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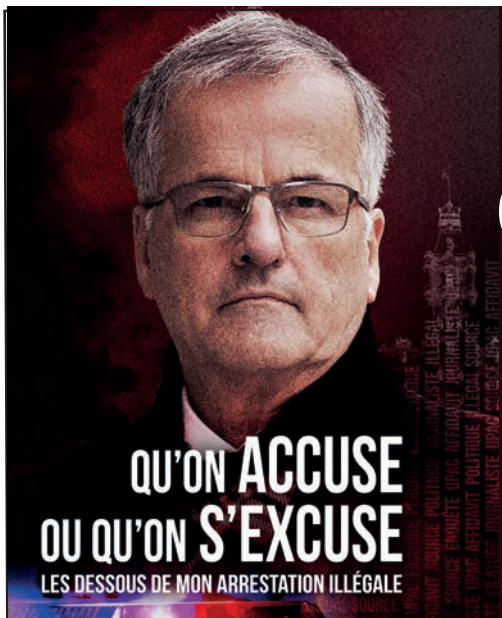
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CHOMEDEY MNA
GUY OUELLETTE'S BOOK
ACCUSES
UPAC ILLEGAL TACTICS

**QU'ON ACCUSE
OU QU'ON S'EXCUSE**
LES DESSOUS DE MON ARRESTATION ILLÉGALE

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EXCLUSIVE INTERVIEW
WITH
GOVERNMENT
HOUSE LEADER
AND
QUEBEC
LIEUTENANT
PABLO RODRIGUEZ

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'I'm not the leak UPAC was looking for,' says Ouellette

Guy Ouellette hopes his new book blows the lid off UPAC

Independent MNA still waiting for an apology for his arrest after info leak at UPAC

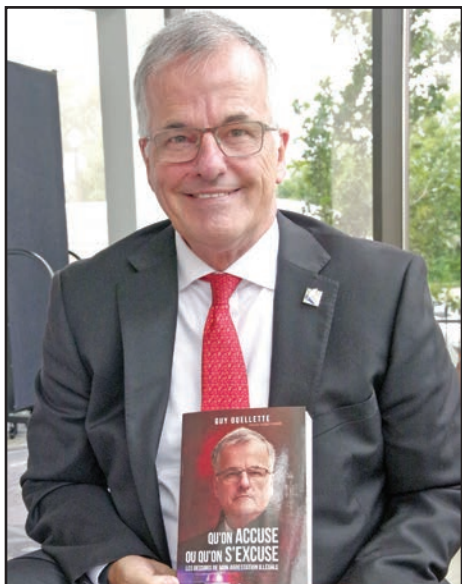


MARTIN C. BARRY
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It's been a while since most people in Quebec heard news from the province's powerful Unité permanente anticorruption – better known as UPAC.

But Laval-area MNA Guy Ouellette, a former Sécurité du Québec investigator, is drawing the agency back into the spotlight with a new book-length exposé, as well as a lawsuit that got underway on the same day as his book launch last week.

An arduous task



Seen here with his new book, *Qu'on accuse ou qu'on s'excuse: Les Dessous to mon arrestation illégale*, Laval-area Independent MNA Guy Ouellette says the facts in the book should exonerate him once and for all of all wrongdoing. Photo: Martin C. Barry

"Today marks the end of some hard work that started 10 months ago," Ouellette said in an interview with Newsfirst Multimedia during a media and by-invitation event held in his home riding of Chomedey.

Ouellette, who spent a significant part of his three decades in the SQ investigating the Hell's Angels and other criminal motorcycle gangs,

says his new 336-page work, *Qu'on accuse ou qu'on s'excuse: Les Dessous to mon arrestation illégale*, could finally blow the lid over what's left of UPAC.

The book's foreword was written by former National Assembly Speaker Jacques Chagnon, who had previously come vigorously to Ouellette's defence.

Facts for BEI inquest

Ouellette said the book focuses primarily on facts, which he hopes will be put to good use by the Bureau des enquêtes indépendantes (BEI), a Quebec agency that looks into police wrong-doing, to guide them in their investigation of the circumstances that led to Ouellette's arrest by UPAC in October 2017 on suspicion he was involved in a leak of information at UPAC.

Despite the arrest, Ouellette was never charged.

First elected as a Quebec Liberal in 2007, Ouellette currently sits as an independent member of the National Assembly. He was expelled from the Quebec Liberal Party caucus shortly before the 2018 election, after news reports claimed he had leaked information about the Liberals to the Coalition Avenir Québec, who won the election. Premier François Legault himself maintained that Ouellette furnished information to the CAQ.

Insight into UPAC

"It's insight also," Ouellette added regarding the book, noting that its conclusion raises serious questions as to whether UPAC is needed nine years after the department was created by the then-Liberal government. The other question Ouellette raises, as suggested in the book's main title, is whether he will receive a formal apology from the province's current Premier.

As Ouellette noted, the title, in fact, quotes word-for-word the phrase used by Jacques Chagnon in the National Assembly on Oct. 31 2017, during a response to Ouellette's arrest. At that time, Chagnon said, "An MNA has suffered a serious blow and his reputation has been tarnished. [...] May charges be brought, or may public apologies be made. May he be charged or may apologies be made."

Chagnon's remarks, as well as a unanimous standing ovation Ouellette received from members of all parties in the National Assembly, were viewed as a strong reaction by the province's elected representatives to what they saw as an ominous threat posed by the police towards parliamentarians.



Independent MNA Guy Ouellette, centre, is seen here with friends and supporters during his book's launch last week. Photo: Martin C. Barry

'I'm not the leak,' he says

Regarding the UPAC leak, Ouellette adamantly maintains he was not the source. "I'm not the leak UPAC was looking for," he said. "I have nothing to reproach myself for." In addition, Ouellette claims that because UPAC wants to safeguard the identity of the actual source, they are refusing, "But they know" the source, he said, while also claiming that some media outlets are also well aware of the source's identity.

