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## Code Red!

Quebec tightening COVID-19 restrictions

# North Shore cases on the rise

COVID-19

STAY HOME

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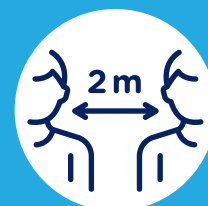
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# North Shore goes red



**DIMITRIS ILIAS**  
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In a widely anticipated press conference on Monday the 28th of September, premier Legault announce what everyone feared. An increase in cases that merited passing to red level of alert for Montreal Laval, Quebec City and unfortunately for most of the North shore towns including the MRCs of Rivière-du-Nord, Deux-Montagnes and Thérèse-De Blainville.

Once more the restaurant, bar and entertainment sector are hit by a 28 day closure that starts on October 1st and finishes on October 28th. Premier Legault announced that maintaining or not he red alert after the 28th of October will depend on whether or not the cases drop. The government is also cracking down on private gatherings which seem to fuel the Covid-19 cases as of late.

It is characteristic of the severity of the measures that even though the democratic right of protest is maintained, outdoor protesters (Including anti-maskers) must wear a mask and keep the 2 meters distance between them.

Premier Legault announced that his government will support the businesses most hit by the new measures promising financial help to restaurants, bars and entertainment venues.

## Measures in force

At home (houses and cottages), visitors from another address are prohibited with the exception of: a single visitor from another address for single individuals, informal caregivers, individuals offering services or support, labor for planned work.

For the CHSLD, RPA private seniors' residence

and RI, visits for humanitarian purposes are allowed as well as visits by informal caregivers (one person at a time and a maximum of two people per day in CHSLDs)

All private gatherings are prohibited as well as activities organized in a public place except for places of worship and funerals (maximum of 25 people and a register must be kept)

To avoid the spread of the virus to different color-coded regions, inter-regional travel is not recommended toward a green, yellow or orange zone and outside Québec (except for essential travel, workers, shared custody, freight transportation)

As far as public venue halls and audiences in indoor public places, auditoriums, cinemas, theatres, libraries and museums are closed.

Restaurants and dining rooms are closed with delivery and takeout orders only. Bars, brasseries, taverns, casinos will all be required to close.

Businesses, stores and boutiques remain open and private professional and health services are open only for services that require an individual's presence

Services are maintained for personal and beauty care services as well as community organizations

## North Shore situation

Due to the changes in alert levels announced by the Premier of Quebec, particularly in the Laurentians region, Dr. Éric Goyer, Regional Director of Public Health, answered questions from the media during a press conference on Tuesday September 29. Dr. Goyer stated that the hardest hit MRC was Rivière-du-Nord followed by Thérèse-De Blainville. Although travel between orange, yellow and red zones is discouraged, for the moment it is not forbidden and there will be no police presence or enforcement.



**Dr Éric Goyer**

NSN asked whether we know where transmission is higher and if we do why not concentrate the measures there rather than closing all the restaurants. Dr. Goyer said that the idea is to limit social gatherings whether it is in the houses or deciding to go out with others to a restaurant thus creating the possibility of transmission. What worries health authorities is the tendency for a rise in the cases. Even though it is the young people getting infected who can fight off the virus, the authorities are proactive in preventing a potential explosion of transmissions to more vulnerable Quebecers overwhelming our health system.

## Canadian situation

Unfortunately, Quebec, once more leads in cases closely followed by Ontario and in lieu of an in-person update to the media, Dr. Theresa Tam, Canada's Chief Public Health Officer, issued a statement on September 28th announcing

153,125 cases of COVID-19 in Canada, including 9,268 deaths. 86% of people have now recovered. Laboratories across Canada continue to test at a high rate, with an average of almost 70,000 people tested daily last week and 1.4% of these testing positive. As of Friday September 25th, an average of 1,175 cases were being reported daily across Canada over a seven-day period. The ongoing increase in Canada's daily case count is an indicator of accelerated epidemic growth in some regions of this country. While Canadians and public health authorities alike are rapidly responding to the COVID-19 pandemic, Dr. Theresa Tam asked Canadians to be mindful about the fact that we are in the midst of an "infodemic." That is an overabundance of information about COVID-19, including rumors and misinformation, sometimes deliberately spread.

During any public health crisis, access to reliable, accurate and timely information is essential to protect our health. This is being recognized today by the United Nations Educational, Scientific and Cultural Organization (UNESCO) on the International Day for Universal Access to Information (IDUAI).

Public health officials across Canada have been working tirelessly to provide Canadians with the information they need to protect themselves and their families from COVID-19. She urged Canadians who have been eager to absorb as much info about the virus as possible to consult trustworthy information about COVID-19 in the Government of Canada website, Canada.ca/coronavirus. Provincial and local health agency websites, as well as international agencies like the World Health Organization and the Red Cross are places with trustworthy scientific information about the virus and the pandemic it causes.

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Easier for police to enforce COVID  
restrictions inside private homes**

Quebec Premier François Legault says the negligence of a few means the province has to crack down on public health rules in red zones in an effort to curb the rising spread of COVID-19. "Lives are at stake. We want to keep our children in schools," Legault said. "We also want to protect our health network"

Aside from exceptions such as a visiting caregiver, the premier said people who host gatherings or parties are violating the law and the police will be able to issue fines on the spot.

## Telephone warrants to enter private homes

If a homeowner does not comply with when the police ask to enter the home, he said, officers will be able to obtain a warrant by telephone. He said warrants will be issued quickly, using a virtual system in collaboration with the Crown.

He referred to the warrants as "portable," as they allow police to act quickly. People who gather in homes can get fined \$1,000 per person.

## Protesters must wear masks

He said protestors who refuse to wear masks will also be fined \$1,000 and those portable warrants will be used if needed.

Legault said all gatherings will be banned, even outside. Recently, the cap was set at 25 people. He said that rule no longer applies in red zones.

"Police officers will start by trying to disperse the gatherings, but if people don't co-operate, fines can be given," he said.

## No travelling to other zones

The premier said people from red zones cannot travel to orange zones to eat in a restaurant. They will face fines if they do.

Legault said restaurants will not be required to verify residency, but police can issue a ticket if they catch people dining outside of their region.

## Heading to the country

He said people should not travel between regions to pick up groceries or run similar errands. Heading off to orange or yellow zones is acceptable, he said, if people are heading out to a hunting cabin or something of that nature but they must bring all their provisions with them.

Legault made no mention of roadblocks, something that occurred this spring.

Public Security Minister Geneviève Guilbault said there is a concern about people going to other zones to gather, and in that respect, fines of up to \$6,000 are possible.

She said the idea is not to issue as many fines as possible, but to ensure people are staying in their zones and decreasing the spread of COVID-19.

For now, elected officials from places like Charlevoix and Portneuf do not believe that barriers are necessary to keep people from red zones, like Montreal and Quebec City, out.

For now, elected officials from places like Charlevoix and Portneuf do not believe that roadblocks are necessary to keep out people from red zones, like Montreal and Quebec City.



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# OPINION & Editorial



## Can we save humanity?

*The world's problems are many, and the solutions require abrupt shifts and great sacrifice. But change is essential*

The world is in crisis. After touching on some of the problems, I'll list possible policy responses and suggest why humanity so far has failed to implement them.

Time is short but I believe that at root, our obstacles are political, not lack of scientific knowledge.

