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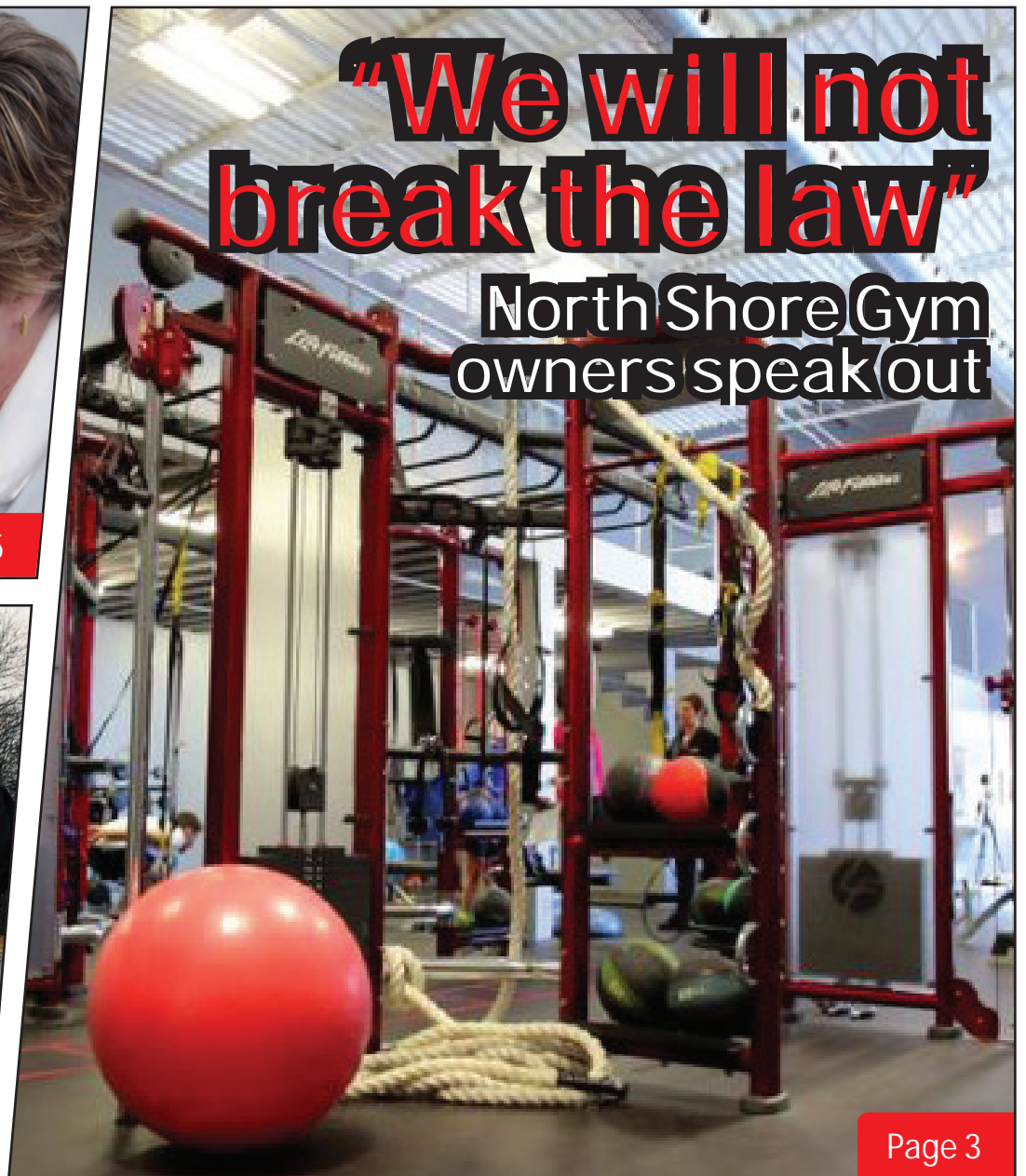
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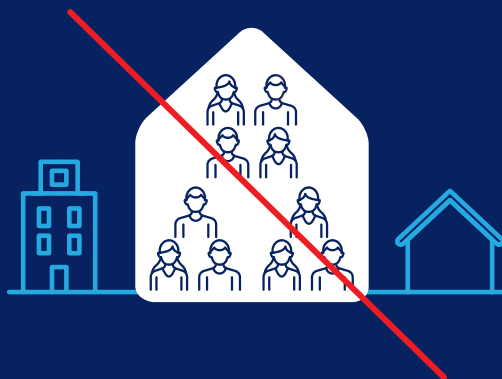
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# "We will not break the law" say North Shore Gym owners



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

North Shore gym owners faced once more the grim news that they cannot go back to work this past Monday October 26th when Premier Francois Legault announced the red zone restrictions that went into effect on Sept. 28 will be extended until Nov. 23. Legault noted that while cases of COVID-19 have plateaued at around between 800 to 1,000 new cases per day, the province is also seeing an average of roughly 10 new deaths per day. The premier announced that restrictions might be eased after 2 weeks once the case numbers are reevaluated but he added that he has to see those numbers drop below 500 cases a day in order for that to happen.

## Coalition of Gym owners

A coalition of Quebec gyms, yoga studios and other activity centers which threatened to reopen, even though the province is extending its 28-day partial lockdown is now backing off its threat to defy red zone restrictions. Deputy Premier Genevieve Guilbault says the province will still go ahead with a new decree to allow fines for owners who reopen their facilities as well as their customers. They're now inviting their members to protest the province's guidelines by gathering — while respecting physical-distancing rules — in front of their respective activity centers. They've been closed since Oct. 8, along restaurants and movie theatres as part of a series of measures imposed by the Quebec government to contain the spread of the virus. The Premier said that gyms that open in those zones, in defiance of the restrictions, will be met with a police presence and will face fines.

According media reports, Dan Marino and Christian Ménard, who represent this coalition, have posted controversial and misleading information about COVID-19 on social media including posts that question the effectiveness of masks and minimize the dangers of the novel coronavirus. Ménard has asked people to sign a petition against Quebec's mandatory mask law.

