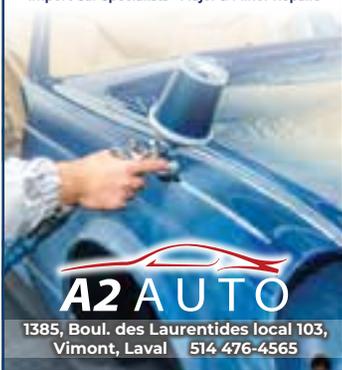


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[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Answers: hands, mask, distance. We know you know.

A new service to answer questions about COVID-19 vaccination

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

In order to communicate more clearly and to encourage people to get vaccinated against COVID-19, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides is launching a new vaccination information service. Residents can now speak to a nurse to ask about COVID-19 vaccination.

In order to take advantage of this new service, people are asked to send an email to covid-19.vaccination.questions.ciesslerau@ssss.gouv.qc.ca to get a call from a nurse. For those without easy access to the internet, they can also call 1-866-495-5833 and a nurse will return the call as soon as possible depending on demand. "Given the amount of information circulating about COVID-19, we wanted to make available to the public a simple, direct, reliable way of asking a healthcare professional about vaccination," said Ms. Rosemonde Landry, CEO of the CISSS des Laurentides. While COVID-19 vaccines remain the best way to protect against the virus and its

variants, the purpose of this service is to inform you by answering your questions directly and to provide you with the relevant information to support your decision about vaccination.

An information service about vaccination

The procedure starts with an email or a phone call as indicated above mentioning name, telephone number and the best time to be reached. Following the initial step patients will get a call from a nurse and two attempts will be made to reach the person requesting the information.

As a reminder, there are currently five ways to get vaccinated:

With an appointment at Clicsante.ca or by calling 1-877-644-4545. Without an appointment, via the NotifVAX mobile app, available on Google Play or at the App Store, directly at the vaccination sites and at the vaccination mobile units

A free shuttle service is available for persons with reduced mobility, requiring accompaniment or lacking transportation.



CISSS Laurentians celebrates Patients Rights Week

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

As part of the *Patients Rights Week* of the health and social services network, which will take place from November 9 to 15, 2021, the Integrated Health and Social Services Center (CISSS) des Laurentides released a statement to underline the commitment and work of all the volunteers and resource persons who make up these committees.

The CISSS des Laurentides has 11 user committees and 15 residents' committees whose mandate consists in particular of defending the rights and interests of patients.

"In this second year of the COVID-19 pandemic, most of our committees have remained active and concerned about their role with patients of the CISSS des Laurentides. For 18 months, these committees have shown initiative, adaptation and resilience to deploy new means of being at the heart of the actions of the CISSS des Laurentides. On behalf of our establishment and all the users in our region, I would like to thank all these volunteers for their civic commitment," declared Ms. Rosemonde Landry, President and CEO.

The CISSS des Laurentides emphasizes that the mission of the committees is to inform patients of their rights and obligations, to promote the improvement of the quality of the living conditions of patients and to assess their degree of satisfaction with regard to services. They are the defenders of the rights and collective interests of patients and can offer support and assistance to them in their dealings with the CISSS des Laurentides, including when they wish to file a complaint.

To highlight the 2021 edition of *Patients Rights Week*, The CISSS des Laurentides is inviting everyone to visit the Patients' Committees page on the CISSS des Laurentides website (www.santelaurentides.gouv.qc.ca) to learn more about the different committees and the residents' committees of the region, their mission and their activities.





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OPINION & Editorial



How to get Canada off the health care teeter-totter

Medicare struggles from funding thrown at the same tired ideas rooted in similar political traditions

Liberalism works when you are healthy but fails when you fall ill.

Classical liberalism emphasizes autonomy, individual freedom, and free markets. These ideas have fuelled centuries of wealth and prosperity.

Modern liberalism, in contrast, pursues central decision-making and equality of outcome. Despite similar names and obvious differences, neither type of liberalism provides arguments for everything patients need.

When classical liberalism fails in patient care, it creates space for modern liberalism. Modern liberalism then applies central decision-making, which creates inefficiency and bureaucracy. This, in turn, creates a call for efficiency, deregulation, and policy based on economic liberalism.

This seesaw creates a policy teeter-totter with each type of liberalism pumping furiously at either end.

The failure of liberalism cannot be solved by more liberalism. Only a coalition of classical liberalism *plus* conservatism will allow Canada off the health policy teeter-totter.

How liberalism fails

Successful ideas explain reality and suggest solutions to life's messiest problems. Political ideas fail when they do not reflect reality or cannot explain human experience.

Given liberalism's dominance in Canadian politics, we should ask how it performs for patients. Does it make sense when patients need it most? Classical liberalism delivers advanced technology, therapeutics, and almost magical cures, but can it deliver care to patients?

Classical liberalism fails to fit patient care in two areas. First, it fails in trauma and acute care. Car crashes and strokes often create dependent, comatose patients. Free agents lose control, and agency passes to a third party.

An unconscious patient is not a rare or special case of information asymmetry, common in professional relationships. Unconsciousness is not a theoretical gap market thinking can overcome; it is an infinite and insuperable knowledge gap. And it occurs hundreds of times each day across Canada.