Further to this, Ouellette pointed out that in February 2018, when he was called to testify

during court proceedings in Quebec City in a fraud and abuse of power case pending against former Quebec Liberal cabinet minister Nathalie Normandeau, he swore under oath that he neither knew nor was he the leak's source. He makes that specific claim again in his book.

In an added twist, the first court date for a libel suit Ouellette launched two years ago in conjunction with the UPAC arrest, naming the Quebec Solicitor General as defendant, was delayed until the very day of his book launch last week.



Chomedey MNA Guy Ouellette, right, autographs his new book, *Qu'on accuse ou qu'on s'excuse: Les Dessous to mon arrestation illégale*, for friend and supporter Michel Trudel, president of Mel's Studios and Postproduction. Photo: Martin C. Barry

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OPINION & Editorial



Teachers and students coping and navigating with school opening and coronavirus

The pandemic has cast a questionable future over Quebec education and across the country raising a host of questions: Is remote learning possible for every school? What roles will teachers, administrators, paraprofessionals and parents play?

While the far-reaching impacts of the COVID-19 pandemic are affecting almost every aspect of life, one area hit particularly hard is Education.

With millions of students learning at home for the first time, it is clear that this crisis will have myriad effects on teaching and learning in the 2020-2021 school year, regardless of when classrooms reopen and what type of remote learning practices remain in place.

We are seeing an increasing number of children return to the classroom. According to UNICEF, more than 1 billion students were still out of school due to nationwide school closures. However, 105 of a total of 134 countries that had closed, 78 per cent have decided on a date to reopen schools. 59 of those 105 countries have already reopened schools or plan to open them very soon. Many opened as soon as late August. We've seen the same trend in Quebec and throughout Canada.

Our schools in Laval and Greater Montreal are up and running and many students were anxious and happy to return to their familiar grounds although not knowing what to expect. And many also prefer the online learning from home. Seeing their teachers and reuniting with their friends was the climax.

Given the difficulty of the situation and variation across the globe, countries have been in different stages regarding how and when they plan to reopen their schools. These decisions will be made by national or state governments, often in discussion with local authorities. Making these decisions, the competent authorities at the MEES, Ministry of Education and Higher Education, considered the benefits and risks across education, public health and socio-economic factors, in the local context. Of course, hopefully, the best interest of every child was taken into consideration, using the best available evidence. But exactly how this looks varies from school to school. And, we're already seeing a number of schools in Montreal and Laval already afflicted with students and teachers who have contracted the Corona virus. What's coming up next is anyone's guess.

Decisions on control measures in schools and school closures and openings should be consistent with decisions on other physical distancing and public health response measures within the community. Generally, schools are not opening in countries as an isolated action, but as part as a number of actions related to opening back the country, such as reopening factories, public transport, commercial business.

It was crucial that school boards/Service Centres planned ahead and looked at what additional measures to put into place to help ensure

students, teachers and other staff are safe when they returned, and communities are confident in sending their students back to school.

Returning to school looks a little different from what parents and students were used to before. It's possible that schools may have reopened for a period of time and then a decision may be made to close them again temporarily, depending on the local context. Because of the evolving situation, authorities will need to be flexible and ready to adapt to help keep every child safe. Many teachers are worried and are expressing major concern fearing upcoming calamity.

Educators have been shouldering an impossible task: to replicate the functions of school without an actual school building. And that meant thousands of teachers, were isolated at home, having to harness technologies new and old to reach and teach every student. Our schools have never had to improvise like this. And this may well be a recurring situation if the pandemic isn't taken seriously and until the Covid-19 situation is remedied.

Of course, school re-openings must be consistent with the province's overall COVID-19 health response to help protect students, staff, teachers and their families. Some of the practical measures that schools have taken include: staggering the start and close of the school day and lunchtimes, reducing class sizes, and ensuring physical distancing inside and outside of the classroom. However, TLN observed students congregated outside school buildings during lunchtime, literally hugging and in close-knit circles. A definite recipe for disaster! What have they not learned? Haven't the parents cautioned their children on their expected behavior?

Moving on, students locally and around the world have shown just how much they want to keep learning. They have persisted with their lessons under difficult circumstances, with the support of their dedicated teachers and parents. But many children will need extra support to catch up on their learning with school re-openings.

Many schools are making plans for catch-up lessons to help bring students back up to speed. This might include starting the year with refresher or remedial courses, after-school programmes or supplemental assignments to be done at home. Given the possibility that many schools may not open full time or for all grades, schools may implement 'blended learning' models, a mix of classroom instruction and remote education, that is, self-study through take home exercises, and online learning.

Understandably, children will be dealing with the stress of the ongoing crisis differently from adults. They need a supportive and nurturing environment with positive responses to questions and expressions of their feelings. Teachers and parents are the primary frontline respondents.

Renata Isopo

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Politics run deeply in Liberal Gov't House Leader Pablo Rodriguez

Longtime Honoré-Mercier MP touches base with Newsfirst Multimedia



MARTIN C. BARRY
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Just about any way you measure it, there's no denying that Pablo Rodriguez has come a long way in the 44 years since he first arrived in Canada.

The Liberal MP for Honoré-Mercier and current Leader of the Government in the House of Commons first came to Canada with his parents eight years after a key date in Canadian history.

Parents fled Argentina

Although Pablo was born in Argentina in 1967 – Canada's "centennial year" – Rodriguez's parents had to flee from that South American country to Canada in 1976 after the military junta ruling Argentina repeatedly jailed and tortured his father who had become active in Argentinian politics.

A graduate of the University of Sherbrooke where he obtained a degree in business administration, Pablo Rodriguez spent an earlier part of his career working in public affairs and the management of international development projects. During this time, he became especially focused on humanitarian causes. As such, he was vice-president of Oxfam Québec during the early 2000s.

His introduction to politics

Before entering federal politics, Rodriguez underwent an apprenticeship of sorts as an election organizer and political attaché to former Liberal MP for Papineau Pierre Pettigrew, who

served from 1996 to 2006 in several of Prime Minister Jean Chrétien's cabinets.