### Problems

Global warming and related extreme weather events, rising sea levels and the threat to continued ocean currents like the gulf stream.

Human-caused global warming exists is no longer contestable. Almost all scientists agree that further dangerous increases in temperature are inevitable unless drastic action is taken.

If the Gulf Stream weakens significantly, western Europe's climate will resemble northern Saskatchewan's and overall precipitation and temperature patterns will change enough to generate hundreds of millions of environmental refugees. Low-lying areas like Bangladesh and Florida will be inundated.

### The sixth great extinction.

"The loss of biological diversity is one of the most severe human-caused global environmental problems. Hundreds of species and myriad populations are being driven to extinction every year. From the perspective of geological time, Earth's richest biota ever is already well into a sixth mass extinction episode," says a report from the Proceedings of the National Academy of Sciences of the United States of America.

Measly conservation measures offer feeble comfort about habitat fragmentation, forest clearances, industrial megaprojects, pesticides, urbanization and countless other contributors, including dislocation due to global warming.

Yet, inexplicably, this extinction catastrophe doesn't appear to be on most people's radar. This is very bad news, especially if keystone species (e.g. pollinators) disappear and entire ecosystems collapse.

### Pandemics: AIDS, ebola, SARS, COVID-19, with more to come.

We probably haven't seen the worst of COVID-19 and it's unclear whether an effective vaccine will be developed in time or at all. And other similar outbreaks are likely, with all their suffering and economic damage.

Yet many people actively resist proven amelioration measures because of ignorance or false ideologies.

### Extreme economic inequality

This terrible injustice has worsened throughout the last century and a tiny percentage of people probably control more wealth than ever before. "The richest one per cent own 44 per cent of the world's wealth," says one report.

The young generation can hardly aspire to home ownership or the prosperity their parents enjoyed. The situation is so dire that many people, including university researchers and former U. S. President Jimmy Carter, have decided that the U. S. is no longer a democracy but a plutocracy (rule by the rich).

Physical suffering and social unrest will greatly increase across the globe unless this is urgently dealt with.

### Unsustainable consumption and environmental degradation

Scholars like William Rees have developed notions like the "ecological footprint" to calculate how much of the Earth's natural capital is being consumed and how this relates to the need to establish sustainable use.

Global Footprint Network estimates that, as of 2014, humanity has been using natural capital 1.7 times as fast as Earth can renew it. If this is correct, and continues, widespread ecological collapse is inevitable. There is no Planet B to make up the shortfall.

Major efforts to reduce the world's population and consumption patterns would be an obvious response, but instead many nations are encouraging increases.

### Belligerence of the United States, Russia and China

In 1947, the Union of Concerned Scientists created a notional Doomsday

Clock to dramatize the risk of unlimited nuclear war. Over the years, it has been adjusted as the perceived threat from various threats waxed and waned. As of this year, the "iconic Doomsday Clock symbolizing the gravest perils facing humankind is now closer to midnight than at any point since its creation in 1947. To underscore the need for action, the time on the Doomsday Clock is now being expressed in seconds, rather than minutes."

This is very frightening. Although today's aggressor nations may prefer electronic attacks over nuclear bombs, Russia's mischievous propaganda and interference with the 2016 American election are ominous developments. China is also very sophisticated in this sphere. And it has been alleged that hacking by the U.S. caused serious damage to Iran's nuclear enrichment program.

This type of aggression may seem less dangerous than nuclear exchanges, but the present cadre of world leaders might well decide that this activity is so unacceptable that it merits nuclear retaliation.

As for the U. S., "President Barack Obama denounced 'the idea of endless war' even as he announced that ground troops would remain in Afghanistan. In his last year in office, the United States dropped an estimated 26,172 bombs on seven countries," according to the New York Times. Furthermore, that country's record of drone attacks is simply disgraceful.

Imagine how many terrorists have been created by these actions.

### Populist loss of faith in democracy, the rule of law, science and civility

Oceans of ink have been spilled discussing these interrelated threats. Books like The Death of Expertise, Strangers in Their Own Land, A Warning and A Very Stable Genius are American examples.

It's worthwhile remembering that Adolf Hitler was democratically elected in Germany and that in 2016 Americans elected an unbalanced, narcissistic, sociopathic serial liar as president. The rule of law seems critically ill, not only in the U. S, but in the other two superpowers, as well as other less powerful countries.

### Racism, sexism and homophobia

The emergence of social movements like Me Too, Black Lives Matter and the Rainbow Coalition, coupled with the murderous instincts of hundreds of armed police, makes further discussion of the systemic nature of these hate-filled emotions unnecessary.

### Terrorism, extreme religious fundamentalism

Crazed adherents of some religions believe that murdering innocent people is a good way of gaining power and opposing the "Great Satan," the U.S. Just as bad is the fact that some evangelical "Christian" politicians appear to believe that the "Rapture," when God will call the chosen ones away from their earthly existence, means that we should not worry about crises like religious strife in the Middle East because they presage the "End Days."

Distorted versions of Islam, in nations like Saudi Arabia and Pakistan, are terrible threats, but an order of magnitude more Americans have been murdered by white men with the tacit support of the National Rifle Association in the United States.

As for market-based religions, see Harvey Cox's book The Market as God.

### The failure of the Internet's promise

If social media sites like Facebook and Twitter were used mainly to post interesting, reflective articles, or co-ordinate important political movements like Egypt's Arab Spring or Ukraine's Orange Revolution, the Internet might fulfil its potential to encourage democratic uprisings and intellectual insights.

Unfortunately, oppressive governments learned how to suppress such tactics and the Internet has increasingly been dumbed down. Posting important family news is fine, but cute postings, banal sayings, together with online bullying, venomous rants by ignoramuses, mendacious false news, hacked distortions and pornography now appear to dominate the Internet. This erosion of popular culture is tragic.



# New address for the screening and assessment clinic in Boisbriand



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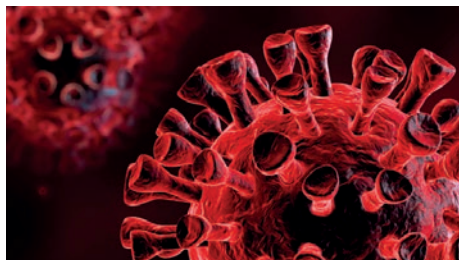
The Integrated Health and Social Services Center (CISSS des Laurentides) is informing the population of the change of address of the designated assessment and screening clinic in Boisbriand.

Starting September 28, medical appointments for screening and evaluations related to COVID-19 will be at 610 boulevard Curé-Boivin, in Boisbriand. The hours of operation remain the same, Monday to Friday, 8 a.m. to 8 p.m. and 8 a.m. to 6 p.m. on weekends.

Although all screenings by appointment will be transferred to the new address as of September 28, the old location on rue Ambroise-Lafortune will continue for two weeks to receive people without an appointment in order to facilitate the transition.

Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides indicates that everything has been done so that the move has no impact on the screenings. "Since the site of the first clinic was increasingly well known to the population, it was important to plan a period for the transition so that this change would go smoothly. The Boisbriand screening clinic receives more than 700 people per day, with and without an appointment," she explained.

The new clinic location will bring together three services: the medical assessment, the screening clinic and the appointment center. From reception to screening, the user's route has



been designed to facilitate travel and ensure the safety of the population and staff.