In an emergency, agency does not pass from patient to friends or family. It passes to emergency medical services, hospitals, doctors, nurses, and a host of others. The coordination required to guarantee a seamless net of tertiary care inevitably involves central authorities. Government monitors performance, upholds standards, and maintains order, even in health systems that embrace private care.

Liberalism's second failure occurs with chronic disease. Chronic disease is more common than acute, impacts more people, and requires care over decades. In between visits for medical care, patients need help with everything from scheduling and transportation to buying groceries and changing cat litter. Even with extensive formal community care services, isolated patients struggle. Informal social supports often determine how long patients live independently.

Hospitals provide services and are filled with caring people, but institutions cannot care. Only individuals care for other individuals. Patients need connection to individuals inside the bonds of social obligation: friends, family ties, or social groups.

For people who become acutely incapacitated or chronically debilitated, classical liberals offer solutions like designating a power of attorney for care or making prior arrangements with friends and family to act on an individual's behalf. But these good ideas sound less like classical liberalism and more like organic groups and social fabric found in conservatism.

These patients are depending not on large institutions but on something like Edmund Burke's "little platoons," which conservatives have always identified as the key to a healthy life.

Symbiosis

Liberalism and medicare share a symbiotic relationship – each benefits the other. This is obvious for modern liberalism: medicare needs a big state, which requires the central decision-making favoured by modern liberals. But symbiosis also applies to classical liberalism.

In acute care, free agents need rescue – not rights, property, or the contracts liberalism provides. In an emergency, the only agent obligated to help is the same agent which sustains the liberal order (Hobbes' Leviathan). Thus, maximizing liberal freedom creates a mandate for a robust welfare state to rescue individuals when they fall ill.

However, the symbiosis falters in community care. Individuals with chronic illness need connections liberalism cannot promote, and no state can provide.

Extrapolating government involvement

The need for central authority in acute, traumatic, and rare advanced treatments invites the same assumption for chronic care. If the sickest patients need government, shouldn't government help with everyone else?

Framed this way, modern liberalism has led the discussion on medicare. With deference to central control, it assumes that the solution for the first failure of liberalism will solve the second also.

Conservatives find themselves in a similar bind. They support what works. If central control helps patients bleeding at the side of the road, why oppose it for non-acute and chronic care?

Too often, Canadian conservatives claim a "Tory touch" and the assumption that big state solutions are part of their true-blue identity. Or they suggest a dab of economic liberalism here, some tightened accountability there, but offer few ideas which reflect anything rooted in philosophical conservatism.

Conservatism defined

Some people reduce conservatism to nostalgia. Others paint it as protection of privilege, status, and power – a European conservatism. However, Canadian Anglo-American conserv-

atism has too little history for robust nostalgia and no aristocracy to protect.

The historic alliance between classical liberals and conservatives also creates confusion.

Anglo-American conservatism is founded on an appreciation for traditional institutions, civil associations, and moral norms which have arisen over time. These time-tested ideas have been ratified by experience.

Where liberalism favours freedom over social obligation, conservatism sees social obligation as an inescapable fact of life (e.g., family). Classical liberals often assume aspects of conservatism, without explicit defence.

Conservatism takes a skeptical stance towards theoretical or grand ideas such as equality or social justice. Conservatism prefers facts and events – real things and real people. It seeks to improve what works, which means conservatives often support liberal or progressive policies.

Fostering connection

Little platoons can happen by accident, but most do not survive without support. Everyone is born into a family, but it takes effort to keep one together. The state could make things easier.

For example, many families place relatives in long-term care because they have no other choice. The current policy environment makes life hard for families to keep grandma home. Could we reverse incentives so it becomes attractive and easy to keep grandma where she wants to be, at home with a family who loves her?

Every citizen needs the opportunity to be part of a social network of his own, regardless of how he defines it. But this will not happen without a policy environment that fosters the formation of those connections.

A conservative solution

If we won agreement to let grandma stay at home as long as possible, we would still face the policy teeter-totter. Classical liberals would seek aligned incentives, crisp key performance indicators, and clear lines of accountability, from the ground up. Modern liberals would want the same, from the top down. Classical liberals might offer incentives and tax breaks to keep grandma home; modern liberals might suggest more homecare or social services – each liberal pumping furiously.

Both kinds of liberals love modern theories of public management almost as much as they love drafting new policy. They both view social problems in generic terms – an ageing society, isolated seniors – instead of specific, local problems. Generic terms justify grand, one-size-fits-all policy solutions. Solving the specific needs of grandma's living alone holds less appeal.

Conservatives worry more about creating new, bad policy than winning support by 'fixing' old issues with the latest management theories. Complex social problems mean trade-offs and imperfect solutions.

Conservatives would start with the (painfully)

The Coronavirus pandemic is upending almost every aspect of education

RENATA ISOPO
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It wasn't just the move from classrooms to computer screens. It tested basic ideas about instruction, attendance, testing, funding, the role of technology and the human connections that hold it all together. Nearly two years later, a rethinking is underway, with a growing sense that some changes may last.

This may be an opportunity to reimagine what

◀ Continued from page 4

slow process of understanding the problem. Instead of discussing generic grandmas, we need to know more about grandma herself. Is she one person or three: an ambitious woman in her early 80s, a slightly confused one in her late 80s, or a demented lady with papery skin and chronic wounds in her mid-90s? Or none of these? One individual could be all three in the span of a few years.