According to one anecdote, which Pablo Rodriguez confirms, his father cautioned him not to pursue politics as a career. "My father was running for governor, and he was also a lawyer so he was defending people who were accused of speaking against the government," said Rodriguez.

"So he was thrown in jail. He was tortured. They bombed our house. That's why, when we came to Canada, and we could barely survive at first, my dad said, 'You know son, this is a country where there is freedom of opportunity and you can do whatever you want. But please no politics.'

Out to change the world

"But politics is in my blood, it's in my veins," Rodriguez continued. "You want to change the world. That's why I worked for Oxfam in countries in Africa, South America and Asia: to help people. As for politics, as my father always said, there's no perfect tool to change the world. But politics is the best thing for now. And so here I am."

As Government House Leader in the Commons, Pablo Rodriguez is responsible for planning and managing the Liberal government's legislative program. He described the current difficulties that the government is facing while dealing with issues such as the COVID-19 pandemic.

A key role in Liberal gov't

"We're facing this difficult situation in a minority government," he said. "Whatever we do, we have to get the support of another party. As Leader of the Government, the leader is the chief negotiator with the other parties. And remember that right now, during the pandemic, you have to



'Politics is in my blood, it's in my veins. You want to change the world,' says Rodriguez
PHOTO: MARTIN C. BARRY

negotiate from your home, from your basement because you can't go out.

"So you're on the phone fifteen hours a day. This is how I negotiated CERB and other programs – sometimes getting the support of one party, sometimes two, sometimes all the parties. We put in place programs we think have been beneficial to Canadians. Not perfect, but they were necessary."

An avid fan of soccer all his life, Rodriguez continues to play the sport in his spare time as part of a team of MPs from all parties who compete on the field in Ottawa. "Thomas Mulcair has played with us. Stéphane Dion," he said.

"Several ministers and MPs. We play together. We also have ambassadors playing sometimes. And sometimes also journalists."

As for the future...

Finally, what does the future hold for Pablo Rodriguez? "I don't know," he replied with a laugh. "It's a privilege just to be around the table as a cabinet minister – it's an honour and a privilege – and I give my best and the people will decide. And I am very thankful to be there for the people of Honoré-Mercier and they will decide to keep me on or not."

Three pot traffickers arrested by the Sûreté du Québec



DIMITRIS ILIAS
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Daring cannabis producers who cultivated plants in the middle of a highway median, in the Laurentians, were finally caught red-handed by the authorities last weekend.

"Honestly, I've never seen anything like this, it's really unique," exclaimed retired policeman François Doré. It takes some nerve, to grow it in this place, under the noses of the police, who have perhaps been there dozens, hundreds of times.

"Patrol officers of the Sûreté du Québec (SQ) were called to go on Highway 640 this past Saturday near Sainte-Marthe-sur-le-lac, for a possible exit route.

A hidden path

On the spot, they noticed the presence of a van immobilized on the left side, towards the 6th kilometer.

Except that, contrary to appearances, the vehicle was not at this place because it had an accident.

The police noticed that a path led to the central area of the highway and saw three men.

In addition to around 20 cannabis plants 70 centimeters tall, the SQ discovered four five-gallon cans of fertilizer.

All three were arrested for production and possession for the purpose of trafficking. They also received a statement of offense for coming to a stop on a highway.

The suspects, aged 20, 46 and 60, are all from Oka and were released to appear later.



Wooded median

According to reports kilometer 6 on the A640 is a place where the median is lightly wooded, so less visible.

"The police should do checks in similar places," said the former police officer François Doré.

"It's a time of the year when we do a lot of detection [for marijuana plants], including aerial detection. So, it is not impossible that we will make discoveries like this in the coming weeks," said Audrey-Anne Bilodeau, spokesperson for the SQ.

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It is an activity that has gained tremendous momentum in the past years. Beekeeping! Who would have thought? Back in the days we looked at these miraculous creatures as sting monsters ready to cause a lot of pain. As kids we avoided them and many times killed them. How times have changed...thankfully.

There is a surge of interest in beekeeping from rooftop hives in blocks of flats to school projects to community events like the one Rosemère is organizing. Bee populations worldwide have been threatened by massive deforestation, climate change, and other factors. Indigenous bees in particular are threatened when traditional agriculture gives way to clearcutting, monoculture, and pesticides. Fewer bees mean fewer pollinators, fewer crops, and less plant diversity. Unfortunately, it seems that the decreasing bee population is a global phenomenon. In 2013 and 2014, Canadian beekeepers have lost between 15 to 29% of their bees. Ontario seems to be the most affected province with a 58% loss in 2014.

Rosemère online bee workshops

The city of Rosemère, always on the forefront of conservation and nature appreciation, is organizing a virtual activity to discover the process of honey harvesting and extraction! These are two online workshops where Rosemerites are invited to discover how honey is produced, how nectar is extracted from urban flowers and how it is transformed into precious honey. Residents can join a professional beekeeper in

this interactive online workshop to “bathe” (so to speak!) in honey for an hour.

In addition, Rosemerites will be able visit the Alvéole honey factory to better understand the artisanal extraction process and learn more about the fascinating aspects of urban honey. Alvéole installs and cares for beehives at businesses and schools, providing both an educational service and exceptional experience while helping people to fall in love with bees.

The events will take place online through Google meet on September 13 at 10 a.m. and on September 13 at 11:30 a.m.

The Alvéole honey factory

At the Alvéole honey factory, they discovered early on that the honey bee is a surprisingly powerful vehicle for connecting people to nature. An experience with a bee hive is a great starting point for a deeper environmental education - and education leads to inspiration, which in turn leads to action.

They have been always motivated by a single idea: that caring for bees will lead people to care for their environment. After all, as human beings - loving something is what sparks their need to protect it.