## North Shore gyms

Just like everywhere else in the Quebec red zones, North Shore gyms were heavily impacted by the restrictions. At Zéro Limite Fitness in Blainville, owner Patricia Chiasson lamented the situation and the decision to close the gyms considered arbitrary by a lot of the gym owners when malls and small stores remain open. "We will not open and we will follow the government regulations but things are getting really hard" she said in an interview with NSN. "Financially we are hanging from a thread and I do agree with the coalition's request to have the Quebec government release more detailed figures on where do we get most of the cases. I would like to see what percentage of those cases come from the gyms" she said. The distressed gym owner, a naturotherapist with more than 30 years of experience, reaffirmed that her gym not only spent a substantial amount of capital to bring her location up to specs to combat the virus according to the government's regulations, but they were also strict in applying rules like social distancing to all the clients.

Karim Toupin-Chaieb, owner of Crunch-Fitness in Boisbriand echoed similar sentiments with Chiasson. "We are not planning to open against the regulations" he affirmed. "Our situation is, however, atrocious. We opened our brand-new gym in Boisbriand on the 27th of February 2020 and had to close 3 weeks later on the 15th of March". Karim described the difficult situation



**Zéro Limite Fitness:** At Zéro Limite Fitness in Blainville, owner Patricia Chiasson lamented the situation and the decision to close the gyms

**"We are not planning to open against the regulations"**

he and his co-owner are in not being able to use government aid since they cannot prove a reduction of revenue since last year. "We fell through a crack in the legislation because we opened in 2020. We also follow strictly all the government directives concerning safety and have invested heavily in our client's well-being" he added.

Shutting down gyms when there is no transparency about case numbers related to the propagation of the virus in them is absurd according to Karim. The health benefits, physical and mental, are immense. Especially during pandemic times. For many people going to the gym represents their only outlet and a healthy way to shed stress, negative emotions and all sorts of dark emotional baggage related to Covid.

Like many other businesses hit by the pandemic, gym owners have had to adapt. A lot of gyms are offering online workouts and many have been investing heavily in acquiring new online skills to keep their businesses afloat. New websites and camera equipment are purchased and used to facilitate a greater online presence. The pandemic has increased the addressable market for virtual fitness offerings and also forced traditional gyms to move into offering more virtual products for at-home workouts. The pandemic has also raised awareness of the health benefits of working out: Poor cardiovascular health is one of the major risk factors for severe illness or death as a result of COVID-19.

For many of the North Shore gyms however, who depend on the steady neighborhood clients and who do not necessarily have the funds for such online upgrades, the situation is dire. The coming months before the vaccine will be hard and owners hope the Government is listening.



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# OPINION & Editorial



## Zombie Nation

*As pharmaceutical companies move onto human testing for a resolution to Covid-19, many worry about the effects of these drugs and/or vaccines in the long run*

I can still remember getting vaccinated in grade school. I remember my very first shot at that time and I was petrified. I'd seen my heroes getting vaccinated on TV all the time in film, but being in front of a nurse holding a syringe is an entirely different thing. I'm sure you can all concur. But get vaccinated I did—we all did at that time—and we're all a-ok, as they say.

But times are certainly different. In an era where something like Covid-19 is a possibility, the probability of a vaccine going awry is in fact quite possible, but the dreams being conjured up by most online is highly unlikely ... or is it?

I grew up reading books like I Am Legend by Richard Matheson. For those a tad younger out there, it was what the Will Smith movie was based on. So seeing in fiction what can go wrong with a vaccine was of course the first thing I thought about when I heard of pharmaceutical companies coming up with one for Covid-19, but the reality and the fear is of course something very different from the other.

### The fears online, as crazy as they are

So is a dystopian future what awaits us all, and sooner rather than later? Perhaps ... perhaps not. The future many online soothsayers are predicting is highly impossible according to many out there, but I've always been of the thought that anything is possible. There were once those that thought the world was flat, and there were once those that said that flues like the Spanish Flu, Polio and many others were things of the past—things we (Humanity) had overcome. But yet here we are again, with a flu that has increasingly shown that it has become quite unmanageable. And albeit, yes, there is a high possibility that this flu here was man-made, but still, here we all are, and all of us, or rather most of us are in the same boat.

### Recent Johnson's & Johnson's offering

Johnsons and Johnson's recently offered their very own vaccine, and it was covered on many news outlets across the world that it wasn't proper at all. In fact, it had side-effects that sounded quite familiar indeed. Johnson's & Johnson's stopped all trials and testing of their now

infamous vaccine because a test subject volunteer contracted an "unexplained illness" from it! Sound familiar? It did to me, and to those fans of I Am Legend in its film form were definitely reminded of a scathing segment from the film in which the character of Dr. Krippin states that they have found a cure for cancer by morphing the measles virus into something positive for the body. And in this case, the result was disastrous. Fact and fiction, friends ... a fine line indeed.

### Rumors of Bill Gates


And as rumors are quite capable of doing, they've created a panic and one that has definitely caused a few rumors, a very popular one was that Bill Gates himself created the vaccine just so he could get richer by providing the world with his very own vaccine. And yes, this all sounds like something out of a horror movie and/or novel, but again, I digress as we've already covered that.

### Keep calm and await the facts from trusted sources

But in the end, what are we supposed to do ...? Suit up and arm ourselves and await for the zombie apocalypse? No way. That's the last thing we should do. We should all do our part in ridding the world of this flu, follow the rules, and perhaps learn a collective lesson, and one that's perhaps most important of all: learn humility as a human race ... learn that we are at the mercy of nature and always have been and forever will be. We should learn to treat this planet better, its animals better and ourselves better; we should learn that we don't know everything, and once we've overcome something, we should always be ready for it to return, as we are human, you are human ... and perhaps in the end that and only that is our legend.

Domenic Marinelli





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# New Sculpture at Hamilton House



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
For The North-Shore News  
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The City of Rosemère unveiled its most recently completed sculpture, located in the new meditation garden at Hamilton House!

Designed by artist Maud Palmaerts, this work entitled “Les racines de l’être” is an integrative sculpture whose primary intention is to create a comforting and protective space. It is composed of a rust-coloured Corten steel structure that looks like a tree, roots and branches intertwining. The characters are holding an umbrella glowing with transparency and bright colours!

During the cultural mediation, during which the residents took part in designing the sculpture, the artist told us how pleasant all the residents were. Some came to visit her regularly to support her and keep her company through-



**Artist Maud Palmaerts**

out her residency. She would like to express her heartfelt thanks to them all.

