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Rose-Art Symposium



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JGH research offers hope reduce COVID-19 suffering



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COVID-19: Easing of rules as of August 1

The new flexibilities will apply throughout Quebec, with all regions at the green level.

Thus, during events during which people remain seated in specific places, including amateur sports and leisure events with bleachers or stands (current capacity of 50 people inside, 100 people outside) assemblies, meetings, congresses or ceremonies, including in places of worship (current capacity of 250):

- outside, a maximum of **500 people** can be accommodated;
- inside, a maximum of **250 people** can be accommodated.

Stadiums, halls and festivals will also see their capacity increased:

- outside, **15,000 people** will be allowed, following the guidelines established for each

type of event. Currently, the capacity is a maximum of **5,000 people**;

- inside, **7,500 people** will be allowed. The capacity of each of the independent sections will also be increased to **500 people**. Currently, the maximum capacity is **3,500 people**, in independent sections of **250 people**.

In addition, establishments such as bars, restaurants and microbreweries will be able to serve alcohol until 1 a.m., instead of midnight as currently. Remember that bars and microbreweries must close at 2 a.m.

It should be noted that distancing measures remain mandatory, both indoors and outdoors.

Wearing a mask or face covering is also required in indoor public places, especially when people are on the move.



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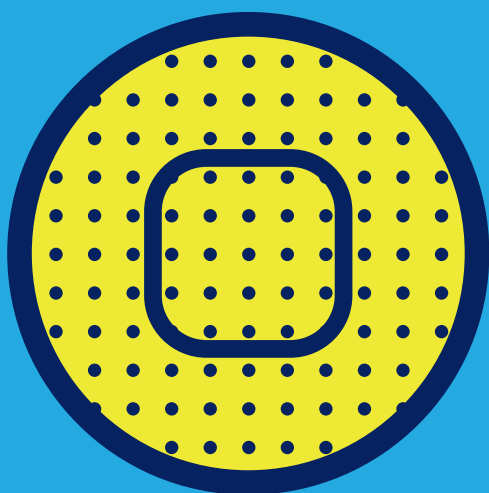
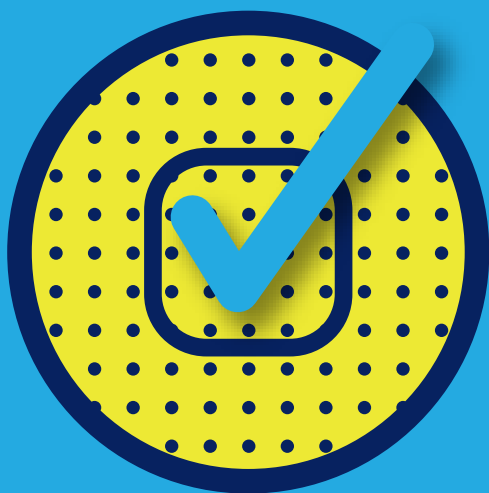
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JGH research offers hope to help reduce COVID-19 suffering

Consortium pursues promise seen in boosting levels of protein 'OAS1'



MARTIN C. BARRY
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An international consortium, including scientists from the Lady Davis Institute at the Jewish General Hospital in Montreal, has teamed up with a data-based pharma-research firm to identify likely drug candidates that could be given to early diagnosis COVID-19 patients, in order to forestall serious symptoms, hospitalization, intensive care and death.

Earlier this year, a team of researchers with the JGH, the LDI, working in conjunction with the Biobanque Québécoise de la Covid-19, discovered that people who had elevated levels of the protein OAS1 experienced less severe illness and lower rates of mortality when infected with Covid.

Further study warranted

In a paper published in Nature Medicine, they suggested that small molecules capable of boosting OAS1 warranted further study for their effect in triggering the body's immune response against the coronavirus.

"Despite efforts to vaccinate against COVID-19, the pandemic continues to take a fearsome toll around the world," says Dr. Brent Richards, a senior investigator at the LDI's Centre for Clinical Epidemiology, who is one of the leaders of the consortium which goes under the name CONTEST.

'Pursuing the promise'

"Consequently, it remains critical that we develop treatments to alleviate the terrible disease burden it inflicts on individual patients and precarious health care systems. Our consortium is dedicated to pursuing the promise of OAS1 on this front," he adds.

As part of its COVID Stimulus Program, which includes over 20 Covid-related projects (launched in March 2020 as the pandemic was starting), Toronto-based pharma-research firm Cyclica is providing its services to the CONTEST consortium on a pro bono basis.

