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Boisbriand mayor, Marlene Cordato is kicking off Halloween with this impressive costume

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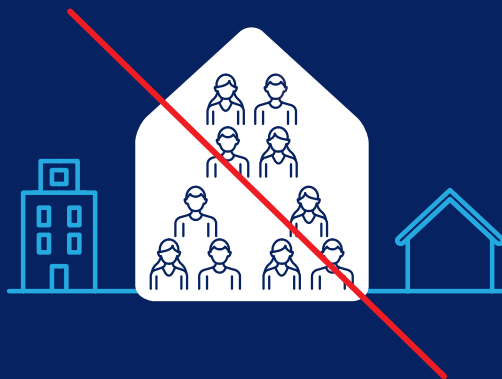
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North Shore dresses for Halloween

The cities try to outpumpkin each other!



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

Fall is quickly coming to an end and it seems like both nature and people like to dress up. Nature with beautiful colors and people with scary costumes!

Covid-19 was set to destroy one of the most beloved children's holidays but the premier of Quebec had different plans. Seeing how important this dress-up holiday is for children, he allowed trick or treating to go on with some health safety restrictions.

Up to now very few cities in Quebec have cancelled the holiday and the cities in the North Shore have gone the extra mile to celebrate Halloween within the covid restrictions.

The Department of Public Health having announced that it allows families living under the same roof to spend Halloween, the City of Lorraine has decided not to ban the collection of sweets this year. City officials are leaving the decision to make the candy tour from house to house up to the parents as long as everyone who will give or collect candy respects the instructions in force, in particular distancing.

The city of Lorraine celebrates in 3 different ways:

Pumpkin decoration contest

Reserved for Lorrainers and members of the library. Lorraine is urging its citizens to decorate their pumpkin in an original way, and send the photos of their creation as well as their contact details (name and phone number) to bibliotheque@ville.lorraine.qc.ca by next October 29. There will be a draw on October 30 of gift certificates valued at \$25, exchangeable at the Librairie Ste-Thérèse.

"Lorraine in disguise" contest

Reserved for Lorrainers, this contest is meant to spread the magic of Halloween by decorating their houses. Resident are asked to send their photos and contact information (name, civic address and phone number) to concours@ville.lorraine.qc.ca no later than October 27. By participating, Lorraine residents have a chance to win a Halloween gift basket. In addition, the winning family will receive souvenir photos of themselves in front of their house taken by a professional photographer.

In search of colorful pumpkins!

In an event particularly beloved to younger children, the city invites all to color the pretty pumpkin drawing created by Lorraine artist Pascale Crête and affix it to a window in their houses. Then residents can roam their neighborhood as a family in search of more colorful pumpkins. Lorraine is inviting everyone to share their work at concours@ville.lorraine.qc.ca so that their talent appears on the city's Facebook page.

In an effort to comply with public health restrictions, the Town of Rosemère will be taking a different approach to celebrating Halloween this year and is announcing several of the initiatives that have been planned to keep little ghosts and ghouls safe and happy.

To start, Pioneers Park will be decked out with spook-tacular decorations for everyone to enjoy. Plus, some special friends and fun activities will be awaiting students at Alpha, McCaig and Val-des-Ormes schools on the



morning of October 29 or 30, depending on their respective pedagogical days.

Also between now and All Hallows' Eve, members of the community are invited to take part in a virtual jack-o'-lantern carving

contest. To enter, residents are asked to email pictures of their most petrifying pumpkins to loisirs@ville.rosemere.qc.ca. All submissions will qualify for a draw for a \$100 gift card from Carcajou. Last but not least, the library will be sharing some ideas for Halloween-themed arts and crafts online. Kids can take part in these free workshops to make some boo-tiful objects using common household materials. Instructions on how to log in to these activities will be posted on the Town's platforms.

"This year, we've had to be more imaginative and rethink many of the things we do, and Halloween is no exception," said Rosemère Mayor Eric Westram. "Let's all be especially careful and follow public health guidelines. We've come up with a diverse range of activities so you can still make the most of the holiday that kids and kids-at-heart look forward to all year long!"

In Blainville...

This year, it will be possible to collect candy while respecting certain instructions:

Children - and their parents, must circulate only in the company of members of their household

Children must collect the candies placed in a place 2 meters from the occupants of the house visited

Under no circumstances should children enter houses

Wearing a mask is required

Until then, citizens are invited to come and discover the exterior decorations at the Paul-Mercier Library and at the Hôtel de city where very old pirates have invaded the place!

Finally, citizens are invited to decorate their home or balcony and to register for the "Decorate and win" contest by completing the entry form until October 29.

In Boisbriand...

A few days before October 31, the City invites residents to participate in a Halloween photo contest * and to take advantage of the facilities in front of the town hall to take their photos.

"I invite citizens to decorate their homes and their properties. The current situation prevents us from rubbing shoulders with each other, but we can certainly beautify our streets, our

neighborhoods, our city," says the mayor of Boisbriand, Marlene Cordato.

Citizens are therefore invited to submit a photo of themselves in disguise, with their full contact details, to communications@ville.boisbriand.qc.ca. Photos must be received between October 24 and 1. November A public vote will take place from November 2 to 8, on the City's Facebook page. Participants have the chance to win one of three gift certificates valid at a restaurant in Boisbriand.

Since the Quebec government authorized the holding of the event the decision to participate is up to each citizen. The City reminds all residents the importance of caution when traveling, to

avoid contact and to respect government health directives. In the event of new directives, the City will follow the recommendations in this regard.

The traditional and very popular Halloween party at the Nature Interpretation Center has been canceled due to the pandemic. However, a distribution of candies will be made to the six elementary schools of Boisbriand, an initiative of the Town's Recreation Department.

* Only Boisbriand residents are eligible for the contest. Only one photo per resident. The City reserves the right to exclude any photo deemed inappropriate. Any photo submitted to the competition is free of rights.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Mr. Trudeau, there is an alternative to more taxation!

I'm afraid the news is not good. It's bad enough already that we are forced indoors with no social gatherings, police vans roaming the mountain with loudspeakers booming alert notices, and 'tele-warrants' allowing police forced home entry. Some seniors in their 80's and 90's ordered to move out of long term care homes because our fractured health system needs short term beds. (CTV) These are very scary times for any society. This is having a horrible impact on us socially and psychologically. And it's about to have a huge impact on us financially. Having spent 350 billion dollars on various relief programs, somebody, some how, at some time, will have to start clearing up this disaster. Financial markets will not stand for Canada's highest ever trillion dollar plus debt, (2 trillion, provinces included) and rising monthly deficit. And there's more downside to deal with. The Trudeau liberals had already sent us into growing deficits during those "sunny days", and now during 'stormy days', not only did it spend a lot more, but Covid has crippled our economy. There is a projected "\$71.1-billion decline in tax revenue, including a \$40.8-billion loss in income taxes." Working or retired, we will be paying for it. Heating our homes, gasing up, electrifying the new ride, buying eggs, lettuce or fish, new phone, clothes or toys. Dentists are already charging added fees to cover their PPE. Everything and anything will cost more, in some cases much, much more. The only way our left of center Liberal NDP partnership knows how to generate income is through unimaginative, unoriginal, uncreative new and increased taxes. Here's what I think we can expect. A new home equity tax. That's a tax when you sell your principle residence, so far tax free. The Canadian Taxpayers Federation rightly says this tax on home owners will take "big chunks of the proceeds of a home sale that will leave owners with less to buy a new home or provide for retirement". A GST increase perhaps from 5% back to 7%. The carbon tax on our gas, heating oil, electricity to heat our homes and now power our EV's, is on a continuous climb. We may also see an increase in the current capital gains tax from 50% of profits on stocks and revenue property to 100%, further discouraging investments. A cut in contributions to the TFSA and RRSP is being discussed. But, there are other ways of raising revenue without hurting us. Two senators want to fix a national embarrassment and simultaneously raise revenue. Inter provincial trade. We arguably have freer trade with Europe and the US than we do amongst our provinces. It's preposterous. Quebec senator Diane Bellemare and Nova Scotia's Jane Cordy conclude in their report "these inter provincial trade constraints cost the Canadian economy up to \$130 billion every year". For heaven's sake it's the reason Confederation was founded, to create a free trade area. Premiers need to stop this confusing concoction of protectionist measures separating us.