We might start with issues facing young grandma(s). In her early 80s, grandma has the wits and plans of a younger person but not enough strength to see them through. She needs a bit of help, but not so much it impedes her style. She is too healthy for homecare but too poor to hire help. If she lets out a room in return for low rent and yard work, she might find herself worse off with OAS clawbacks on top of bigger grocery bills, blocked toilets, and the bother of having a renter around. She could barter material resources for required help, but government does not make it simple. Or she could take in family to help. But at her young-ish age, it might mean more nuisance than help. Of course, all these concerns would change by her late 80s.

A policy approach based on conservatism might look more like local, organic problem solving than grand, one-size-fits-all policy solutions. Conservatism starts from a view of society as a complex whole requiring long-term investments instead of quick returns based on annual budgets.

Conservatism plus classical liberalism

Little platoons are just one of many conservative ideas. Smart people should be able to use conservatism to suggest many other policy options.

This raises a bigger question. Aside from so-called "socially conservative" issues, why have so few conservative ideas been tabled in healthcare?

If not lack of knowledge, perhaps it reflects a lack of belief. Perhaps modern conservatives are mostly just classical liberals? Maybe most self-described conservatives are just liberals who lean right? Or perhaps conservatives and classical liberals have become competitors, each vying to dominate centre-right discourse, not working together as well as they might?

Medicare does not struggle for lack of ideas or funding. It struggles from funding thrown at the same tired ideas rooted in similar political traditions. Classical liberalism offers many good things, but it fails patients in important ways. Absent outside input, liberalism guarantees stasis in Canadian healthcare: a furious teeter-totter between two kinds of liberalism. A partnership with conservatism would help.

Shawn Whatley

schools will look like in the future. It's always important to continue to think about how to evolve schooling so the kids get the most out of it. Others in education may see a similar opening. Learning loss is getting new attention. Schools with poor ventilation systems have been slotted for upgrades or have already installed the needed improvements. In the need for upgrades, can be cited the Sir Wilfrid Laurier School Board's task of having to add about 600 air purifiers to the 200 already in place at end of the 2020-21 school year, to cover the 800 needed in its schools and centres. It would not be unusual to conclude that similar circumstances are prevalent in many other school boards across Québec.

Many teachers, who made it through a crash course or self-taught learning to teach virtually, are finding lessons that endure. There are a lot of positives that happened because teachers have been forced into this uncomfortable and often awkward situation. The reality is that Covid has changed education and attitudes for both teachers and students. And, make no mistake, school systems in the world are not done with remote learning. They want more of it. However, this isn't necessarily a shared opinion amongst educators.

After a year when some systems did nothing but teach by computer screen, it has become clear that learning virtually has a place in the schools, if simply as an option. It's like a genie that is out of the bottle, and you can't get it back in. In many respects, this was overdue.

Few suggest that remote learning is for everyone. The pandemic showed, unmistakably, that most students learn best in person — in a three-dimensional world led by a teacher, surrounded by classmates, in a school environment. But school systems across the world are looking at remote learning as a way to meet diverse needs — for teenagers who have jobs, children with certain medical conditions, or kids who prefer learning virtually.

Distanced learning has also emerged as a way to expand access to less-common courses. In reality, this is nothing new; universities have been using remote learning for many years offering degrees which are accredited and valid in most provinces in Canada leading to a chosen career.

Teachers, administrators, and school personnel are taking all that they have learned from the pandemic and going with it. The pandemic has helped school boards to see that it is possible and it can be done. Not everyone imagines the same path forward. In elementary and high school, remote learning is a supplement, not a substitute, for in-school instruction, emphasizing that classroom learning is best for most students and that remote school can mean intense isolation. Staring at a screen all day is not optimal and "Zoom" fatigue is real.

While remote education has worked for many families, most kids have struggled — and the toll on mental health and social well-being is hard to ignore. Could these almost two long pandemic years — when so many children fell so far behind, when students dropped off the radar, when teachers could hardly tell who understood what as they tried to teach from a distance — could this be the time that Québec education gets serious about understanding and helping kids.

Moreover, with remediation, the goal is to make up what a child missed the first time around. The problem is students may never catch up. Accelerated learning, by contrast, seeks to make grade-level work accessible to

those who are behind through a combination of intensive help and modifications. Realistically, there is simply not enough time for teachers to make up all the lost time and material.

Undoubtedly, the mental health struggles of the school children will outlast the pandemic. Many teachers have stated that some days they didn't see or hear anybody. There was no interaction at all. When they're in the physical classroom, you can see if they're struggling. You can push them and help them. You can check in on them. But this was crazy according to several teachers' remarks.

"Crazy" is a word several teachers have used to describe teaching during the pandemic. And frustrating. And exhausting. They had to become technology wizards, Zoom screen DJs, counselors, cheerleaders and teachers, all in one. Workloads doubled and stress levels quadrupled. Nothing in their training had prepared them for this. But as the end of the 2021 school year had approached, many looked at what they learned about teaching and about themselves during the pandemic and thinking about how they'll incorporate that in their classes once some normality would return.