Using artificial intelligence drug discovery platforms, Cyclica assimilates data relevant to the OAS1 protein to search for existing, but not obvious, drugs in order to identify those that hold potential to trigger its production, thereby improving the patient's immune response to the SARS-CoV2 virus.

Efficient and economical

According to consortium researchers, this method of drug discovery has the advantage of being efficient and economical because it repurposes small molecules that have already been discovered, and are hence that much closer to clinical approval.

"Given Cyclica's commitment to progressing research within the COVID-19 community, the collaboration with Dr. Richards is an effort we are very keen to support in hopes of continuing to advance knowledge within the coronavirus space, as well as additional virus and disease areas" says Vern De Biasi, Cyclica's chief partnership officer.

"The protective effect of elevated OAS1 was particularly large," adds Dr. Sirui Zhou, a post-doctoral fellow at the LDI and first author of the paper. As such, he said the team had observed a 50 per cent decrease in the odds of very severe COVID-19 per standard deviation increase in OAS1 circulating levels.

Link to Neanderthals

The researchers believe that OAS1 likely emerged in people of European ancestry through

Research has now reached the stage where artificial intelligence (AI) can unravel the further mystery of how to activate protective immune functions that will ward off COVID-19

interbreeding with Neanderthals tens of thousands of years ago. Evolutionary pressure slowly increased the prevalence of this form of OAS1, such that it is now detectable in more than 30 per cent of people of European descent.

They say it is likely that this protein served as protection against earlier pandemics, and may now prove significant for reducing the suffering caused by the current COVID-19 pandemic. Researchers in Dr. Richards' lab made the discovery by analyzing proteins detectable in peripheral blood as a potential target.

According to CONTEST researchers, the challenge lay in determining which proteins play a causal role in disease progression, since their levels may also be influenced by COVID-19 itself or other complicating factors.

Technological advances

They say recent advances in proteomic technology – which is the capacity to isolate and measure hundreds of circulating proteins all at once – combined with genetic analyses through Mendelian randomization (a method of using measured variation in genes of known function to examine causal effect) – made possible the intricate work of untangling which proteins affected COVID-19 adverse outcomes.

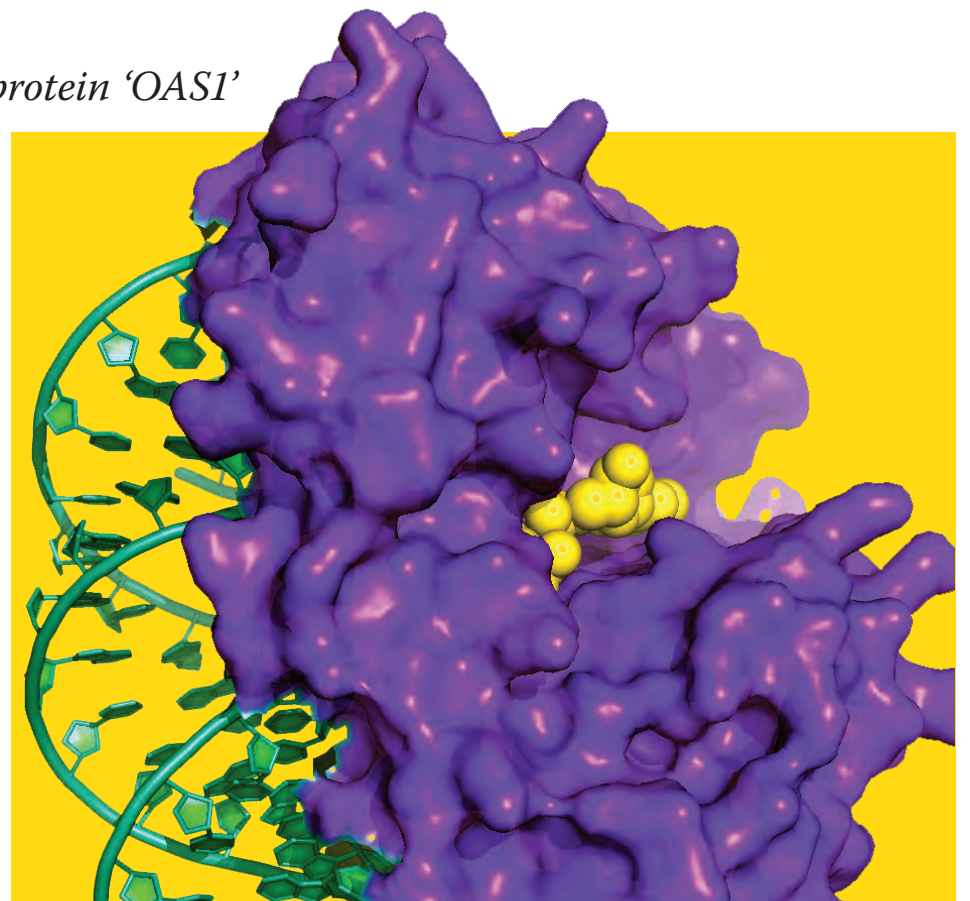
They say the research has now reached the stage where artificial intelligence (AI) can unravel the further mystery of how to activate protective immune functions that will ward off COVID-19.

