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# THE NORTH SHORE News

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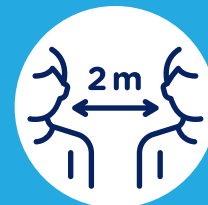
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# The total closure of the Deux-Montagnes line anticipated



**DIMITRIS ILIAS**  
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For The North-Shore News  
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The “rail shuttle” - which has become the only one to run between Deux-Montagnes station and Bois-Franc station since the start of 2020 - will cease its activities on December 31 rather than in mid-2021, as planned. All stations on the line will be closed at the same time.

Trains will completely stop running on the Deux-Montagnes commuter train line sooner than expected, while the metropolitan transport authorities are banking on buses to mitigate the effects of the Metropolitan Electric Network (REM) project.

The “rail shuttle” - which has become the only one to run between Deux-Montagnes station and Bois-Franc station since the start of 2020 - will cease its activities on December 31 rather than in mid-2021, as expected. All stations on the line will be closed at the same time.

“It was decided to bring it forward [the closure]



for the simple reason that we were able to offer a service that was better than the rail shuttle,” said Sarah Bensadoun, spokesperson for Mobilité Montréal.

“Right now, people are taking the train, stopping at the Bois-Franc station which is the terminus. Then, they take a shuttle bus that takes them to the Côte-Vertu metro and

then they take the metro to go to town,” she explained. “With the new services, we are eliminating connections and improving journey times.

“The new solutions announced Thursday include an increase in frequency of shuttles that already exist, and new lines shuttle. These will be able to take advantage of shoulders designed to allow their circulation on several highway sections of Greater Montreal. They would save “15 to 45 minutes of travel time”, depending on the route, assured Ms. Bensadoun.

COVID-19 has had a devastating impact on ridership throughout the public transit network and the services put in place to address the problems created by the REM worksite are no exception. The rail shuttle between Deux-Montagnes station and Bois-Franc station thus suffered a 90% drop in ridership.

Residents of Deux-Montagnes should be able to use the REM to get to downtown Montreal in 2023

NSN covers in detail all the mitigations efforts created in a separate article on page 9.

## Town Council Blood Drive: *Please Give Blood on September 24 and 25*



Mayor Eric Westram and Rosemère's town councillors invite residents to attend the upcoming Héma-Québec blood drive on September 24 and 25. The blood donor clinic, which is by appointment only, will be open between 1 p.m. and 7:30 p.m. at the Memorial Community Centre (202 Grande-Côte Road).

“Even during a pandemic, there is an ongoing need for blood,” Mayor Westram said. “That’s why I want to reassure residents about the protective measures taken by Héma-Québec. They have proactively implemented the recommendations from public health officials and Health Canada in order to provide a safe environment for everyone.

Join me in giving blood on September 24 and 25, and let’s help save thousands of lives. Together, we can meet our goal of 170 donors.”

Because the blood drive is by appointment only, residents must contact Héma-Québec in advance by phone at 1-800-343-7264 or by email at [igive@hema-quebec.qc.ca](mailto:igive@hema-quebec.qc.ca).

Access to all donation sites is controlled, with a temperature check for donors and volunteers before they can enter.

Donor beds are disinfected after every use, as are the touchscreens used to fill out the donor questionnaire.

The set-up of the blood drive has been reconfigured to comply with distancing requirements. Acrylic dividers have been added at all blood donation locations.

Surgical masks, provided by Héma-Québec, are

mandatory for all donors for the length of their visit as well as for staff and volunteers whose duties require them to be closer than 2 metres (6 feet) to others.

## Vuela Vuela : Show and dance workshop in collaboration with Odyscène

As part of the Journées de la culture, Odyscène and the towns of the MRC de Thérèse-De Blainville offer you a free tour of eight dance shows in your region from September 25 to October 4, 2020.

On Saturday, September 26th, take part in the Vuela Vuela dance activity at the Rosemère skatepark in Charbonneau Park. In case of rain, check the Facebook event update.

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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo



### Speak softly and start believing.

Nothing personal but the language or languages you speak may influence whether you become infected with the Covid virus. Different languages spew more moisture than others. Do you speak softly, or loudly? Do you project when you speak, like singers, teachers, and broadcasters? A study in the journal Aerosol Science and Technology, says this all has an effect on how the virus will impact you. For example when we speak English, we aspirate a lot. We produce voiceless but plosive consonants like p, t, and k. We pronounce those letters within a word with exhaling breath. A researcher named Sakae Inouye from the University of Tokyo observed that like English, the Chinese language actually has even more aspirated letters. Inouye concluded that in Chinese, "the consonants p, t, k, q, ch, and c, when placed in front of vowels, are pronounced with a strong breath". In fact when a Chinese, English and Japanese speaker were compared, the tissue in front of their mouths fluttered in English and Chinese but not in Japanese. That could be the reason Japan has only one third the number of Covid cases of Canada, yet it has three times Canada's population. And if you speak French and most of us do, you will agree that at least anecdotal evidence suggests the expressive French, Italian, and Greek speakers have plenty of potential viral particles to pass onto others! Now it can't all be attributed to language because the Japanese have a mask wearing culture, are disciplined in social distancing, and respect their government's suggestions of avoiding crowds. We are still learning about this virus, but it's worthy of note that different speech sounds produce either more or less moisture according to the study in the medical journal LANCET. And loud speakers clearly emit more aerosolized particles than soft spoken speakers, in some cases ten times as many! So whichever way you chose, try to reduce your air flow, and keep your moisture to yourself.

No matter what language we speak we are all human beings and as humans, we tend to lie, a lot. A recent study found fully one third of the population lies about whether they have symptoms or have in fact been infected. Psychology researchers at St Catharines Ontario's Brock University found "34% of those testing positive denied having symptoms". Women more than men were more honest, older but not younger adults told the truth.

But what bothers me the most, is the recent on line Leger survey clearly showing pandemic fatigue has set in, and fully half of Canadians think our politicians are holding back information. Younger Canadians find politicians and health officials exaggerate the severity of this deadly virus. Why? Because we've been lied to, too often. Italians were told the virus was created in a Chinese lab. The Chinese said the virus originated with the US military. Donald Trump said the anti malaria drug hydroxychloroquine was the cure. Ottawa Public Health said recovered patients of the virus would not be reinfected for at least two years. Granting 14 day exemptions to Uline U.S. billionaire Liz Uihlein and her gang's private jet fly in for their 36 hour visit to Milton Ontario. That severely undermines public confidence. We were told masks were not effective. Yes they are. Health Minister Patty Hajdu admitted "We knew very early about COVID-19, the risk that it posed to human health". This was in December 2019! Hajdu, Justin Trudeau, Doug Ford, and no doubt other politicians that we don't know about have not followed their own rules. Teachers complain about class sizes but it was an infected teacher (no mask) who forced the closure of a Pembroke high school. And I am not alone wondering why 50 people can gather in a strip club but only 10 are allowed at a house party. And so one can perhaps understand why many no longer believe what they hear and have dropped their guard. And what about a vaccine. Can it be trusted now? All this despite a troubled Premier Legault saying "The situation is critical...please think about others", promising more powerful screen ads but he hasn't changed the rules, yet. Ontario's Doug Ford has, and is fed up, instituting a system of provincially enforced measures that carry heavy fines. I read this recent powerful commentary from an outraged Canadian, "Not realizing, or not caring about our overworked medical staff, selfish, spoiled, disrespectful citizens are going to kill us". Most believe, some don't. The sad reality is one infected can send 30 others to hospital, hopefully to recover, thanks to our dead tired doctors and nurses. **That's what I'm thinking.**

Robert Vairo. [robert@newsfirst.ca](mailto:robert@newsfirst.ca)

## Your grocery bill is rising and Covid-19 will make it worse

Every month, Statistics Canada reminds us that life is getting more expensive. But for food, the situation has been unique over the last few decades.

Based on numbers released recently, the price of a typical grocery basket has increased by about 240 per cent since 2000.

Some will think such a percentage is expected, given the effects of inflation. However, the overall cost for other products and services in the economy didn't increase as much as food did – far from it.

When we compare the consumer price index with the food price index over the last 20 years, we see a rather marked divide.

Except for in Iqaluit, all provinces and territories have seen their consumer price indices outstripped by the food price index. In most cases, the food price index has gained at least 10 points more in 20 years.

