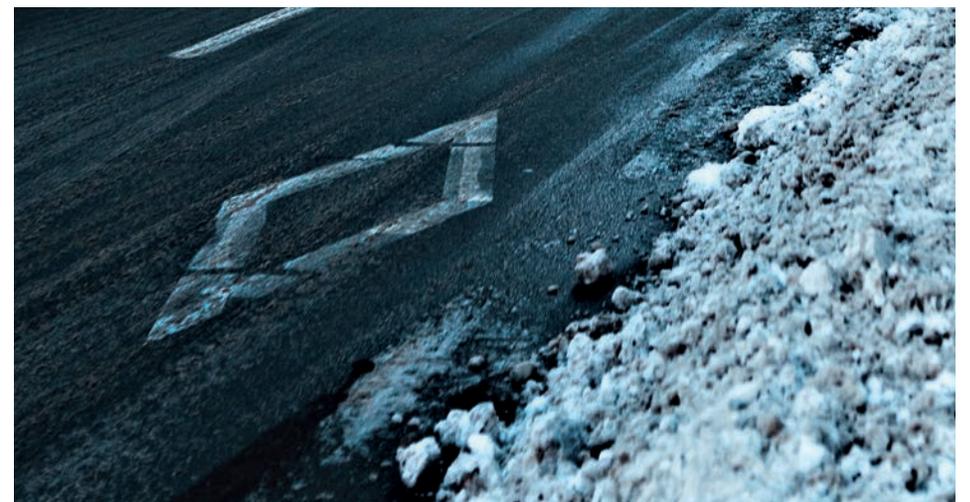


DIMITRIS ILIAS-NSN As the holidays approach, the Recreation and Community Development Department has put together an Advent calendar for the residents of Two Mountains which relies on family time and physical and mental well-being.

From the 1st of December to the 25th, there is

a daily meeting on the leisure page of the city. There are activities to discover each day with a proposed activity or thing to do to take care of yourself and others, rising to cocooning altruistic gesture. In December DM invites everyone to, tinker, dance, and cook with them!

In Sainte-Thérèse, pushing your snow in the street is forbidden



DIMITRIS ILIAS-NSN Before the arrival of any significant snowfall, the City of Sainte-Thérèse wishes to remind Teresians that municipal regulations prohibit pushing snow from private property onto sidewalks or onto the street. Owners must therefore keep snow from their driveway or land within the limits of their property.

"Contravening the regulations by pushing snow into the street or onto the sidewalks has damaging consequences, since it slows down operations and reduces the quality of snow removal. This is why we are asking for everyone's collaboration in order to improve snow removal operations and make traffic safer

throughout the Teresian territory," declared the mayoress of Sainte-Thérèse, Ms. Sylvie Surprenant.

Owners not only have an obligation to respect the ban in force, but they must also ensure that it is respected by their tenants and private snow removal contractors. Any violation committed for this purpose is punishable by a fine addressed to the owner.

It is possible to obtain a permit allowing snow from private entrances to be pushed onto public roads, before the snow removal teams pass. Fees and conditions apply. For more details, citizens should contact the Urban Planning and Sustainable Development Department.



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Completion of 2nd phase of Turgeon major works

Hundred-year-old underground infrastructure repaired finally



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
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After several months of major works, the Thesians will be happy to learn that the second phase of the major works on rue Turgeon, taking place between the street Joseph-Hamelin and the railway line is now complete. Motorists can now move freely on Turgeon Street and the finishing work has been completed.

The work of this second phase allowed the repair of the hundred-year-old underground infrastructure and the construction of the network for the future burying of electrical wires, in particular under the railway line, which represented an important milestone in this major project.

Improvements for a user-friendly and safe sector

In addition to the necessary civil works, many changes have been made to the sector. Among other things, the concrete sidewalks were replaced by walkways made of precast concrete and were widened, in order to increase pedestrian safety. In the same sense, a slowing down plateau has been set up at the corner of Turgeon and Saint - Alphonse streets, and a pedestrian crossing with flashing light has been added opposite 114, rue Turgeon (Jardin Lee restaurant).