With team members and operations across most major Canadian and American cities, Alvéole works year-round to raise ecological awareness across North America. In 2018, they received a B Corp Certification, a testament to their efforts in generating positive economic, social and ecological impacts.

Since being founded in 2013, the honey factory has put more than 50,000 people in touch with bees, creating a strong sense of connection to nature in cities.



Neonics

Neonicotinoids, known as neonics, are applied by the seed companies on corn, canola and some soybeans. They are also used by vegetable farmers and growers of ornamental flowers. The pesticide is systemic, which means it is present throughout the plants, including the nectar and pollen eaten by honey bees and other insect pollinators that are responsible for a third of the food humans consume.

Bayer CropScience, the largest maker of neonic-coated seeds in Canada, says the chemical is safe, and that there is not enough of the pesticide in crops' pollen and nectar to be lethal to bees. That view is not widely held in the honey industry. The good news, according to the David Suzuki foundation, is that after more than half a decade of foot-dragging, Canada's Pest Management Regulatory Agency has at last proposed to phase out most uses of the three main neonicotinoid pesticides: imidacloprid, clothianidin and thiamethoxam.

While neonics are notoriously toxic to bees, they can also harm other beneficial organisms, including aquatic insects like mayflies, which are an important link in the food chain. In August 2018, the PMRA published the results of its most recent neonic evaluations — the special reviews of clothianidin and thiamethoxam — which concluded that these chemicals are polluting Canadian waters at levels harmful to aquatic insects. In 2016, the PMRA evaluated imidacloprid and also proposed to phase it out because of aquatic risks.

The importance of such initiatives, like Rosemère's online courses as well as the efforts of the Alvéole honey factory and others like it, are supremely important in creating appreciation for an insect so marvelous that any danger to its existence should be dealt with a lot more diligence and urgency.

Electric vehicle show-off in Boisbriand



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The City of Boisbriand is hosting the Info-expo of the Electric Vehicle Association of Quebec (AVEQ). The activity will take place on Saturday, September 12, from 9 a.m. to 4 p.m., in the parking lot of the town hall, located at 940, boul. from the Grande-Allée.

“This day fits perfectly into the shift towards electrification of transport initiated a few years ago by the City of Boisbriand,” says Mayor Marlene Cordato.

Headed by AVEQ, the info-expo offers information kiosks run by volunteer electric

motorists on the different models of cars, their recharging as well as the government subsidies offered.

The activity is free, but registration at www.aveq.ca is recommended since the number of people admitted to the site is limited, due to health.

The day will also be an opportunity for the City to introduce residents to its municipal fleet of electric vehicles, which includes several hybrid or electric vehicles, including four “mobipods”, used by municipal employees.

It should be noted that the City of Boisbriand also has 18 charging stations on its territory, many of which are direct current charging stations (DCFC).

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Covid-19: A Brand-New School of Thought

BY BRIANNA FASOLI

Once again, we've reached that time of year. The time of year that students both fear and anticipate, this year more than ever: Back to school. During the pre-Covid era this time of year had enough stressful aspects, such as running around with your parents like chickens with their heads cut off, in hopes of acquiring all of the supplies before they run out. Not to mention the prospect of new classrooms and teachers and for some, a whole new school entirely. Don't get me wrong though, as there are many positive aspects to returning to our beloved learning institutions, as well. For instance, with the stress usually comes a palpable excitement, especially for students like myself who enjoy school. For those that do not share my zest for learning, at least the prospect of seeing one's friends after a summer of fun is equally as exciting.

This year however is different in many ways. It has reached a whole new level of both stress and enthusiasm, thanks to Covid, which seems to enjoy turning every familiar aspect of our lives upside down. This time it has decided to mess with another integral part of our society: schools. The Coronavirus prevented us from properly finishing last school year. It separated students from their friends and teachers and caused some to miss out on important milestones. Now it is drastically changing the way that learning this year will function too.

During the quarantine I longed to go back to school. I missed my friends and teachers, my extracurricular activities, and I missed the normalcy and independence that school provided. Yet coming back now, with Covid still lurking around every corner and on every

unsanitized surface, this isn't exactly the reprieve I imagined.

With the addition of all the new measures that have been put into place to protect us, I can't help but be reminded of the times students have jokingly referred to schools as glorified jails. School doesn't seem to feel as free as it used to. This is because many things that enrich high school life are no longer there, like most enriched subjects, and the feeling of independence that comes with high school. Another integral aspect of high school life that does not exist at the moment, is having multiple classes with many different people from your grade. At least then, even if you were put into a classroom you didn't like or put with a group of peers that you couldn't relate to, you had other chances to be with people you got along with. At this time even the library at my school is off limits and the possibility of being allowed to have clubs, extracurricular activities and dances looks

“Furthermore, the return to school has filled me with a muddled mess of emotions and feelings; some positive and others less so.”

bleak. There is so much that has changed in such a short period of time and so many normal practices that must be handled differently as we

learn to deal with this new disease. Hence with so many changes to our usual habits and the world around us in general, it is no surprise it has an effect on our mental states.

Furthermore, the return to school has filled me with a muddled mess of emotions and feelings; some positive and others less so. I fear what would happen if I unknowingly brought covid into my house where those in my family, who are at risk, could contract it. While I was very excited to see my friends and teachers after so long, I was also very worried about the new situation and what it would mean for me. You see this year I became a secondary four student. As some of you readers may know, this year is said to be the hardest year in high school and one of the most valued by those checking your college applications. Therefore, as someone whose mind is constantly working and at times overthinking, this has been a wild ride.

In our current situation children in schools must roll with the punches and adapt to our new environment. With that in mind I must admit that I am quite impressed with how well the students in my school have adapted. That is to say from my first two days of observation, I have found that although supervision is required, most of the measures, like sanitizing and social distancing, are being respected. Kids are actually wearing their masks where it is mandatory, without intervention, and sometimes even when it's not. This new situation also gives us the opportunity to make new friends as we will



Brianna Fasoli Secondary 4 student Rosemere High School

be with the same students in the class bubble, for the entire school year.