The differences are larger in Eastern Canada. In Quebec, the difference between the two is 23.1 points and in Nova Scotia, 21.3 points. The place where the food price index exceeded the general price index the most is in New Brunswick, at 25.8 points.

So over the past 20 years, Canadian households – especially in Eastern Canada – have had to spend more of their budgets on food. Especially in the last decade, the gap between the two indices has widened. For the eastern provinces, the reasons vary between the lack of regionally-based food processing and the higher logistical costs of serving some remote markets.

Some may say a sustained rise in food prices may be harmful to the poorest citizens. Well, yes and no.

North America has been the realm of discounted food for some time. We're just coming out of an era in which we've been bent on buying the cheapest food products. For a generation, food industrialization has led us to consume both good and questionable food and we accepted our fate without thinking much about it.

But things are different now. As affordability remains a priority for the agri-food sector, quality, the provenance of food, and the ecological footprint that our choices represent bring their share of complexities and additional costs.

The demanding consumers we have become have plenty of choice, year round. With more innovation, quality is also much better – but there's certainly a price to pay for that.

As a result, the industry has been catching up to our expectations by managing higher costs and passing some of the increases onto us. It will only get worse with COVID-19. It's simple economics.

But the fact remains that some people are struggling to make ends meet. Poverty is invisible but it's there, it surrounds us and will become more of a challenge over the next several months. It's high time to evaluate the possibility of a guaranteed minimum income, for greater financial equity for all.

Despite higher food inflation, there's still some good news for bargain hunters. For several years, we've focused on discussing the more expensive food products. It's just human nature. But did you know that there are a few products priced almost the same as they were 20 years ago?

According to Statistics Canada, flour has increased by 38 per cent since 2000. That's not much. Even better, peanut butter is about five per cent more expensive than in 2000. Of course, prices will vary depending on the region, the type of store and the time of year. But peanut butter has been relatively cheap for 20 years.

And sugar is dirt cheap in Canada. According to Statistics Canada, white sugar is almost the same price as it was in 2000, at \$2.40 per two kg. Although there are only three sugar producers in Canada that control the market – Redpath, Lantic and Rogers in the West – the price of sugar has barely changed in the last two decades.

The sugar industry operates mostly behind the scenes and everything is negotiated privately. Canadian prices are based on world sugar prices, which are significantly lower than prices supported by tariffs in the United States and Europe.

Canada's low import tariffs also mean that global competition for refined sugar keeps prices low here compared to the United States. Sugar prices in Canada are on average about 35 per cent lower than U.S. sugar prices.

So food prices are going up, but at least sugar and peanut butter remain a bargain.

Dr. Sylvain Charlebois



# Are the nasal pcr tests for Sars-2-cov too "sensitive"?

*Dr. Christos Karatzios clarifies*



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A lot of commotion in the news lately concerning tests. The good news is that newer and faster tests are being developed with a saliva gargle test on the verge of approval in BC.

At CNN though, there was a headline in the ticker tape that turned heads and spread like a virus (pardon the pun) in all sorts of conspiracy web pages. "Health experts warn Covid-19 tests aren't just slow, they're too sensitive". NSN reached out to Dr. Christos Karatzios Assistant Professor of Paediatrics at the Montréal Children's Hospital for a much-needed clarification.

The doctor started by saying that people didn't understand what they were reading and of course they told him that positive tests are "false positives".

## His answers are all here:

Yes, the tests are sensitive. They HAVE to be. They pick up genetic RNA material of SARS-2-CoV in your nose.

No, the tests do not pick up false positive results. The nasal PCR test for SARS-2-CoV ONLY DETECTS SARS-2-CoV and nothing else. So, it doesn't pick up "other coronaviruses".

The false positive rate is extremely low and mostly has to do with lab error (i.e. contamination with a positive sample in the lab). This is very rare.

The false negative rate is much higher due to various factors (i.e. sampling error - not getting the swab deep enough in the nasal passage, or sample timing - too early in the disease or too late).

The test is a "YES" or "NO" test for the presence of the virus. It tells you nothing about live (growable and infectious virus), or dead remnant pieces of the RNA (therefore not infectious virus).

Someone can remain positive for weeks as many of my friends reading this have. Some have stayed positive for 6 weeks. It does NOT mean they are contagious all these weeks.

Immune suppressed people and people with severe COVID-19 (in ICU on a ventilator etc), may be contagious for 3-4 weeks.

For the rest of the healthy population (i.e. children in school) who got COVID-19, live infectious virus stops shedding after about 10 days. Your test can still pick up genetic pieces after this but the virus is dead.

A quick hint: do you have fever and a bad cough and diarrhea? You're contagious until all gone. You were contagious 1-2 days before it all started.

A PCR is a test that checks for the genetic material and, if present, enzymes in the test start making copies of the genetic material until we are able to detect it. The checking happens in cycles. The less cycling needed to detect, the more genetic material that exists in that swab and so the Ct (cycle threshold) is LOW. The less genetic material that exists in the swab, the higher is the Ct.

This is NOT a viral load. It does not give you a number of copies of the virus per mL of snot or per nasal surface cells in your nose. This is the major mistake many papers and scientists are making.

A viral load has a curve - so therefore it rises - and it falls -. Scientists can only presume that with the current PCR test the Ct rises and falls too. But a viral load curve needs a denominator to be constant and that is the sample. In HIV we know the viral load of a patient because we

sample a constant blood volume. For a respiratory virus like SARS-2-CoV, it depends on the sample and this isn't constant as many of you who have had the test done know - you thrash about because it's uncomfortable and there may be less cells in the nasal swab. Or the testing person samples the front of the nose where the virus doesn't live well when compared to the back of the nose. There is no constant denominator unlike a blood test - and we don't have those developed for this pandemic.

Unlike flu (300 viral particles in droplets but 3 if airborne), Shigella causing shigellosis and dysentery (1-10 bacteria), and Salmonella causing typhoid fever or other salmonellosis diarrheal illnesses (100-200 bacteria) we do NOT know the infective dose of the SARS-2-CoV.

So, even if we knew the viral load of the test we would not know what it meant. Does it take 1, 10, 10,000 viral particles to cause COVID-19? What about black people who have higher numbers of ACE receptors for the virus, or kids and mild asthmatics who have less? How many viruses are needed to cause disease in them? We just don't know and we will not know for a while. Remember we are learning as we live. We are building the boat as it is sailing during this pandemic.

Also, what if the viral load is low...can a child return to school let's say as was suggested by CNN? How do you know if the viral load is on the upswing (early in the disease and the patient is asymptomatic and will have a big viral load in a few hours when he/she becomes presymptomatic) or late in the disease as it has passed?

In conclusion, yes, the tests are sensitive but they are specific for this virus only. If positive we don't know where you are on the disease timeline unless you have symptoms. Isolation



**Christos Karatzios Assistant Professor of Paediatrics at the Montréal Children's Hospital**

and contact tracing are the only way to control this disease apart from wearing masks, washing hands, and keeping distances. Unfortunately, we can't predict who can go to school or who can't. If an outbreak happens based on positive tests, a school may need to fully close. Unfortunately, that's the limits of our technology. Maybe in a few months we will know more.

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# Two Mountains To Climb: Canada's Twin Deficits and How to Scale Them

Canada must come to grips not just with a massive fiscal shortfall but also consecutive deficits in our current account, a broad measure of our trading and investment relationship with the rest of the world. A government plan must be growth oriented if we are to get the twin deficits under control without resorting to the drastic measures of 25 years ago.

### INTRODUCTION

The 2020 COVID-19 crisis has produced a unique economic emergency layered on top of a decade-long build-up of pre-existing weaknesses. One cannot be addressed in isolation from the other.

The 21st century began well for Canada. Our fiscal turnaround had proven durable as our debt-to-GDP ratio moved steadily downward. We were running a current account surplus with the world on the backs of strong demand and good prices for our exports and net inflows of foreign direct investment. We were building our net worth as a nation and setting the stage for future growth through the creation of new economic capacity. As a result, jobs and income were on the rise, along with opportunity.

But the situation began deteriorating in the second decade of the new century. The current account, a broad measure of our trading and investing relationship with other nations, turned negative and remains there. Non-energy exports never recovered after the Great Financial Recession and the tide turned against investment in Canada following the 2015 oil price collapse. In the long run, the real income of Canadians and the public programs they cherish depend on the value of the goods and services (GDP) Canadian workers and businesses produce. We maximize their impact by exporting those in which we are most cost efficient and importing those where we are less efficient.