## When to take a screening test

People who have been in contact with a positive case, who have symptoms of COVID or for whom screening is requested by public health are invited to complete the self-assessment form on [Quebec.ca / decision COVID19](http://Quebec.ca/decisionCOVID19). If screening is recommended, the person will be directed to the appointment center, by phone or via the online application which is now available on the CISSS des Laurentides website.

All information on screening and making an appointment is available on the CISSS des Laurentides website at [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca), section COVID-19. The CISSS des Laurentides reiterates the importance of carrying out frequent hand hygiene, wearing a mask and maintaining social distancing.



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# TWO MOUNTAINS TO CLIMB

## CANADA'S TWIN DEFICITS AND HOW TO SCALE THEM

by David Dodge

### Part Two...

Throughout most of the 20th century, Canada was a "capital short" economy. We were able to grow our output from capital-intensive industries by being an attractive destination for foreign investment. Growing our exports of goods allowed us to service these foreign

capital inflows and thus to maintain access to global capital markets on favourable terms. Canadians were well served by this balance in our economic relations with the world.

In the years before the 2008 financial crisis (see **Figure 2**). Canadian goods exports exceeded imported goods by a healthy 3-5% of GDP, of

which the first three percentage points were attributable to net energy exports. The latter were enough to offset net imports of services and consumer goods as well as a net outflow of interest payments on government and corporate debt, a positive trend line that lasted through the early years of the 21st century.

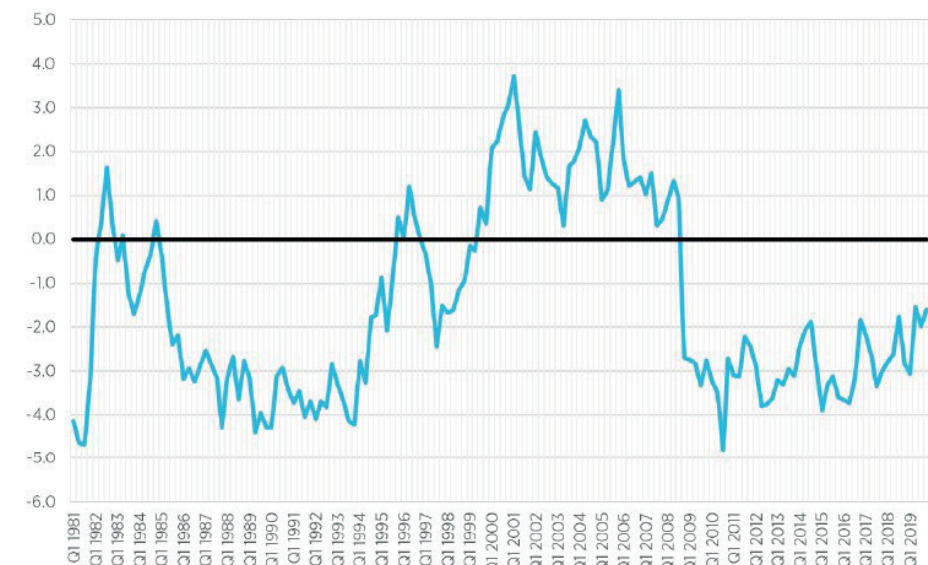
Going into the COVID crisis, however, Canada's current account had deteriorated significantly. We have been recording annual current account deficits with the rest of the world of between 2% and 3% of GDP, an approximately \$50-\$60 billion shortfall every year. Even though Canada fared relatively well in the Great Financial Crisis of 2008-09, net exports of non-energy goods, including motor vehicles and parts, declined sharply in the aftermath from about 2% of GDP to minus 4%. The deficit in services also worsened as did the flow of direct investment into Canada, especially into the oil and gas sector. By the time the pandemic hit, Canada had recorded 11 consecutive years of current account deficits as we borrowed from foreign savers to make up for the shortfall of domestic savings to finance capital investment. [see **Figure 3**] The current account deficits can also be seen as the inevitable product of Canadians and their governments choosing to borrow to maintain a high level of private and public consumption rather than finding ways to generate national income through added production.

Oil was one of the few export sectors that held up well, despite little access to offshore markets and a lack of bargaining power with U.S. refineries, which extracted a discount below the world price.

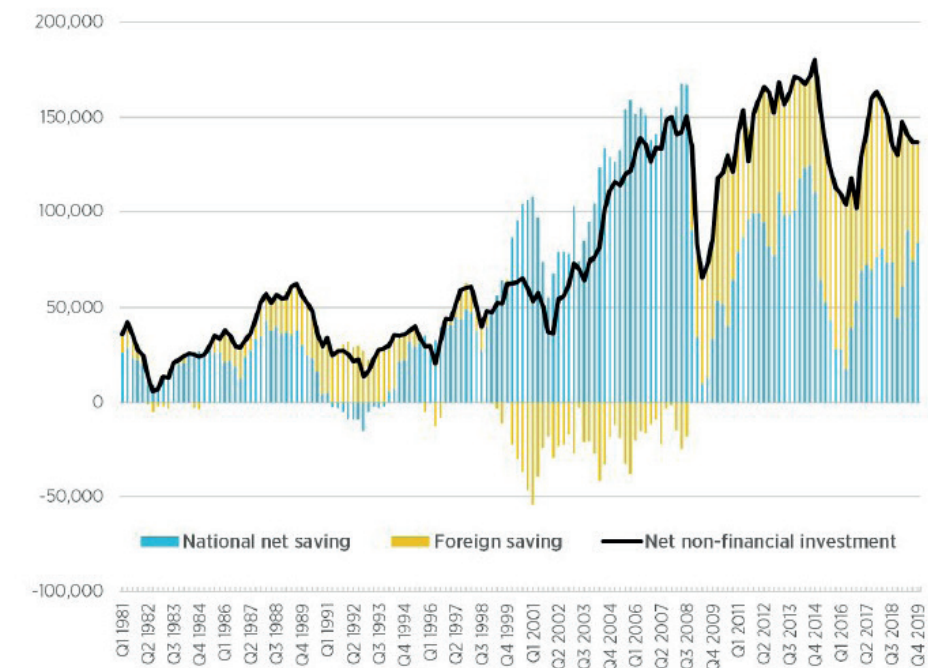
In 2019, our energy sector nonetheless contributed a net \$76.6 billion to the current account, largely covering net consumer imports (\$55 billion) autos (\$22 billion) and travel services (\$11 billion). Of the energy contribution, some 80% came from crude oil and bitumen. Adding natural gas brought the share above 90%. Coal was third, electricity fourth. Fossil fuels and other resources held the economy aloft, particularly through the 2008-09 recession, a reality that for now remains intact and therefore that we must accept even as we transition away from them. Too abrupt a move will generate painful shocks to the overall economy.

Direct foreign investment in the oil and gas sector has also fallen off. Even domestic Canadian firms are increasingly choosing to build businesses elsewhere in the world. [see **Figure 4**] By the end of 2019, Canadian direct investment assets abroad at market value outweighed foreign direct investment into Canada by \$804 billion, almost all of that built up since 2012.