Here's another way to raise revenue. A Canada Revenue Agency crackdown on Canadians who hide their billions off shore, tax free. 20 billion dollars worth, if CRA would start a serious eradication of this fraudulent practice.

Controversial as it may be, our natural resources, actually just gas and oil alone "provided \$108 billion to Canada's gross domestic product and supported almost 530,000 jobs". It's 20% of our economy! We have the highest standards on the environment, human rights, and indigenous participation in the world. Why are we allowing foreign pseudo enviro groups dictate our agenda! Yes oil and gas is a sunset industry but let's milk it during this crisis.

I watched the new conservative leader Erin O'toole the other day say "we need a private sector boom". He's right because 2/3's of us work for small and medium size businesses. One business closure means dozens, hundreds of job losses. Let's encourage and offer incentives to small business to create and maintain jobs.

You may have seen Michael Sabia head of Canada's Infrastructure Bank with 35 B\$ of public money to plow into "clean power, home retrofits, broadband, irrigation and zero-emissions bus systems, creating thousands of jobs." Stop the talk monsieur Sabia, and do the walk, now.

I am not an economist but how about a think tank of such people as well as every day 9 to 5 folks, small business owners, a cross section of professionals. Outside of government, we have brilliant minds in Canada that would get us out of this without punishing and painful taxation.

That's What I'm Thinking.

Robert Vairo

robert@newsfirst.ca

Letters to the Editor

*Mr. Galati, you're entitled to your
opinion but not to your own facts*

I'm upset about statements made to The Laval News by Paolo Galati, Chairman, Council of Commissioners, Sir Wilfrid Laurier School Board (SWLSB).

Imagine if the elections were happening and this man who suffers from Mythomania exploited this opportunity to score points. It annoys me that he posted the same article on LinkedIn. Here's the other side of the story. Martin Barry was factual with what he was told, but if you read Steve Bletas's profile in TLN's Mature Life, he told it all as it was. two weeks before his death. And that's the truth. Galati contradicted truth, a lot of it including his relationship with Steve Bletas.

Galati stated that Steve was part of QESBA. Steve left that lobby group because he realized it served no purpose for children and young people. It's a lobby group for commissioners. And he said quite the contrary to what Paolo Galati claimed, regarding his relationship with Steve Bletas. Here we're confronted with profound distortion contributing to public misunderstanding, through deceit and lies with willfully inaccurate and misleading information. Whatever happened to integrity? Trying to score points with the public for political reasons?

I can't tolerate opportunists, especially on a dead person's back.

Steve Bletas was my very close friend whom I often visited, shared meals, conversed about everything including school board politics. He held children very close to his heart. I have his vault of secrets which will remain as such; however, I also knew his friends and Paolo Galati wasn't one of them. Galati sought telephone counsel from him on occasion when he first became Chairperson. Steve confided to me that Galati didn't heed his suggestions for the most part; sad but true. He hadn't heard from him in a very long time and Galati did not visit him. Friend? Really? Not! So, what's up?

There have always been two notions of politics: "politics of truth" encouraging sincere discourse and respect for citizens, and "politics of lies" which regards politics as games of ruse and deceit and uses deception as a necessary prerequisite for winning and wielding political power. Good job Mr. Galati. I guess there's nothing as outright as political lies. How about distortion, exaggeration, misrepresentation, half-truth, and overstatement? Let me set the record straight. So, you both had the same dream and ambition? Steve's dream was for the children's education. And ambition? Steve did everything to ensure that schools were well-equipped and education was a priority. What's yours? What are you headed for?

Let's discuss the nature of the disgusting way Steve Bletas was treated after leaving SWLSB and the Foundation. There's enough here to cast a net of 'something is rotten in Laurier' over the conduct of the two institutions and the handful of people directly or indirectly implicated in the 2012-2020 period. In his 14 years of governance, he was instrumental in negotiations for land grants and other agreements with municipal and provincial officials. He was principal founding member of the SWLSB Foundation in 2003, a mega successful fundraiser bringing in over \$100,000 annually, which dwindled dramatically after his departure. NEVER was he contacted by the Board for his aid or counsel on how to continue the flourishing success of the Foundation which reigned during his Chairmanship. NEVER an invitation to attend events in subsequent years. It was related to me that a commissioner and Foundation director stated that if Steve wanted to attend fund-raisers, he should buy tickets. Respect? Good manners? Protocol? Absolutely not! In an educated arena, someone should have had the good sense of inviting the individual responsible for the conception of the Foundation, including Mr. Galati who calls himself his good friend. After all, he sat as commissioner for several years. And, there was no mention or credit given Steve for his inexhaustible efforts during his mandate as Chairperson for having appealed to successive governments to correct inequitable school taxes. This is not a new phenomenon.

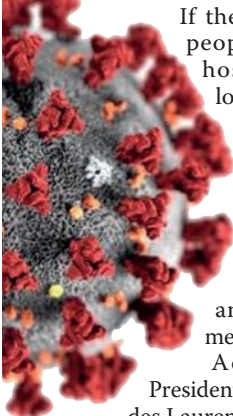
Bravo Paolo Galati and SWLSB. Steve Bletas is honoured with a tiny tree after 8 years of not hearing a word from you. Others who were at the Board for minimal time, such as Jennifer Maccarone, were honoured immediately, with the same gesture of a little tree, I believe Steve has been insulted once again. The least the Board could have done was to rename a school in his honor, after all his accomplishments were superior to any others'. How about changing Twin Oaks Elementary or any other school to Steve Bletas Elementary, an honourable and just thing to do. That tree is another slap in the face. Embarrassing. Mr. Paolo Galati dug a hole for a tree, but the hole is deeper than he thinks.

Tom Mouhteros

Former Commissioner | 2007-2015

The CISSS des Laurentides assigns new locations for COVID-19 treatment

The Integrated Health and Social Services Center (CISSS) des Laurentides is currently working to identify certain areas secured at the Laurentian Hospital of Sainte-Agathe-des-Monts and at the Saint-Eustache Hospital in order to be ready, if necessary, to receive patients positive for COVID-19. For its part, the Saint-Jérôme Regional Hospital maintains the availability of its beds for the admission of people positive for COVID-19 and remains the designated environment for cases requiring intensive care.



If the context requires it, people who need to be hospitalized may no longer be automatically transferred to the Saint-Jérôme Regional Hospital. The new spaces dedicated to the care of patients with COVID-19 will have the necessary safety and protective equipment for staff and patients.