At the intersection of Boulevard Desjardins, new state-of-the-art traffic lights were installed,

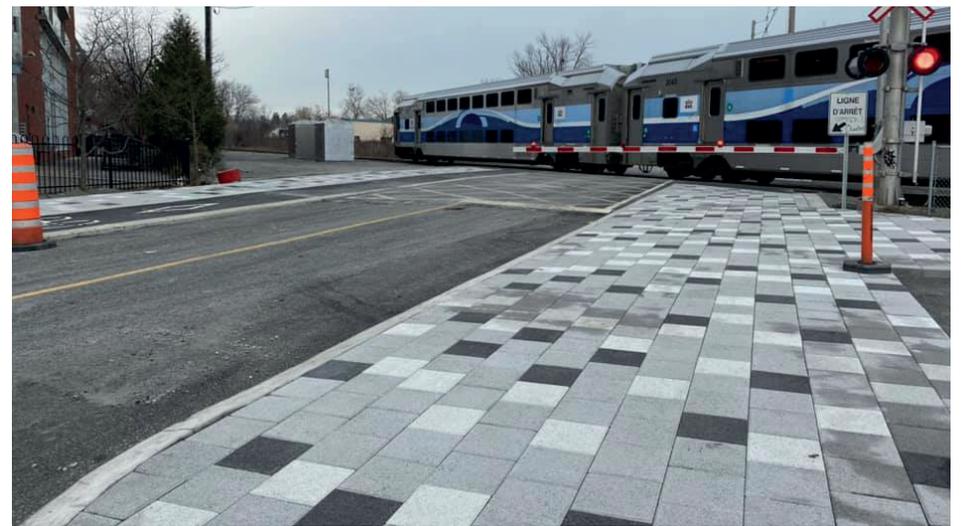
and the ramp leading to Rue Turgeon was replaced by a lane reserved for the right turn. Many trees and plants have also been planted in various places to green the artery, and street furniture has been added.

“On behalf of the municipal council, I would like to underline the efforts of all the workers involved, who worked with rigor and professionalism to reduce the impact of the pandemic on the schedule. I would also like to thank the merchants and residents for their patience and cooperation over the past few months. Thus, I invite citizens to come and discover the new developments and to take advantage of their visit to encourage the traders in the area! », said the mayoress of the City of Sainte-Thérèse, Mrs. Sylvie Surprenant.

Inconvenient, but temporary elements

As in the first phase, electricity poles unfortunately remain in inconvenient places on the east side of Turgeon Street. By modifying the configuration of the traffic lanes on rue Turgeon, some posts are found in the new sidewalks. This situation, which was known from the start of the development of the works, is temporary since the removal of these posts represents the last stage of the project, which will take place in 2022.

On the other hand, due to private construction work in progress at the intersection of rue Turgeon and rue Napoléon, the sidewalk at this point could not be developed, it will be built during the third phase. Thus, until next year,

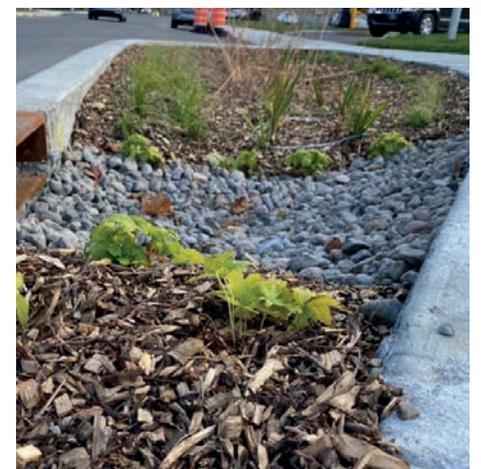


pedestrians will have to bypass this portion by taking the bike path. Cyclists should therefore exercise caution during this period.

On the way to the third phase

The third phase of this series of four will begin next spring. Ultimately, it will include connecting all buildings to the new underground electrical network as well as removing electrical wires. These ad hoc interventions will not require major street closures as in the first two phases.

This major urban renewal project will provide a lively and rejuvenated gateway to the Village of Sainte-Thérèse, just like the merchants, citizens and visitors who frequent it.



Buy Blainville local



DIMITRIS ILIAS-NSN Promoting local businesses during these unprecedented times has become one of the most important campaigns for many North Shore cities. The new measures that have decimated the restaurant industry have not affected retail as much but nevertheless store owners have been struggling with the effects of reduced clientele and online sales favoring giants like Amazon. Here at North Shore News, we have covered all the efforts from the different cities to revitalize local businesses. Blainville is no exception.

For the Holidays, Blainville wishes to reward its citizens who participate in the economic vitality of local businesses. This year, the City will draw 25 Blainville residents to whom it will reimburse the amount of their eligible purchases, up to a maximum of \$ 200 per

winner. The more Blainville residents consume in local businesses, the more their chances of winning will increase!