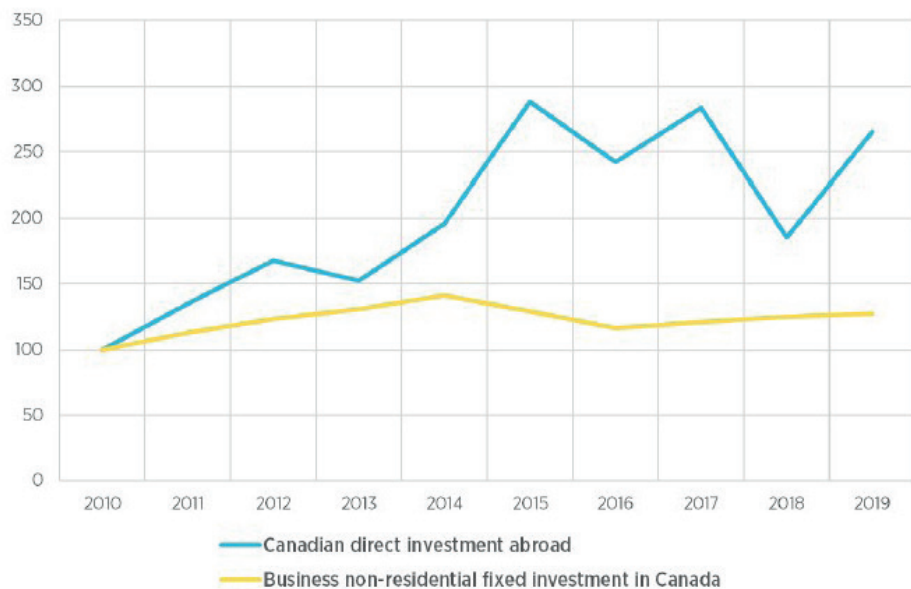
*to be continued...*



**Figure 2: Canadian Current Account Surplus (+) / Deficit (-) as % of GDP**  
Source: Statistics Canada, tables 36-10-0121-01 and 36-10-0104-01.



**Figure 3: Saving and Investment in Canada (\$m)**  
Source: Statistics Canada, table 36-10-0111-01.



**Figure 4: Canadian Investment in Canada and Abroad | 2010 = 100**  
Source: Statistics Canada, tables 36-10-047-01 and 36-10-0104-01.

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# The environment, a priority for Rosemère



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Rosemère has always shown leadership in environmental protection. It enjoys an enviable position, particularly with respect to the development of its green spaces and the protection of its natural environment. In recent months, despite the current health issues, the Town has spared no effort to pursue its mission of providing Rosemerites with an outstanding living environment.

On April 6, in order to pursue the revitalization of Miller Marsh, recognized since 2011 as a site of ecological interest to be protected, the Éco-Nature organization, with the financial support of the Town of Rosemère, acquired the last private property that provides access to the site. This land was then transferred to the Town of Rosemère for conservation purposes in perpetuity. This comes as excellent news for the community, as this small but so very precious haven of peace will be restored on an ongoing basis so that future generations will still be able to admire this natural space with its wealth of biodiversity.

In June, Rosemerites had the opportunity to participate in the very first Forum on the Environment, an initiative of the Civic Committee on the Environment. In a completely virtual way, nearly one hundred participants took part in interactive videoconferences on the concept of zero waste, natural environments and biodiversity.

And lastly, in July, in addition to now offering financial assistance of up to \$40 to female residents of Rosemère who wish to purchase sustainable feminine hygiene products, Town Council adopted a resolution to ensure the

sustainability and conservation of the Frères du Sacré-Coeur forest, woodlands located behind the Externat Sacré-Coeur belonging to Rosemère. This land has a hickory maple grove of unique forest value for which we will conduct an ecological analysis to assess its full worth. This land was the subject of volunteer planting of 600 trees in 2019 in order to revitalize its forest cover. Today, we are proud to note that the residents' planting efforts have achieved a success rate of more than 90%.

*"All these actions are directly in line with our strategic vision adopted in 2018: Rosemère, a proud, green and prosperous city."*

Finally, on September 14, Rosemère adopted resolutions to concretely pursue its vision of preserving its green spaces with high ecological and environmental potential. The Town is applying for financial assistance from the Communauté métropolitaine de Montréal (CMM) under its Trame verte et bleue program to eventually acquire the private land known as the Grand-Côteau forest. This private land is currently zoned residential and is the subject of real estate development applications. Concretely, the Town wishes to obtain the legal and financial resources to preserve this woodland from any development. The objective of this action is to extend this metropolitan forest corridor recog-



nized by the CMM, just as the City of Lorraine did recently.

"All these actions are directly in line with our strategic vision adopted in 2018: Rosemère, a proud, green and prosperous city. We can say that we are proud to develop an approach of dialogue and proximity with our residents in large-scale projects, as we have recently done with our urbanistic vision. We are also proud

to continue to innovate in order to make our community ever greener through concrete initiatives. For Rosemère, the environment is an invaluable community asset. We have always focused our decisions on maintaining our living environment at the heart of our priorities, in order to preserve the outstanding living environment that we all share," stated Eric Westram, Mayor of Rosemère.

## Relocation of home support services from CLSC Jean-Olivier-Chénier



The Integrated Health and Social Services Center (CISSS des Laurentides) is informing citizens that home support services (SAD) of the CLSC Jean-Olivier-Chénier, located at 29, chemin d'Oka in Saint-Eustache, will be offered in new premises, starting Monday, October 5.

The new space will be designed to accommodate all home support services, including the loan of equipment. To facilitate the transition, it was possible to keep the same telephone number, 450 491-1233. The new coordinates of the SAD will be as follows: 59, boulevard Industriel in Saint-Eustache. It will always be necessary to make an appointment with the service equip-

ment loan before traveling. In anticipation of the move, this service will also be closed on October 1 and 2, 2020.

"The full capacity of employees at CLSC Jean-Olivier-Chénier having been reached, our organization had to find a new building to offer an optimal work environment, as well as an adequate and safe arrangement for the service of equipment loans. The new home support facilities will be adapted to meet the needs of our workers, who will be able to continue to offer quality care and services to customers," said Rosemonde Landry, President and CEO of the CISSS des Laurentides.

**Fire Prevention is YOUR RESPONSIBILITY!**

**Fire Prevention Week - October 4 to 10**

<p><b>SMOKE DETECTORS</b></p> <ul style="list-style-type: none"> <li>• Install a smoke detector on each floor, including the basement.</li> <li>• Choose a photoelectric cell model, which triggers fewer unnecessary alarms.</li> <li>• Change the detector according to the replacement date that the manufacturer indicates on the case.</li> </ul> <p><b>EVACUATION PLAN IN CASE OF FIRE</b></p> <ul style="list-style-type: none"> <li>• Locate two possible exits.</li> <li>• Identify an assembly point located outside and inform all the occupants of the residence.</li> <li>• Rehearse with all the occupants the steps to be followed during an evacuation in case of fire.</li> </ul> <p><b>HOW TO EVACUATE YOUR RESIDENCE</b></p> <ul style="list-style-type: none"> <li>• Close the doors behind you to prevent flames and smoke from spreading to other rooms or into other dwellings.</li> <li>• Dial 911 once you are outside your residence.</li> </ul>	<p><b>SMOKERS' ITEMS</b></p> <ul style="list-style-type: none"> <li>• Do not throw cigarette butts into flowerpots or on mulch.</li> <li>• Place butts in a metal container.</li> </ul> <p><b>SOURCES OF HEAT</b></p> <ul style="list-style-type: none"> <li>• Move curtains or furniture at least 10 cm from radiators, electric baseboard heating units or any other heat source.</li> </ul> <p><b>ELECTRICITY</b></p> <ul style="list-style-type: none"> <li>• Have a master electrician carry out the electrical installation in your residence.</li> <li>• Use electrical appliances approved in Canada and bearing the CSA and ULC marks.</li> </ul> <p><b>CARBON MONOXIDE</b></p> <ul style="list-style-type: none"> <li>• Install a carbon monoxide detector if your garage adjoins your residence or if you use non-electric heating or cooking units.</li> </ul>	<p><b>PREVENT COOKING FIRES</b></p> <ul style="list-style-type: none"> <li>• Constantly monitor food that is cooking and use a timer.</li> <li>• Never heat oil in any type of cauldron to fry foods. Use a thermostat-controlled deep fryer.</li> </ul> <p><b>CHIMNEY SWEEPING</b></p> <ul style="list-style-type: none"> <li>• Have an expert inspect and sweep your chimney once a year, before the heating season begins. The same applies to the outlet pipes of pellet fireplaces.</li> </ul> <p><b>HOT ASHES</b></p> <ul style="list-style-type: none"> <li>• Let hot ashes cool off outside in a metal container with a metal lid.</li> <li>• Wait at least seven days before transferring them to a trash bin.</li> </ul>
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**ROSEMÈRE**