“I discovered caring people, open to new things, intrigued and curious about the process and the discourse of the emerging work of art. I had the opportunity to meet members of the Goodwill Committee and we had wonderful discussions! The values and mission of this Committee aim to reconnect residents of all generations around the challenges of aging. This is an important topic, especially in the situation we are facing today,” noted the artist.

This sculpture will be part of a magnificent floral walkway that will enhance the superb meditation labyrinth starting next spring. At its centre, the sculpture becomes integrated and rises as a return to unity, a symbol of love of self and others and unifying bonds. With its commemorative umbrella, the sculpture offers us shelter, respite and protection, while bringing light and colour to the stages of life we go through.

“I discovered a remarkable town and its residents. Thank you for your confidence and trust as well as for your inspiring vision. I have come away enriched from this experience, and with increased stature, too,” stated Mrs. Palmaerts. Drop by Hamilton House to admire it!

## Who is Maud Palmaerts?

Artist and sculptor of Belgian origin, Maud Palmaerts was born in Quebec in 1985. Her interest in creation manifested itself from a young age when she discovered painting and developed an acute attraction for the language of colors.

In 2003, she obtained a diploma in visual arts at the Lionel-Groulx college, in Ste-Thérèse. From 2D to 3D, the works are deployed more in space. In 2007 she graduated from the Maison



**“Les racines de l’être” is an integrative sculpture whose primary intention is to create a comforting and protective space.**

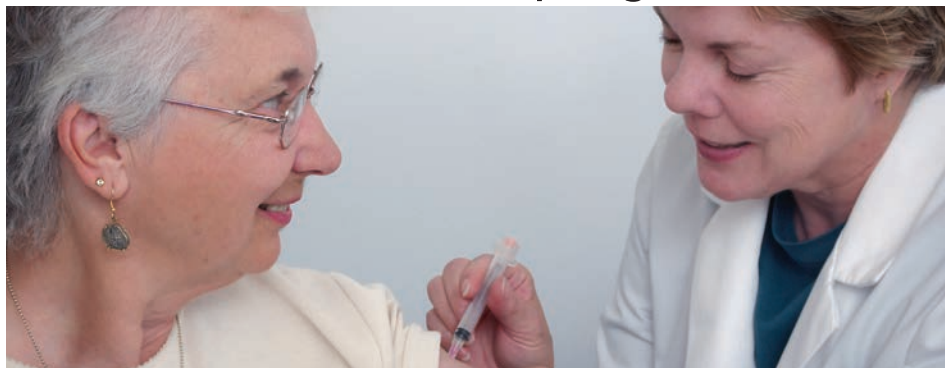
des Métiers d’Art in Quebec with a specialization in sculpture. She continued her studies at UQAM in 2018. Her research focused on the desire to inhabit space through her creations.

Anthropomorphic subjects are revealed through his creations. In perpetual transformation, the material is associated with the evolving spirit. Thus she is interested in the passage from one dimension to another by integrating light projections.

Driven by a sharp sensitivity, Maud Palmaerts is interested in the spirit of things. The magnetism that emanates from a work becomes as important as the form generated. She wants to bring out the essence that expresses itself beyond time.

Since 2010, under the name of Création Vitale. She offers art workshops to children and adults. Inhabited by the desire for easy access to creativity in everyone.

# Flu vaccination campaign launches



**DIMITRIS ILIAS-NSN-** Dr Éric Goyer, director of Public Health, invites residents to get their flu shot to protect themselves and their loved ones. The vaccination campaign starts November 1, 2020 in the Laurentian region. In light of the recommendations made by the experts at the Institut national de santé publique du Québec (INSPQ), vaccination is recommended and provided free of charge to people who are at greater risk of developing complications:

Infants and children with a chronic disease

Adults with a chronic disease (including pregnant women)

Pregnant women in their second and third term

Seniors aged 75 years old or older

To minimize the risk of contamination, vaccination will also be free for:

People living under the same roof as, or an informal caregiver to, a child under 6 months old or someone in a high-risk category (those mentioned above)

Health care professionals

Target groups can be vaccinated:

In a pharmacy, for more information, residents should contact their local pharmacy

During some appointments in CISSS des Laurentides facilities

By appointment

This year, making an appointment will be mandatory. One can do so by visiting clicsante.ca website or by calling 1-888-664-2555. It will not be possible to make an appointment on site.

To ensure the safety of all people and health care professionals, prevention measures and physical distancing will be enforced in vaccination facilities:

Disinfection after each patient

Mandatory face-coverings for patients and personal protective equipment recommended for professionals

Monitoring of preventative measures and control of circulation by security personnel

Mandatory hand washing upon entering and leaving

No waiting in line at the door, individuals must arrive precisely on time for their appointment or wait in their vehicle

More frequent cleaning of vaccination facilities

Individuals must come to their appointment alone, as much as possible

Individuals must not come to their appointment if they are experiencing COVID-19-like symptoms or if they are self-isolating as a precautionary measure



## **SALE FOR NON-PAYMENT OF TAXES**

**PUBLIC NOTICE** is hereby given by the undersigned, assistant town clerk of the Town of Rosemère, that the immovables described hereafter will be sold at public auction in the Municipal Council Room of the Town Hall, 100 Charbonneau Street, Rosemère, Québec, J7A 3W1, on **Thursday, November 19, 2020, at 10 a.m.** in payment of municipal and/or school taxes and duties on transfers of immovables, as the case may be, including interests and charges plus any charges incurred subsequently, unless said taxes, interests and charges are paid prior to the sale, in compliance with the *Cities and Towns Act* (L.R.Q., c. C-19).

These immovables will be sold with buildings and dependencies erected upon them, as the case may be.

Said sale will be carried out with all active, passive, apparent or occult easements attached to said immovables.

An immovable thus sold will be subject to a one-year opting-out right.

The price of adjudication, applicable fees, federal and provincial taxes, will be payable at the time of sale, in cash or by certified cheque.

All the immovables described hereafter are located in the Town of Rosemère and are part of the Québec cadastre, Terrebonne registration division.

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FRANCINE BÉLANGER, OMA  
Assistant Town Clerk



# TWO MOUNTAINS TO CLIMB

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

by David Dodge \*

### Continued from previous

Historically, the public sector has been slower to adjust to technological change than the private sector. The pattern has persisted during the digital revolution. But the COVID crisis has forced change on public institutions, which have generally responded positively. Building on this momentum affords a major opportunity to institute more effective services and fairer access to them, and to save money.