All in all, while it may not be what we're used to, nor is it ideal, in my opinion it's definitely better than online learning. Going to school, even with our new restrictions, means we get to see our teachers and our friends, our days no longer being spent cooped up in our houses. Now we get to continue to learn face to face or... at least mask to mask.

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Have a child in school or educational childcare?

Staying alert will help slow the spread of COVID-19

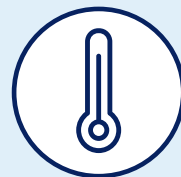
Every year, fall in Québec is marked by a change from lazy summer days to a new routine. This year, we all need to stay alert to protect our kids while letting them attend school and educational childcare services. Working together, we can give them the chance to succeed!

It's important to follow the health and safety guidelines

- Keep a distance of 2 metres between adults and children.
- Wear a face covering when taking public transit and when indoors in closed spaces.
- Wash hands often.
- Follow the guidelines provided for educational childcare services and for schools, including school daycares.



Watch for symptoms



Fever

Children ages **5 or under**:

- **Rectal** temperature of 38.5°C (101.3°F) or higher

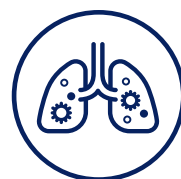
Children ages **6 years and older**:

- **Oral** temperature of 38.1°C (100.6°F) or higher



General symptoms

- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)



Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose



Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches



If your child shows one or more of these symptoms for more than 24 hours or if you believe that a family member was exposed to COVID-19, **use the COVID-19 Symptom Self Assessment Tool available at:**

Québec.ca/decisioncovid19

to get a recommendation on the next steps to take.



If in doubt, stay home

Any child showing symptoms should remain at home and limit contact with others. If the symptoms persist for more than 24 hours, use the Self-Assessment Tool or call **1 877 644-4545** to find out what to do.

Your child should not go to school if:

- Your local public health authority has told you to self-isolate.
- There is a risk of the child being infected or if you believe they may have been in contact with someone who has COVID-19.
- You are self-isolating for 14 days after travelling outside Canada.

Children who are self-isolating at home may still be able to access distance learning support. Contact the staff at your child's school for more information.



Be careful at school, in daycare and in educational childcare services

If your child shows symptoms, you will be asked to come and pick them up immediately. Call **1 877 644-4545** and follow the guidelines that will be provided.

Parents and staff will be informed if a child that is part of the same class group tests positive for COVID-19. Anyone determined by the public health authorities to be at moderate or high risk will be contacted, removed from the school, daycare or childcare service, and tested.

Parents and staff will be quickly notified if regional public health authorities deem it necessary to close down a facility or group.



Safely restarting activities

Even when it is possible to resume activities, you must follow all of the relevant public health guidelines, including those provided by a health professional. Never end an isolation period early.

Québec.ca/coronavirus

 **1 877 644-4545**

Québec 



Vicious Circle

I am 60, married to my second husband for 14 years. We are the same age. I loved him so very much for a long time, but either I am blind or he has changed. He sometimes binges and stays drunk for days at a time.

Everything that happens to him is an excuse to get drunk. It's not beer. It's a big bottle (a liter I think) of booze a day. Then he sobers up for a few days or weeks or sometimes months.

I am so embarrassed I avoid my old friends. I can't stand to be in social situations with him. All my friends now are people from work who do not come to my home. My husband has ruined every holiday and birthday for years, but he has an adult son who I adore and would never hurt.

I am at my wits' end and I am bitter. I feel like I am his retirement fund, his insurance, his maid, and his cash cow. I've worked all my life and have a good job and retirement funds. I try to be sensible and plan for the future.

Ten years ago we bought our house. Not once has he paid a bill or contributed to the house payments. He does buy food. When he's sober, he does some remodeling, though I buy the materials. He has no savings and no life insurance.

He won't get a job, but he does work part-time at roofing and siding sales. He has two convictions for drunk driving and owes back child support, even though his daughter is in her second year of college. He also has no interest in her.

My family lives out of state, and my husband tells me they don't care about me. I know that is not true. I have a loving family, and I know what he is doing to me. I am an intelligent woman, but why am I putting up with this? I can't seem to make a move.

I need to divorce him, but I am weighing my financial loss. Is he entitled to half of everything, even though he never contributed a penny? Maybe I could salvage a little bit of my life.

For all of you younger women out there, beware of my story. Don't wait too late.

June

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@echowork.com

June, we had an acquaintance named Dave. He was funny and entertaining and told great stories. Dave was also an alcoholic. Dave once told a friend his aim was to live to be 60. His friend replied that was a good goal to have – in the year 1850.

Dave died last year at 52.

Perhaps your husband came into your life as the charming alcoholic. Perhaps his charm is what you loved. Many alcoholics are delightful, at least for a time. Then reality catches up with them.

The writer Steven Pressfield nailed the nature of addiction when he said, "All addictions share, among others, two primary qualities. One, they embody repetition without progress. Two, they produce incapacity as a payoff."

Living with your husband is like losing your house to a sinkhole. Did we say house – we meant to say life. He took your life and gave you nothing in return. His addiction is the master of this game, and he roped you in to service that addiction.

Unfortunately, Steven Pressfield's words also fit you. Your life with him has become repetition without progress, leading to incapacity. You are unable to act, and he sets you against your family because he wants you to feel you have no choice but to stay with him.

But every day that passes your losses increase. We can't tell you how many people didn't find happiness until your stage of life. But they had one secret. They acted.

For all you give, you get nothing, and so we will offer you a painful comparison. If you want a different life, cut him out of your life as you would cut a rotten spot out of an apple.

Regret, reproach, and remorse will not move your life forward, but a plan and professional advice may. The first step is to talk to an attorney to find out where you stand financially.

Steven Pressfield's words don't apply just to those with chemical addictions. They apply to all of us – our habits, our mindsets, our behaviors. The cure for most problems is action, unless we want a life of repetition without progress.