Voilà! [rosemere.qc.ca](mailto:rosemere.qc.ca)



# 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.

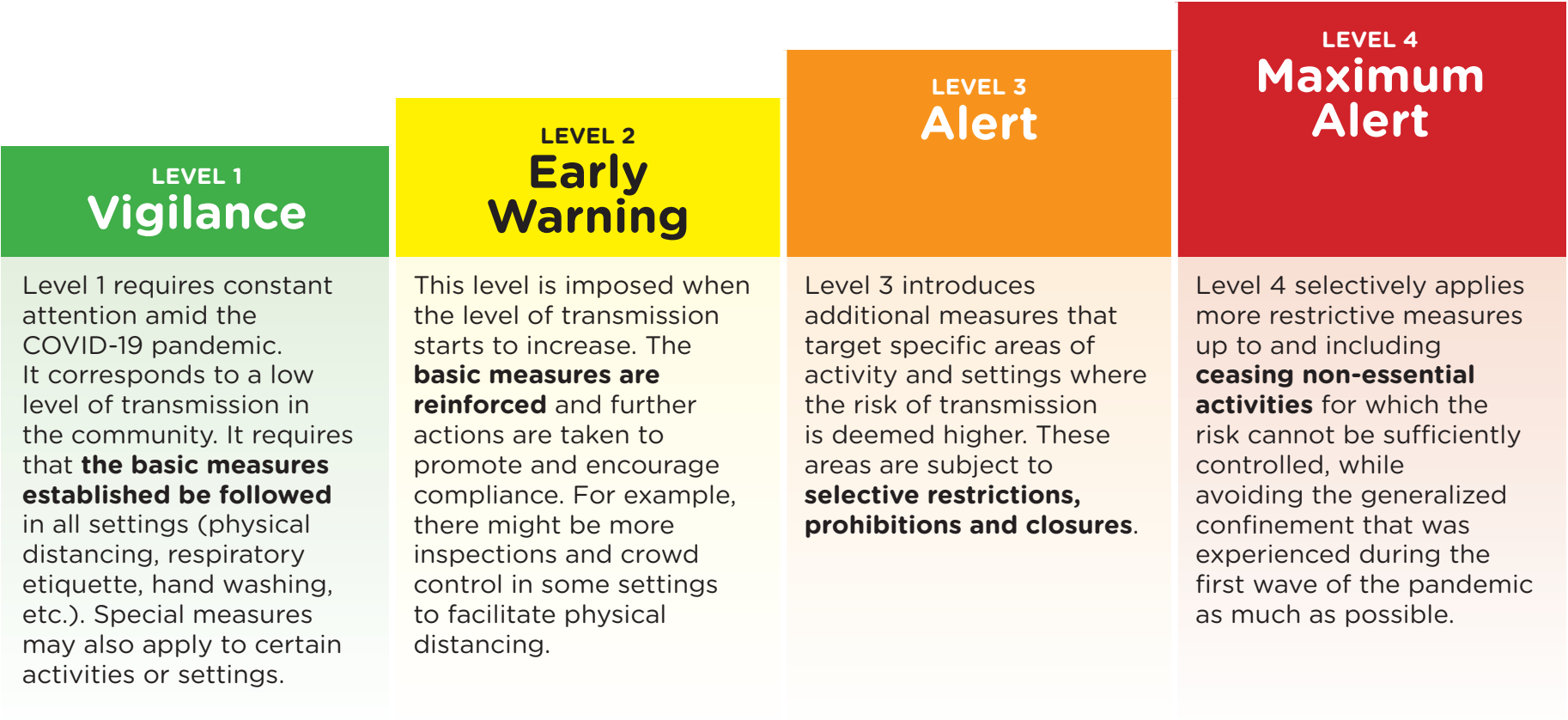
Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**



- › 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)  
☎ 1 877 644-4545







# Art appreciation while you walk in Lorraine



**PHOTO: The mayor of Lorraine, Jean Comtois and the municipal councilor responsible for recreation and culture, Diane D. Lavallée**

A dozen transformed and painted park benches now brighten up the walkers' route in Lorraine. The fruit of labor of Lorraine artists, these works installed in nine green spaces are the result of a project highlighting the city's 60th anniversary as well as a cultural development agreement with the Ministry of Culture and Communications. Note that the inauguration of these achievements coincides with the launch of the Journées de la culture.

The creative artists and the parks that host their works are:

Lennox Chiaf (10 years): Parc des Pins  
Lennox Chiaf (10 years) and Angelina Skarakis (10 years): Parc Lorraine

Josée Garneau: Parks Diane-Hébert, Albert-Clément and Lorraine

Mathéo Lafontaine (17 years old): Sorbiers and Lilas Parks

Nathalie Lagden: Mélézes Park  
Nathalie Lesbats: Lorraine  
Rosalie Palin: ParkLorrainePark  
Helen Tremblay: André-Rufiange and Les Pruches Parks

"Art accessible to all during your walk, useful art transforming street furniture into unique works, art as a tool for promoting talent from home, commemorative art highlighting six decades of history... These are the objectives achieved by this project. Bravo to the eight artists whose magnificent work now adorns our daily lives; thank you for your response to our appeal launched last spring. Beautiful discoveries of these creations during your fall walks ... and happy birthday, Lorraine, a city of culture that is alive and well, inspiring, unifying," stated Diane D. Lavallée, city councillor in charge of arts and culture.



# Appearance in court of a suspect of attempted murder

Police officers from the Régie intermunicipale de police Thérèse-De Blainville (RIPTB) arrested a suspect of attempted murder following a quarrel which occurred on September 19 around 8 p.m. On September 21, police located the suspect who had been wanted since the event.

The event took place outside a residence on rue St-Joseph in Sainte-Thérèse. The victim was stabbed and sustained several injuries. She was taken to a hospital in the region to treat serious injuries that would not, however, endanger her life.

The suspect, Sylvain Brun Touchette, a 33-year-old man from the region, was questioned by investigators and held for appearance following the issuance of an arrest warrant.

He appeared before the Court of Quebec yesterday to answer various charges including attempted murder, aggravated assault, assault with a weapon, uttering threats and possession of a weapon with a view to committing an offense. He remains in detention for further legal proceedings.