According to the President and CEO of the CISSS des Laurentides, Ms. Rosemonde Landry, this new approach will offer several advantages. "The addition of hospitalization areas for people infected with COVID-19 will allow us to transfer patients to different hospitals, which will facilitate the delivery of our care and services. This will undoubtedly have beneficial effects for users, but also for our staff who will be able to support each other even more in the current context," she explained. Teams are already hard at work to prepare the new hot zones with the rigor and caution



President and CEO of the CISSS des Laurentides, Ms. Rosemonde Landry

acquired in recent months. These will be put into operation, if needed only, if the number of hospitalizations related to COVID-19 increases in the region. "This is not what we want and we hope that the population takes all the necessary measures to protect themselves against COVID-19. However, if the need for hospitalization increases, we will be ready to face the situation," concluded Ms. Landry.

Blainville pays tribute to former mayor André de Carufel

The mayor of the City of Blainville, Richard Perreault, on behalf of the members of the municipal council and the population of Blainville, paid tribute to André de Carufel, mayor of the city from 1973 to 1977 and died on September 21 at the age of 90. He was also a municipal councillor from 1983 to 1985.

"Mr. de Carufel, the second mayor in our city's history, played a very important role in our development. Under his leadership, Blainville negotiated with the Government of Canada to acquire the lands of the former Bouchard camp. The administration of Mr. de Carufel was therefore able to start the construction of the first arena there and set up the first real town hall as well as the police station. He also set up separate real municipal services and installed the municipal garage in larger premises. It is the precursor of the modernization of the City. I had the opportunity to meet Mr. de Carufel on a few occasions and I will always have fond memories of him. I offer my sincere condolences to his wife, his children and grandchildren, as well as to the people who worked with and appreciated him," said Mayor Richard Perreault.

In memory of the former mayor André de Carufel, the flag of the City of Blainville was lowered to half-mast from October 16 to 19, 2020.

It should also be noted that a room in the town hall bears the name of André de Carufel.

At the end of his term, not wishing to run a second campaign, he returned to his business and hotels in the United States, having invested in the purchase of several places at the time. , abroad and here, in addition to having a family to care for, with two children, a girl and a boy.

"I managed to do what I had set for myself in my one mandate, in addition to bringing order



Andre de Carufel

to the city. It was my sole goal as a director," had said a proud André De Carufel.

Interesting fact to mention for, André De Carufel had shared certain anecdotes and facts of the time with the media, such as the salary deserved by a chief magistrate of the 1970s. Indeed, a mayor was paid 25 cents per citizen at the time, which represented approximately \$ 2,900 per year to manage the City of Blainville. Still according to him, a municipal councillor, for his part, was also remunerated according to the number of citizens, 10 cents per person.

Replacement of the recycling bin: the collection of old bins still in progress

The operation to distribute the new blue recycling bin is, with a few exceptions, completed throughout the territory. However, several old bins still have to be recovered in exchange from citizens. To the big disappointment of the city of Deux Montagnes, the supplier who won the contract was unable to meet the schedule and manage this operation.

Therefore, the public works team is taking over and will be roaming the streets of the city over the next two weeks to ensure the collection of all old bins. The city is asking for citizens who still have one or more bins to be collected by the City to leave them at the corner of their driveways for the duration of the operation.



COVID-19 test results can now be sent by text message

As of now, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides will add text-messaging to its toolbox for sending negative test results to people being screened for COVID-19.

This feature will gradually be deployed in the region and will reduce response times while still providing written confirmation. This will have a considerable impact on people awaiting their results and on those close to them.

Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides, believes this new possibility will

greatly improve the service in our region. "Identifying cases of COVID-19 is a crucial aspect of controlling the spread of the virus. More than 1000 tests are done every day in the Laurentians, which means just as many people each day must be given their test results so that they can comply with the required guidelines."

Text-messaging will be used only to convey negative results. The Department of Public Health will continue to convey positive results by telephone, to ensure personalized follow-up and to begin contact-tracing without delay.



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TWO MOUNTAINS TO CLIMB

CANADA'S TWIN DEFICITS AND HOW TO SCALE THEM

by David Dodge *

Continued from previous

Innovative investment effort is also required to expand the value that can be derived from our other natural resources. Over the years, our mining sector has demonstrated its ability to generate revenues from the export of technical and developmental expertise even as volumes have declined. Geological and mining expertise as well as a well-developed marketplace for raising capital have generated service-based export earnings. Knowledge built on domestic production forms the backbone of this mining services economy. This is a strength that can continue to be augmented through the application of AI and new tools for data analysis. At the same, time, these new tools can be applied to the environmental assessment processes to increase efficiency and reduce the time lags involved. Mining provides a shining example of how Canadian skills developed in a low-tech industry can generate income and exports far greater than the simple export of the basic commodity.

Finally, global disruptions due to COVID have also amply demonstrated the value of a secure and reliable supply of food and the capital and labour inputs required to sustain that supply. The virus has revealed some of the shortcomings in the growing, processing, and distribution of food and food products as well as the skilled labour requirements of this industry. Climate change will require the application of innovative technology to maintain and enhance yields, to manage water and soil issues, and to develop improved products. And in agriculture, just as in oil and gas, increased emphasis needs to be placed on capturing the value of research efforts through product and process patents. We already have a successful track record: the government-industry development of canola was a great triumph of applied science, and the adoption of pulse crops has made Canada a world leading exporter.

Agriculture is a high-tech business. Gains in productivity and value added will be secured when all players in the industry—including governments—view it this way and act accordingly. Government supports, services and regulators need to be focused on facilitating growth in the value of output and not just on stabilizing farm incomes, however important such stabilization might be.

This brings us back to a final overarching point about ways to enhance added value and productivity in all parts of the natural resource sector: the importance of clear, predictable, consistent and generally applicable regulation across regions and among orders of government. Resource development is generally

both very capital intensive and subject to risk of wide fluctuations in commodity prices. To achieve the high levels of investment required in resource industries, investors must accept the natural risk of global price fluctuations. Calculating and embracing risk is what investors do. But what they find difficult is the added uncertainty posed by the conflicting interests of federal, provincial, First Nations and municipal governing authorities, which create regulations that are too often unpredictable, ambiguous and erratic—and then subject to lengthy processes and frequently hazy interpretation by courts. Canadian government and their regulatory emanations (especially environmental ones) have managed in this century to compound the natural risk of investing in capital projects to extract, process, and transport commodities (both renewable and non-renewable).

Tragically, this is happening at the very moment Indigenous businesses are increasing their ownership stakes in resource developments and exports. It is a terrible time in all ways to be driving away investment.

Nor has this unfavourable change in our brand come about because our regulations are tough—i.e. by design aimed at assuring the highest quality of production, and environmental protection and labour standards. Canada's investor beware problem flows from the volatile regulatory and legal regimes with respect to environmental approvals, provincial obstacles to interprovincial trade and local zoning regulations. The negative impact of our uncertain regulatory process is a factor that is totally within our power to fix. The post-COVID economic pressures raise the penalty of failing to do so.

Enhance the Adaptation of the Labour Force

Achievement of a decent level of growth in Canadian per-capita incomes in the years ahead depends crucially on an increase in the number of hours worked relative to the size of our population—and even more importantly on the quality of output from each of those hours.

Like a steady drip, Canada's labour force participation rate has been falling, virtually unnoticed, by 0.2% a year for the better part of a decade. The positive effects of immigration and improvements to participation by most age groups (but especially 60+ workers) has only partially offset the effects of an aging population. The inescapable objective of policy at such a time is to ensure not only that those who want to participate can find a job, but most importantly that they have access to the tools (equipment) to be fully productive and are provided the opportunity (education and training) to gain

the knowledge and skills to produce the highest value of output. (For long-range projections of aggregate labour force participation rates and labour productivity growth, see Appendices B and C. For the latter, the projection is based on an assumed persistence of the recent trend of low growth.)