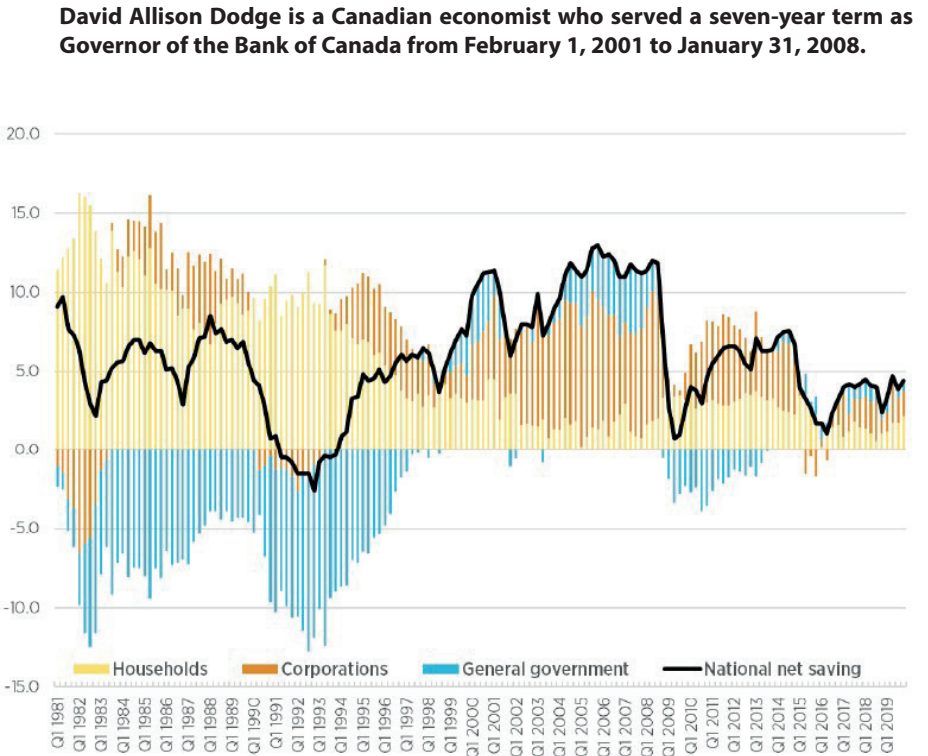
Long before COVID-19, however, the signals were straightforward and stark: Canada's industries were losing ground in global competitiveness and attractiveness to foreign investors. Even Canadian businesses and individuals were finding more appealing places to invest. We were no longer building our future at home, but rather collecting rents in the present on investments from the past, like coupon clippers living off past prosperity.

Today, policymakers are being called upon to address these pre-COVID economic and

policy weaknesses alongside brand new pressures introduced by the crisis—the explosion in public debt, heightened demands for social security and health care and, leaving aside long-term climate pressures for the moment, the further erosion of the price for our largest export category by far, crude oil and bitumen.

It is more incumbent than ever for governments to know where they are headed overall, and to communicate effectively with citizens, markets, global trading partners and investors about how we intend to get there. If Canada is to fully recover from the COVID crisis, we need to articulate and promote a medium and long-term plan to restore ourselves as a favoured destination for investment and to use that investment to enable forward-looking industries and entrepreneurs to make and sell what the rest of the world wants to buy from us. This is the way to enhance the standard of living for Canadians.

- The messages of this paper are very simple:
- You can't eat what you don't produce, and the value of what we are producing as a country is not covering what we are consuming. We can continue along that way for a while, but it is not a sustainable proposition.
  - You need to invest today to produce more and better in the future. Over much of the past decade, we have been investing less in our future while consuming more in our present, as evidenced by our lower net national savings rate (Figure 1). The COVID crisis exacerbates those trends.
  - You want to produce where your value is greatest. We need to add greater value to what we produce and, to the extent we are moving away from our biggest export, oil, we need to find competitive replacements that are attractive to buyers abroad and secure access to those markets.
  - You need greater productivity increases to compensate for an aging population. As our population ages, the growth of our labour force slows—and so doesn't provide our historic natural growth of output. In order to preserve our living standards and quality of life, we need to maintain high immigration levels and ensure faster productivity gains.
- Ultimately, this paper is optimistic in seeing in the COVID crisis the shock we have needed to muster the attention and will to address our weakening economic base. Over the past decade, the Canadian economy has been like the



**Figure 1: Net Saving as % of National Disposable Income | 1981Q1 to 2019Q4**  
Source: Statistics Canada, table 36-10-0111-01.

proverbial frog in the pot of water, never really feeling the gradually rising heat and therefore failing to react proportionately. The COVID crisis represents a sudden rise in temperature.

It is not too late for Canadian policymakers to get this right and bend the future more definitively in the favour of Canada and Canadians. This paper sets out some thoughts on how this can be done.

### PART I: THE CURRENT ACCOUNT CHALLENGE

Most attention to the economic effects of the COVID-19 crisis has been devoted, not inappropriately, to Canada's burgeoning fiscal deficits and the labour market insecurity of Canadians. While one may quibble with this measure or that, a robust government response to an unprecedented crisis was absolutely necessary—and so we will have to determine how to distribute the burdens of this debt over time and among different segments of the population.

There is a second deficit that also merits

serious public attention. Canada's current account provides a reliable reflection of the medium-term strengths and weaknesses in the economy. The current account represents the sum of Canada's economic interactions with the rest of the world—imports and exports of goods and services, payments to foreign holders of the country's investments against payments received from investments abroad and transfers such as foreign aid or remittances. The current account can be in deficit for a time without problem. During an economic expansion, for instance, Canadian purchases of capital and consumer goods from abroad may rise.

But a chronic current account deficit that never corrects, particularly in times of global economic uncertainty, eats away at the confidence of foreign lenders and investors, sometimes resulting in sudden plunges in the value of national currencies and the rise, in response, of domestic interest rates—something Canada experienced in the mid-1990s and can ill afford today.

*to be continued...*



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For The North-Shore News  
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The Thérèse-De Blainville police department has been busy as of late. They have engaged in multiple campaigns of public information and fundraising. One of the campaigns is to inform citizens about the dangers of using your cell while driving. Under the headline “Don’t let distractions blind you” (Ne laissez pas la distraction vous aveugler) RIPTB shares important statistics about the large percentages of accidents attributed to distracted driving. Also, the RIPTB participated in a fundraising campaign for the Académie des arts - Trouver ta voie whose

mission is the integration and the promotion of artistic skills for people with intellectual or physical disabilities, autism spectrum disorder or attention deficit with or without hyperactivity.

## A unique partnership

On Wednesday September 16th took place the renewal of the partnership agreement between Place Rosemère and the Régie intermunicipale de police Thérèse-De Blainville, more than fourteen years after the first agreement signed in October 2006.

This partnership continues year after year, responding to a real need for prevention and service for the customers of this large North Shore shopping mall. It makes it possible to offer the services of a police officer from the RIPTB



Partnership agreement between Place Rosemère and the Régie intermunicipale de police Thérèse-De Blainville renewed

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**Operation OSCAR, for Opération systématisée comportements à risque, aimed to identify the places where there could be problems concerning the respect of health rules and intervene there.**

directly on site and to work in collaboration with the security agents of Place Rosemère and the employees of the businesses.

This makes it possible to inform and assist citizens, intervene quickly and effectively with customers and tenants, ensure a presence during special events, implement prevention projects and offer unparalleled service at Place Rosemère.

NSN reached out to inspector Martin Charron who is also handles the department's PR about the role of the Thérèse-De Blainville PDs officer in the role. He was excited to confirm that in this partnership the dispatched police officer will be training and advising the security personnel of the mall. In many instances, mall security hiring requirements do not even require any training or experience. It is therefore a win win situation since mall security will benefit from the experience of a professional and the RIPTB will be able to serve better in a large busy shopping center that services such a large part of

during a press briefing by the Minister of Public Security, Geneviève Guilbault.

Operation OSCAR, for Operation Systematic Behavior At Risk (Opération systématisée comportements à risque), aimed to identify the places where there could be problems concerning

***“Every week, we see images in bars, of crowded dance floors. We must nevertheless admit that there are situations of violation of the rules”***

the respect of health rules and intervene there.