Citizens are invited to make a purchase, in store or online, from a business in Blainville. All purchases made between November 27 and December 24, 2020 in businesses in Blainville are eligible (boutiques, restaurants, grocery stores, professional services, artisans, etc.) Then a copy of the receipt (paper or electronic) has to be sent online to blainville.ca/raffle or by mail “Choosing to buy from a local merchant protects jobs, invests in our economy and ensures the prosperity of local businesses.” For the holidays, I invite citizens to visit local businesses to spoil themselves or their loved ones. ”, said Mayor Richard Perreault.



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Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



The *Getting Better My Way* digital tool

Getting Better My Way is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)



Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to “read” you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**
Provides 24/7 referral services for people in distress (French): centredecrise.ca/listecentres
- **Suicide prevention crisis helpline**
Crisis helpline that provides suicide prevention services 24/7:
1 866 APPELLE (277-3553)

For a host of other helpful resources, visit Quebec.ca/gettingbetter

Quebec.ca/Gettingbetter

 **Info-Social 811**

Québec 



Strategic Thinking

My wife of 13 years had a long affair with the bass player in her band. I found out in February. We have a young daughter and other children I gave birth to that she helped me to raise. They are late teens and early adults.

Previously, she cheated with at least two other people, early in the marriage, and I forgave her.

I actually thought we were happy. We were still having sex and falling asleep holding hands. On Valentine's Day she told me she loved me. The following Wednesday she said she wanted a divorce. This time, she left me for a woman who is married.

We are in the divorce process now. I am a minister and we are well-known in the community as a long-term lesbian couple. I am struggling financially because she was the primary breadwinner.

When people ask, I've been telling them what happened. In the beginning, the story leaked out of me with complete strangers. I was a blubbing mess. I discovered she was telling others I was abusive and that is the reason for the divorce. That's hilarious. I was an abused child and it's the last thing I would ever do.

Part of me wants to blast her on social media with the proof of what happened. I have hundreds of screen shots, an audio confession, and love letters she wrote to the other woman. (That woman's husband is FINE with the affair, I spoke to him!)

I feel I am the victim of cruel, made-up excuses, and mutual friends seem to believe her lies. How can I make it clear that she's a lying, manipulating narcissist without also harming our precious daughter?

I know the internet is "forever," and I don't want our youngest googling this one day and learning the details of this nightmare.

My wife is also dating other women, with the girlfriend's approval. My wife is taking my daughter on dates with these women. It's nauseating. The little one came home recently and told me, "Mommy took me and a lady to the beach!"

I may have to do an emergency fundraiser to be able to refinance our house out of her name.

Can I publicly defend myself from these lies? Is dignified silence better?

Jill

Jill, it doesn't sound like you are in the middle of a divorce, unless you are trying to do it yourself. If you were in the middle of a legal process, your lawyer would advise you about the disposition of the house, the custody of your child, and what to say or not say.

A lawyer would advise you not to do anything which might affect the outcome of the divorce. If you had a lawyer, your evidence would be in their hands, and if you did not abuse your wife, she would have nothing to give her attorney.

But with or without proof, your friends will decide for themselves who to believe.

The problem with staying with a cheater is they will make a liar of you. If you didn't tell your friends when she first cheated, your friends will be inclined to believe whichever one of you opens her mouth first.

Two philosophers, Descartes and Spinoza, had something to say about this issue. Descartes claimed when people hear something, they pause and weigh the evidence before deciding what to believe. Spinoza thought that was bosh. He knew that most of the time most people believe the first thing they hear.

Modern psychology agrees with Spinoza. That is why, if you are victimized, you need to get your story out first.

Once people believe something, they won't want to change their mind. That would mean admitting they were fooled, and most of us don't want to admit a mistake.

Your other problem is that many people don't side with the truthful party; they side with the party they perceive as dominant. Your wife understands this perfectly.

When you forgave the first time, you thought the problem was solved forever. But the one who forgives has only decided for themselves. She was not chained to your decision. She found someone else, and now you are the enemy.

You would like to get even, but Spinoza might advise you otherwise. He coined the phrase "Of Human Bondage," by which he meant that emotions often hold us in chains.