From genetic determinants of 931 circulating proteins, Dr. Zhou found that an increase in OAS1 levels was associated with reduced COVID-19 death or ventilation, hospitalization and susceptibility in up to 14,134 COVID-19 cases and 1.2 million controls.

Consistent results

Consortium researchers say the results were consistent in multiple sensitivity analyses. They measured OAS1 levels in 504 patients with different COVID-19 outcomes from Biobanque Québec COVID-19, and found that increased OAS1 levels in post-infection patients were associated with protection against very severe COVID-19, hospitalization, and susceptibility.

The researchers say that with global vaccination levels unlikely to result in herd immunity any time soon, and global COVID-19 case counts recently surpassing 180 million including 3.8 million deaths, research such as theirs for effective treatments is sure to remain a public health priority for a considerable amount of time to come.



An illustration of the prophylactic effect of OAS1 (in purple) for COVID 19. According to the researchers, people with higher basal levels of OAS1 after infection were more likely to have less severe illness. There is evidence to suggest that a pharmaceutical agent that artificially increases the levels of OAS1 could help prevent severe COVID-19 outcomes. (Photo illustration: Courtesy of Lady Davis Institute, Jewish General Hospital)

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OPINION & Editorial



Time for Canada to Level the Digital Playing Field

Around the world, there is growing consensus that the dominant power of Big Tech must be reined in to prevent market failures.

In late June, Congressman David Cicilline, who chairs the Antitrust Subcommittee in the U.S. House of Representatives said, "Today, we have sent a clear message. The United States will no longer let other countries lead the fight against unregulated monopoly power."

These market failures are having an impact on journalism, where the platforms divert about 80 per cent of advertising revenue from Canadian publishers. A U.S. Senate Committee on Commerce, Science and Transportation report found, "Although local journalism has faced numerous challenges adapting to the new media landscape, they are also confronting unfair practices by some of the largest technology companies in the world."

Around the same time, Denmark became the first country in Europe to have media outlets come together to form a collective bargaining organization to negotiate with Google and Facebook. This approach is modelled on the music industry, where musicians can negotiate collectively with streaming services, such as Spotify.

Simply put, the Danish publishers are seeking fair value for the platforms use of content produced by their journalists. This approach seeks to end the 'divide and conquer approach' favoured by the platforms, whereby they negotiate with dominant players to set the standard for others to follow – something that does not benefit smaller publishers.

This week, the French Competition Authority slapped Google with a 500 million euro fine for not complying with the regulator's order on conducting talks in good faith with France's news media publishers. This was the largest fine in the French competition watchdog's history for a failure to comply with one of its orders.

Australia passed a law in February, which was fiercely opposed by the U.S. tech giants. At one point, Facebook even blocked all news content to Australians on its platform, and Google threatened to remove its search engine from Australia – a warning shot to policymakers everywhere, including Canada.

Simply put, the Australian News Media Bargaining Code seeks to level the playing field between platforms and publishers to recreate what would otherwise be competitive negotiating conditions. News supply and payment terms are negotiated between the parties. Only if negotiations fail will an independent arbitrator step in to set the price.

In Canada...

With COVID-19, Canadians have relied on Canadian journalists as valuable, trusted sources of both information and insight. At the same time, the pandemic and its devastating impact on the economy has seen traditional advertisers reduce their spend or simply vanish.