**Herewith is a summary of the services that could most benefit from an effort to bring them into the digital age.**

- **Health Care:** Our experience during COVID has underlined the profoundly inadequate provincial systems of health record-keeping and management of data for service delivery, public health and research purposes. A major investment in improving health data, and exploiting that data through AI-based analysis, is the single best initiative to deliver both better care and reduced costs. By moving health care into the digital era and maximizing the virtual delivery of services to individuals, not only is the quality of care—especially primary care and preventive services—improved, but access to specialized care can be extended to all, including in rural and remote communities.

The proceeds from productivity improvements can be redeployed to address one of the ugly truths exposed by the pandemic—our inattention as a society to the care of the frail elderly. Through greater attention to digitalization, we can fix this gaping hole while keeping constant the health care share of GDP.

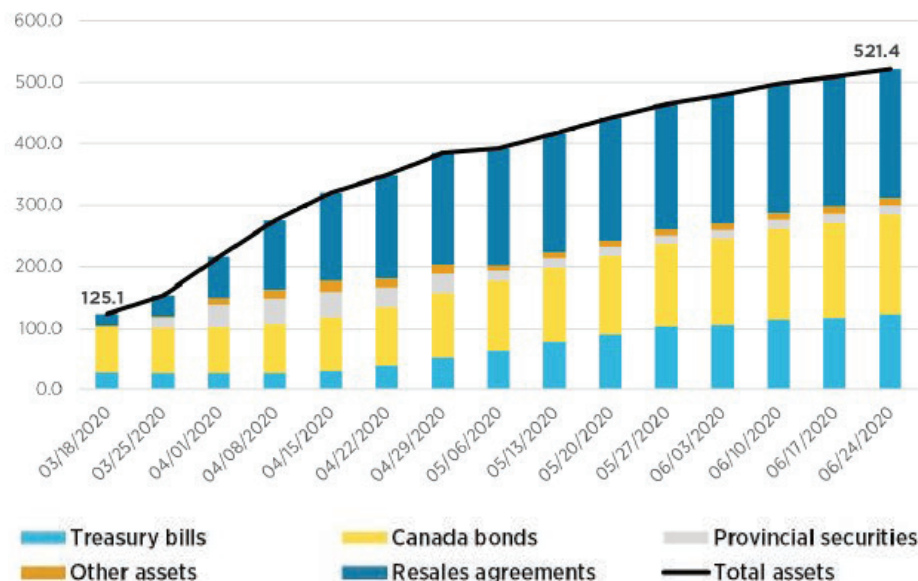
- **Education:** No sector has been slower in adapting to the digital age than education. Adaptation requires investment of time and effort on the part of instructors in learning how best to deliver material and engage students virtually. It also requires system change to maximize the potential of online learning for children in school, for university students and for adults during their working lives.

- **Justice:** Our courts remain mired in 19th century procedure, which not only increases the costs of legal proceedings but often denies people (and businesses) access to justice. Increased use of virtual proceedings, digital records, and better data management can all contribute to improved justice and to improved enforcement by police and regulatory authorities.

- **Regulation:** There are two other key elements

to enhancing the contribution of government services to economic growth: An improved and a consistent regulatory framework that allows business to invest with confidence and better public investment in infrastructure that facilitates the movement of goods, people and electrons within Canada and across our borders. Businesses can and should deal with market risk in making investments. But they can best deal with those risks if the legal and regulatory framework is clear, reasonably straightforward to comply with, and provides a high degree of certainty of continuity for the future. Unfortunately in Canada over the last few decades, federal, provincial and local regulation has become less clear, more complex, especially where jurisdictions overlap, and significantly more erratic and unpredictable. Not only has the cost of compliance risen over the last few decades for both small and big business alike, but erratic changes in the rules over the lifetime of planning an investment project have left investors increasingly reluctant to look at Canada as a good place to invest. Business can deal with clear rules to achieve social and economic goals—higher minimum wages or a carbon tax—but a platform of ever-shifting, detailed and often conflicting labour or environmental rules raise the risk of doing business in Canada without achieving the social and economic objectives those rules are ostensibly designed to promote. Rebuilding Canada after COVID requires that governments at all levels commit to rebuilding the “Canada Brand” through increased clarity and stability of the legal and regulatory process.

- **Infrastructure:** The 2015 promise of increased investment in infrastructure supported by the Canada Investment Bank has not been realized to date. In part because planning of major infrastructure is understandably difficult and requires a high degree of cooperation among different provincial and local government agencies, multiple private sector interests and federal agencies including the CIB. Post-COVID, we need to move forward with major projects to facilitate the movement of our goods across Canada and beyond our borders. We need to move people (and goods) efficiently in our urban areas, although the patterns of movement may now be somewhat different. Most importantly, we need to connect all households and businesses to high-speed Internet—especially those located outside major urban cores. Rebuilding infrastructure will require governments and private providers to tap capital markets for considerable financial support. This debt, even



**Figure 7: Evolution of Bank of Canada Assets Since March 18, 2020 (Billions of dollars) Source: Bank of Canada.**

at currently low 30-year rates, will need to be serviced and, hence, projects will have to generate their own revenue either through direct user charges (tolls, farebox, utility bills) or dedicated taxes. Recognizing that some support from general taxation for expanded infrastructure is appropriate to recognize the “externalities” flowing from the expansion. However, without a commitment by governments to the principle that users should pay, the CIB will not be able to generate the private investment needed to bring Canada’s infrastructure up to the standard provided by the many countries that are able to attract private investment in their public infrastructure.

### PART III: THE PUBLIC DEBT CHALLENGE

Governments moved swiftly in March to address the COVID-19 economic shock through unprecedented increases in direct spending, loans and temporary tax deferrals. Canada’s reaction began tentatively, but quickly grew to become among the largest fiscal responses among G7 economies.

Globally, central banks moved equally decisively, providing liquidity support for business, and, even more importantly, massive asset purchases to push interest rates to historic

levels. The Bank of Canada took extraordinary measures in pumping cash into the system to facilitate government and business borrowing, far in excess of what it did in 2008-2009. The bank’s balance sheet expanded from \$125 billion in mid-March to \$521 billion by the end of June, although the rate of expansion slowed over the summer (see Figure 7). With these dramatic actions, the bank has enabled governments to borrow exceptional amounts.