You need to be free of that bondage, and this person. An attorney can help you develop the most levelheaded strategy.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of **YOUR OTHER HALF** (www.yourotherhalf.com) • Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@WayneAndTamara.com

Private ice time for residents of Saint-Eustache rental at Complexe Walter-Buswell



DIMITRIS ILIAS-NSN As of Thursday, November 26, Eustachians are able to rent a full ice time, or half an ice time, at the Walter-Buswell Complex for family fun or to enjoy a private training. The rental cost is \$ 60 an hour (plus taxes) for a full ice time and \$ 35 an hour (plus taxes) for a half session.

Strict measures are in place to ensure the safety of arena users, in particular:

Only members of the same family residing at the same address will be allowed on the ice.

The names of all participants as well as their Citizen Card number will be required to make the reservation.

Participants must present their Citizen Card to access the Walter-Buswell Complex.

In the case of a private training, it is accepted that the trainer is non-resident, but the participants in the training must come from the same family and reside at the same address, in Saint-Eustache.

All rental periods are separated by half an hour in order to disinfect the premises and limit crossings.

How to book?

Reservation requests should be sent by email



to Ms. Nancy Bourbonnais, manager of the Sport and Outdoor Services: nbourbonnais@saint-eustache.ca. Depending on availability, participants will receive a confirmation and must undertake, by contract, to respect the health rules and the operating rules of the private ice rental. Requests will be processed Monday to Thursday, 8:30 am to 4:30 pm, and Friday 8:30 am to noon.

In order to give as many people as possible the chance to reserve ice time, only two ice rental periods can be done at the same time. When these two periods have passed, two more reservations can be made, and so on.

December 1-7 is National Safe Driving Week.

Distracted driving is an important topic, both in the safety sphere and in the context of public discussion. Focus is often placed on the dangers of handheld devices, and for good reason. But while this is one example of a potentially fatal action that can be taken behind the wheel, it's not the only one.

"Distraction is distraction, no matter how you slice it," said Gareth Jones, President and CEO of the Canada Safety Council. "We all have a responsibility — to ourselves, to our loved ones and to our fellow road users — to remain vigilant at all times and stay focused on the task at hand."

The task of driving always requires your full attention. Any activity that removes your focus off the road can be qualified as distraction. This can include using your phone, reprogramming your radio or Global Positioning System (GPS), grooming, entering a conversation with passengers and, yes, even eating and drinking behind the wheel.

A momentary loss of focus on the road can cost you a second or two in which to react to a sudden change in expected traffic or behaviour. And that small moment of time can make all the difference in the world.

Most Dangerous Foods Behind the Wheel

(according to the National Highway Traffic Safety Administration:)

- Coffee | Soup | Tacos
- Chili | Hamburgers | Barbecued food
- Fried Chicken | Jelly Doughnuts
- Soft drinks | Chocolate
- Cup of coffee in vehicle's cup holder

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Everyone should test for radon, experts urge during online event

'Radon Action Month' draws attention to No. 2 cause of lung cancer



MARTIN C. BARRY
marty@newsfirst.ca

While many people now associate the month of November with the annual "Movember" movement which raises awareness of men's health issues, not as many may know that November is also Radon Action Month when health authorities draw attention to the threat posed by a radioactive gas that is the second most common cause of lung cancer after cigarette smoking.

On Nov. 19, Take Action on Radon, a national health coalition funded by Health Canada, held an online question and answer event to mark Radon Action Month. During the session, experts answered questions ranging from the impact of radon on health, to how to test homes and reduce the risk of radon exposure.

Ever-present radon

Radon is a radioactive gas that forms from uranium present naturally in the earth's crust. Radon is found in soil, everywhere on the earth's surface. Levels of radon in the soil can vary greatly from one place to another. Radon can also be present in groundwater.

Radon can seep into buildings, particularly through foundations. It can sometimes accumulate and reach levels that can lead to health risks. Given it is a gas with no smell, taste or colour, it is impossible to detect with the senses. But at the same time, it is the leading cause of lung cancer in non-smokers.

According to Health Canada, when radon is released from the ground into the outdoor air, it is diluted and is not a concern. However, in enclosed spaces such as homes, it can accumulate to high levels and become a risk to the health.

Gets into houses



Kelley Bush, Manager, Health Canada, Radon Education and Awareness Program, said the federal ministry is leaving responsibility for radon testing up to each individual and home owner.

As the air pressure inside homes is usually lower than in the soil surrounding the foundation, this difference in pressure draws in air and other gases – including radon – from the soil. As such, radon can enter a home from wherever it finds an opening where the house is in contact with the ground. These openings can include cracks in the foundation floor and walls, construction joints, gaps around service pipes, support posts, window casements, floor drains, sumps or cavities inside walls.