From the perspective of maintaining labour supply, raising the participation of two key groups stands out: older workers (those between ages 60 and 74) and workers with caring responsibilities (for children, the elderly, the disabled). They, therefore, should be the prime focus of policy.

For older workers, the key is to remove the disincentives contained in our OAS, CPP and tax system in the form of the very high effective rates of taxation on labour income, and to provide opportunities for transition to other types of employment, especially in caring occupations. For those with children, access to childcare is crucial. For those with other family caring responsibilities, additional leave has been demonstrated to be an essential element in fostering participation.

One of the simplest lessons from the COVID experience is how working from home, when virtual work is feasible, can in many instances increase productivity and reduce unproductive commuting time. While no one size will fit all, measures to facilitate virtual work, i.e. choice, can effectively expand the supply of productive labour hours. Along with reforms to increase participation of older workers, migrants, and those with caregiving responsibilities, virtual work can help offset the natural decline in the growth of labour hours due to population aging.

Even more important than rebuilding the quantity of available labour is ensuring the skill mix of workers adjusts rapidly to meet the evolving requirements of a changing economy. This involves an increased focus in our education system to expand the base of STEM knowledge as well as the human skills that facilitate adaptation and learning throughout a working lifetime. It entails focus by employers and individual workers on continuing acquisition of new and upgraded skills. It requires reconstructing our employment insurance system to support and encourage skill acquisition during and before periods of unemployment. And, finally, it involves a focus on providing support for older workers to transition to less physically demanding occupations and to acquire the skills necessary to meet the increased demands for services for our aging population. By focusing on these critical areas, government policy can reduce unemployment through better matching of skills, improve the quality of labour hours

supplied and help raise productivity. The payoff: more participation by a better prepared and more inclusive labour market will raise wages, reduce income inequalities and lead to a more globally competitive Canadian economy.

Naturally enough in an era of technological change, even with investment in these policies to improve the quantity, quality, and flexibility of labour, one can expect shocks in the job market will continue to occur, resulting in unforeseen periods of unemployment.

COVID has forcefully demonstrated that our current system of unemployment insurance is ill-adapted to provide temporary support to the growing proportion of workers who are self-employed or who do not enjoy a long-term continuing permanent relationship with a single employer. CERB was invented out of thin air to address this shortcoming, but is structurally ill-suited as a permanent feature to support workers during economic downturns. It recreates a version of the so-called welfare wall it took decades to dismantle.

A key challenge for the federal government in the post-COVID period is to rebuild the EI system to include self-employed and contingent workers who can then pay premiums and gain access to the benefit and training provisions of the system. We should retain the underlying philosophy of our flexible North American system, which recognizes that labour market churn involving periods of unemployment facilitates adaptation, growth, and improved productivity as opposed to European systems of layoff prevention (prohibition of dismissals combined with wage subsidies), which ultimately impose a serious adverse toll on hiring—especially by small and medium enterprises.

Enhancement of Government Services

Finally, we need to enhance how government services maximize their contribution to stronger economic growth and better governance. Governments account for 25% of Canadian GDP (pre-COVID) and are directly responsible for the provision of many critical services (health, education, transport, justice and regulation). Provided in a cost-efficient way these will enhance the global competitiveness of the Canadian economy.

to be continued...

*David Allison Dodge OC FRSC (born June 8, 1943) is a Canadian economist. He served a seven-year term as Governor of the Bank of Canada from February 1, 2001 to January 31, 2008. He was succeeded by Mark Carney.



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City of Rosemère council meeting October 13th 2020



DIMITRIS ILIAS
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The Rosemère city council took place on the 13th of October 2020 with mayor Westram being alone in the council chamber and the rest of the city councilors in videoconference adhering to the rules imposed by Quebec to slow down the second wave of the pandemic.

A new collective agreement

A new collective agreement was announced and adopted by resolution between the city and the city's blue and white-collar workers. Mayor Westram described it as a beautiful collaboration between the city and the union. It is responsible agreement during the COVID crisis with a fair increase. The parties negotiated in good faith between them without external intervention, saving time and money.

The new agreement is in effect from the 1st of January 2020 until the 31st of December 2024.

Urban Planning

A variety of permits were given for different projects ranging from change to front exterior finishes to commercial signages, new constructions and expansions.

Question period-Golf course

The biggest subject of the evening was the golf course as 13 out of 14 questions from the citizens concerned it. One of the most important issues that was clarified was the difference between the market value and the expropriation value of the golf course. It was explained that the city can only buy the course at its expropriation value and not its market value.

The amount of 126 million dollars includes an indemnity clause which is a promise by the city to compensate the owners of the golf course for their loss suffered as a consequence of said expropriation of their property by the city. The city hired expert evaluators to finalize the value of the expropriation of the golf course that was originally purchased by the current owners for 18 million dollars. Mayor Westram reiterated that this is a hypothetical discussion since the current owners do not want to sell the property. The mayor promised a public consultation if ever the Golf course is in line to be acquired and it is important to know what the current value of expropriation is if one day the city wants to purchase the property.

Banning the use of wood burning devices as primary heating sources

One of the citizens sent a question concerning the burning of wood in fireplaces. The resident asked why such an environmentally responsible and progressive city like Rosemère has done nothing to ban it, knowing the environmental and health dangers of such practices. The mayor considered it a valid question and answered that the city has formed a team (Environment consultation committee). This committee has this topic in the agenda and will be discussed and in a short period of time there will be regulations coming to force.

By-laws

There was a tabling of the Clerk's certificate a by-law ordering an expense to acquire part of lot 2 780 580, as well as a loan and expenditure of \$380,000 to cover related costs. Another adoption was the amendment of by-law 900 ordering landscaping work in Hardy and Hamilton Parks,



Rosemère City Council Meeting Mayor Westram

as well as an expenditure and loan of \$378,000 to cover related costs and increase the loan and expenditure by \$336,000, bringing the total to \$714,000. Finally, a draft by-law was presented to amend by-law 873 and its amendments regarding emerald ash borer infestation measures in order to amend the appropriate authority

Public hygiene and public works

A mandate was awarded for the action plan for the upgrade to standards of the Town of Rosemère's water treatment plant. Five submissions were received. WWSP firm was awarded the contract for a total of \$119,085 plus taxes. A signature of an agreement with

the Thérèse-De Blainville and the Ministère de la Culture et des Communications (MCCQ) under the Programme de soutien au milieu municipal en patrimoine was approved. Also covered in another article in this issue of NSN there was a presentation of a project to request financial assistance to build a services chalet in Charbonneau Park using financial assistance provided for projects related to Phase 2 implementation of the Green and Blue Corridor on metropolitan land.

Finally the city awarded subsidies to the following organizations: Académie des arts – Trouve ta voie and Accès Logis Office Habitation Rosemère (A.L.O.H. Rosemère)



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The health of others is in our hands COVID Alert app



The COVID Alert app is a complementary tool that you can use to limit the spread of the COVID-19 virus. It lets you know if you have been in contact with a person who has contracted COVID-19. You will receive a notification and recommendations if you have spent more than 15 minutes less than two metres away from someone who has tested positive in the past 14 days. The app is free, easily accessible and keeps your personal information safe.

The app does not replace health measures such as handwashing, social distancing and wearing a mask.



COVID Alert does the following three things:

- 1 Notifies you if you might have been in contact with a person who has tested positive for COVID-19.
- 2 Directs you to relevant information concerning the steps to follow after you receive the exposure notification.
- 3 If you test positive, informs other users, anonymously and without sharing personal information, that they were in contact with someone who reported a positive COVID-19 test through the app.