For many teachers, the past year has only confirmed the importance of their vocation. And being a present and encouraging educator for students has never been more necessary. They had to shift their thinking and shift the way they taught lessons when they went online. Even veteran teachers were back to being new first-year teachers in this whole new world.

Over the last year, by necessity, the vast majority of students have been connected. Millions

of devices and hotspots have been purchased and distributed. The question now is: Will this new, more equitable arrangement persist? Most say yes. Time will tell. The days when out-of-school learning required only paper and pencil are long gone. Today, students live their lives online and use Internet-based resources for so much of their modern education. Education does not only happen at school. Kids do homework at night and that's education. For decades, students took their places at desks in classrooms, as teachers took attendance. But as schools shuttered and students began to learn remotely, the conventions of taking presence through "seat time" fell away.

Everywhere, school systems scrambled to come up with new ways to define attendance in remote school. Was it enough just to log in for the day or tune into a Zoom class? For many school leaders, the issue was a balancing act as they tried to support students who may be in crisis — as Covid-19 has claimed lives and left many workers strapped and jobless.

Parents, students, and teachers were hyper-focused during the pandemic on when closed schools would reopen. Some school boards began to consider permanent changes that would meet the changed and changing education landscape. Referring to remote learning that began during the pandemic and will last beyond the crisis, teachers will be doing a lot more of that now, and this emerging way of teaching kids through blended learning is not a butt-in-desks model of education. Not so easy. We're still not out of the woods.



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VALORA'S

13th Annual Holiday Fundraiser Benefiting Women's Shelters



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

Coming up to the holiday season, VALORA is once more gearing up to fundraise for its shelters. VALORA is a charitable association committed to increasing public awareness about violence against women. By unifying community efforts and raising funds, VALORA strives to empower survivors of conjugal violence. Among the initiatives the organization supports are women's shelters in Laval and the North Shore of Montreal, namely La Citad'Elle de Lachute, La Maison d'Ariane, La Maison le Prélude, L'Ombre-Elle, La Passe-R-Elle des Hautes

Laurentides, La Traverse, Maison de Lina, Maison L'Esther, Maison Le Mitan, Regard en Elle and Regroup'elles.

As the Holidays approach, VALORA is asking citizens to reflect on this past year and be grateful for the important things in everyone's lives such as a safe, comfortable home for our families.

In a press release, the organization emphasizes that not everyone is that fortunate. "Hundreds of women rely on the 11 shelters for victims of conjugal violence in the Laval and North Shore areas. Due to the Covid pandemic, hundreds more need ongoing safety and support. Most of these women arrive at the shelters with only the bare essentials."

The first "Holiday Open House" was held 13 years ago in president Maria Larosa Napolitano's living room. Last year's

online Holiday raffle event raised over \$20,000 for the shelters. For the past 13 years, they have donated thousands of gifts and welcomed hundreds of guests every year to their events from the community at large.

The 13th Annual Valora Holiday Fundraiser will begin on November 12th with an online raffle of amazing prizes to be won. The raffle will close on December 12th. VALORA will be hosting a Gift & Toy Drop-off on Sunday November 28th from 10am to 3pm at the Rosemere Community Centre, 202 Chemin de la Grande-Côte.

Residents are asked to drop off a present and label as follows:

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Of 28 countries with public health care, Canada among highest spenders, says Fraser Institute

But country ranks near bottom for number of doctors, hospital beds, MRIs and wait times



MARTIN C. BARRY
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Despite spending more on health care than most other developed countries with universal health care coverage, Canada has some of the lowest numbers of doctors, hospital beds, and medical technologies and the longest wait times, concludes a new study released this month by an independent Canadian public policy think-tank.

We rank 21st out of 24

Among other things, the Fraser Institute researchers found that Canada ranked 21st (out of 24) for the number of Magnetic Resonance Imaging (MRI) machines, with 10.5 MRIs per million people, and 22nd (out of 26) for CT scanners, with 15.2 scanners per million people.

Among the 10 comparable universal health-care countries that measure wait times, the study found Canada ranked last with the lowest percentage (38 per cent) of patients who waited four weeks or less to see a specialist, and the lowest percentage of patients (62 per cent) who waited four months or less for elective surgery.

'A clear imbalance'

"There is a clear imbalance between the high cost of Canada's health-care system and the value Canadians receive in terms of availability of resources and timely access to care," said

Bacchus Barua, Director of health policy studies at the Vancouver-based institute.

With policy analyst Mackenzie Moir, he co-authored 'Comparing Performance of Universal Health Care Countries 2021,' which was published by the Fraser Institute on Nov. 2.

"Canada's relative lack of critical resources and struggle with long wait times for treatment precede the COVID-19 pandemic," said Moir. "To improve Canada's health-care system in the post-pandemic world, policymakers should learn from other successful universal health-care countries, for the benefit of Canadians and their families."

Health systems compared

The study compared 28 universal health-care systems in developed countries, spotlighting several key areas including cost, availability and use of resources, access to care, clinical performance and quality, and the health of Canadians.

In 2019, the latest year of comparable data, Canada's health-care spending as a share of GDP (11.3 per cent) ranked second highest (after adjusting for population age) behind only Switzerland.

But despite Canada's high level of spending, availability and access to medical resources is generally worse than in comparable countries (its performance in terms of utilization and quality is mixed).