All this has resulted in a sharp jump in the projected federal debt/GDP ratio from 31% to 49% in a single year. And further borrowing will inevitably be required in 2021-22 (and 2022-23) as the aftershocks of the crisis persist—at least until a vaccine can be introduced and distributed. The federal debt/GDP ratio could approach the modern peak level of the mid-1990s.

*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. On September 12, 2008, he joined Bennett Jones LLP, a leading Canadian law firm, as a senior advisor in their Ottawa office.**

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# Launch of #Partagelaroute Awareness Campaign



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

The MRC Thérèse-De Blainville, in collaboration with the municipalities of Boisbriand, Blainville, Bois-Des-Filion, Lorraine, Rosemère, Sainte-Anne-Des-Plaines and Sainte-Thérèse as well as the Régie intermunicipale de police Thérèse-De Blainville, the Service de police de Terrebonne and the Service de police de Blainville, is launching its new road safety awareness campaign: #Partagelaroute. This campaign aims to protect vulnerable people with regard to road safety risks, more specifically by targeting road sharing. The campaign will be rolled out in three phases and based on three themes: pedestrians (WATCH), motorcyclists (SLOW DOWN) and cyclists (SHARE). The first phase begun on October 22nd, while phases two and three will be rolled out next May and June.

“A general challenge facing municipalities is the safety of vulnerable users. The MRC is constantly creating territory-wide initiatives that encourage inter-municipal collaborative efforts by all the community’s key players. It is within this context that we are very pleased to contribute toward funding this prevention campaign, in partnership with the Government of Québec,” stated Kamal El-Batal, Director General of the MRC Thérèse-De Blainville.

The first phase of the campaign runs from October 22 to November 22 under the theme “WATCH” and is aimed at motorists and pedestrians. Awareness will be raised mainly through an animated video clip shared on social networks. Also, posters with the colours and images of the campaign will be displayed in the

municipalities and stickers will be distributed by police officers during awareness operations. “With this regional campaign, we want to improve our road safety record and make residents aware of their responsibilities, particularly in terms of sharing the road. We want to emphasize the protection of more vulnerable users and the safe habits to adopt,” added Richard Perreault, Préfet (warden) of the MRC Thérèse-De Blainville.

**“To watch is to be 100% vigilant at all times.”**

“To watch is to be 100% vigilant at all times. Each one of us, whether we are in our own vehicle or pedestrians, we must make sure that we can see, hear and are seen by the other road users. We are all part of the solution!” stated Rosemère Mayor Eric Westram.

According to the SAAQ, there is a higher number of accidents involving pedestrians in October, November and December. The Greater Montréal area is by far the region with the highest number of pedestrian accident victims, all injuries combined. Making pedestrians and drivers aware of the rules of the Highway Safety Code is the key to ensuring safe road sharing, in harmony!

This campaign is made possible through the financial assistance program of the Fonds de la sécurité routière of the Ministère des Transports du Québec.





# Understanding Red Zone Restrictions

Full alert!

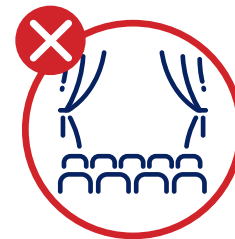
In red zones, where the situation is critical, stricter measures must be enacted because the number of cases is rapidly increasing. People in these zones must limit social contact as much as possible to prevent virus transmission. By applying all measures, we can fight COVID-19 more effectively. No single measure is sufficient on its own.

The more we limit contact with other people, the sooner we can resume our activities.



## Why are restaurants and bars considered high-risk places for spreading COVID-19?

We usually gather in places like bars and restaurants to socialize with friends, family, and colleagues. In these places, we are often close to other people. Both talking and eating greatly increase the risk of virus transmission. Restrictive measures in red zones are meant to minimize close contact between people who do not live at the same address.



## Why ban activities and audiences in public places?

Large gatherings are an opportunity for people to socialize, often in close proximity to one another. This can increase the risk of virus transmission. The ban on activities and audiences in public places in red zones is meant to minimize social contact between people who do not live at the same address.





## Why close gyms and stop team sports?

Gyms provide an opportunity for people to socialize with others, and so do many sports and leisure activities. Group sports generally involve social contact with teammates. Some sports are difficult to play while maintaining physical distance. Stricter measures in red zones are meant to reduce close contact between individuals and thus slow the spread of COVID-19.



## Why must face coverings be worn in high school classrooms in red zones?

Young people are currently overrepresented in COVID-19 case counts and a number of outbreaks have occurred in the school system, mainly in red zones. According to field observations and what we know about how the virus spreads, high schools pose more risk than primary schools.

High school students are older and capable of wearing masks or face coverings for longer periods of time. Therefore, in red zones, face coverings must be worn by all high school students at all times in common areas, including in stable class groups, on school grounds, and during electives with different class groups.

## We need to act now

*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/zonerouge](https://quebec.ca/zonerouge)

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## The Cruellest Crime

*I need some advice on an upcoming family event. Eight years ago my husband and I discovered that our three boys, ages four to seven, were being sexually abused by an older cousin. We informed family, who chose not to believe us, and then we informed the authorities.*

*As you can imagine, this was extremely hard for everyone concerned, and as a result, we moved to the coast five years ago. This distanced us from our immediate family and from all the associated tensions.*

*Now to the problem. My husband's niece, whom I love, is getting married and has invited us. She has also invited the older cousin. While I would love to go to the wedding, I still cry over what has happened to my children and the resulting painful fights. I don't feel I can emotionally be in the same room as some of these people.*

*I also don't want to cause tension at the wedding. My husband's sister says, "It's time you got over it" and accept the situation for the sake of her daughter.*

*That both parties have been invited hurts. Am I being petty? We all hear about people who can't be nice for the sake of the bride. Am I like that? What should I do—go, don't go, what?*

### Isabel

**Isabel**, if we expand what your sister-in-law said into a general principle, it would be this. Perpetrators of sexual abuse, and their defenders, should run free as if nothing happened, while victims must pretend the violations were trivial.

That is neither a moral nor an ethical principle.