COVID Alert does not do the following:

- 1 Access, collect or archive your personal information or information on your health status;
- 2 Use the GPS on your device to determine your location or any other personal information.

Use of the COVID Alert app is completely voluntary. You are free to download it, use it or delete it. **The more people use the app, the more effective it will be in curbing transmission of the virus.**

Votre
gouvernement



To download the app:
[Québec.ca/CovidAlert](https://Quebec.ca/CovidAlert)

How does it work?

The COVID Alert app runs in the background on your device, without hampering or interrupting your activities. The app uses Bluetooth on smartphones to determine how far away you are from other people using the app.

Every five minutes, it exchanges random codes with app users nearby. The random codes cannot be used to identify you or determine your location. It stores the codes on your phone for 14 days.

Every day, when your device connects to the Internet, the COVID Alert app will match your random codes and those of individuals who have indicated through the app that they have tested positive. Even if the app finds matching codes, it is impossible to link them to individuals. **Your identity and the identities of other app users remain confidential.**

If the app finds matching codes, this means that within the past two weeks, for a period of more than 15 minutes, you were less than two metres from another user of the app who has since tested positive and agreed to share that information with other users.

You will therefore receive an alert notification:

- that you may have been exposed to COVID-19;
- that informs you of the next steps to follow.

No personal information or location data is shared. It is, therefore, impossible to know when and where you were in contact with an infected individual.

How do you indicate in the app that you have tested positive?

If you have tested positive and public health authorities have contacted you, you can request a one-time key. To do so:

- Promptly call the telephone number indicated in the app.
- Make note of the key that you receive once your identity and test result have been verified.
- Enter the key in the app within 24 hours, after which it will expire.

If you choose to share your positive result with other users of the app, COVID Alert will not share any information that might identify you. The decision to share your diagnosis is up to you. **Your anonymity will always be maintained.**

Your privacy is protected.

COVID Alert does not use your smartphone's GPS and does not obtain your name, telephone number, personal details or any other health-related information.

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To Sweden or not to Sweden?

That is the question for Dr. Karatzios...



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It was the great experiment! A country that went against all others in the way they handled Corona. They paid a price of almost 6000 dead Swedes. Their epidemiologists insisting against lockdowns and depending on the general good will of the population to follow the rules. The second wave appears to have arrived in Sweden as in all of the world, but according to the stats posted daily on Worldometers the daily cases are not as high as the spring and the deaths from the disease lately, up to now, have been infinitesimal (Graph A-Worldometers)

The WHO is also beginning change its story about the necessity of lockdowns and we are all left with the impression that this virus is toying with us, making our scientists change their diagnoses constantly.

So, where does the truth lie? Was Sweden right to sacrifice 6k of its citizens? We turned to our regular contributor Dr. Christos Karatzios assistant professor of Paediatrics/Infectious Diseases at the Montréal Children's Hospital, to enlighten us about the Sweden situation.

Not convinced

In a previous articles Dr. Karatzios had critiqued their approach to lax mitigation strategies while all their neighbors and most countries on the planet closed down to "flatten the curve".

Daily New Deaths in Sweden

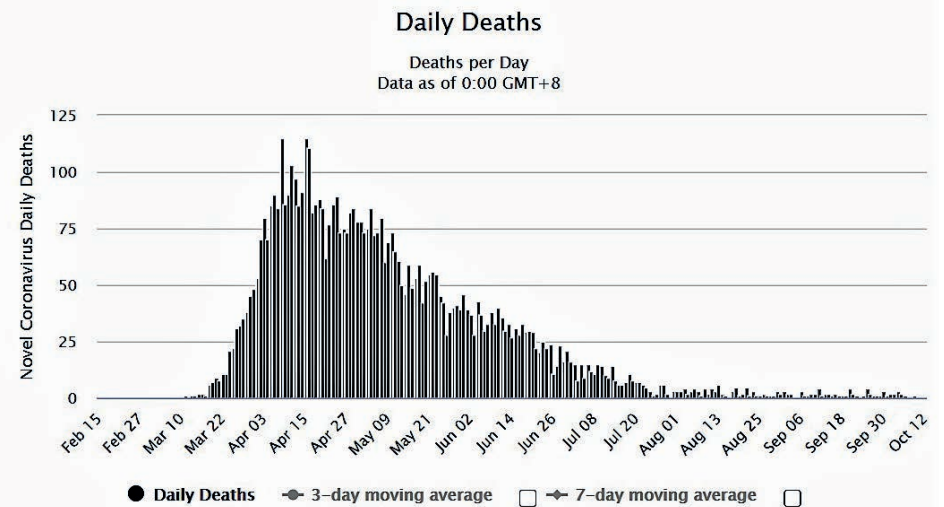


Figure 1: Daily New Deaths in Sweden

According to the doctor, Sweden didn't flatten any curve and while most deaths that occurred in that country were in the elderly and in nursing homes, it still is quite telling that their hospitals were overrun in the spring. They had to resort to refusing admissions to their ICUs to anyone over a certain age and (obese) weight or Body Mass Index.

When compared to similar countries in terms of population density and total population numbers, Sweden has one of the worst per capita death rates from COVID-19 in the world. Also, the excess mortality in Sweden between March and May 2020 has dwarfed that of its neighbors.

Dr. Anders Tegnell (the controversial state epidemiologist responsible for the Swedish

approach) admitted that Sweden did not achieve any form of "herd immunity" at the end of the first wave when reports of only 12% of Stockholm's population had antibodies to SARS-CoV-2.

So it begs the question: what happened after the first wave? FB "epidemiologists and doctors" angrily denounced new mitigation strategies in the last few days here in Quebec, Canada.

Dr. Karatzios's answer to them is: WAIT. We have all been humbled by this pandemic but what he has learned is this: leaders and countries that have boasted about getting control of the pandemic, have ended up eating their words more often than not.

Cases in Sweden have surged in the last 2 weeks and ever since people have returned to the largest urban centre Stockholm (home to 22% of Sweden's population) after summer holidays (most Swedes leave for the sparsely populated countryside essentially socially distancing from others), and after schools started. Death surges usually lag by 2-4 weeks.

Sewer water analyses in the last month show high levels of SARS-CoV-2 in the water indicating widespread community infection. This is an indication that herd immunity has not been achieved and the Swedish idea may be just a dream. The WHO was too quick to state 2 weeks ago that the Swedish approach is a model "to study". The Swedish model cannot be applied to other more densely populated countries of the world. Sweden is densely populated around Stockholm but essentially the hinterland is forest and tundra and sparsely

Gamechanger

Hopefully, you can help. I am 54 and my fiancée is 40. We are very much in love. I was widowed two years ago, and she divorced six years back. We will be married in two months. Our sex life is wonderful, and we both have high sex drives.

During a conversation the other day, we were exploring each other's past as we've done before. I asked how many men she'd had sex with. After a moment, she said 10. I know she has two children widely apart in age, so I knew about two or three partners, but...10?

I love her deeply and know she loves me, and I know I should not let this get to me, but it does. It bothers me terribly. It hurts to think of her in the arms of another man. I don't know if I feel inadequate or what.

All I know is I wish she hadn't had all those relationships.

Wendall

Wendall, you're wishing for the wrong thing. You should be wishing you hadn't asked the question. You brought this on yourself. Did you think she needed to save herself for you until she was 40?

The only measure in a relationship is whether it is right for you and right for her, when the two of you are together. Yet you want to let all that go because you weren't the first one to see the movie.