The police department is currently looking for witnesses to the altercation and is trying to find out more about the suspect's movements following the incident. Anyone with information can contact investigator Marc-André Picard

at 450-435-2421 ext. 3412. It is important to remember that the information can be treated anonymously and confidentially.



**PHOTO: The suspect in the attempted murder case, Sylvain Brun Touchette**

PHOTO: The suspect in the attempted murder case, Sylvain Brun Touchette

## A Time of Mourning

I am frustrated with the situation between my wife and my mother, and it continually leads to arguments. My wife and I have been married eight years. Our relationship, although not perfect, has a solid footing.

The problem began prior to our marriage. After dating two years, we reached a point where marriage was the next step. I was on the cusp of purchasing a ring, asking for my wife's hand in marriage, and announcing it to our families.

Then tragedy struck. My father suddenly passed away from a heart attack. As you can imagine, this took its toll on my mother, who suddenly became a widow and a single mother to a 14-year-old boy, my brother. She was left to run a business that was in the beginning stages of collapse.

I was 23 and in graduate school. I contemplated putting off the engagement for a while, but after prodding from my wife, and rationalizing my father would not want me to stop living because of him, I asked for my wife's hand in marriage a month after my father's death.

My mother was devastated but did not openly confront my wife and me. Instead, while we were visiting, she sent my wife on an errand so she could have a serious talk with me. She requested that we not have the wedding until at least a year had passed from my father's death.

I agreed to her wishes without discussing it with my wife. Needless to say, my wife did not take this well. She felt betrayed that I did not include her in the discussion and accused my mother of trying to manipulate me by sending her on a meaningless errand.

In the years after, minor incidents occurred that always offended my wife. I would hear about them after our visit, but never witnessed the conflict. My wife would claim my mother was disrespectful to her and fully expected me to stand up for her. When I didn't, because I didn't witness the event, she expressed disappointment in me.

Visits to my mother were not pleasurable because of this, and they became less and less frequent.

In the most recent event, we planned a vacation at the beach, using my mother's beach house. We were to take 10 days off and invite my wife's parents for one weekend. My wife asked when my mom would come down, but I didn't know.

I assumed she would come down on a weekend because she works. My wife then asked if I was going to invite her the same weekend as her parents, because she did not want her there while her parents were visiting.

I was a little taken aback because it is my mother's house, not mine. It seemed weird to dictate to her that she couldn't go to her own house. Furthermore, we visit my in-laws frequently and rarely visit my mother. I thought telling my mother not to visit the first weekend would hurt her feelings.

This led to yet another argument. My wife claims I have the perfect relationship with her parents, and she has the worst relationship with my mother. That's not true. I sometimes find my in-laws overbearing and defensively

opinionated, but I choose not to complain. I would hardly characterize that relationship as perfect.

Since my wife constantly complains about my mother, I am growing more resentful with every visit to her parents. I'm at a loss how to handle this. There doesn't seem to be a winning solution.

**Lawrence**

Lawrence, when your dad died, a catastrophic event cut your mother off from her emotional and financial moorings. She wanted to lean on her eldest son to fill the gap left by her husband. She wanted to slow things down and allow time for mourning.

She was motivated by fear, grief, and uncertainty.

Your fiancée, meanwhile, had her eyes on one goal. She didn't want her planned future disrupted by an unplanned event. She acted as if a tragedy hadn't happened, and her priorities were centered on herself.

Meanwhile, where were you?

You are a good-natured person, and often the good-natured person is a pivot point for those trying to pull him in opposite directions. We know you are good-natured because you never complained about your wife's parents.

You must feel like Aron Ralston, the mountaineer in Utah whose arm became trapped by a boulder while lowering himself down a canyon. Despite his experience, Ralston failed to tell anyone where he would be climbing. Five days later, realizing no help was coming, he amputated his arm to save his life.

You may feel your choice is which arm to cut off: your wife or your mother.

We don't favor cutting off either. We favor resetting the relationship with your wife.

Your wife is using your mother, whom she dislikes, to give her parents a vacation. The trouble is the asset belongs to your mother, and your wife doesn't see the hypocrisy in that.

It's time to do what Aron Ralston didn't do. Tell your wife where you are, caught between a rock and a hard place. Admit to her, "My relationship with your parents is far from perfect. They are not my favorite people. I often disagree with them, and you won't cut my mother a break."

Let your wife know that your marriage will be in trouble until she can see the whole family as a connected unit.

We've always admired the tragedies of Shakespeare for one reason. Though the play may end with a stage covered in bodies, the dramas show how a character flaw can lead to catastrophe.

Your character flaw is vacillation. You've allowed yourself to be pulled too much in one direction. Your wife is asking a favor of a woman she dislikes and does not want to visit. That is unacceptable.

Stop sitting on your hands. This situation is getting worse. The only way to avert a personal tragedy is to have a serious talk with your wife.

**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)



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# 1\$ per household for biodiversity in Rosemère



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

Rosemère announced its contribution to the Fonds des municipalités pour la biodiversité (Fonds MB), an initiative of the Québec chapter of the Canadian Parks and Wilderness Society (CPAWS Québec) and the Fondation de la faune du Québec. With this commitment, the Town is once again taking concrete action to fight climate change and the loss of biodiversity on its territory.

By participating in the Fund, the Town has pledged to contribute the equivalent of \$1 per household per year to the Fund—an amount that represents \$5,251 for 2020. This amount will be increased 100% through the contribution of Québec's Ministère de l'Environnement et de la Lutte contre les changements climatiques. The amounts deposited in the Fund are therefore cumulative and reserved for small or medium-size territory conservation projects or wildlife habitat protection projects that will be carried out in Rosemère.

"By becoming a member of the Fonds des municipalités pour la biodiversité, the Town of Rosemère is taking a concrete step to increase its resilience in the face of climate change, which is causing a loss of biodiversity on our territory. As a municipality, we recognize the importance of protecting our environment, and have done so for many years. Protecting biodiversity is part of this commitment to our future generations to provide them with an environment that is always good to live in. We are proud to be a member of the Fonds des municipalités pour la biodiversité (the Municipal Biodiversity Fund), which will enable us to carry out environmental projects in the coming years," stated Rosemère Mayor Eric Westram.



**PHOTO: Credit Dimitris Ilias/Quebec's only endemic hummingbird species, the ruby-throated hummingbird**

"Municipalities play a leading role in implementing concrete solutions to address the biodiversity crisis and fight climate change. By becoming one of the first municipalities to join this Fund, Rosemère is still present, present for the future," stated Isabelle Bérubé, Director of Development for the Québec chapter of the Canadian Parks and Wilderness Society (CPAWS Québec).

About the Fonds des municipalités pour la biodiversité

The Fonds des municipalités pour la biodiversité (Fonds MB) is intended for municipalities that want to build capacity to fight climate change and biodiversity loss.

The Fund is an initiative of the Québec chapter of the Canadian Parks and Wilderness Society,





## The Town of Rosemère has signed on!



in partnership with the Fondation de la faune du Québec. Supported by the Ministère de l'Environnement et de la Lutte contre les changements climatiques, the Fund aims, in particular, to protect natural spaces in urbanized areas.

Each member municipality therefore pledges to

contribute \$1 per year per household to a fund reserved for it, which will enable it to accumulate the funds needed to carry out projects to protect natural environments and therefore biodiversity as well.





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Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés du 1er au 28 octobre inclusivement.