We rank 26th of 28 for doctors

For example, (out of 28 countries) Canada

ranks 26th for the number of doctors (2.8 per 1,000 people), 25th (out of 26 countries) for the number of hospital beds (2.0 per 1,000 people), and 24th (out of 28 countries) for the number of psychiatric beds (0.37 per 1,000 people).

The study used a "value for money approach" to compare the cost and performance of 28 universal health-care systems in high-income countries. The level of health-care expenditure was measured using two indicators, while the performance of each country's health-care system was measured using 40 indicators representing four broad categories: availability of resources, use of resources, access to resources, and quality and clinical performance.

Second highest for costs

"Canada spends more on health care than the majority of high-income OECD countries with universal health-care systems," the study's authors wrote in an executive summary. "After adjustment for 'age,' the percentage of the population over 65, it ranks second highest for expenditure on health care as a percentage of GDP and eighth highest for health-care expenditure per capita."

The data suggested that Canada has substan-

tially fewer human and capital medical resources than many peer jurisdictions that spend comparable amounts of money on health care. They said that after adjustment for age, the country has "significantly fewer physicians, acute-care beds, and psychiatric beds per capita compared to the average of OECD countries included in the study."

Performance below average

They said the country ranks close to the average for nurses and ranked eighth for the number of long-term care beds (per 1,000 over the age of 65). While Canada has the third most Gamma cameras (per million population, age-adjusted), they found it has fewer other medical technologies than the average high-income OECD country with universal health care for which comparable inventory data are available.

"Although Canada ranks among the most expensive universal-access health-care systems in the OECD, its performance for availability and access to resources is generally below that of the average OECD country, while its performance for use of resources and quality and clinical performance is mixed," wrote Moir and Barua.



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Extra Large	5"	6"

Sizes are approximate.



North Shore municipal elections

Municipal elections wrapped up last Sunday night all over Quebec. In the North Shore, perhaps the most intense moments came in Sainte-Thérèse.

MARIA DIAMANTIS

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

In **Sainte-Thérèse**, at the end of an intense fight in this electoral evening, was elected mayor of the city. He succeeds Ms. Sylvie Surprenant who was the mayor since 2009. According to the numbers published on the site of the City, it is only by 69 votes that Mr. Charron can claim victory, accumulating 3,588 votes against 3,519 for Ms. Surprenant.

Another upset came in the city of **Boisbriand** Christine Beaudette was elected this evening as mayor of Boisbriand succeeding incumbent mayor Marlene Cordato. Ms Beaudette run a campaign as an independent surrounded by independent municipal councillor candidates which obviously paid off. She won with 52% of the votes against a little more than 46% for Mrs. Cordato

In **Blainville**, Liza Poulin, head of the real Blainville party, made history as when she became the first female mayor of Blainville. It was by a strong majority over her rival Florent Gravel of the Mouvement Blainville that Ms. Poulin entered the town hall. After all polling stations were counted, Ms. Poulin won with a titanic majority of 78.45% against incumbent mayor Florent Gravel's, 20.17% of the votes.



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In Rosemère, Westram celebrates a second term



It was about 9pm on Sunday night that the results of the municipal elections started rolling in at the Rosemère curling club where incumbent mayor Eric Westram's Innovation plus team and supporters gathered to await them.

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

It was about 9pm on Sunday night that the results of the municipal elections started rolling in at the Rosemère curling club where incumbent mayor Eric Westram's Innovation plus team and supporters gathered to await them. Right from the beginning, as soon as the first polling station out of the 54 in Rosemère reported it was clear that Westram would hold a solid lead.

The final results came down to a win for Eric Westram who got a 54% of the vote compared to Pierre-André Geoffrion who got 44,6 %. All of the candidates of his team were also all elected, some with sizeable majorities like counselor Philip Panet-Raymond that won with a 655-vote difference.

Among the biggest priorities of his second term are the city budget and the distribution of portfolios to the different councilors according to Mr. Westram. "Our great advantage is our thirst for constant and effective communication with our citizens" emphasized the reelected mayor adding that nothing can move forward and get resolved without proper communica-

tion, adding that this is an area where his team has invested a lot and will continue to do so with even more vigor.

"Our councilors will be close to the people they represent, and all of them know their areas very well" added the mayor.

Philip Panet-Raymond joined the interview

"I will be the mayor of ALL Rosemerites"

adding that the Golf course is also a very big priority for the team. Rosemère needs to take care of its aging population which hemorrhages to other cities. "As soon some of our residents grow older, they sell their houses and move out of town. We need to address this by developing a variety of solutions from halfway housing to full-fledged residences for the elderly and whenever the road opens, the golf course is a place where we can do that" said Pane-Raymond. At the same time Mayor Westram emphasized that a minimum of 50% of the golf course will stay green whenever the city acquires it.



November 6 to 12, 2021



National SENIOR SAFETY Week

Safety tips for seniors living at home

Seniors over the age of 65 account for approximately half of all injury-related hospitalizations in Canada, and the majority of these are due to slips and falls. In 2021, National Senior Safety Week takes place from November 6 to 12 and is the perfect opportunity to help a senior in your life maximize their safety and independence at home. Here are a few key tips.