We need the Australian model for the Canadian news publishing business, whose competitive viability is essential for a vibrant democracy and for communities from coast to coast to coast. Parliament was not able to come

up with Australian-style legislation, a key recommendation from News Media Canada's report Levelling the Digital Playing Field, before it rose for the summer recess. With this continued uncertainty, it is no wonder some publishers made their own deals with Google and or Facebook, rather than waiting for government action – although more than 450 trusted titles across the country, most of them community newspapers, have no such arrangement.

Going forward, Canada's news publishers remain united in the belief that all federal political party platforms should support a sustainable news ecosystem in Canada, and we firmly believe the best way to do that is to allow us to work together in a collective bargaining unit to negotiate competitive terms for the use of our content and intellectual property. Experience elsewhere has shown, it is only through this collective approach that the digital playing field can be levelled between platforms and publishers who hire the journalists, who produce content.

The Canadian Competition Bureau has a role to play to provide guidance on how we can also do this in Canada. It's through a collective approach that all publishers benefit, so we can invest in excellence in Canadian journalism and maintain a strong, fiercely independent press.

We cannot afford to have news deserts in Canada. Some have floated the idea of the platforms contributing to a fund akin to the Canada Media Fund. Given the difficulties associated with getting Bill C-10 passed, a fund seems politically challenging. It raises serious issues around journalistic independence. Who decides where the money goes: Google? Facebook? Government? A fund would also be administratively expensive. For example, the Canadian Media Fund is forecast to have expenses of more than \$20 million in 2021-22. That's not newspaper box change.

News isn't entertainment.

As New York Times columnist Charles M. Blow wrote recently, "Democracies cannot survive without a common set of facts and a vibrant press to ferret them out and present them. Our democracy is in terrible danger. The only way that lies can flourish as they now do is because the press has been diminished in both scale and stature. Lies advance when truth is in retreat."

Far better than a fund is having the publishers negotiate collectively with the platforms and invest the proceeds in editorial content, rather than in administria. Real content, created by real journalists, can only be produced in fair and competitive financially viable markets. The Australian model is a simple, ready-made, off-the-shelf solution that does not require taxpayer money, new taxes, or fees. It's a win-win.

Jamie Irving

Chair of News Media Canada

and

Paul Deegan

*president and chief executive officer
of News Media Canada*

Deputy Prime Minister of Canada visits Boisbriand



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On July 19, Mayor Marlene Cordato welcomed the Deputy Prime Minister of Canada and Minister of Finance, Ms. Chrystia Freeland, to the City Hall during her visit to Boisbriand. For the occasion, the mayoress of Boisbriand was accompanied by Liza Poulin, deputy mayor of

Blainville, and Mr. Patrick Charbonneau, deputy mayor of Mirabel.
“We are very honoured to have been able to meet and discuss with the Minister the economic recovery of our region. The challenges of the Lower Laurentians are numerous and I believe that our three cities are very representative of regional needs in terms of employment and the economy,” said the mayor of Boisbriand.
During the meeting, the three elected muni-

cipal officials were able to present the issues facing corporate citizens to Minister Freeland in this period of post-pandemic economic recovery. “The Minister was very sensitive to our concerns and the challenges facing our businesses. The strong presence of industries, retail businesses and restaurants in our three cities offers a great diversity of jobs; it is therefore essential to preserve the economic dynamism of our region”, clarified Ms. Cordato.

The labor shortage, access to structuring public transport, the extension of Highway 13, the reduction of greenhouse gases (GHGs) by increasing the modal share of public transport, support for community organizations and the promotion of volunteer work were the subject of discussions. The meeting was followed by a press conference by Minister Freeland during which the three elected officials had the opportunity to briefly address the press.



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Sound trails: an extraordinary local cultural project in Blainville

MARIA DIAMANTIS
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For the past few weeks, it has been possible to visit 6 parks in Blainville while listening to music composed especially for these places. These are the Sound Paths, an extraordinary cultural collaboration between the City of Blainville and creators from Blainville.

Discussions between the City and the creators of Parours Sonores began almost a year ago. Véronique Boucher, from Origines Consultation-Création and Mathieu Bourret, composer of the melodies, presented this idea of composing tailor-made music for walkers using busy trails in targeted parks of the City.

Innovative project and unique activity for citizens

This collaboration gave birth to the creation of 23 musical segments (over 120 minutes of music) for 6 parks in Blainville. Thus, citizens have the choice of immersing themselves in sound immersion, in harmony with nature, in the park of their choice among the following:



Blainville mayor, Mr. Richard Perreault, surrounded by the municipal council and Véronique Boucher and Mathieu Bourret, creators of the project.