Radon gas can be found in almost all homes in

Canada. Concentrations differ greatly across the country, but are usually higher in areas where there is a higher amount of uranium in underlying rock and soil. While Canada's western provinces, including Alberta and Saskatchewan, are considered to be at very high risk for radon gas, the risk is much lower in Ontario and Quebec.

Low radon levels in Quebec

According to a Quebec government website dealing with radon, Canadian guidelines stipulate that radon concentration in dwellings should not exceed 200 Bq/m³. However, in general radon concentration is not very high in Quebec homes, usually not exceeding 35 Bq/

m³. But concentrations can sometimes reach very high levels, meaning that testing should always be carried out.

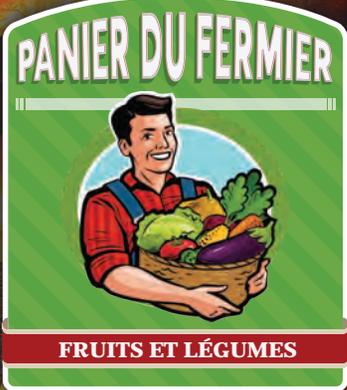
Experts say that the only way to be sure of the radon level in any home is to test. They say testing for radon is simple to do and should be done in **every home**, in every community across Canada, regardless of whether a community is known to have high radon levels.

Moderately-priced testing kits (less than \$30) are available commercially from companies like AccuStar Canada (which has an office in Quebec City), or from the Association Pulmonaire du Québec which sells the kits for \$45. Both sources are easily accessible through internet websites.

Testing for radon up to you

While Health Canada has been doing its part to raise awareness of the radon threat, an official from the federal ministry said during the online event that testing remains the responsibility of each individual and home owner.

"Similar to other health risks in homes like carbon monoxide and fires, Health Canada provides Canadians with guidance and information so that they can take necessary steps and actions to ensure their homes are healthy and safe," said Kelley Bush, manager of Health Canada's Radon Education and Awareness Program. "At the end of the day, it's Canadians who need to take that last step and take action to reduce their radon exposure."



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December 4, 2020 • The North Shore News • 11



Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

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 Cinémas Guzzo Team

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention

Local holiday spirit, I buy!



DIMITRIS ILIAS-NSN Tourisme Basses-Laurentides in partnership with the MRC de Deux-Montagnes, the cities of Saint-Eustache, Deux-Montagnes, Sainte-Marthe-sur-le-Lac, Pointe -Calumet, Saint-Joseph-du-Lac, Oka and Saint-Placide, the Chamber of Commerce and Industry of the MRC de Deux-Montagnes and IDÉ Saint-Eustache announce the launch of the "Local Holiday Spirit, I buy!" To support and promote local purchasing in the MRC and contribute to economic recovery.

The initiative takes the form of a campaign to promote local purchasing, structured around a competition aimed at consumers and which aims to promote 32 local businesses as well as our local products.

A retail component will allow 32 selected businesses from those who registered before November 15, 2020, to achieve sales of \$ 500

each. A second component, consumers, will allow 20 participants from the population to win a gift basket worth \$ 800, at the rate of one prize per day, from December 1 to 20, 2020. The contest, including the draw, will be deployed on the Facebook page Tourisme Basses-Laurentides from November 30 to December 20, 2020 inclusive.

The "Local Holiday Spirit, I Buy!" is the result of an action plan implemented in the spring of 2020, the objective of which is to promote the local economy and support businesses (awareness-raising capsules on local purchasing, advice for businesses to deal with the impacts of pandemic, emergency financial assistance to SMEs).

The project is made possible thanks to the financial support of the MRC of Deux-Montagnes.



LOST CAT
"Gyzmo"
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reward \$2000

REWARD \$2000

Contact info:
450 437-4924
margo9166@gmail.com



Cheese stuffed dough balls

It's the beginning of December and the Christmas countdown is on! From decorating Christmas trees to singing carols, baking aromas wafting through the house is a must on the Christmas traditions roster! It will certainly get your mouth watering and stomach rumbling! Impress your family with the warm goodness of cheesy dough balls. Along with your main meal, they make an ideal addition to any Christmas menu.

These dough balls are inspired by pizza dough, so easily if you want, you can just roll out the whole dough and transform it into a pizza crust! These dough balls are stuffed with feta cheese, but if you prefer the gooey texture, you can substitute it with grated pizza-mozzarella cheese.