Three weeks ago, D.K. Metcalf, a wide receiver for the Seattle Seahawks, caught a 63-yard pass from Russell Wilson for an apparent touchdown. Two yards from the endzone, Metcalf relaxed his gait and held the ball in one hand in celebration.

A defensive player came from behind and knocked the ball out of Metcalf's hand and through the endzone. D.K. Metcalf not only failed to score, the other team got the ball.

We have only one question for you. Why are you trying to fumble the ball on the 2-yard line?

Wayne & Tamara

Illegal Interrogation

I made the mistake of asking my husband of 12 years if he still loved an old girlfriend. I guess I hoped he would say no. His response was, "I still love her but in a caring way."

This makes me feel insecure. He tells me he loves me, but that statement made me feel he has lingering feelings for another woman. What do you think?

Amanda

Amanda, the only way a man could avoid a question like that is by feigning a heart attack. Even then, we think you would elbow the EMTs aside so you could ask him again.

Your question is the most devious kind of misdirection. Your husband hadn't just come from a school reunion, nor did you catch him looking her up on the internet. The question came out of the blue and entirely from you.

If we give you the benefit of the doubt, we would say the question was a hypothetical and boredom caused you to ask. Looking at it more critically, we suspect the question points to feelings of yours that you would like to push off on him.

What are you trying to get started, and why, if you love your husband, would you try to set him up so you can be aghast at his response? For him it was a no-win situation. If he says no, you'd think he's lying because many of us remember our early loves fondly. If he says yes, well, you've seen the result.

We suspect you brought it up because you're not feeling it. We also suspect, if you were sure of your own feelings, you would not have gone there.

Perhaps you want him to squeeze you tighter, because you don't feel the connection. But he gave a sensible, reasonable answer, and you are not happy with it. We can't help but wonder if your failure to love him has become his failure to make you feel loved.

Women, happy and in love, don't put men through this.

Wayne & Tamara

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

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To Sweden or not to Sweden?

continued...

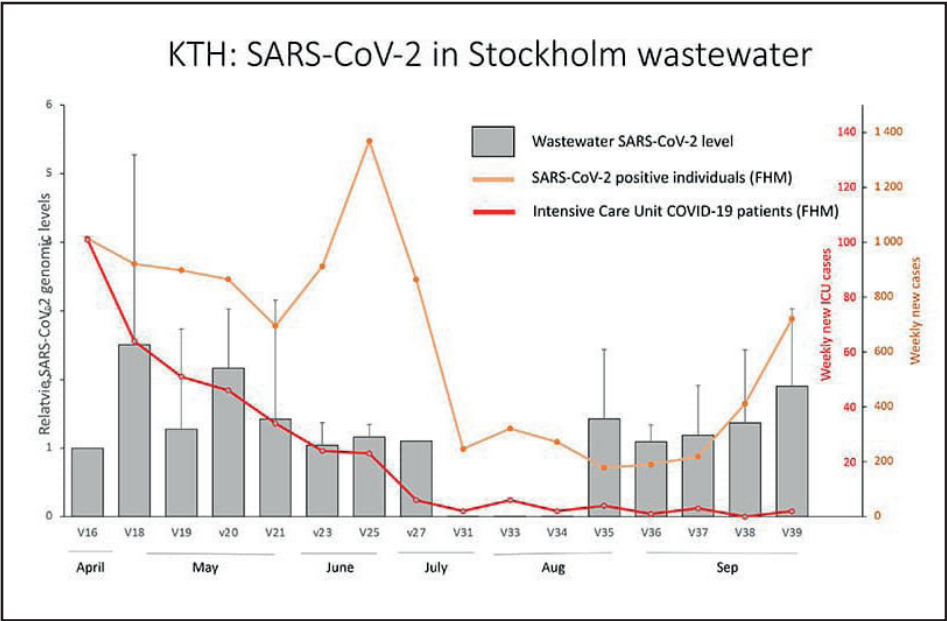


Figure 2: KTH: SARS-CoV-2 in Stockholm wastewater

Countries that saw the danger and locked down early and effectively, had a good first wave: Vietnam, Thailand, Taiwan, Hong Kong, Singapore, Australia, New Zealand, Greece, Finland, India, and Israel.

Countries with inconsistent lockdowns or no lockdowns have some of the highest per capita death rates in the world: the US, Brazil and Sweden.

Countries that initially did well and opened up too fast or recklessly are now seeing big surges and the deaths have started to climb: Israel, Greece, Canada, and India. As a result, new mitigation measures ranging from semi to full lockdowns have been reimplemented.

Conclusions according to Dr. Karatzios?

It is too soon to make any conclusions but the numbers are not looking rosy for Sweden as it is entering its second wave.

The Swedish model cannot be used as an example of a success story. Too many people have died, the economy isn't significantly better than other places, and herd immunity has not been achieved.

The Swedish people have paid a high price for this.

Sweden has started mitigation strategies and

has admitted it may need to close down some sectors and even Stockholm if cases continue to rise sharply. They didn't test and contact trace as much before. They are starting now.

Lockdowns (full or semi with effective testing and case tracing) work. No one likes them but there is no sugar coating this.

The Swedish story is not over and the Dr. Karatzios would be curious to see how it unfolds. He has reservations about success (and always had) looking at reports out of Sweden.

Stool PCR testing

Stool PCR testing for the SARS-CoV-2 has been used as an early warning of an upcoming surge in cases. The ability to detect SARS-CoV-2 in the upper respiratory tract ceases after 2 to 3 weeks post-symptom-onset in most patients. In contrast, SARS-CoV-2 can be detected in the stool of some patients for greater than 4 weeks, suggesting that stool may hold utility as an additional source for diagnosis.

The graph below shows how the rise in detection of SARS-CoV-2 in sewer water precedes the wave of positive cases.

Dr. Karatzios has posted about PCR detection in sewage as an early warning tool Public Health can use to gauge an upcoming surge and take the necessary measures to prevent a wave.



Dr. Christos Karatzios assistant professor of Paediatrics/Infectious Diseases at the Montréal Children's Hospital



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It's a go for the new Charbonneau Chalet!



DIMITRIS ILIAS
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One of Rosemère's most beloved projects was initiated in a groundbreaking ceremony by Eric Westram, Mayor of Rosemère, surrounded by members of Town Council and accompanied by Fernand Proulx, President of the Corporation de développement culturel et sportif de Rosemère (CDCSR); David Maréchal, Chairman of the Board of Directors of the Éco-Nature organization, and Jean Lauzon and Director of Development of the Éco-Nature organization. The ceremony signaled the official kickoff of the construction work on the new Charbonneau Chalet, located in the park of the same name on the shores of the Mille Îles River.

"This is a project that is near and dear to our hearts and long awaited, as we made a commitment to build it back in 2017. It is with great excitement that we are embarking on this major project, which will become an ecological, recreational and tourist hub in partnership with the Corporation de développement culturel et sportif de Rosemère and the Éco-Nature organization. We are confident that the official inauguration will take place next fall," stated Rosemère Mayor Eric Westram.

The Rosemère community will soon be able to benefit from a superb municipal chalet featuring modern architecture and built with eco-responsible materials and an eco-responsible design. It will be located on the former volleyball court, near the existing splash pads. Covering an area of

35 feet by 40 feet, this building will be accessible both summer and winter. It will feature a rest area where people can change their clothes and put on their skates during the winter, locker rooms with washrooms, a terrace on the second floor where it will be possible to admire the scenery as well as a watercraft rental stand in the summer. In addition, educational posters on the features of this eco-responsible building will give residents the opportunity to learn more about this ecological aspect, and even to be inspired by it as well!