A wedding is not an appendectomy—go or die. A one-day event is not worth the disrespect to you and your children.

The bride's, or more likely her mother's, way of thinking is wrong. She believes that what she wants—wedding photos of everybody—should triumph over what happened.

Beyond that, an underlying plot is brewing. If these people—the family members who said you lied—get you to come to the wedding, it validates their denial that anything happened.

According to their way of thinking, you couldn't possibly come back to the fold if someone molested your children. If they succeed in guilting you into attending, it breaks the stalemate. The deniers win, and you and your children lose.

Once they've dragged you through that sewer, how can you refuse to go to the next event and the one after that?

Most of us want to believe families are wonderful and the foundation of a good society, but the anthropologist Edmund Leach had a different view. He said, "Far from being the basis of good society, the family, with its narrow privacy and tawdry secrets, is the source of all our discontents."

Leach's statement applies to your experience. Many families would rather cover up a scandal than live with reality.

Send a note to the bride explaining that you cannot in good conscience attend the wedding. Tell her if you go, behind their hands, people will be saying, "See, nothing really happened or she wouldn't be here."

Let us say it again. You are not being invited to the wedding for you. You are being invited for them. It is not simply the molester. It is all those who sided with him against you. They believe it is more important to protect sexual abuse than to give you justice. It is not only his presence. You cannot go because of the way they gathered around and defended him.

If anyone pressures you, restate the facts.

What happened to your kids is not an unknown; thousands and thousands of children have failed to be protected to avoid the "scandal" of admitting the truth. Only a tiny fraction of them will ever get the justice they deserved.

Wayne & Tamara

## The revised fire safety risk coverage plan comes into effect



### DIMITRIS ILIAS-NSN-

On July 28, the Ministry of Public Security approved the revision of the fire safety risk coverage plan for the MRC de Thérèse-De Blainville. The last version dated from 2011 and in 2017, the revision process began when the number of fire calls in the territory increased by 123% between 2012 and 2019.

"With this revision of the plan, we want to continue improving fire protection and continue our collaboration with all the municipal services concerned. Our objective remains the reduction of material and human losses and this is what continues to guide our work," declared the president of the Fire Safety Committee and Mayor of the City of Boisbriand, Ms. Marlene Cordato.

### Other objectives of the new scheme

The coordinator of the risk coverage plan, Mr. Maxime Gendron, explained the other objectives pursued by the revision:

Adjust the various public awareness programs according to the clientele, regardless of age;

Update fire regulations, if applicable, and implement the building chapter of the Safety Code (CBCS);

Initiate areas for improvement to reduce the number of false alarms.

"We are convinced that regional coordination and the multi-barrage response are the keys to our operations. The revised plan will also allow us to optimize our resources according to risk and the target population, and to ensure better efficiency. Finally, we intend to adjust our strike force according to the response plans made by the firefighters," said Mr. Gendron.

"The MRC de Thérèse-De Blainville is very proud of this revised plan, which beautifully reflects our past achievements while perpetuating our desire to live up to our ambitions in terms of fire safety. I thank all the municipalities of the MRC for their collaboration. They have made investments in line with the priority given to the safety of citizens," concluded the prefect of the MRC of Thérèse-De Blainville, Mr. Richard Perreault.

## Recycling in the service of Halloween



### DIMITRIS ILIAS-NSN-

The employees of the Public Works Department of the city of Lorraine are busy pruning the grasses on our medians in preparation for winter. This year, one of them had the idea of making pretty bouquets free of charge as a service to the residents in Lorraine, just like they do for mulch. Here is an ideal outdoor decoration idea for Halloween decorations!

The city informs us that as quantities are limited, around 200 bouquets, citizens that

are interested in acquiring them have to limit themselves to three bouquets per residence. These will be placed in the mulch trough, located near the municipal garage (boul. De Gaulle, south of Adolphe-Chapleau). Bouquets will be added as the cuts are made, until next Friday, or while stocks last. The city reminds citizens that it will be "first come, first served".

When your grasses take on a dull hay look, consider placing them in your brown bin so that they end their life in composting!

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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# Youth Commission: young Eustachians invited to get involved



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

The members of the municipal council of the City of Saint-Eustache invite young Eustachois, aged 16 to 25 and wishing to put their ideas to contribute, to apply to become a member of the Youth Commission. Their mandate will be for a period of two years, renewable.

The Commission is made up of seven volunteer citizens, aged 16 to 25, accompanied by three municipal councilors, namely Ms. Isabelle Lefebvre, Mr. Marc Lamarre and Mr. Patrice Paquette as well as employees of the City of Saint-Eustache. The selected candidates will be asked to provide ideas or suggestions to the municipal council, to analyze projects, to participate and to represent the young Eustachians at municipal events, to propose projects to be carried out according to a budget, as well as to produce an annual action plan.

### The impacts of the first two years

“In barely two years of existence, the Saint-Eustache Youth Commission has already left an important mark on the community. She is not only at the origin of many innovative projects, but she has also positively influenced several orientations within the municipal administration, in particular with regard to the environment and the future of the Nature Park. His contribution to the advancement of our community is undeniable and we sincerely hope that other young people will in turn enrich



us with their ideas and their dynamism,” said the president of the Youth Commission, Mr. Marc Lamarre.

Among the projects initiated by the Youth Commission, Marc Lamarre notably highlights the holding of workshops on composting in schools, the use of reusable glasses for events,

and the organization of a virtual show for children. youth. “In addition, the members got involved with heart in several popular events and with community organizations in the region, which allowed them to easily reach the youth clientele throughout the territory.”

With the first term of the advisory members

about to end, it is now time to recruit new faces to represent the youth of the municipality. The City of Saint-Eustache therefore invites young Eustachians from all walks of life who wish to get involved, to complete the online application form, available until November 6, 2020, at [saint-eustache.ca/youth-applications](http://saint-eustache.ca/youth-applications).

## Deux-Montagnes takes over tree planting relay



**DIMITRIS ILIAS-NSN**-On the occasion of its 50th anniversary, Earth Day Canada launched its Municipal Tree Planting Relay, a Canada-wide movement during which every 22nd of the month, for one year, municipalities announce their commitment to plant at least 50 trees. The City of Deux-Montagnes proudly took over the relay on October 22, announcing the planting of some 130 trees, including those planted in recent weeks along Boulevard Deux-Montagnes.