A tomato based dipping sauce (marinara) is also terrific, if you just want to use these as appetizers alone. The choice is yours!

Makes approximately 16 rolls

Dough Ingredients

- 2 fast action yeast packets
- 1 tsp sugar
- 1 cup lukewarm water
- 1 cup warm milk
- 1 tsp salt
- 1/4 cup olive oil
- 6 cups of white bread or all-purpose flour plus more for dusting
- 1/4 cup coarse ground semolina or cornmeal (grits)

Cheese filling

Basically You can use any cheese. This recipe uses feta cheese.

Method: 200 grams of crumbled feta, add pepper, salt and dry oregano or thyme

Method for the dough balls

Step 1: Dissolve the yeast and sugar into the warm water/milk in a jug until the yeast has dissolved. Mix in the olive oil

Step 2: Tip the flour and salt into a bowl, and pour over the liquid. Knead in the

bowl until you form a rough ball, then knead on a floured worksurface until smooth and elastic. Put into an oiled bowl and cover with clingfilm. Leave to rise in a warm place for 1 hour, or until doubled in size.

Step 3: Knock the dough back into the bowl with your hands, and divide into 16 balls (weigh them to make them identical, if you like).

Step 4: Roll each piece into a smooth ball, pushing your thumb into the center and stuff about 1-2 tbsps of the cheese mixture. Pinch the dough to seal in the cheese. (Optional) Use scissors to cut a slit on top of each dough ball. This is just for design

Step 5: Place the dough balls onto a large baking pan that's been dusted with semolina leaving a small gap in between each to allow for proving. Cover with oiled clingfilm and leave again for 30 minutes.

Heat oven to 370 degrees Fahrenheit. Bake for about 30 minutes or until they're golden brown

Deadline: Classifieds

WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries

TURNBULL, Barbara 1966 - 2020



In Piedmont, on Friday November 20, 2020, at the age of 54, passed away Mrs. Barbara Turnbull, wife of Mr. Raymond Laverdure and daughter of the late Simone Piché and the late Arthur Turball. Besides her husband, she is survived by her children Tanya (Keven) and Kevin (Alexandra), her grandchildren Mayka, Lyvia and Sam, her two sisters Sherly and Betty, her two brothers Jacques (Suzan) and Bruce (Johanne), his goddaughter Sandra (Patrick), and Elliott, nephews and nieces, cousins and cousins, as well as many other relatives and friends.

RAYMOND, Yvon 1953 - 2020



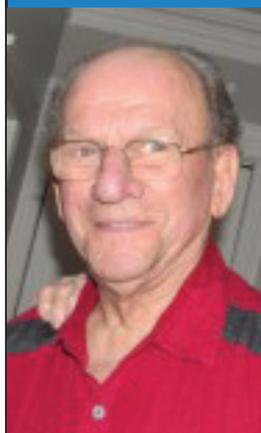
Of Saint-Jérôme, on November 28, 2020, at the age of 67, passed away Mr. Yvon Raymond, son of the late Fernand Raymond and the late Cécile Maurice. He is survived by his children, Patrick (Marie-Eve), Mélanie (Michel) and Martin (Cindy) as well as his grandchildren, Megan, Kelly-Ann, Alexandre, Nicolas and Charlotte. Preceded by his late brother Robert, he also leaves Daniel (Louise) and Mario (Diane), his nephews and nieces and other relatives and friends.

BOUDREAU MEUNIER, Huguette 1950 - 2020



On November 24, at Saint-Jérôme Hospital, passed away a woman of contagious happiness, Ms. Huguette Boudreau, wife of the late Mr. Carol Meunier. She is survived by her children Marie-Josée (Daniel Gilbert) and Pascal (Mélanie Daoust), her grandchildren Charlotte, Charles-Antoine (Bessanie), Laurence, Rosalie, Jean-Philippe and Nicolas. She also leaves her brothers, sisters, brothers-in-law and sisters-in-law: the late Diane (Jean-Luc), Michel (Lise), Jacques (Andrée), Carole (Rémi), André (Lyne), Francine (Richard), Normand (late Marie-Marthe), his cousins, cousins, nephews, nieces and his many friends.