Install grab bars in the shower and beside the toilet. A bathing chair can be used to make it easier to wash and help prevent leg fatigue. In addition, a non-slip rubber mat with suction cups will make surfaces less slippery. You can also install a handheld shower, which is easier to handle, as well as a temperature regulator to prevent accidental burns.

In the bedroom

Make sure there's a clear path between the bed and the door. Install a nightlight or place a light switch near the bed that can be turned on without getting up. These adjustments will make it easy for your loved one to move around and see where they're going if they need to get up at night to use the bathroom.

In high-traffic areas

Ensure that all hallways, staircases and entrances are clear of obstacles, clutter and tripping hazards. If there are throw rugs, make sure they're properly secured and aren't wrinkled or bunched up. Furthermore, make sure there's adequate lighting in these areas and a sturdy handrail along either side of the staircase.

If you want more tips for how to create a safe living environment, arrange an in-home assessment with an occupational therapist.

In the kitchen

Keep small items that are used daily, such as utensils, cups, glasses and lids, in easy-to-reach locations. Place items that don't get used very often, such as plastic dishes and stainless-steel bowls, up high. Heavy objects, such as pots, pans and small appliances, should be stored in cabinets and drawers that are close to the ground.

In the bathroom



Sainte-Thérèse REMEMBERS...



The mayoress of Sainte-Thérèse, Ms. Sylvie Surprenant presents a certificate of honor to Marie - Laure Filion

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

In honor of Remembrance day, the city of Sainte-Thérèse organized a parade in collaboration with branch 208 of the Royal Canadian Legion which took place on November 6 in certain streets of Sainte-Thérèse. The Teresians were invited to the commemoration ceremony which will take place at 1:15 p.m. in front of the cenotaph of the Place du Souvenir located at the intersection of Saint-Louis and Saint-Charles streets.

On November 11, the population is also invited to take a moment of silence to remember the fallen soldiers and thank them for their honorable service. At the same time, let us salute the bravery of our Canadian armed forces, which today continue to put their lives at risk in order to defend our rights and freedoms.

This year marks the 100th anniversary of

the poppy. Adopted as the iconic symbol of Remembrance Day in Canada, the poppy was chosen as a Remembrance Flower in July 1921 by the Association of Great War Veterans.

In keeping up with the spirit of Remembrance day on November 4, the City of Sainte-Thérèse was present at the Residence L'Étincelle to present a certificate of honor to Marie - Laure Filion at a dinner held on the occasion of her 100th birthday.

"It is with joy that we mark Ms. Filion's 100th birthday. Recognized for her softness and kindness, she is a balm to the heart for people who are lucky enough to be around her. Even after a century, this remarkable woman continues to appreciate every moment of her life. She is a role model for all of us!" said the mayoress of Sainte-Thérèse, Ms. Sylvie Surprenant. Born November 2, 1921, Mrs. Filion is adored by her children and grandchildren. A proud woman, she makes sure to have a neat appearance for each of her outings which she always looks forward to.



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Buying local: an important practice now and always

The economic crisis caused by the pandemic made it clear that buying local should be a priority for consumers. After all, the benefits for both you and your community are vast.

Support the economy

When you buy goods from local merchants, your support has a domino effect. This is because it allows the retailers to source more materials from producers in the area, which in turn grows the regional economy. Helping local businesses thrive also ensures they can create and maintain jobs for people in your community, who will then have more money to spend.

Protect the environment

If businesses sell products that are made locally using materials sourced from nearby areas, it decreases the amount of time these goods spend on the road or in the air. A reduction in transportation means fewer greenhouse gases are emitted and, often, less packaging is used. For bonus points, walk or cycle to the local shops you frequent.

Ensure worker compensation

If you buy goods from growers and producers in your region, you can be more confident that the people who made them benefited from local laws regarding wages and working conditions. By purchasing these products, you're using your power as a consumer to encourage the practices of fairly treating and paying employees.

Obtain quality products

From the method in which products are manufactured to the way animals are raised and food is grown, the goods made in your area are subject to strict quality and environmental standards. In addition to ensuring you get top-of-the-line products, you're also letting merchants know that you value quality.

When you realize the difference you can make simply by buying local, it's hard to think of a reason not to. Happy shopping!



Online shopping: support local initiatives

With good reason, e-commerce has become a significant part of our daily lives. After all, it can be very convenient to make purchases with a few clicks on your computer, tablet or smartphone, and have the products you need delivered right to your door. However, it's important to maintain a commitment to supporting local businesses, even if you shop on the internet. Here are a few tips to help you find the online stores of merchants in your area.

ONLINE DIRECTORIES

An increasing number of websites are being launched as search engines designed to help you find merchants in your area who offer the products you want. Some of these directories even allow you to refine your search based on whether you're looking for food, gifts or other goods. Once you've identified a local business that sells what you need, you'll be redirected to their online sales platform to make a purchase or browse their selection.

SOCIAL MEDIA

Many businesses have a presence on social media platforms such as Facebook and Instagram. Additionally, your municipality and other local organizations may share posts about these retailers on their own social media pages. You can also use the messaging feature on these platforms to get information and recommendations.

While it might take a bit more effort to find online retailers in your area, supporting these businesses is a great way to boost the local economy.