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

## L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed from October 1st to October 28th inclusively.

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

The Cinémas Guzzo Team

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention

## Vince Guzzo calls provincial government's decision to close movie theaters "arbitrary and unwarranted"



Following the announcement by the Québec government to close cinemas, Vince Guzzo, President and CEO of Cinémas Guzzo, has declared the measures arbitrary and unwarranted: "It's unclear why certain businesses, such as gyms and shopping centers, will remain open, whereas others, such as movie theatres, will be forced to close their doors to the public. There have been no known cases of COVID-19 transmission linked to movie theatre visits in Québec. Cinémas Guzzo has strictly followed the rules and regulations established by the government, including social distancing, the use of personal protective equipment by staff members and customers, as well as the disinfection

of every auditorium after each screening using government-approved electrostatic technology (see above photo). The inevitable toll induced by the government's decision will be devastating for many local business owners and the provincial economy as a whole," stated Mr. Guzzo.

With the hospitality and entertainment industry still reeling from the aftermath of the first wave, it has become increasingly apparent that many local businesses, within the impacted sectors, will not survive this second lockdown. Cinémas Guzzo's appeal is on behalf of Québec businesses and is intended to protect all companies who are attempting to re-establish themselves.

◀ Continued from page 4

### What's to be done?

Humanity is at a pivotal moment. Is there any hope?

Extremely strong responses are needed and the public mood doesn't inspire optimism.

Is democracy suited for the task?

Hitler and Donald Trump clearly refute the ridiculous bromide that "the people are always right."

A more useful aphorism is credited to Winston Churchill: "democracy is the worst form of government except all those other forms that have been tried from time to time." So we're stuck with it. Many examples show the stupidity of trusting dictators and a military model of human control recalls the horror of Soviet Russia or China's cultural revolution.

Why have so many countries failed to respond or even recognize the need for urgent action?

Because of political failure. Using global warming as an example, fossil fuel producers, related industries and propagandists resist myriad measures to wean the world off carbon power sources and convert to sustainable energy.

Politicians are reluctant to lead lest competing jurisdictions prosper more by denying the looming catastrophe and increasing production.

Furthermore, politicians have a short-term horizon and little appetite for doing right but unpopular things. After all, shouldn't they follow the wishes of their constituents?

And hapless voters are bombarded by false claims, both misinformed and deliberate. Understandably, they fear unemployment during the conversion to sustainable economics, so won't vote for big changes. They also have lives to lead, a living to earn, children to raise and parents to care for. Where can they find the time to become well-informed on so many crucial issues?

What's needed for a democracy to respond?

Surely rational, civil debate in a market place of ideas, informed by good science and an understanding of informal ethics. Background preparation would include education in critical thinking and a determination to seek truth. It also implies measures to avoid the overwhelming power of wealth and psychological, propagandistic manipulation.

Politicians have a tough job. They must consider many factors affecting their citizens: many competing demands on people's time, opinions formed by emotion as well as reason, levels of education and human susceptibility to misinformed, irresponsible or mendacious people using psychological and propagandistic techniques to exploit deep-seated fears and insecurities.

They must hope that former Progressive Conservative leader Kim Campbell was wrong when she claimed that "an election is no time to discuss serious issues."

Since presenting my whole package at once would probably overwhelm voters, prioritizing the issues, putting them into context, presenting them in stages and framing them with positive language are necessary.

The lessons from Stephane Dion's failure in 2008 to popularize his "green shift" reforms should be considered. We desperately need courageous, far-sighted politicians who will step up to lead, not passively follow, public opinion.

Humanity is in dire straits, but implementing the above suggestions could save us from catastrophe. Although citizens must all do their individual parts, civilization will be endangered unless governments and the private sector get on board.

Phil Elder





## An apple turnover a day...

It's apple season and nothing is more fitting than these apple turnovers to complete your autumn experience. This recipe for apple turnovers is quick and simple with great results! A bakery style dessert just doesn't get any easier than this. You don't have to be a pastry chef to make these simple but impressive treats. Slices of apple sautéed briefly in butter with brown sugar and cinnamon. You'll simply spoon the sweet apple filling into squares of thawed frozen puff pastry sheets, and then fold them into triangles, crimping with a fork. Who knew geometry could be so delicious? Finish them off with a simple glaze. A delightful breakfast, dessert, or afternoon snack, and just so easy to make!

You will need frozen puff pastry for this recipe. Make sure the pastry is completely thawed in the fridge. You can make the filling ahead of time so it's cooled and you won't feel overwhelmed baking these delights!

### Ingredients (Serves 8)

- 2 tablespoons lemon juice
- 4 cups water
- 4 eaches Granny Smith apples or any tart apple (avoid Macintosh, which are better for sauces) - peeled, cored and sliced
- 2 tablespoons butter
- 1 cup brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1 (17.25 ounce) package frozen puff pastry sheets, thawed
- 1 cup confectioners' sugar
- 1 tablespoon milk
- 1 teaspoon vanilla extract

### Instructions

- Step 1. Combine the lemon and 4 cups water in a large bowl. Place the sliced apples in the water to keep them from browning.
- Step 2. Melt butter in a large skillet over medium heat. Drain water from apples, and place them into the hot skillet. Cook and stir for about 2 minutes. Add brown sugar, and cinnamon, and cook, stirring, for 2 more minutes. Stir together cornstarch and 1 tablespoon water. Pour into the skillet, and mix well. Cook for another minute, or until sauce has thickened. Remove from heat to cool slightly.
- Step 3. Preheat the oven to 400 degrees F (200 degrees C)
- Step 4. Unfold puff pastry sheets, and repair any cracks by pressing them back together. Trim each sheet into a square. Then cut each larger square into 4 smaller squares. Spoon apples onto the center of each square. Fold over from corner to corner into a triangle shape, and press edges together to seal. Place turnovers on a baking sheet, leaving about 1 inch between them.
- Step 5. Bake for 25 minutes in the preheated oven, until turnovers are puffed and lightly browned. Cool completely before glazing.
- Step 6. To make the glaze, mix together the confectioners' sugar, milk and vanilla in a small bowl. Adjust the thickness by adding more sugar or milk if necessary. Drizzle glaze over the cooled turnovers.

# Classifieds

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# In Memoriam & Obituaries

## JAMISON, Margaret

1935 - 2020



Peacefully at the Lachute Residence, on September 25th, 2020 at the age of 84. Beloved wife of Mr. Thomas Jamison. Loving mother to Debbie (Randy Sinclair), Donald (Darlene Jamison) and Jimmy (Patty Jamison). Cherished grandmother to Stephanie, Brittany, Kyle, Stephen and Nicole. Predeceased by Mabel (late John Giles) as one of the triplets, she is survived by Marjory (late Herve Delorme). The family wish to sincerely thank all of the staff at the Lachute Residence for the exceptional care and love given to Margaret.

## GAUTHIER, Lisette

1936 - 2020



Madame Lisette Gauthier (née Lemay) from Grenville-sur-la-Rouge (Calumet) passed away on Saturday September 19, 2020 at the age of 84. Beloved wife of the late Paul-André Gauthier. Predeceased by a daughter Linda. She leaves her daughter Ann (David Jones), her grandchildren, Jessica (Nathan) and Mitchell (Emilie), her great-grandchildren, Finnegan, Aislyn, Mckinley and Remi, as well as sisters-in-law, nephews, nieces and cousins (es).