LAUZON, Roger 1934 - 2020



Of Deux-Montagnes, on November 28, 2020, at the age of 86, passed away Mr. Roger Lauzon, first husband of the late Jeannine Perron and second marriage of Mrs. Jeanne Chevalier. He is survived by his children, Francine (Michel), Sylvie (Pierre), Stéphane (Linda) and Michèle (Francis), his 5 grandchildren, Joanie, Francis, Maxime, Guillaume and Charles, his 4 great-grandsons children, Alice, Henri, Brianna and Arya, her brothers, sisters, brothers-in-law, sisters-in-law, nephews and nieces as well as her in-laws Giroux.

SÉGUIN NÉE LEROUX, Liette 1941 - 2020



De Blainville, on November 27, 2020, at the age of 79, passed away surrounded by her family, Mrs. Liette Leroux. She was the wife of Mr. Pierre Séguin. Besides her husband, she will be sadly missed by her children Marc (Julie), Ghislaine and François (Catherine), her grandchildren Angélique, Alexis, Amélie, Florence, Xavier, Alexandre and Simon as well as other relatives and friends.

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- THROUGH DISTANCE -



ACCESSIBLE

Our team has adapted to the new reality so you can mourn without added worry. You can now safely interact with your loved ones using the new technology that we've implemented.

We're here to guide you when selecting these new options and we're committed to meeting your needs in a responsible manner.

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NO CHARGE Email: production@newsfirst.ca • Tel.: 450-978-9999

HOROSCOPE

Week of **DECEMBER 6 TO 12, 2020**

The luckiest signs this week:
SCORPIO, SAGITTARIUS AND CAPRICORN

♈ ARIES
Various projects with lots of details will take a long time to sort out. You should let loose more often so that you can appreciate the present moment. You'll develop a new outlook on life that aligns with your values.

♉ TAURUS
You'll be the focus of everyone's attention. You'll be the only one capable of completing a certain task, which will garner you a lot of praise from a senior manager at work.

♊ GEMINI
It's a good idea to take a break from your routine, both in your day-to-day life and your relationship. Don't hesitate to accept invitations to go out with your friends, especially if you're single. They're sure to surprise you.

♋ CANCER
If you have any real estate dealings, the steps you take this week could prove to be quite profitable. You'll also be tempted to redecorate your home before the holidays to impress your guests.

♌ LEO
You certainly won't keep quiet this week. However, it's important that you have all the facts before you speak up. You may need to translate a message now to avoid confusion later on.

♍ VIRGO
You'll be tempted to purchase an expensive luxury item. You'll likely spend a lot more on Christmas gifts than you planned. You'll also need to exert more energy than anticipated.

♎ LIBRA
You'll give yourself time to reflect on an important decision. You'll want to explore your spiritual side. A pilgrimage of some kind would be a good way to reconnect with your beliefs and values.

♏ SCORPIO
If you plan to spend time with people, don't forget to follow basic hygiene rules to protect yourself against germs. Your immune system will feel fragile. Get plenty of rest so you can remain strong and healthy.

♐ SAGITTARIUS
Time will be in short supply, and you'll need to choose between fulfilling your various obligations and taking part in leisure activities. To maintain your well-being, be sure to balance the different facets of your life.

♑ CAPRICORN
A vacation is on the horizon. Even if it's still a few months away, you'll start making travel plans now. You might need to renew your passport or get vaccinated to avoid issues later on.

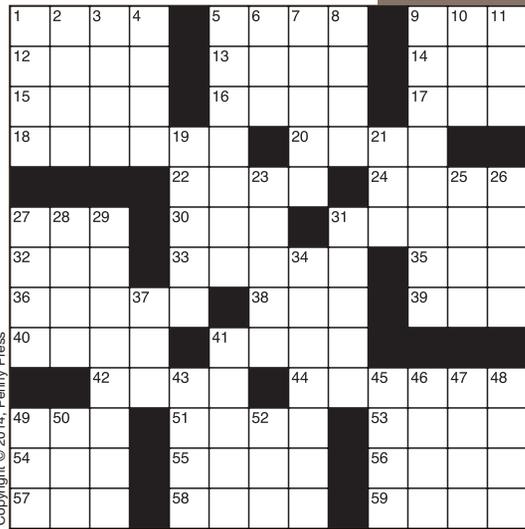
♒ AQUARIUS
A few minor annoyances are to be expected this week. You can no longer procrastinate on the projects you've been putting off. Once you finish, you'll be able to celebrate without carrying that weight on your shoulders.