The police tried to ensure that the rules are followed, as well as the provisions on alcohol permits, which have been modified since the start of the pandemic.

“Every week, we see images in bars, of crowded dance floors. We must nevertheless admit that there are situations of violation of the rules”, said the Minister of Public Security.

To those who still doubt the need to wear the face covering or to respect physical distancing, the message is simple: “Comply”, added Ms. Guilbault. “My colleagues and I have only one goal every day and that is to protect the health of Quebecers and to ensure that society can continue to function. Our measures are not based on any conspiracy and no dictatorial inclination,” said the minister, while hundreds of conspiratorial protesters have roamed the streets in recent weeks to deny the existence of a pandemic.

This operation on a massive scale this past weekend targeted all the places that are at a higher risk to attract customers and potentially break the rules when it comes to COVID protection. With cases of virus infections rising in Quebec, Premier Legault has attributed the problem not to the opening of schools, but rather on instances of gatherings where the rules were not followed and people got complacent thus spreading the virus.

“We will be visible and proactive,” explained before the operation Inspector Martin Charron of the RIPTB communications office. The objective is simple, to avoid a second wave!

All over Quebec the presence of the police was be very visible during operation OSCAR. The police also took the opportunity to apply the conditions relating to liquor permits, in conjunction with the Régie des alcools, des courses et des jeux.

Bars, restaurants and microbreweries are now prohibited from serving alcohol after midnight, with or without food.



**Constable Sébastien Charette is the officer who will be serving as mall's go to with the RIPTB**

its jurisdiction. Constable Sébastien Charette is the officer who will be serving as mall's go to with the RIPTB and taking on the crucial of working with the customers, owners and security of Place Rosemère to ensure for a smooth and pleasant shopping experience especially during these trying COVID times.

## Operation OSCAR

The RIPTB joined in this past weekend in Operation OSCAR. Thus, its members alongside police officers from across the province checked whether customers and owners of 1,000 licensed establishments complied with public health instructions. Fines can range from \$ 400 to \$ 6,000 for violations for both owners and customers. These measures were announced



# An enhanced offer for users of the Deux-Montagnes train line as of November 2



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

The partners of Mobilité Montréal presented the second phase of the mitigation measures related to the work of the Réseau express métropolitain (REM).

The implementation of this new service offer is made possible thanks to the faster completion of the development of the bus lanes on several strategic motorway axes.

Over the past few months, Mobilité Montréal's partners have stepped up efforts to develop mitigation measures to facilitate access to downtown Montréal. The objective was to implement efficient and competitive solutions in terms of travel time, in addition to offering several route options to public transport users.

A new, improved service offer will be in effect from November 2, resulting in a transitional period during which the train and the new bus shuttles will be in operation simultaneously. Thus, users of the Deux-Montagnes line will have the opportunity to test different routes to determine their preferences before stopping the rail shuttle scheduled for 31 December 2020.

## The new measures include:

development of "bus lanes on highways 640, 13, 15 and 25, as well as the use of the new reserved lane of highway 20 in the Turcot interchange; shuttle 404, between the Deux-Montagnes station and the city center, which now becomes the main measure for access to the latter during rush hour. Initially planned outside peak hours,

this shuttle was extended as soon as it was set up and will remain available at all times, including evenings and weekends;

### two new bus shuttles during peak hours:

line 499 from the Deux-Montagnes station to the Côte-Vertu metro (for users having to go to the Saint-Laurent borough);

line 498 from the Saint-Eustache terminus in downtown Montreal, with a stop at Sainte-Dorothée station;

the optimization of the 968 - Trainbus Roxboro / Côte-Vertu shuttle service, with only three stops, namely the Roxboro-Pierrefonds and Sunnybrooke stations as well as the Côte-Vertu metro;

a rate change for zone 3 users so that they can access the TRAMREM fare at the rate of \$ 88.50. This ticket will allow them to travel on board all modes of transport in zones 1, 2 and 3, including the metro from Montmorency station in Laval.

These new features are in addition to the service currently deployed in the North Shore and on the Island of Montreal.

For users of the Mascouche line, the service already in effect continues.

"At my request, a considerable effort has been made by all of Mobilité Montréal's partners to offer the most direct service possible to the city center and the metro for users affected by the shuttle stop. railway. The development of lanes on major roads will now allow buses to avoid congestion. This will have a positive impact on the travel time of thousands of users. By now prioritizing bus services, we are responding more adequately to the needs expressed by users of the Deux-Montagnes line. Our government is listening, which makes it possible to present today a



plan that will optimize travel time and which, by the same token, will make the use of solo cars less competitive than the use of public transit." said Chantal Rouleau, Minister responsible for Transport and Minister responsible for the Metropolis and the Montreal region

"The mitigation strategy of the partners in public transport has been designed in an evolutionary way in order to allow the integration of the new resources available to improve travel options as the REM site evolves. I would like to salute the concerted work of Exo, the Réseau de transport de Longueuil (RTL), the Société de transport de Laval (STL) and the Société de transport de Montréal (STM), as well as the

government's involvement. of Quebec, CDPQ Infra and Mobilité Montreal. We are all committed to providing the best possible service to affected users." added Benoit Gendron, Director General of the Autorité régionale de transport métropolitain

The transitory public transport network represents an investment of \$ 192 million by the government of Quebec and CDPQ Infra.

Work to develop the park-and-ride lot on avenue des Bois as well as the lanes of avenue des Bois, highway 440, eastbound, and boulevard Chomedey, in Laval, will continue until spring 2021 and will facilitate transit for Laval users.

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# An approach adapted to the different regions to limit transmission of the virus

It is now more important than ever that we follow health measures to limit the spread of the virus. It is essential that each of us remains vigilant and adopts good habits. Since the virus is not spreading everywhere at the same rate, a new tool has been implemented to show how the situation is evolving in each Quebec region. This four-level alert system will make it easier for you to keep track of the government's interventions.

We must contain the spread of the virus throughout Quebec. This is how we can retain some level of normalcy over the next few months. Each region can make a big difference in limiting the spread of the virus. Let's continue to protect each other.

## Progressive regional alert and intervention system

The Progressive regional alert and intervention system specifies which additional measures each health region must take to slow the transmission of the virus. These depend on the alert level reached and are intended to limit the health, social and economic impacts of COVID-19, protect those who are most at risk and avoid overburdening the healthcare system.

The alert levels are established based on the recommendations of public health authorities who regularly review the situation, taking into account the epidemiological situation, transmission control and the capacity of the healthcare system.

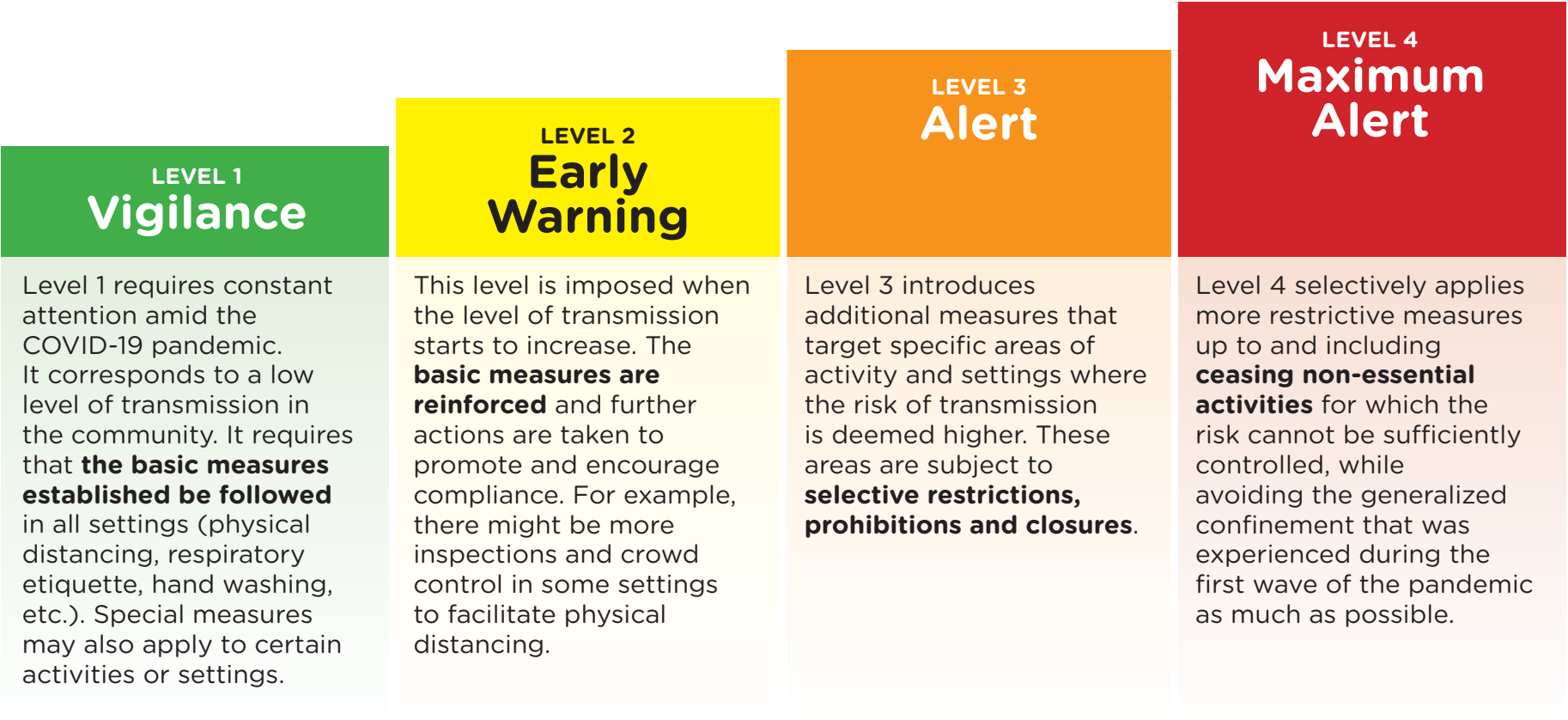
Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**