Wayne & Tamara

Inauguration of a site at the Cœur-Immaculé-de-Marie cemetery dedicated to deceased babies



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

On August 20, the Regional Perinatal Mourning Committee of the Integrated Health and Social Services Center (CISSS) des Laurentides inaugurated a land plot dedicated to babies who died during pregnancy or at birth, located at Cœur-Immaculé-de Marie cemetery on Iberville Street in Mont-Laurier.

This initiative is the result of a partnership between the Regional Committee for Perinatal Mourning of the CISSS des Laurentides, the parish of Notre-Dame-de-l'Alliance which donated the land to the cemetery, and the monument manufacturer Gareau Granite who donated the tombstone and the inscription, as well as the Achille Ouellette Funeral Home, which offers free services to parents that deal with such deaths.

The project partners were Mr. Pierre Bazinet representing the Achille Ouellette Funérarium, Ms. Danielle Gareau de Gareau Granite and the celebrant Mr. Jean-René Sirois from the parish of Notre-Dame-de-l'Alliance accompanied Ms. Katy Dufour, Andréanne Lapalme, Mélanie

Ouellette, Alexandra Racette Mayer and Amélie Rochon, from the CISSS des Laurentides.

Mr. Sirois blessed the land where bereaved parents can come and pray. The following inscription can be read on the monument: "Your brief passage changed our life. We will never forget you". "The intention of this process, which is part of the continuum of care and services offered, is to provide parents, families and loved ones with a place where the bodies of these little ones lie. Also, it allows them, if they wish, to go there to meditate there in order to experience their mourning with as much serenity as possible," explained Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides.

Every September, a commemorative celebration brings together the bereaved parents in memory of the deceased babies. This ceremony, which takes place simultaneously in several sectors of the Laurentians, is an opportunity for meditation while highlighting the brief passage of these babies. Despite their short lives, they touched hearts and they will never be forgotten. Bereaved people who would like professional and personalized support can contact their local community service center (CLSC)

The Landscapes in the Garden event, a unique open-air exhibition in Sainte-Thérèse!



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

Sainte Teresians will have the chance to visit a unique free outdoor exhibition in the region from 14th to 27th September. Paysages au jardin is a land art event that will take place in the Jardin des Sources park and will highlight six ephemeral works of art.

On this occasion, the artists will use materials offered by nature to create works that get incorporated harmoniously into the existing landscape. These new artistic elements will transform over time, until their natural degradation.

From September 14 to 18, residents will be able to see the artists in full swing on the premises from 10 a.m. to 4 p.m. Then, from September 20 to 27, they will be able to admire the works on site during the opening hours of the park.



"The City of Sainte-Thérèse is very proud to present Landscapes in the Garden, a land art exhibition unique in the region! Our magnificent Jardin des Sources park was the perfect place to allow artists to express their creativity using elements offered by nature. Explore these temporary works of art that blend into the park's existing natural landscapes. Take advantage of a guided tour to learn about a new art form linked to nature. This is the perfect opportunity to take a fresh look at the Jardin des Sources and its beauties.

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Advisory - Hand Sanitizers and Children's Safety: *What you need to know*



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

• **Product:** Hand sanitizers in non-traditional packaging, including squeeze pouches commonly used for food and beverages.

• **Issue:** Health Canada is warning Canadians, particularly parents and guardians, about the risks of accidental ingestion among children from hand sanitizers packaged in formats that could appeal to children and be mistaken for food or beverages.

What to do: Always read and follow the directions on product labels. Talk to your children about the safe use of hand sanitizers.

Issue

Whether your child is learning from home or at school this fall, Health Canada is reminding Canadians, particularly parents and guardians, that hand hygiene is one of the most effective ways to stop the spread of germs, including COVID-19. Washing your hands often with soap and water for at least 20 seconds is one of the best ways to prevent the spread of COVID-19. When that is not an option, Health Canada recommends using an authorized hand sanitizer that has an alcohol concentration of at least 60%. All hand sanitizer products authorized for sale by Health Canada have an eight-digit Drug Identification Number (DIN) or Natural Product Number (NPN) on the label, and are listed on the List of Hand Sanitizers Authorized by Health Canada, which is updated regularly on the Health Canada web site. Some hand sani-

tizers that may not fully meet Health Canada's regulatory requirements and may not have a DIN or NPN on the label are being permitted for sale as an interim measure given the shortage of supply of hand sanitizers because of the COVID-19 outbreak. Check for these products by searching the list of Disinfectants and hand sanitizers accepted under COVID-19 interim measure.

Certain hand sanitizers are being sold in packaging that could appeal to children, such as squeeze pouches that typically contain food or beverages. Parents and guardians should be particularly vigilant about these products because children may accidentally mistake them for edible products and consume them. Health Canada recommends against using hand sanitizers sold in packaging that resembles food or beverage containers in settings in which direct adult supervision cannot be assured at all times, such as at school.

To avoid accidental ingestion, hand sanitizers should be stored away from, and out of sight of, children under six years of age. They should always be used with adult supervision. As with all health products, always read and follow the directions on the product label. Never eat or drink hand sanitizers because ingesting even small amounts can be dangerous or fatal. Health Canada recently issued an advisory about the risk of poisoning from hand sanitizers sold in beverage containers.

Health Canada continues to monitor the situation. If a safety concern or non-compliance is identified, Health Canada will take action and inform Canadians.



What you should do

- Always read and follow the label directions on hand sanitizers.
- If you choose to send children to school with hand sanitizer, avoid products packaged in containers that resemble food or beverage containers to avoid possible confusion with edible products.
- Always supervise children when they use hand sanitizer.
- Store hand sanitizers out of the reach of children.
- Talk to your children about the safe use of hand sanitizers.
- Children should not use hand sanitizers containing technical-grade ethanol. Always check the label to ensure the product does not contain technical-grade ethanol.
- If hand sanitizer is swallowed, call a poison control centre or get medical help right away.
- Report any health product adverse events or complaints to Health Canada.
- To help limit the spread of COVID-19, wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizers if soap and water are not available.