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## WARD, Keith

1958 - 2020



In Lachute, on September 24, 2020, at the age of 62, passed away Mr. Keith Ward, spouse of Mrs. Carole Séguin. Besides his wife, he is survived by his children Nicole (Paul), Tyler (Julia), his grandchildren Paul Jr, Gabriella and Violetta, the children of his wife Francis (Tanya) and Émilie, his brothers and sisters, beautiful -brothers, sisters-in-law as well as many other relatives and friends.

## MOUNT, Denise

1945 - 2020



In Saint-Eustache, on September 17, 2020, at the age of 75, passed away Mrs. Denise Mount. She will be sadly missed by her children France (Jean), Jacques (France), Pierre (Huguette) and Kim, her grandchildren Christine, Valérie (Pierre), Marco, Yanick, Alexandra, Mickael and Billy, as well as many parents. and friends.

## LEBEL, Cécile

1938 - 2020



In Laval, on September 24, 2020, at the age of 82, passed away Mrs. Cécile Lebel, daughter of the late Guy Lebel and the late Délina Girard. She is survived by her daughters France and Sophie (Francis), her grandsons André and Jonathan, her sisters Gilberte and Mirto, nephews and nieces and other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue  
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# HOROSCOPE

Week of OCTOBER 4 TO 10, 2020

The luckiest signs this week:  
LEO, VIRGO AND LIBRA



## ARIES

Germ spread quickly at this time of the year. In particular, you should take steps to protect your respiratory system. Flu season will come early for you.



## TAURUS

There will be a lot of confusion in the air, but you'll use the opportunity to speak your mind. You'll get answers and a fair measure of reassurance about a delicate subject.



## GEMINI

Work and money will occupy most of your thoughts this week. You'll contemplate your professional future and make changes if it doesn't line up with your goals.



## CANCER

You'll benefit from a shopping spree and possibly a whole new style. Friends will inspire you to follow new trends. You might also discover a new outlook on life as you explore your spirituality.



## LEO

There's a good chance you'll get that long-awaited promotion, which will allow you to balance your work and family life. You'll also widen your client base and make new connections.



## VIRGO

If you have young children, you'll become more responsible for their care. This won't prevent you from maintaining an active social life as you'll participate in more family activities.



## LIBRA

A friend or family member will announce a spontaneous trip. You'll need to be more energetic if you want your social life to thrive. You should also plan to spend more quality time with your partner.



## SCORPIO

An unconventional learning experience will leave you feeling inspired. You'll decipher some disturbing information or understand a message that's left others perplexed.



## SAGITTARIUS

Following a dispute or argument, you'll be able to restore harmony. You'll also be much more open to compromise. You'll finally be able to break a few bad habits.



## CAPRICORN

You'll be more than happy to join in on whatever fun activities your friends propose this week. Your competitive spirit and an urge to get moving will allow you to quickly get back into shape.



## AQUARIUS

You'll be assigned new responsibilities at work that will likely require a wardrobe update. With a fresh look, you'll feel more confident meeting people and making your presence known.



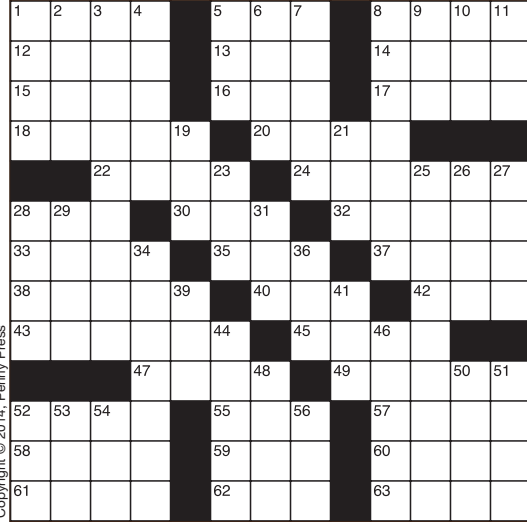
## PISCES

You'll devote a lot of time and energy to your family this week, and it'll be hard to get you out of your house. People close to you will count on your generosity, but some might take advantage of it.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1001



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### ACROSS

1. Soda flavor
5. Duck-foot feature
8. Heroic poem
12. Like Darth Vader
13. Tree chopper
14. "\_\_\_, Nanette"
15. Mortgage, e.g.
16. Job for a musician
17. Husk
18. Inaccuracy
20. Oompah horn
22. Largest continent
24. Lump of gold
28. Soap cake
30. Interfere
32. Wait on
33. Opera melody
35. Road covering
37. Elk

### DOWN

38. Prepared
40. Saloon
42. Elbow site
43. Guitars' cousins
45. Surpass 21, in blackjack
47. Military division
49. Swiss call
52. School groups: abbr.
55. Perched
57. Underground chamber
58. Relax
59. Schuss
60. "The Man Who \_\_\_ Too Much"
61. Acorn bearers
62. Nope's opposite
63. Transmit
1. Give up
2. Done
3. Book minder
4. Low female voices
5. Move to and fro
6. Door sign
7. Started
8. Angered
9. Hawaiian food
10. "Holiday \_\_\_"
11. Atlantic food fish
19. Parachuter's cord
21. Commuter vehicle
23. Museum display
25. Large dog
26. At all times
27. Word
28. Thorn
29. Length x width
31. Bark
34. Adapts
36. Chafe
39. Hither's partner
41. Purchase
44. Ms. Spacek
46. Anklets
48. Seize
50. Consistent
51. Bawdy
52. Major-leaguer
53. Oolong or pekoe
54. Request
56. End

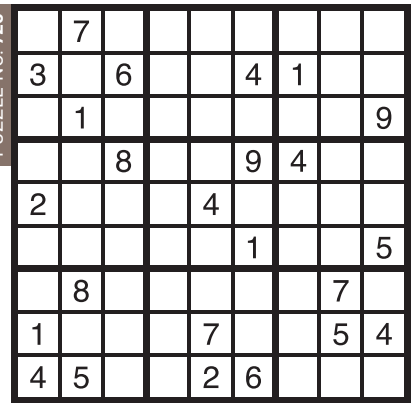
# Sudoku

## 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.

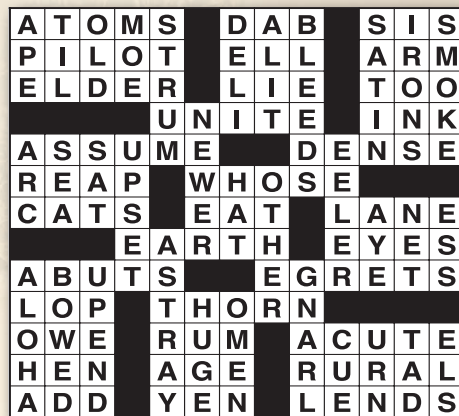
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 725

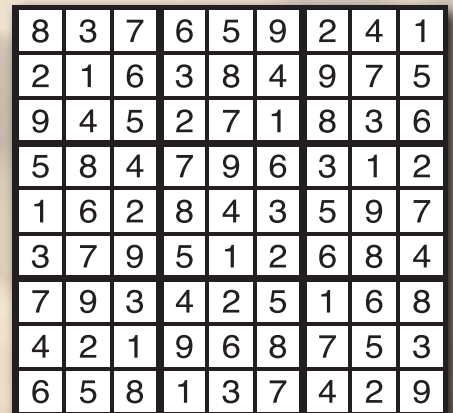


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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