The City is benefitting from a significant financial support of the CDCSR, which has agreed to contribute an annual amount of \$60,000 over a 15-year period, which represents 50% of the cost of building the chalet.

"Our mission, as a non-profit organization, is to promote and implement cultural, sports and community activities and projects for the residents of the Town of Rosemère. The construction of this new recreational and tourist chalet will enable us to greatly diversify our service offer to the entire community, which is why we are proud to offer this financial contribution," stated CDCSR President Fernand Proulx.

Waterfront area accessible

The construction of the chalet is in line with the primary idea of restoring access to the waterfront area for residents who want to enjoy the pleasures of water sports, in particular. Moreover, the Éco-Nature organization that manages the Rivière-des-Mille-Îles Park, along with its regional partners, would like to submit a project (Réseau-Vélo) to the Communauté métropolitaine de Montréal (CMM) aimed at



implementing an ecological, utilitarian and recreational transportation network along the river and waterfront area as part of the second phase of development of the blue-green infrastructure. In particular, Éco-Nature will offer the clientele self-guided tours, an electric shuttle boat service and the rental of various watercraft as well as traditional and electric bicycles. This new range of services will help ease the pressure on the Laval tourist welcome site, increase accessibility to residents of all waterfront municipalities, create the connectivity that this park needs to pursue its development mission and create the public involvement required to ensure the sustainability of its ecosystems.

"For more than 20 years, the Town of Rosemère has supported the mission of Éco-Nature, which is to protect, conserve and enhance the Mille Îles River and its tributaries through concrete actions. The development of Charbonneau Park, which is well appreciated by the Town's residents and very popular with them, too, is yet another example. Rosemerites can be proud of their Town Council, which once again is taking part in an innovative, ecological and recreational tourism project that is accessible to one and all!" stated Jean Lauzon, the founder and Director of development of Éco-Nature - Rivière-des-Mille-Îles Park.

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Beware of misinformation! *Drinking water In Sainte-Marthe-Sur-Le-Lac*



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Following several erroneous and inaccurate information conveyed in recent months by certain citizens in the media and on social networks on the dangerousness of drinking water, the City of Sainte-Marthe-sur-le-Lac is reassuring the population and reminding them that the standards on the treatment of drinking water imposed by the Ministry of the Environment and the Fight against Climate Change are fully respected.

Furthermore, the Public Health Department (DSP) of the CISSS des Laurentides confirmed to us that a citizen has never been asked to carry out a census on health problems within the population. For the DSP, the information obtained by a "house census" has little real scientific value and above all can unnecessarily worry the population. A study of this type requires a different methodology and very strict protocols. The City of Sainte-Marthe-sur-le-Lac is working with the CISSS des Laurentides in order to characterize the situation and determine solutions.

Manganese is an element naturally present in the soil that is found in water collected from wells. Oxidation of this element causes the water to color. Several cities in Quebec that get their water from wells have episodes of colored water like in Sainte-Marthe-sur-le-Lac.

It is for this reason that the City has been working for several years with drinking water experts as well as with researchers from Polytechnique Montréal to resolve the problem of water coloring. This renowned university institution worked with the City during the installation of the wells in 2012. In addition, in 2016, following the recommendations of Mr. Benoit Barbeau, professor and senior Chair of



the Industrial-NSERC in drinking water at the Polytechnique Montréal, the City has taken the lead with the establishment of a manganese treatment station.

As is the case with the COVID-19 pandemic, the proliferation of false information can create anxiety among the population, the city invites the citizens to learn about drinking water from the official sources of information, namely the City of Sainte-Marthe-sur-le-Lac and the DSP of the CISSS des Laurentides. They can also view Frequently Asked Questions and Water Tests on this page on our website.



Time of the Giants!

If you like beans, then you are reading the right article!

Fasolia gigantes - Greek giant baked beans (in tomato sauce) or Butter beans (also known as Lima beans) are tastier than plain white beans. They are bigger in size that's why we call them "Gigantes" in Greek which means Giants.

This traditional Greek recipe, can be found served as a meze dish (appetizer) in Greek and Mediterranean restaurants. It's a delicious baked bean recipe in tomato sauce, that can be also served alone as a main dish, well not completely alone when you consider a hunk of feta cheese with freshly baked bread and lots of olive oil to dip in!

For this recipe to be very tasty, you will need to get them in a dry form. They will require a bit of extra preparation (soaking before cooking) but totally worth it though.

These creamy-textured beans with their buttery flavor are also packed with nutrients providing us with so many health benefits. Now, growing up in a Greek household, especially with my parents, they would always give a nutritional background to motivate us whatever we are about to eat to be worthy. So here it goes!

They are rich in high-quality protein as well as soluble fiber which helps regulate blood sugar levels and lowers cholesterol. They also contain insoluble fiber, which helps to prevent constipation (Yeah!) and digestive disorders.

Ingredients

- 500 grams giant beans
- salt
- 1/4 cup olive oil
- 1 small onion
- 3 sprig(s) celery
- 2 medium carrots
- 1 red bell pepper
- 2 clove(s) of garlic
- 1 stick(s) cinnamon
- 2 bay leaves
- 1 tablespoon granulated sugar
- 1 tablespoon tomato paste
- 50ml white wine
- 1 large (500ml) canned tomatoes
- 1 lemon zest, of 1 lemon
- 1 sprig(s) rosemary
- 1 cup water
- 1 chicken bouillon cube
- pepper
- 2 spring onions
- 1/2 bunch celery leaves

Method

- Soak the butter beans in a bowl full of water and some salt for 12-24 hours. When ready, drain and rinse under running water to remove the salt.
- Preheat oven to 350-degree Fahrenheit

- Transfer beans to a pot, add water and place over heat.
- When the water comes to a boil, simmer for 1 hour until they soften. When ready, drain and set aside.
- Place the same pot over heat and add olive oil.
- Coarsely chop the onion, celery leaves, carrots, red pepper and garlic. Add to the pot along with cinnamon stick, bay leaves, sugar and tomato paste. Mix.
- Add the white wine and wait for the alcohol to evaporate. Add the chopped tomatoes, water, lemon zest, rosemary, bouillon cube, pepper, salt and giant beans. Mix.
- Remove pot from heat.
- Finely chop the spring onions and celery leaves and add to pot. Transfer contents of pot to a 25x35 cm ovenproof baking dish. or a roasting pan with lid. Cover with aluminum foil and bake for 1 hour and 15 minutes.
- Taste the beans every 15 minutes. When they soften, remove aluminum foil and bake for another 15 minutes.
- Serve with finely chopped parsley, feta cheese, pepper, olive oil, chili flakes and fresh bread.

Deadline:
WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries



SOUTHIDARA, Sounthone **1953 - 2020**

In Laval, on October 16, 2020 at the age of 67, passed away Mr. Sounthone Southidara. Husband of Mrs. Chonglak Nang, besides his wife, he is survived by his sons, Alex and Willy and his daughter Sarah, his grandchildren, Damien and Lily as well as several other relatives and many friends.



DAOUST, Gilles **1938 - 2020**

At the CHSLD Ste-Anne, on October 10, 2020, at the age of 82, passed away Mr. Gilles Daoust, residing in Mont-Laurier, husband of Mrs. Rollande St-Jean. Besides his wife, he is survived by his son Michel, his daughter-in-law Julie Laroche, his grandchildren: Martin and Stéphanie, his daughter-in-law Paige, his great-grandson Charles, his sister Pierrette Daoust, his beautiful -sisters: Ghislaine St-Jean and Annie Bilodeau as well as her nephews, nieces, relatives and friends.

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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.