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TENET

PG-13 | Action | 2h31



NOW
PLAYING

Armed with only one word -- Tenet -- and fighting for the survival of the entire world, the Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.

STARDOG AND TURBOCAT

PG | Animation, Comedy | 1h30



NOW
PLAYING

A loyal dog and a vigilante cat embark on a space age voyage to find their way home.

PENINSULA-THE IMAX EXPERIENCE

Not Rated | Action | 1h56



NOW
PLAYING

Four years after South Korea's total decimation in TRAIN TO BUSAN, the zombie thriller that captivated audiences worldwide, acclaimed director Yeon Sang-ho brings us PENINSULA

UNHINGED

PG-13 | Dramatic Thriller | 1h31



NOW
PLAYING

After a confrontation with an unstable man at an intersection, a woman becomes the target of his rage.

FINDING LOVE IN MOUNTAIN VIEW

G | Romance | 1h40



NOW
PLAYING

After learning she's been entrusted to take care of her deceased cousin's children, an architect is torn between focusing on her career and honoring her cousin's wish.

SPONGEBOB MOVIE: SPONGE ON THE RUN

PG | Animation | 1h31



NOW
PLAYING

After SpongeBob's beloved pet snail Gary is snail-napped, he and Patrick embark on an epic adventure to The Lost City of Atlantic City to bring Gary home.

WW 84-THE IMAX EXPERIENCE

PG-13 | Action, Adventure, Fantasy



COMING
SOON

Fast forward to the 1980s as Wonder Woman's next big screen adventure finds her facing two all-new foes: Max Lord and The Cheetah.

LET HIM GO

R | Crime, Drama, Thriller



COMING
SOON

A retired sheriff and his wife, grieving over the death of their son, set out to find their only grandson.

Information Update -

Certain hand sanitizers recalled because they may pose health risks

Health Canada is advising Canadians that the following hand sanitizers are being recalled because they may pose health risks. For more information, including what Canadians should do, visit the online safety alert.

Health Canada maintains this list of hand sanitizers that may pose health risks, so that Canadians can easily identify products they may have purchased and take appropriate action. Canadians are encouraged to check it regularly for updates.



| Product | Reason for Recall | Company | NPN or DIN | Lot Number(s) | Expiry Date | Date Added |
|---|---|----------------------|------------|--|-------------|---------------|
| Disinfectant for hands based ethanol 70% | Missing risk statements; product not authorized to contain technical grade ethanol | Duvernois | 80098158 | 200414 20005195 20005475 20005478 20005479 20005848 20005849 20005850 20006018 20006019 20006020 20005193 20005194 20005195 20005476 20005477 20005479 20005480 20005688 20005693 20006022 20006023 | April 2022 | Sept. 4, 2020 |
| | | | | 200414 200414A 20006026 20006027 | May 2022 | |
| Holistic Living 70% Alcohol Disinfectant Antiseptic | Not authorized for sale in Canada; Missing risk statements; product not authorized to contain technical-grade ethanol | Lusty Libation, Inc. | None | IS0007 | May 2023 | Sept. 4, 2020 |

Infograph by [@newsfirst](#)

Classifieds

Deadline: WEDNESDAY before publication at 1 p.m.

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THE NORTH SHORE
News

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In Memoriam & Obituaries



BIBEAULT COULOMBE, Suzanne **1946 - 2020**

At Sainte-Agathe-des-Monts hospital, on September 4, 2020, at the age of 74, passed away Mrs. Suzanne Coulombe, mother of the late Michel Coulombe, daughter of the late Rita Forcier and the late Armand Bibeault. She is survived by her husband Mr. Jean-Claude Coulombe, her sisters Yolande and Lucie, her brother Gaston (Ginette Alarie), her brother-in-law Jean-Guy Coulombe (late Denise Bibeault), her sister-in-law Yvonne Lafontaine (late Armand-Louis Bibeault) as well as several nephews, nieces, relatives and friends.



LÉGARÉ, Pierre **1953 - 2020**

In Saint-Jérôme, on September 5, 2020, at the age of 66, passed away Mr. Pierre Légaré. He is survived by his children Stéphane, Jean-François and Stéphanie, his grandchildren Lucas and Logan, his mother Liliane Bergeron (late Maurcie Légaré), his brothers and his sister Robert, Manon, Yvon and Luc (Sylvie), his nephews and nieces as well as several other relatives and many friends.

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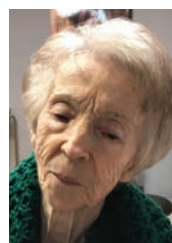
GRATTON, Gilberte **1926 - 2020**

In Prévost, on September 4, 2020, at the age of 94, passed away Mrs. Gilberte Corbeil, wife of the late Mr. Jean-Paul Gratton. She is survived by her children Daniel (Stéphanie), Martine (Luc) and Josée, her grandchildren Yan, Julie and Jessica, her 3 great-grandchildren Isaac, Zoé and Azalée, her sister Pierrette, brothers-in-law, sisters-in-law, nieces and nephews as well as other relatives and friends.



DESMET, Maurice **1947 - 2020**

Of Saint-Augustin, Mirabel, passed away Mr. Maurice Desmet, husband of Mrs. Thérèse Sanscartier. Besides his wife, he is survived by his children, Éric (Cathy), Annie and Caroline (Martin) as well as his 11 grandchildren, Cédrick, Cassandra, Victoria, Érika, Audrey, Olivier, Amélia, Louka, Jade, Emma and Taly, brothers, sisters, brothers-in-law, sisters-in-law, nieces and nephews and other relatives and friends.