- Keep your distance
- Wear a face covering
- Cough into your elbow
- Wash your hands
- Adapt your greetings



# FOUR ALERT AND INTERVENTION LEVELS



To find out the alert level in your region, consult the Map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels).

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)  
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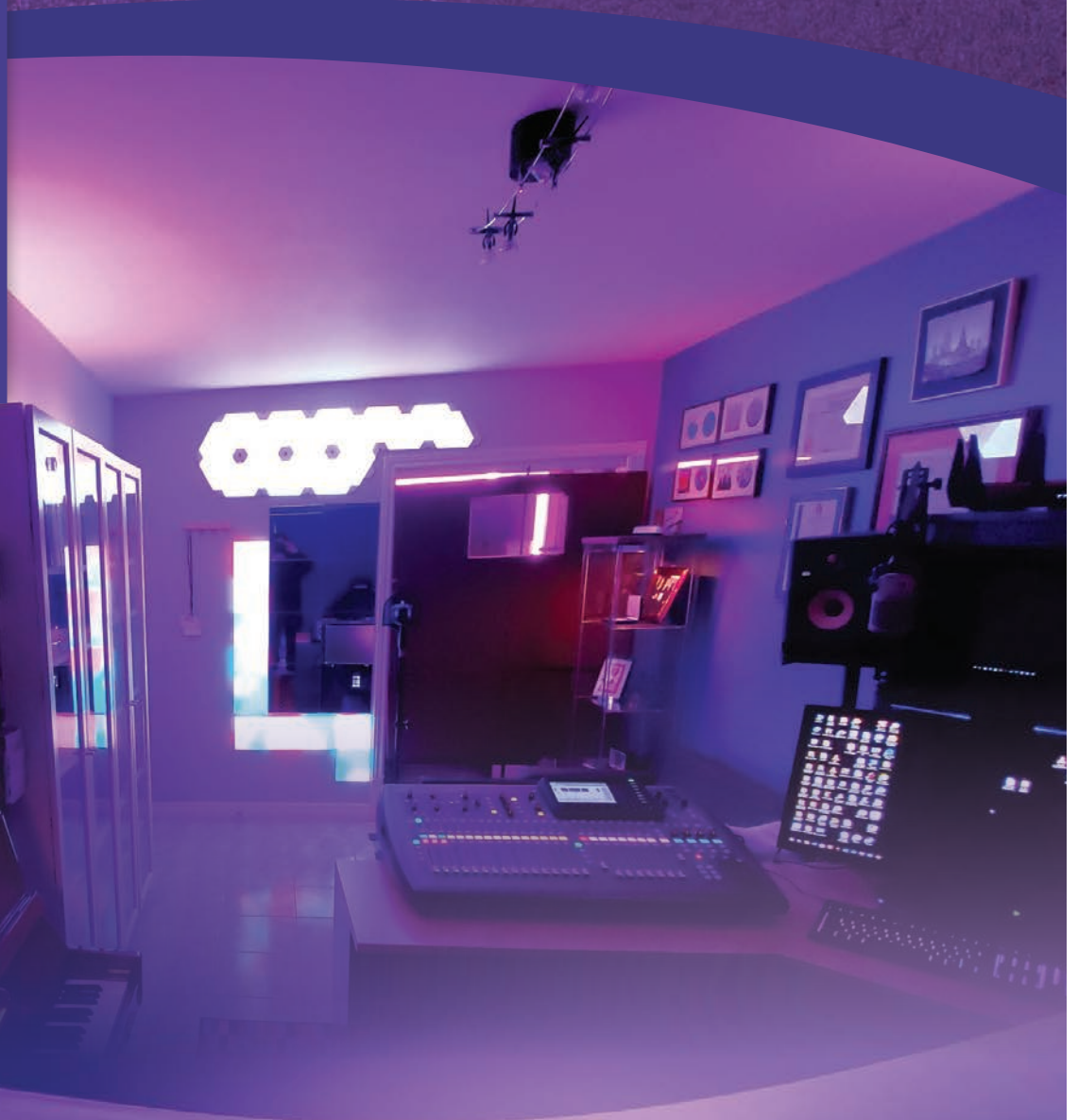
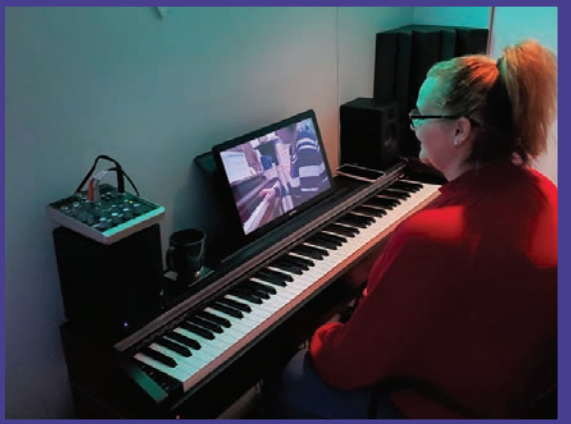
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# Rosemère, presents various grant programs



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

The city of Rosemère has put various grant programs in place to provide financial support for residents looking to embrace environmentally friendly and community-minded solutions.

## Sustainable feminine hygiene products

Effective July 13, 2020

The Town of Rosemère offers residents an opportunity to obtain financial assistance of up to \$40 per 3-year period for the purchase of sustainable feminine hygiene products or fabrics to make reusable (washable) sanitary napkins. Buy menstrual cups, pantliners and sanitary

napkins that are washable, reusable and designed for use by women and apply for financial assistance from the Town.

Documents to be attached to one's application are: a copy of the original bill(s) of sale dated less than 3 months ago and indicating the name of the commercial establishment that made the sale as well as its GST and QST numbers, Proof of residence and a duly completed form

To apply, residents must download the Sustainable feminine hygiene products grant program application and then send the form and required documents by e-mail to [loisirs@ville.rosemere.qc.ca](mailto:loisirs@ville.rosemere.qc.ca) or in person to Community Services located at 325 Grande-Côte Road.

## Reusable diapers

The Town of Rosemère offers families the possibility of applying for a rebate of up to \$150

per eligible child against the purchase of a set of washable baby diapers.

### Diaper facts and figures:

The average baby goes through 2 400 diapers a year.

A set of cloth diapers costs between \$700 and \$1 000, laundering included. For disposable diapers, the total cost runs anywhere from \$2 000 to \$2 500.

In Quebec alone, some 600 million diapers are thrown away every year.

A disposable diaper takes 300 to 500 years to decompose in a landfill site.

## One birth, one book

Under this program, the Town of Rosemère offers a gift package to welcome newborns into the community.