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- Arrangements via telephone or virtual meetings
- Celebration with your family present (according to current recommendations)
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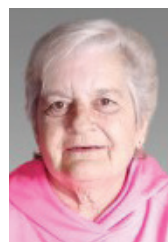
CÔTÉ, Marcel **1938 - 2020**

In St-Jérôme, on Sunday October 11, 2020, at the age of 82, passed away Mr. Marcel Côté, son of the late Maurice Côté and the late Jeannette Chartier. He is survived by his sons Mario and Robert, as well as many other relatives and friends.



BRUNET, Alain **1959 - 2020**

In St-Eustache, on October 13, 2020 passed away at the age of 61 Mr. Alain Brunet spouse of Mrs. Hélène Charlebois domiciled in St-Placide. Besides his wife, he is survived by his children Michael, Patricia, Marc-André (Émilie), Dannick (Kamille) and Audrey-Ann. He also leaves his three grandchildren Sarah-Eve, Daphnée and Alek. He also leaves to mourn his father Mr. Marcel Brunet (late Marielle Girard), his sisters Lorraine (Denis) and Andrée, his brothers-in-law, sisters-in-law, nephews, nieces, other relatives and friends.



TESSIER, Lucie **1952 - 2020**

At the Saint-Eustache hospital, on October 13, 2020, passed away at the age of 68, Mrs. Lucie Tessier, spouse of Mrs. Lyse Brun. Besides her spouse, she is survived by her brother and sisters Serge (France), Francine (Alain) and Dominique (André), her brother-in-law Richard (Nicole), her sister-in-law Marie, her nephews and nieces, her friends Jean-Marc (France), Jean-Claude (Myarose) and Stéphane (Natasha) as well as other relatives.

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

HOROSCOPE

Week of OCTOBER 25 TO 31, 2020

The luckiest signs this week:
TAURUS, GEMINI AND CANCER



ARIES

A task at home or at work that you've been putting off will finally get done. Before you start a new project, get some rest. Other-wise, you could develop one or more health issues.



TAURUS

If you've been waiting to hear back about a medical test, the results will put you at ease. You'll finally be able to sleep and your anxiety will subside.



GEMINI

You'll have a few minor personal or professional concerns to deal with. A promotion may require you to adjust your schedule, but the compensation will make taking the position a quick and easy choice.



CANCER

Now's the time to plan a vacation for the holidays. Regardless of when you want to travel alone or with others, you need to book early. A trip will be hard to organize if you wait until the last minute.



LEO

You could be assigned to international clients or enrolled in a training program at work. At times, you might have trouble being understood by people who aren't fluent in English.



VIRGO

Your focus will be on your significant other. You'll need to be more spontaneous and emotionally available if you want to rekindle the magic. Changes will be necessary to avoid conflict.



LIBRA

You'll need to put in a lot of effort to prepare for negotiations and reach an agreement that suits everyone. Radical changes will be necessary to improve your health and quality of life.



SCORPIO

A major success or form of recognition is on the horizon. This could lead to a promotion or a change in your career path. If you've been sick for a while, you'll finally see an improvement in your health.



SAGITTARIUS

You might find a property that offers more than enough space for the entire family. At the very least, you'll change your daily routine to better accommodate all the members of your household.



CAPRICORN

Remember to plug in your phone or computer every night. Other-wise, a dead battery could interrupt an important communication. Your children might ask you to drive them around more often than usual this week.



AQUARIUS

While others might speak in hushed tones, you won't be afraid to voice your concerns loud and clear. If your partner makes unnecessary or expensive purchases, you won't hesitate to speak up.



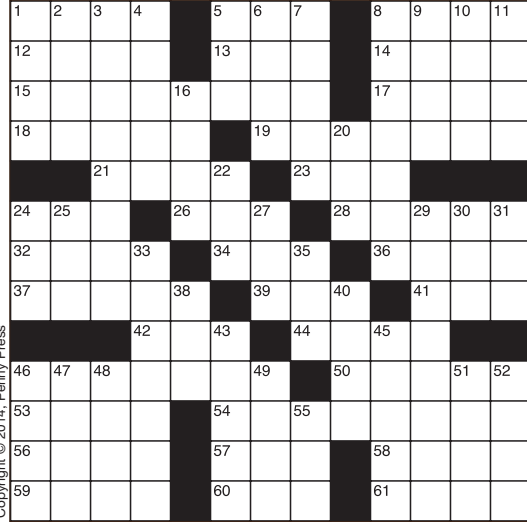
PISCES

You'll demonstrate a youthful energy this week. At work, everything will be urgent and you'll have to act quickly to avoid disaster. You'll be pleased about a promotion, despite the changes and stress that come with it.

Coffee Break

CROSSWORDS

PUZZLE NO. 1004



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ACROSS

1. Way off
5. Carpenter insect
8. Gorillas, e.g.
12. Give medicine to
13. Armed conflict
14. Not imagined
15. Melt
17. Brief follower
18. Chic
19. Sailed
21. Immediately, in medicine
23. Expected to arrive
24. Raises
26. Tibetan ox
28. Corners
32. Took to court
34. Zilch
36. Slangy assent
37. One who finishes

39. Family member
41. Bread grain
42. Lean's opposite
44. Art ____
46. Fast cat
50. Overbearing
53. Tibetan holy man
54. Explanatory comment
56. Came to ground
57. Winter ailment
58. Flush
59. Drenches
60. Nevertheless
61. Dangerous snakes

DOWN

1. Does arithmetic
2. Aluminum wrap
3. Evaluated
4. Turn back to zero
5. Boring instrument
6. Blue or bean
7. Plod
8. Robin Hood's talent
9. Bog product
10. Relaxation
11. Snowy-weather toy
16. Give approval to
20. Slice
22. Handbag hue
24. Employ
25. Wordplay
27. Young goat
29. Certain cans
30. Remit money to
31. That girl
33. Overcomes
35. Junior
38. Inform (on)
40. Obligation
43. Sticky confection
45. Cuban dance
46. Lobster's appendage
47. ____ and hearty
48. Give forth
49. Doughnut center
51. Come to a halt
52. Certain evergreens
55. ____-of-bounds

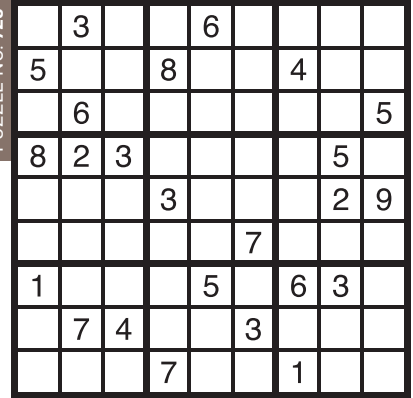
Sudoku

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. 728

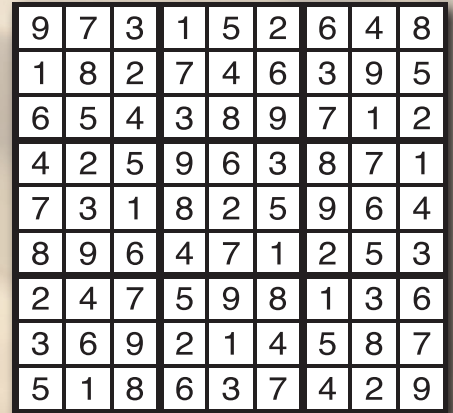


Last Issues' Answers

CROSSWORDS



Sudoku



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- Bean Sprouts
- Potatoes
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- Kiwis
- Oranges
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- Lettuce
- Cucumber
- Tomatoes
- Lemons
- Red Onions

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