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DIRECT? ANSWERS

From Wayne & Tamara

Mistaken Identity

Q I am going nuts which is why I am writing. I have been "dating" a man for a year now. I say "dating" because we are platonic, and he is having trouble rebounding from a marriage that dissolved three years ago. I should have moved on and would have if we hadn't connected so deeply. He is me in so many ways and complements me in so many others. For someone like me who scoffed at love, I now crave that very thing from this man. I try to move on but he is there. We spend hours talking. We have similar educational backgrounds and intellectual pursuits. We enjoy the same jokes and movies. So much compatibility, yet he wants me to move on. I don't want to go and I don't want to stay. Is this all I can hope for? I've waited all of my 32 years to meet what I consider a soulmate. Is there anything I can do just to make him release that pain and move on. Even if he chooses someone else, I care too deeply for him to live trapped in "what if" and "what could I have done differently." Conversely, I don't want to stay and have him shatter my heart. He told me he is not the one for me. But I am assuming by what he says he

is not the one for anyone because he failed with this woman he loved.

He also stated he didn't want to introduce sex into our relationship because it would ruin it. I don't want just sex from him. I am hoping for a meaningful relationship that leads to marriage.

Gloria

A Gloria, you've got a great best friend. He is a wonderful part of your life. Unfortunately your friend is a man. Since he's male, you are trying to turn him into something he is not.

If your heart gets broken, it will be a self-inflicted wound. Your friend has made clear what his role in your life is. If you accept it, you will have a friend who makes the good times merrier and the sad times less sad.

There are those who promise to tell you how to win a man's heart. It's as if they are talking about buying a bicycle, with some assembly required. Get a pair of pliers and perform a few simple tasks, and you will have a bicycle you can ride.

A list of compatible qualities, unlike bicycle parts, cannot be put together to make what you want. A husband. Your friend is not an object you can project your will onto.

Wayne & Tamara

The Lifeboat

Q I am a single mother of three children. I am very interested in starting a relationship with a guy who rings me every day. His ex-wife left him a while ago to be with my father.

This guy says he just wants to be friends. He says a relationship would cause problems for us because of his ex and my father, but he keeps ringing me up day after day.

Am I wasting my time trying to pursue more than friendship with him?

Crystal

A Crystal, the mailman, the grocer, a neighbor... You have daily interactions with a lot of people, but your need

doesn't make each man who crosses your path a potential husband.

You and this man have been thrown together through an odd, almost bizarre, set of circumstances, like two people meeting in a lifeboat. He wants someone to share the trauma with, and who better than someone close to his ex who can tell him what's happening.

When the lifeboat is picked up and the parties get back to shore, they go their separate ways. When he gets over his pain, the rescue vessel will have docked. He will move on, and you will only be the reminder of a bad event.

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



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4 tips for negotiating your salary

Though it can be nerve-racking, negotiating your salary is a normal part of the hiring process. Here are four tips for staying cool, calm and collected during your next salary negotiation.

1. KNOW YOUR WORTH

The first thing you need to do is be confident in what you have to offer the company. Don't undervalue your knowledge, skills, education and experience.

2. RESEARCH THE MARKET

To get the salary you deserve, you should have a general idea of the going rate for your position or a similar role within your industry and in your local area. In fact, many job search websites provide information on the average market value for a variety of jobs.

3. BE FLEXIBLE

Stay flexible and temper your expectations when negotiating your salary. For example, try asking for slightly more than what you expect. This gives you room to work with, making you more likely to get a salary you're comfortable with if the employer comes back with a lower number.

4. KNOW WHEN TO SAY "NO"

If the employer won't budge on their initial salary offer, then it might be in your best interests to decline it. This is especially true if you're considering other offers or interviewing at several companies.

When negotiating your salary, keep in mind some of the other perks that come with the job such as extra vacation days, flexible hours or a work-from-home schedule.

3 high-paying jobs that don't require a degree

Are you looking for a high-paying job but don't want to invest in a lengthy university degree? If so, here are a few options you may want to consider.

1. BUS DRIVER

A high school diploma, commercial driver's licence and clean driving record are all you need to become a bus driver. If you enjoy spending time behind the wheel, this may be the perfect job for you.

2. FLIGHT ATTENDANT

Many airlines only require flight attendants to have a high school diploma. This is because they typically provide in-house training and are prepared to fully acquaint staff with the protocols and procedures of the profession. Becoming a flight attendant could be right for you if you love to travel and thrive on a busy schedule.

3. FIREFIGHTER

In most cases, a high school diploma, first aid training and CPR certification are the only formal education requirements needed to become a firefighter. These professionals must also pass a written and physical exam before they're deemed fit for duty. If you're looking for a challenging yet rewarding career, firefighting could be a great fit. To discover other options, consider taking an online career aptitude test to help you understand which careers match your skills and interests.