♓ PISCES
You'll reach an agreement that will turn your life upside down. Perseverance will allow you to achieve the highest level of success, even in your personal life. Your fighting spirit will be in full swing.

Coffee Break

CROSSWORDS

PUZZLE NO. 1010



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ACROSS

1. Weakens
5. Slumbering
9. ___ tide
12. Money in Venice, once
13. Skirt type
14. Neckline shape
15. Worshipped object
16. Throat-clearing sound
17. Uninvited picnicker
18. Vanquish
20. Rod's partner
22. Sugar source
24. Banish
27. Highway sign
30. Vagrant
31. Python, e.g.
32. Pretend to be
33. Flight path
35. Foil metal
36. Full force

38. Before, in verse
39. Begley and Asner
40. Trucker's rig
41. Unattached
42. Smudge
44. Andes pack animals
49. Shoemaker's device
51. Mate for mama
53. Pine
54. Rival
55. Warning
56. Garden spot
57. Sam on "Cheers"
58. Geek
59. Brood's home

3. College figure, for short
4. Discount event
5. Beginner
6. Word for Scrooge
7. Put forth
8. Dollar division
9. Assess
10. "Gentle ___"
11. Play the ponies
19. Monastery head
21. A very long time
23. Smoldering coal
25. Slip sideways
26. Certain bills
27. Chats
28. Land unit
29. Tripped
31. Hard metal

34. Leprechaun land
37. Naught
41. Picture holder
43. "Once ___ a Time"
45. Hymn finisher
46. Method
47. Gibbons and gorillas
48. Posted
49. Sternward
50. Misery
52. Part of mpg

DOWN

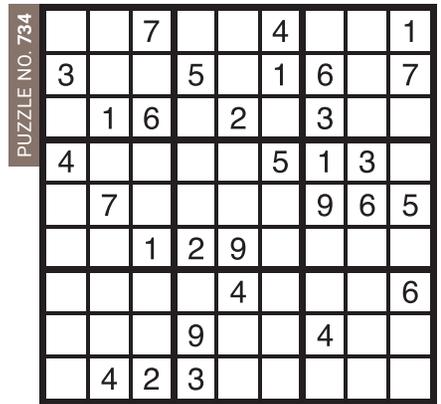
1. Coasted
2. Nurse's ___

Sudoku

HOW TO PLAY:

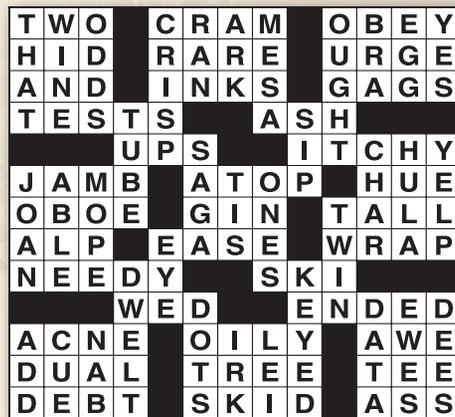
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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.**

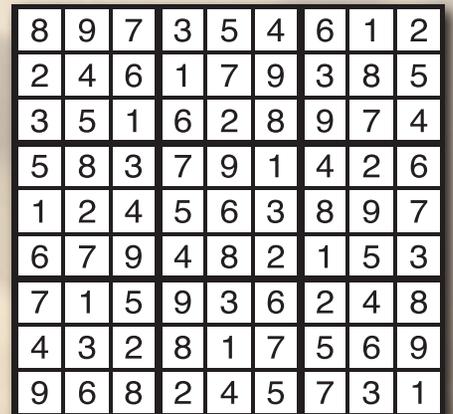


Last Issues' Answers

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Sudoku



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*4 finalists will be selected on December 26 at 3 pm from all the winners of the month in our 4 participating stores. The \$2,500 grand prize draw will be held on December 26 at 3 pm from the 4 finalists. The other 3 finalists will receive \$1,000 in groceries each. **Purchases must be made in the same transaction. Purchases are calculated on the price of the merchandise before taxes, excluding tobacco products, lottery tickets, travel tickets, gift cards, vivo items | Villeroy & Boch and everything else and any other product where the law forbids it. Some restrictions apply. See details in store. A winning transaction per day, randomly selected from all transactions from December 1 to 24, 2020. The contest is open to residents of Quebec and New Brunswick aged 18 or over. Each prize is worth \$50. The winner must correctly answer a mathematical skill-testing question. Contest details and rules available at IGA and IGA supermarkets supermarkets customer service counter.