“We attach great importance to tree cover in Deux-Montagnes. The presence of trees on our territory not only contributes to beautifying and greening the landscape around us, but also brings many well-known benefits, such as improving air quality and reducing heat islands” says Mayor Denis Martin.

### Planting sites

- Along Deux-Montagnes Boulevard
- Mikaël Kingsbury and Louis-Warren Parks
- In front of the CHSLD
- On the site of the Public Works & Urban Planning building

### Tree policy

Committed to protecting, conserving and developing its urban forest heritage, the City of Deux-Montagnes also adopted a first Tree Policy last June. This Policy aims to supervise various actions concerning the trees found on its territory.



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## Crispy Chicken breasts with oven "fried" potatoes, a Love Story

Life is too short to waste time washing pans! We certainly have better things to do with our time and this is why I absolutely love Sheet Pan dinners!

It was a new "fad" that hit the cooking world a couple years ago, that I discovered and turned it into my "go to dinner"! This is the "sheet pan dinner" movement. In broad terms, it means you prepare all your food, put it on a baking sheet, and after a certain length of time, you have a full dinner. Since everyone loves chicken, especially me, I prepared this dinner (Chicken and potatoes) but you can use any other meat with any other veg. How about pork chops with Brussels sprouts? Salmon fillets with asparagus spears? You can even put diced apples with cinnamon sugar sprinkled over them and have your dessert too, (ahem, doesn't this sound familiar, Mr. Hungry Man? Thanks Swanson!) So, toss out your frying pan and try this.

Crispy breaded baked chicken breasts recipe with potatoes that taste AND look like deep fried French fries (Pssst....I'll share the secret with you because I appreciate you reading my column, "wink")

### Ingredients

For the oven baked "French fries"  
500 -700 grams of Russet potatoes  
(Any potatoes will do)

### Method:

1. Boil the unpeeled potatoes until tender and done.
2. Peel the potatoes, and remove all skin.
3. Slice each potato into quarters
4. Set aside and start the Chicken prep

### For the Chicken:

- 1 large egg
- Flour as needed for coating (at least 2 tablespoons)
- Garlic powder or 2 teaspoons minced garlic
- 1/2 tablespoon fresh chopped parsley
- 1/2 teaspoon each salt and pepper, to season
- 1/2 cup breadcrumbs
- 4 skinless, boneless chicken breasts butterflied (or thighs)

### Instructions

You'll need to butterfly the chicken breasts first. This is an ideal method for a uniformed and quick way to bake. It's basically 3 steps and you can use it for other meats as well, such as beef or pork.

### Method To Butterfly Chicken Breasts:

1. Put your chicken breast on a chopping board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Be careful not to cut all the way through to the other side.
2. Open out the breast so that it resembles a butterfly.
3. Cover with cling film and pummel with a rolling pin to create an even thickness. Your chicken breasts are ready to be dressed!
  - Preheat oven to 200°C | 400°F. Line a baking tray / sheet with parchment paper and spray a light coating of oil. Set aside.
  - In a large bowl, whisk together the egg, garlic powder (you can use fresh) parsley, salt and pepper.
  - Coat the chicken breast into the flour, and shake off any excess
  - Dip chicken into egg mixture
  - In another bowl, add the breadcrumbs
  - Dredge the egg coated chicken in the bread-crumbs, lightly pressing to evenly coat.
  - Place chicken onto the middle of the baking sheet / tray that's lined with the oil sprayed parchment paper. Spray more oil on the breasts. Arrange the potatoes around the chicken in a single layer. Salt and pepper the potatoes and spray some more oil
  - Bake in preheated oven for 30 minutes
  - Remove baking tray from the oven and carefully flip each chicken breast. Flip the potatoes onto their other side (they should be already golden).
  - Continue baking until chicken is golden and crisp, and potatoes are cooked through, about 20 minutes more.

# Deadline: WEDNESDAY before publication at 1 p.m.

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# In Memoriam & Obituaries



## GRATON, André 1948 - 2020

Of Sainte-Scholastique, on October 25, 2020, at the age of 72, passed away Mr. André Graton, husband of Mrs. Louise Huot and father of the late Stéphane. Besides his wife, he will be sadly missed by his sons Patrick (Olivier) and Benoit (Ana), his 6 grandchildren Civel, Nadia, Alex, Nathan, Océanne and James, his brothers and sisters, his brothers-in-law and brothers-in-law. sisters, nephews and nieces as well as many relatives and friends.



## PARADIS, Micheline Desabrais 1948 - 2020

Surrounded by her family, passed away peacefully at her home, on October 19, 2020, Mrs. Micheline Desabrais, wife of Jacques Paradis. Besides her husband, she is survived by her children Alain (Josée Constantineau), Michel (Sonia Grenon) and Danielle (José Brière), her great-grandchildren Simon, Sarah-Eve, Xavier, Tristan and Léa, her brother Ronald, his brothers-in-law and sisters-in-law, his nieces and nephews as well as other relatives and friends.

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## BRASSEUR, Denis 1939 - 2020

In Sainte-Thérèse, on October 25, 2020 at the age of 81, Mr. Denis Brasseur passed away. Husband of Mrs. Marie-Claire Lemire, besides his wife he is survived by his children, Félix (Julie) and Marie-Hélène (Mélessa), his grandchildren, Antoine, Simon, Marie-Soleil, Sophie, Henri, his sister Michelle, her brothers-in-law, her sisters-in-law as well as many other relatives and friends.



## LAROCQUE, Jeanne 1935 - 2020

At the CISSS des Laurentides, in Lachute, on October 23, 2020, passed away at the age of 85, Mrs. Jeanne Larocque, wife of the late Conrad Larocque. She is survived by her five children Richard, Lucie (Mario Presseault), Suzanne (Fernand Lapensée), Carole and Bernard (Francine Rochon), her ten grandchildren, her twelve great-grandchildren, her sister Aurore Crann, several nephews and nieces as well as other relatives and friends



## MALETTE, André 1946 - 2020

Peacefully, at his home, surrounded by his family, passed away at the age of 74, Mr. André Malette, husband of the late Jacqueline Dumoulin. He is survived by his four children Patricia (Yves), François (Nathalie), Josée and Nancy, his grandchildren Marc-André (Annie-Pier), Frédérick (Megan), Alexy (Béatrice), Gabriella (William) and Zackary, his great grandson Benjamin, his many siblings, brothers-in-law and sisters-in-law, nieces and nephews as well as other relatives and friends.