To apply for both programs above, residents must download the Family Support Grant Program application, fill it out and sign it and then drop it off to the Community Services Department at 325 Grande-Côte Road (450-621-3500, ext.7380). Residents must provide Receipt(s), Proof of residency and the Child's proof of birth

## One birth, one tree

The Town of Rosemère offers new parents the possibility of applying for a \$150 rebate against the purchase of a tree or other type of vegetation (such as a bush or shrub) to plant on their property to commemorate the birth of their child.

To apply residents must download the Family Support Grant Program application, fill it out and sign it and then drop it off to the Public Works Department at 190 Charbonneau Street (450-621-3500, ext. 3300). Residents must provide Receipt(s), Proof of residency and the Child's proof of birth

## Low-flow fixtures

The Town of Rosemère offers a rebate program to encourage homeowners to replace their existing plumbing fixtures with low-flow alternatives.

Eligible fixtures and maximum rebate amounts are as follows: low-flow (\$60) and high-efficiency (\$75) toilets, and WaterSense-labelled shower heads (\$10) and faucet aerators (\$25).

To apply residents must download the Low-Flow Fixture Grant Program application.

Fill it out and sign it and drop it off to the Public Works Department at 190 Charbonneau Street (450 621-3500 ext. 3300). Original proof of purchase for eligible low-flow fixtures, photograph (dated and initialed by the homeowner) showing the original fixtures and where they were installed and photograph (dated and initialed by the homeowner) showing the low-flow fixtures after installation are required.

## Home support services for seniors

Seniors may request an application form to fill out and submit in order to qualify for a refund (by cheque) in the amount of \$100 for the home support services they are provided. Please note that refund applications are processed between September 15 and December 15 of the current year.

Homeowners must be 65 years of age or older on July 1 of the tax year. Their taxes must have been paid in full. All requests must be submitted by November 30 of the current year (the year for which the application form is completed). The refund application is valid for one year only. You must fill out and submit the form each year. To apply, the form has to be completed and sent to Rosemère Town Hall, 100 Charbonneau Street, Rosemère, Quebec J7A 3W1

## New swings at Parc Désormeaux

Young children, and their parents, who frequent Désormeaux Park located at 20, rue Paquin in the Vieux-Saint-Eustache district, will be happy to discover brand new swings fitted out on a wood chip play area.



The installation work, which was completed very recently, was carried out by the firm Jeux-Tec under the supervision of the City's Engineering Department. This new equipment, for which a sum of \$ 28,949 has been invested, is in addition to the play modules already installed in this park.

During the visit to the park on September 16, Mayor Pierre Charron and the councilor of the Vieux-Saint-Eustache district, Ms. Michèle Labelle, came to see the new facility which will certainly delight the children in the area.

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## The Warning Not Heeded

*Can you provide some insight? About a year ago I met someone who had been separated from his wife for three months. I was attracted to him instantly, but a bit reserved about him being recently separated with two children. After being friends for a while, I fell in love with him.*

*As time went on, I learned the attraction was mutual. With some hesitation I pursued the relationship, and we have been dating about eight months.*

*A couple of months ago I met his two children, and we got along famously. His soon-to-be ex called me shortly afterwards and expressed an interest in meeting, since I would be spending time with her children.*

*I complied and we got along. But as the divorce proceedings became turbulent, this woman took it out on me. She called and left nasty messages, followed me, and even called my coworkers to badmouth me.*

*Now she has filled her two children, four and seven, with such awful things they have no desire to be with me. Understandably so, since they are children and will listen to their mother.*

*On the last visit with my boyfriend, after we dropped his children at their mother's, she came out screaming and yelling obscenities about me, while holding the four-year-old.*

*Now I am in a state where I have eliminated seeing his children. Long-term, I see no alternative. It disappoints me since my desire is to spend my life with this wonderful man. But how?*

*His children are a large part of his life I will never be able to share. I contemplated ending the relationship, but first, I would love to hear from others who have dealt with similar circumstances and hear how they did it.*

Valerie

Valerie, when his wife wanted to meet you, you thought you two were on the same team in a relay race. That was naïve. She didn't want to pass the baton to you. She wanted to fumble the handoff in a way that made it look like your fault.

The need this man fulfills in you is the same need she thinks you stole from her. While you were finding the man for you, she was losing the man she thought was hers. Arranging to meet you was simply scouting the competition.

The shrieking woman, clutching her four-year-old, was proclaiming, "I need my cubs taken care of, and he is the father of my cubs."

When you met him, he was barely separated, still in the transition period where couples often get back together. At least in her mind, she thought things could still be patched up. And if she wants him back, she will put all the blame on you and none on him.

She wants to make your problem an insoluble one, and she has. The children will be in his life all of his life. If you had heeded your hesitation and waited for him to be divorced, you wouldn't be a party to the divorce.

We take our car to an auto repair shop that has steel puzzles laying on a table. If customers are so inclined, they can untangle a puzzle while waiting for their car to be fixed. But many of these puzzles have multiple pieces, and they are quite complex.

You picked up one of these puzzles and want to know the trick. Only there is no trick. This man, his wife, and their two children can't be untangled from each other. The trick was played on you. You got way ahead of yourself when you became involved with this married man.

Some puzzles have no solution. It appears that's the kind of puzzle you picked up.

Wayne & Tamara

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

## Mondou raises more than \$125 000 in donations during the 3rd edition of its Mondou Mondon Campaign for shelters



Mondou is very proud to have raised \$125 000 over the last few weeks as part of the 3rd edition of its Mondou Mondon campaign for shelters. This major fundraising campaign, was held in the 67 Mondou stores across Québec as well as online at [Mondou.com](http://Mondou.com). In total, \$406 000 were donated to animal shelters over the last three years thanks to the extraordinary generosity of the public and Mondou customers.

"We extend our warmest thanks to everyone who contributed once again this year despite the exceptional context of the COVID-19 crisis. Thanks to your generosity, Quebec shelters will be able to carry out their mission, which takes on its full meaning in the summer months, when many pets are abandoned by their owners during the moving season. With animal welfare at the core of its values for more than 80 years, Mondou is dedicated to supporting the shelters in a number of different ways throughout the year, in particular by donating a million dollars' worth of food each year to more than 25 shelters, which represents 12,000 kg per month," said Martin Deschênes, Mondou's general manager.

### DONATIONS TO MORE THAN 36 SHELTERS THROUGHOUT QUEBEC

The funds raised will be redistributed among several shelters across Quebec, including in the Greater Montreal area, the Laurentian, Lanaudière, Montérégie, Estrie, Outaouais, Mauricie, Quebec, Beauce and Saguenay-Lac-St-Jean regions. In order to help as many animals as possible, Mondou has pledged to support some twenty small shelters and to finance a dozen major projects in larger partner shelters. The proceeds raised through donations will go towards the renovation of the shelters, the spaying and neutering of animals for those with lower incomes, the purchase of equipment and food, medical fees and the holding of microchipping clinics and adoption events.

For this 3rd edition of the Mondou Mondon campaign for shelters, the public was invited to contribute through various means: by purchasing a notebook illustrated by Laurent Pinabel (at a cost of \$8.99 plus taxes), by purchasing a bracelet bearing the Mondou Mondon campaign logo (at a cost of \$5.00) or by making a donation of \$5, \$10 or \$20 in-store, directly at the cash register or online.

### A PROUD QUEBEC COMPANY SINCE 1938

Since it was founded, Mondou has been committed to supporting a number of causes dedicated to animal welfare and to the community. This spring, in the context of the COVID-19 crisis, the Quebec family-run business donated \$110,000 in products and gift cards to Moisson Montréal and to rescue shelters in different parts of Quebec. Through this gesture, Mondou wanted to help pet owners in need, so as to prevent them from having to abandon their pet for financial reasons.

In order to give a second chance to cats by helping them avoid euthanasia, Mondou also inaugurated two adoption zones for cats from rescue shelters at its Saint-Jérôme and Anjou store locations last year. To date, more than 300 cats have been taken in by new families, in the current context of overpopulation in the shelters. This initiative is in keeping with Mondou's core values; the company refuses to sell animals in its stores in an effort to encourage responsible adoption.

Mondou also organizes the popular Mondou Mondon campaign for the Mira Foundation which raised \$1.6 million dollars in 5 years.

Mondou wishes to take the opportunity to acknowledge the dedication and generosity of all its clients, employees and partners who contributed to the resounding success of the Mondou Mondon campaign for shelters!