COURCY, Gabrielle **1942 - 2020**

In Saint-Jérôme, on August 29, 2020, at the age of 78, passed away Mrs. Gabrielle Courcy, spouse of the late Mr. Guy Pettigrew. She is survived by her children Guylaine Savard Micoli (Sandro Micoli) and Steve Savard (Lyse Bergeron), her granddaughters Rébecca and Rosa, her brother and her sisters Blanche, Nicole and Donald, her brothers-in-law, sisters-in-law as well as than many other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
NO CHARGE Email: production@newsfirst.ca • Tel.: 450-978-9999

HOROSCOPE

Week of **SEPTEMBER 13 TO 19, 2020**

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS



ARIES

It's time to take the bull by the horns and clean up your circle of friends. A few are emotional vampires who will drain your energy this week if you let them.



TAURUS

If you have young children, you'll need to be more disciplined and lay down some basic rules. A few people around you will need to be handled delicately. There will be tension in the air.



GEMINI

You'll start to look for opportunities to travel this winter. At work, you'll likely need to deal with people in a language you're not fluent in, which will be challenging.



CANCER

Getting more exercise and improving your diet is beneficial, and you'll finally start to see encouraging results from your recent lifestyle adjustments. This will help you persevere on your road to self-improvement.



LEO

A friend will inspire you to go on an adventure. Your search for an adrenaline rush will disrupt your routine and push you out of your comfort zone. You'll feel revitalized by this bold act of bravery.



VIRGO

You'll need to channel your leadership skills, raise your voice and express your opinions with more authority. Slowly but surely, you'll rise within the company ranks. The boss' chair awaits.



LIBRA

It won't be long before you give in and go shopping or treat yourself to a little indulgence. Keep in mind that a refreshed wardrobe may help you gain the confidence to step into a new role at work.



SCORPIO

If there's a rift with a loved one, you'll take as much time as needed to resolve the issue for good. You'll also have the opportunity to brighten up your home's look before winter arrives.



SAGITTARIUS

A breakdown can happen at any time, so get your car inspected by a mechanic. Your phone and computer might also malfunction. Remember to keep them charged so you won't go without.



CAPRICORN

Having an active social life can be expensive. You'll need to create a budget if you want to continue to enjoy yourself to the fullest. At work, money will also be a top concern.



AQUARIUS

You'll be saddled with demanding obligations at work and at home. Patience and perseverance will be needed to overcome fatigue and stress. Fortunately, it'll be worth the effort.



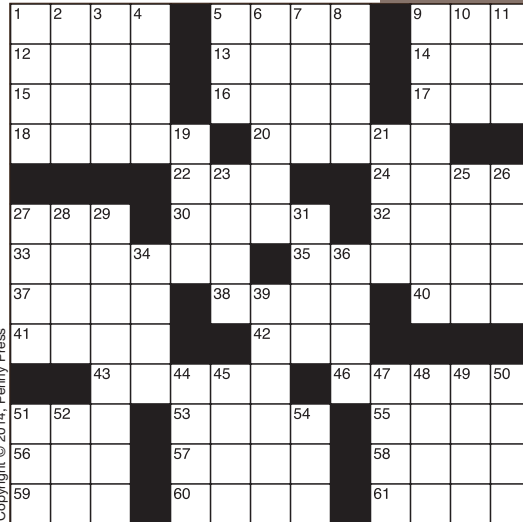
PISCES

You might experience a few nights of insomnia. Your mind will be active, and you'll need to find ways to burn off excess energy. A gym membership could be just the ticket.

Coffee Break

CROSSWORDS

PUZZLE NO. 997



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ACROSS

1. Move, as wings
5. Deteriorates
9. Cleopatra's snake
12. Decoy
13. Land unit
14. Roofing goo
15. To the sheltered side
16. Knicks or Raiders
17. Tango number
18. Security officer
20. ____ acid
22. Country hotel
24. Woody's son
27. Sponsors' words
30. Workbench clamp
32. Small cut
33. Canadian province

35. Bond
37. Take apart
38. Something different
40. Craving
41. Like
42. Storm center
43. Legendary stories
46. Tango or waltz
51. So long
53. Thin puff, as of smoke
55. Entire
56. Baseball's Darling
57. Theory
58. Eden dweller
59. Picnic pest
60. Lady's man
61. Salesmen, for short

DOWN

1. Banner
2. Humdinger
3. Sphere
4. Look closely
5. Mouse's kin
6. Indian and Atlantic
7. London streetcar
8. Big rig
9. Lawyer
10. Cut wood
11. Paid athlete
19. Plunge
21. Poet
23. Kind
25. Italian money, once
26. Unzip
27. Bluish green
28. Basketball shot
29. River deposit
31. ____ street
34. Skinny
36. Document of ownership
39. Reduce
44. Small branch
45. Cover up
47. Yonder
48. Undressed
49. Applaud
50. Shady trees
51. Bathing-suit top
52. There
54. Ms. Benatar

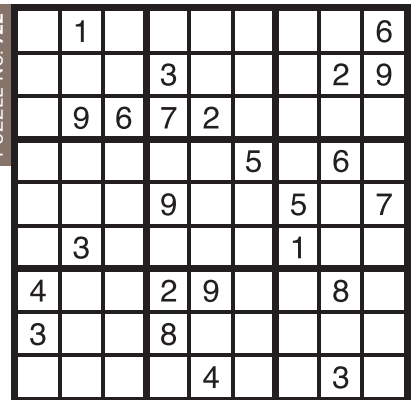
Sudoku

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. 722

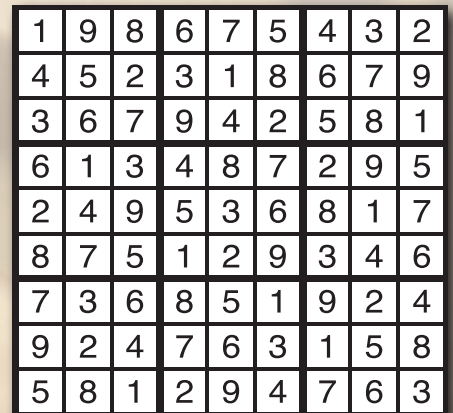


Last Issues' Answers

CROSSWORDS



Sudoku



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