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# HOROSCOPE

Week of **NOVEMBER 1 TO 7, 2020**

The luckiest signs this week:  
**LEO, VIRGO AND LIBRA**



## ARIES

Prepare to work overtime this week. If you fit the extra hours into your schedule, your efforts will be greatly rewarded. After-ward, you'll have the time and money to treat yourself.



## TAURUS

This week, things will finally start to move forward after a long period of stagnation. However, your friends will prove to be a challenge. You'll find the money you need to fund a special project or pay for a small luxury item.



## GEMINI

One minute you feel like you're treading water, the next like you're advancing at full speed. Anyone can make a mistake, so keep an eye on your bills. You'll open the door to a new challenge.



## CANCER

You'll find yourself surrounded by brilliant people and, as a team, you'll accomplish great things. You'll also receive an award or other recognition in front of a large crowd, which will consequently boost your self-esteem.



## LEO

There's an opportunity to hit a homerun at work this week. You'll have more clients than usual, which means an increase in income. You'll discover a new activity or spiritual practice that's in line with your lifestyle and values.



## VIRGO

If you keep track of deadlines, you'll find it easy to stay on top of your workload. There's no need to rush if you leave on time. A spontaneous trip might be on the horizon, and it'll be just what you need.



## LIBRA

Even if you're sure that you know the right answer, it doesn't hurt to reflect for a few days before you make a decision. New information might bubble to the surface and provide you with a different perspective on the situation.



## SCORPIO

You need to modify your diet and learn to unwind if you want to avoid getting heartburn. For the sake of your health and morale, you should try to achieve a better balance between keeping busy and taking time to relax.



## SAGITTARIUS

Your spouse or partner will pay special attention to you. You might feel anxious after a medical exam. You'll likely have to wait longer than expected for the results, but they won't come as a surprise to you.



## CAPRICORN

You'll need to draw on your leadership skills. You might be asked to take over while your boss is on vacation or fill in for a coworker who's away on sick leave.



## AQUARIUS

You'll start to flesh out plans for a family vacation over the holidays. Many of the small details, such as renewing your passport, will take longer than expected. You'll also have to run a lot of errands.



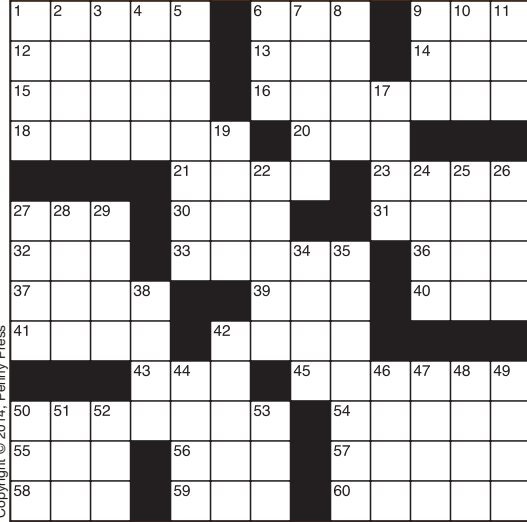
## PISCES

You'll bring together a large group of people to participate in an event that requires you to use your communication, organization and negotiation skills. Make sure to be on time as tardiness could cause an argument.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1005



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### ACROSS

1. Spicy pepper
6. Lenten
- Wednesday
9. Possesses
12. Slugger Hank
13. Batman and Robin, e.g.
14. Before, in poems
15. Fat
16. Lack of sound
18. Gentle
20. Mr. Koppel
21. Loose garment
23. Hooked on
27. Ballet step
30. Likewise not
31. Hitched
32. North American deer
33. Sneer
36. Rascal
37. Plunder

39. Halloween greeting
40. Overhead railways
41. "Do \_\_\_\_ others ..."
42. Noggin
43. "\_\_\_\_ Framed Roger Rabbit"
45. Dreary
50. Shaping tools
54. "\_\_\_\_ of Two Cities"
55. Feel awful
56. Hubbub
57. Divided Asian country
58. Not nope
59. Sty
60. Clean with a broom

### DOWN

1. Toss
2. Despise
3. Smooth
4. Noisy
5. Young doctors
6. Notices
7. Apartment
8. Cavity
9. Barnyard layer
10. Curve
11. Notice
17. Change text
19. Space
22. Corrupt with money
24. City in France
25. Kind of duck
26. Racetrack numbers
27. Land of the Incas
28. Thicke of "Growing Pains"
29. Short play
34. "The \_\_\_\_ Not Taken"
35. Alaskan bears
38. Elevator direction
42. Swarm
44. Stack
46. Pack away
47. Adult filly
48. Nautical term
49. Bound
50. Settle accounts
51. Tell a tall tale
52. High peak
53. Michael Douglas, to Kirk

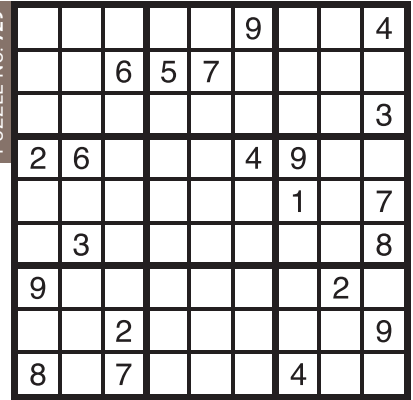
# Sudoku

### 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. 729

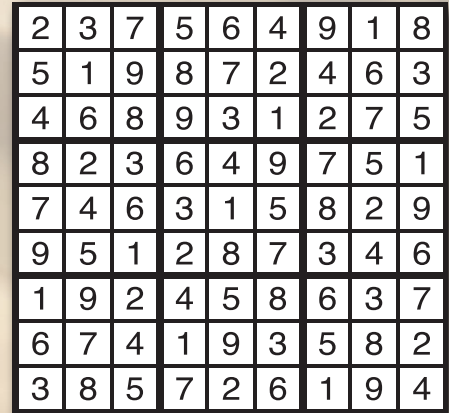


### Last Issues' Answers

## CROSSWORDS



## Sudoku



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