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# Blainville tightens the leash New regulations for dog owners



**DIMITRIS ILIAS**  
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In 2018, the government of Quebec adopted Bill 128 aimed at promoting the protection of people by setting up a framework for dogs and in December 2019, it ratified the implementing regulations for this law which only potentially dangerous dogs, but also all dogs in Quebec to ensure the protection of the public.

"The municipal council, in order to strengthen animal control on its territory as well as the safety of people, adopted By-law 1620. This substantially modifies the elements relating to pets while integrating the elements of Law 128 and its implementing regulations on dangerous dogs. There were 45 incidents involving dogs in Blainville between 2010 and 2018. As a Quebec municipality No. 1 for its quality of life, even if the old regulations contained tough measures, Blainville must ensure the safety of its citizens", declared Mayor Richard Perreault.

The City also wishes to ensure ethical and safe animal control and limit the proliferation of stray animals on the territory.

## By-law 1620

The number of animals per property is limited to four, including a maximum of three dogs or three cats. A person who was already keeping more animals than authorized before the adoption of the by-law must obtain a special permit

from the City. In a survey conducted by the firm Aramis in March 2019 to which 854 citizens of Blainville responded, 74% support this measure.

In a public place, a dog must at all times be under the control of a person capable of controlling it and be held by a leash of a maximum length of 1.85 meters.

It is now compulsory, under provincial and municipal regulations, for all dogs weighing 20 kg and over, to wear a halter (head harness) or a chest harness when circulating in public places (streets, parks, green spaces, etc.).

The control of dogs deemed potentially dangerous or dangerous following incidents is reinforced according to the obligations contained in the implementing regulation of Law 128 (85% support in the 2019 survey).

Under provincial regulations, registration and wearing of the medal for all dogs in the territory is compulsory. Cats must also be registered and wear the tag.

Finally, the regulation makes the sterilization of cats aged six months and over, mandatory in order to avoid the proliferation of animals (65% support in the 2019 survey).

## Registration and medal compulsory for dogs and cats

"As mentioned, Law 128 and its implementing regulations make registration and wearing of the medal compulsory for dogs. Cats are also subject to this obligation in the municipal bylaw,"



mentioned the chairman of the public security commission, Serge Paquette.

The registration of dogs and cats is valid for the life of the animal. To register a dog or cat, there are two options: complete an online form and receive the medal by mail (\$ 25 + \$ 3 postage) or go to an authorized partner to complete the form, register an animal and receive the medal (\$ 25). The sums collected for registration are used only to pay the operating costs by the SPCA and to produce the medals.

## Halter and chest harness

According to provincial regulations, Municipal By-law 1620 makes it compulsory to wear a halter or chest harness for dogs over 20 kilograms.

"The halter is a harness that is placed on the head of an animal in order to control it effectively. The halter is not a muzzle and does not prevent the dog from breathing freely. This

device increases the effectiveness of the leash and gives the keeper better control. The halter also has the effect of calming the dog," added the vice-president of the public security commission, Michèle Murray.

As for the chest harness, it has the particularity of attaching to the front at chest level and not on the back as with conventional harnesses. This type of harness is designed to gently discourage dogs from pulling since it is used to restrain sudden movements without harming them.

The Order of Veterinary Doctors of Quebec is in favor of this equipment, which increases the protection of citizens while respecting the well-being of the animal.

Regulation 1620 also contains several articles relating to the welfare and protection of animals and the City of Blainville site includes more information on that.

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 1/2 Spécial (2 cuisses) 22,95  
 Poulet entier 12,99  
 Poulet BBQ avec spaghetti 13,95  
 Cuisse 13,95  
 Poulet BBQ avec salade grec, patates et riz 14,95  
 Cuisse 14,95

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 Steak pepperoni 11,95  
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 Steak pepperoni 11,95  
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À L'AFFICHE AU CINÉMA LE 2 OCTOBRE  
IN THEATRES OCTOBER 2<sup>ND</sup>



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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.

## NADIA, BUTTERFLY

14A | Drama | 1h47



NOW PLAYING

Nadia, an Olympic swimmer in her twenties, faces the challenges of her imminent retirement.

## 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.

## SLAXX

14A | Comedy, Horror | 1h17

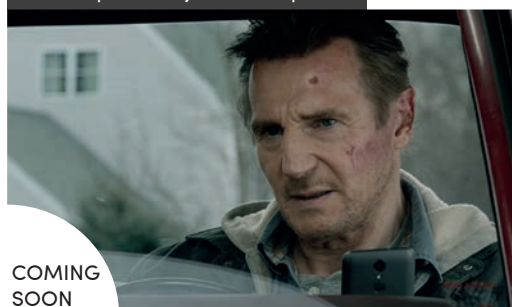


NOW PLAYING

When a possessed pair of jeans begins to kill the staff of a trendy clothing store, it is up to Libby, an idealistic young salesclerk, to stop its bloody rampage.

## HONEST THIEF

PG-13 | Action, Drama | 1h39



COMING SOON

Wanting to lead an honest life, a notorious bank robber turns himself in, only to be double-crossed by two ruthless FBI agents.

## 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.

## THE WAR WITH GRANDPA

PG | Comedy, Drama, Family | 1h34



COMING SOON

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

## 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.





## Mediterranean crusty olive bread

Let's talk about this black gem first. Being of Greek descent, olives were always a staple in the house. Never canned, always bought fresh from the deli counter from our favorite Mediterranean supermarket. There are hundreds of varieties, and depending what meal you had, there is always a particular olive that would accompany a dish. For instance, a Kalamata olive would be great in salads, plump and just a little tart. Most olives are great with seafood or simply as a snack!

In this recipe, the Throuba olive (if you can't find this type, the closest is Moroccan) is added to the bread. It's so soft yet very fleshy, and the saltiness gives the bread so much flavor. Indigenous to the Island of Thassos, northern Greece, it is the only place it can be found. Apparently, it's the only olive that can be eaten straight off from the tree! Olives are not fresh fruit, and need to be cured for months to remove their bitterness before eaten. The Throuba olive, meanwhile, is barely treated at all, thanks to a naturally-occurring (and entirely safe) fungus that grows on the tree.

The olives are left to dry naturally on the tree before being handpicked and processed in water and soaking them in unrefined sea salt. Any liquid that comes off is drained, avoiding the absorption of excess salt.

The Throuba olive is one of my favorite olives and are particularly good when enjoyed with a light, medium-bodied red wine. Otherwise, use them in the usual olive-friendly dishes that are not too salty. You can pair it with less salty cheeses, use as a pizza topping or add them to a bread recipe.

This bread recipe is so easy, and the sweetness from the juice makes for a welcoming bite from the salted olives! *Enjoy!*

### Ingredients

- 1 kg of flour, could be bread flour or all purpose
- 2 sachets of dry yeast
- 1 teaspoon fresh, chopped mint (optional) or any other herb
- 1 cup pitted olives (black olives, preferable Moroccan or Throuba)
- 20 grams of salt
- 650 ml of any fruit juice

### Instructions

- Put the flour, the yeast, the herbs and olives into the bowl of the food processor (or kitchen aid) and mix with the hook. Add the salt to the juice, mix with a spoon and slowly add to the bowl. Knead until the dough comes off the sides. Put a little flour in another bowl and put the dough in, cover and leave for 40 minutes in a warm place, until it doubles in volume.
- Knead into loaves, leave the dough in a pan with flour to rise, for about 40 minutes. Score the bread with a knife and bake in a preheated oven at 375 degrees for about 50 minutes, or until the crust is golden brown.

Note: the color of the bread will be darker because of the fruit juice.

Deadline:  
WEDNESDAY before publication at 1 p.m.

# Classifieds

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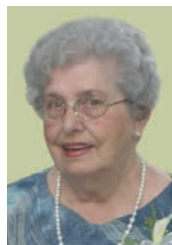
THE NORTH SHORE  
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# In Memoriam & Obituaries

## LALIBERTÉ MANTHA, Rollande 1930 - 2020



At the CHSLD Ste-Anne de Mont-Laurier, on August 31, 2020, at the age of 89, passed away Mrs. Rollande Laliberté, residing in St-Anne-du-Lac, wife of the late Marcel Mantha, daughter of the late Zotique Laliberté and the late Ida Vaillancourt. She is survived by her children: Lisette (Ray Lynch), Claire (François André), Guy (Jacqueline Garneau) and Serge, her grandchildren, her great-grandchildren, her great-great-granddaughter, her brother-in-law Jocelyn Mantha (Louise Houle), her sisters-in-law: Huguette Lacroix, Jeannette Lebeau and Jeanne-d'Arc Melançon as well as other relatives and friends.