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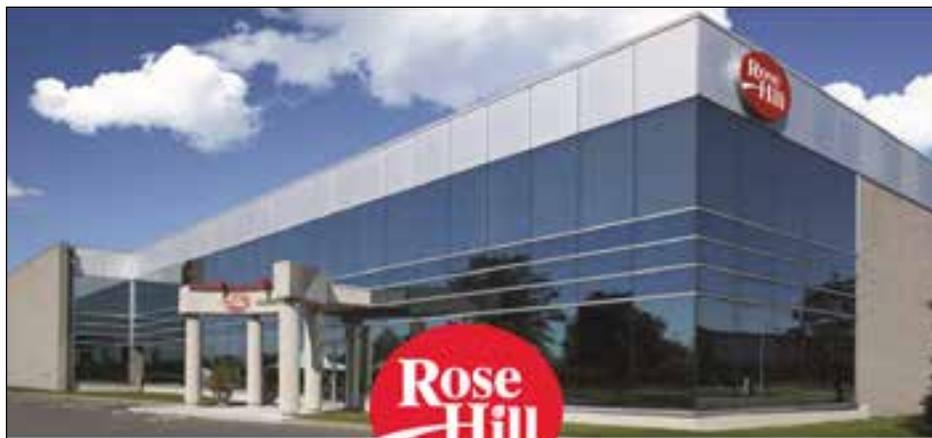
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HOROSCOPE

Week of **NOVEMBER 14 TO 20, 2021**

The luckiest signs this week:
GEMINI, CANCER AND LEO

♈ ARIES
Your mind will run wild with ideas. You'll start all sorts of projects without necessarily finishing them. You'll also suggest a number of activities to your loved ones. At work, a certain task will take longer than expected.

♉ TAURUS
Stress will drain your energy. It's important to rest, but you might also need to take steps to adapt your lifestyle for the better. Among other things, you may want to take up a practice of a more spiritual nature.

♊ GEMINI
You'll enjoy a fairly active social life. Even if you want some alone time this week, there will always be someone around to break your isolation and put a smile on your face. Let the changes you experience guide rather than hinder you.

♋ CANCER
At work, you'll be in charge of an important meeting or an event that brings a lot of people together. You'll be able to combine work with play, and you can expect a fun atmosphere at the office. You'll be more efficient in a relaxed environment.

♌ LEO
You might not have intended to take a romantic trip with your partner, but you'll make it happen. Be sure to maintain your focus if you're taking any kind of training course. At work, take the time to analyze the smallest details.

♍ VIRGO
Your emotions will likely get the best of you. This is a situation where you'll have to learn to let go, and you may embrace a more spiritual perspective. If you're part of a couple, you need to make more time for fun.

♎ LIBRA
Since you tend to lack patience with your significant other, it would be a good idea to break up your routine so you can bond while having an exciting adventure together. In your professional life, you're brave enough to make big changes.

♏ SCORPIO
You're able to handle any emergency that comes up. This is an ability that will eventually pay off at work. As for your love life, it's the little things that show how deep your feelings are for one another.

♐ SAGITTARIUS
If there's some friction in your relationship, you might have a tendency to settle things too quickly. At work or elsewhere, you'll manage to garner respect in a chaotic situation, which will be a source of pride for you.

♑ CAPRICORN
You'll need to be patient with a family member. You might be inspired to get out the holiday decorations and give your home a deep clean. The idea of moving could become a real possibility.

♒ AQUARIUS
You'll need to travel a lot, either for work or personal reasons. You'll be able to resolve a conflict that's dragged on for a long time by speaking up. Avoid criticizing your significant other for simply being clumsy.

♓ PISCES
If you're in a precarious financial situation, you'll stumble upon a winning formula to get you out of your predicament. You won't bite your tongue this week, and speaking up could get you into your boss' good graces.

Coffee Break

CROSSWORDS

PUZZLE NO. 101

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

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ACROSS

- Astern
- Tiers
- Inky stain
- Body of water
- Hero's tale
- Theme-park feature
- Lantern fuel
- Prop for Child
- Not pro
- Most up-to-date
- Memo taker
- Basks in the sun
- WWII craft: hyph.
- Four-footed friend
- Metal container
- Man in the _____
- Defective firecracker
- Vein of ore
- Risk money
- With it
- Recurring event
- Weeding implements

DOWN

- Solicit
- Doctor's charge
- Pave
- St. Tropez, e.g.
- Sincere
- Take first place
- Perfumed
- Color of chocolate
- Farm animals
- Keats poems
- Camping item
- Arctic or Pacific
- Consume
- Lacking sensation
- Wind instrument
- Appetizing
- Baby beagle
- Unoccupied
- Require
- Warp
- Stretching the truth
- "____ So Shy"
- Alleges
- Greased
- Hole-punching tools
- Detergent
- Tell a secret
- Tropical serpent
- Additionally
- Doll or kite
- Shepherd's charge

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.**

PUZZLE NO. 827

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

Last Issues' Answers

CROSSWORDS

S	W	A	P		C	R	O	C		P	A	T
P	E	R	U		L	U	A	U		I	R	E
A	L	E	E		E	N	T	R	A	N	C	E
S	L	A	B		A	S	S	E	T			
					L	O	N			O	M	E
A	L	J	O	L	S	O	N			M	O	P
G	O	O			D	E	N	I	M		M	O
O	B	I	T		R	E	P	A	I	R	E	D
G	E	N	A					P	E	T		
					R	A	B	B	I		A	R
D	E	L	A	W	A	R	E			L	I	S
E	R	E			E	R	A	S		I	D	L
B	R	A			D	E	N	T		C	E	E

Sudoku

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



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