## DUBUC, Yves 1938 - 2020



In Ste-Agathe-Des-Monts, on Wednesday March 18, 2020 passed away, at the age of 82, Yves Dubuc. He is survived by his children Jean-Yves and his wife Diane, Marie-France and her husband Michel, his grandchildren Danaé and Marika, his sister Michelle as well as other relatives and friends.

## DESJARDINS, Sylvie 1960 - 2020



Du Lac Supérieur, on September 14, 2020, at the dawn of her 60th birthday, passed away Sylvie Desjardins. She is survived by her spouse Luc Léonard, her children Mylène and Alexandre, her grandchildren Miarose, Éliam, Édouard, her parents Mr. Maurice Desjardins and Mrs. Rollande Grenier, her brothers Marcel, Ronald, Ghyslaine, and her sisters-in-law and his brothers-in-law, nephews, nieces, stepchildren Alexis and Félix as well as parents, work colleagues and friends.

## SCOTT, Pierre 1957 - 2020



At his home in Ste-Anne-du-Lac, on September 13, 2020, at the age of 63, passed away Mr. Pierre Scott, son of the late Jacques Scott and the late Madeleine Lachaine. He is survived by his daughter Fidji Scott (Jonathan Biron), his sisters: Dany (Sylvain Lapointe) and Johanne, his nieces: Audrey Lapointe, Shana and Laura Vanderkam as well as other relatives and friends.

## ST-JEAN, Danielle 1956 - 2020



In Blainville, on September 11, 2020, at the age of 64, passed away Mrs. Danielle St-Jean, wife of the late Normand Carpentier. She is survived by her daughters Julie (Martin) and Annie (Francis), her brother-in-law Réal (Nicole) as well as other friends and relatives.

## UNITED — THROUGH DISTANCE —



### ACCESSIBLE

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

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

### SERVICES

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



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# HOROSCOPE

Week of **SEPTEMBER 27 TO OCTOBER 3, 2020**

The luckiest signs this week:  
**TAURUS, GEMINI AND CANCER**



## ARIES

If fatigue is becoming a constant companion, it might be time to include more exercise in your routine. A lifestyle adjustment will give you more energy and a more active social life to boot.



## TAURUS

Surprisingly, you'll benefit from stress this week. It'll give you the motivation to accomplish great things. Just make sure to balance the spheres of your life so you can better channel your energy.



## GEMINI

Everything will fall into place and allow you to start a small business or move into a position of authority at work. You'll discover your natural leadership skills.



## CANCER

A tropical vacation is on the horizon. Even if your departure date is a few months away, you should take care of certain preparations now like renewing your passport and getting vaccinated.



## LEO

You may witness an injustice that spurs a reaction from several people around you. In the aftermath, you'll play an important role in restoring harmony and suggesting appropriate changes.



## VIRGO

If you witness an injustice, you'll be tempted to take things into your own hands. As you look for a resolution, you'll need to consider all the angles. Make sure to rely on tact and delicacy to handle the situation.



## LIBRA

You'll be relentless in your attempts to reach an agreement or complete a transaction at work. You may experience a fair amount of anxiety and insomnia, but immense success awaits.



## SCORPIO

You'll be offered a leadership position at work, but be sure to carefully reflect before you accept. To avoid adverse fluctuations in your health, you must learn to express your emotions as they arise.



## SAGITTARIUS

You'll get almost instant results from starting a new diet and exercise routine. A strong sense of satisfaction and pride will come from having taken up the challenge to improve your health.



## CAPRICORN

You'll find it easy to speak up and express what others are keeping to themselves. However, some people might be quick to criticize you so be careful not to make inappropriate or off-hand remarks.



## AQUARIUS

If your finances are strained, it's important to carefully review your invoices. An error might have been made, and correcting it could save you an unnecessary expense or allow you to get a considerable sum of money back.



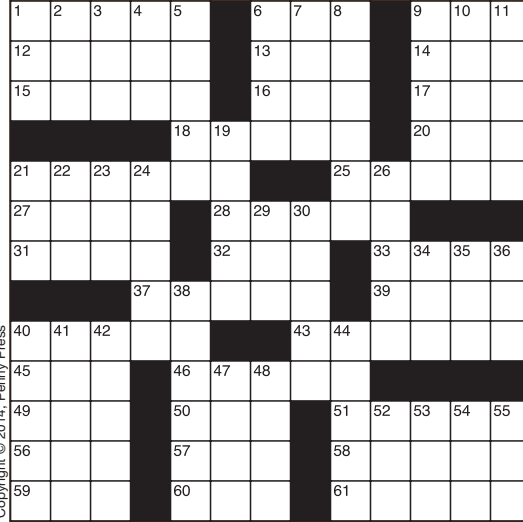
## PISCES

You'll participate in a personal or professional activity that will bring out your competitive side. Your refusal to come in second place will lead you to victory and fill you with pride.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 999



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## ACROSS

1. Potent particles
6. Touch lightly
9. Sib
12. Airman
13. 12th letter
14. Upper-body limb
15. Church leader
16. Be situated
17. Also
18. Join forces
20. Pen's contents
21. Suppose
25. Firmly packed
27. Gather in
28. Possessive pronoun
31. Broadway hit
32. Have brunch
33. Bowling path
37. Globe
39. "Lyin' \_\_\_\_"
40. Borders on

43. Wading birds
45. Clip
46. Sharp outgrowth
49. Be obliged to pay
50. Island drink
51. Severe
56. Female lobster
57. Develop
58. Of the country
59. Increase
60. Hankering
61. Gives temporarily

## DOWN

1. Chimpanzee
2. Rock's \_\_\_\_ Tuesday
3. Vintage
4. Larry, Curly, and

5. Play a lute
6. Snack place
7. Came to ground
8. Runs, as dye
9. Soft fabric
10. Certain golf clubs
11. Puff away
19. More recent
21. Curve
22. Baltic or Bering
23. Took a load off
24. Disturbed
26. Moray fisherman
29. Bowler or fedora
30. "The \_\_\_\_ Side of the Mountain"
34. Sailor's consent

35. High-wire precaution
36. Snakelike curve
38. Off the right path
40. Island greeting
41. Greeted formally
42. Capsize
44. Knot
47. Immense
48. Sign of the future
52. Ball or card
53. Decorative vase
54. Little bit
55. Subways' cousins

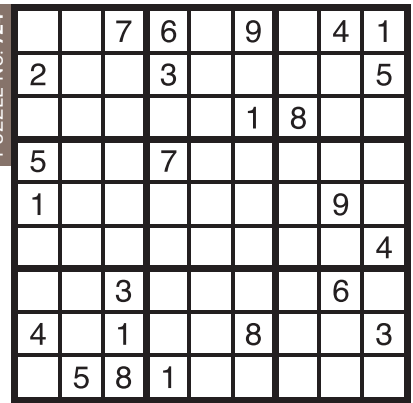
# Sudoku

## 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. 724

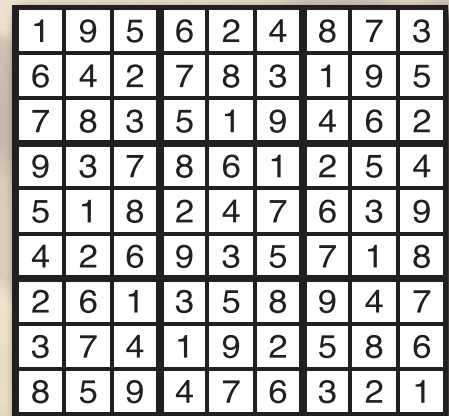


## Last Issues' Answers

## CROSSWORDS



## Sudoku



# BARBIES

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Suggested presentation.





# Fruits and Vegetables

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## This week's basket:

- Asparagus
- Squash (Québec)
- Avocados
- Pomegranate
- Pineapple or Melon
- Peppers (Québec)
- Lettuce (Québec)
- String beans (Québec)
- Bananas
- Tomatoes (Québec)
- Garlic (Spain)
- Turnip (Québec)
- Oranges
- Apples (Québec)
- Mango
- Pears
- Mystery item

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