List of parks:
Boisé des Lacs Fauvel
Parc de la Sentinelle
Boisé du Plan Bouchard
Parc Marc-Aurèle-Fortin
Wooded equestrian park
Garden of glass and metal

“This is a unique cultural project for the City of Blainville, never seen before! An extraordinary way of inviting citizens to combine

two activities, the discovery of our magnificent parks, while enjoying exclusive music for these places”, said Michèle Murray, president of the Committee on Arts, Culture and Culture.

A complex artistic process

In addition to offering a quality product, the creators wanted to personalize the music according to the environment. “This is how we found ourselves at dawn, one fine morning, to record the songs of birds and a flight of

bustards on the trails of the wooded lakes Fauvel” says Véronique Boucher, the instigator of this project. For his part, Mathieu Bourret was completely dedicated to the creation of the compositions, surrounded by a solid team, without whom the project would not have been possible.

It is now possible to take advantage of the Sound Tours in the 6 parks, year-round. Just look for the signs on the trails and download the music.

Police warns of “grandparents scam”

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Police is warning citizens on its territory of the grandparents scam. This is not something new and is rampant all over the world.

It is sometimes difficult to detect certain forms of fraud, especially when dishonest people hide under the false identity of members of your family. It is on this bond of trust that some fraudsters rely in order to extort funds from their unsuspecting victims.

According to the police here is a typical conversation that should set off alarm bells:

- Hello, grandma. It’s your favorite talking.
- John? Alexander?
- Yes, it’s Alexander. Listen to grandma, I’m in trouble ...

The pseudo-Alexander then informs his “grandmother” that he has just had an accident in which he injured people, that he is being held at the police station and that he must post a bail of several thousand dollars to be released. He asks her to advance the money to him immediately and give him his credit card number. He also promises to reimburse her as soon as he gets out of this mess.

A similar situation arose in the Thérèse de Blainville territory. Fortunately, when “granny” came to the bank, her nervousness and the unusual amount of her withdrawal alerted the staff who quickly contacted the police!

Tips to outsmart fraudsters:

Have them call you back in 10 minutes. This will allow you to take the time to check with another family member. Even if you have been convinced not to tell anyone, it is always prudent to seek validation from people you trust in your entourage.

On the phone, always refuse to give your credit card number to someone you haven’t contacted yourself. Don’t be afraid to hang up if the person insists. If you believe you are the victim of fraud, file a complaint with the police! 9-1-1

Do not hesitate to contact a loved one or ask for help if you would like more information about the support and tools available in the event of fraud.



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The impacts of the pandemic on community organizations and social development in the region

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A very thorough report was released by the Conseil Régional de Développement Social des Laurentides made possible through the financial support of the Government of Canada, under the Emergency Fund for Community Support (FUAC) sheds light into the effects of the pandemic on community organizations and social development in the Laurentians.

The survey

By painting a situational portrait of the reality experienced by organizations during the pandemic, it was possible to document the challenges, issues, and successes. To do this, all of the region's community organizations from all sectors (homelessness, youth, seniors, housing, employability, mental health, etc.) were surveyed. The survey was distributed by the eight regional authorities in social development in the Laurentians to their members in order to identify the different services that have adapted or developed during the pandemic, to see to their complementarity and to define how they have responded to a need of the population.

The survey was distributed by email and posted on the CRDSL Facebook page as of February 15, 2021. Answers were collected until March 5, which allowed the organizers to extract the issues related to the second wave. 75 community organizations from the Laurentians region completed the survey.

Emergency rooms in the Laurentians overflowing

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Once more in a short period of time the ERs of the 2 biggest hospitals in the Laurentians are filled to capacity.

In a press release dated July 25th 2021 the CISSS des Laurentides asks the population to avoid the emergency wards of Saint-Eustache and Saint-Jérôme hospital in the event of problems non-urgent health due to the high occupancy rates. "The population with non-urgent health problems is asked to opt for other solutions than going to these two places"

Patients whose situation is not urgent are invited to consult their family doctor, pharmacist, a doctor in a walk-in clinic or to contact Info-Santé, by dialing 811, where a nurse can advise them and direct them to the appropriate department.

The President and CEO, Ms. Rosemonde Landry, however, assures the Laurentian population that urgent cases will be taken care of quickly throughout the region, including in Saint-Eustache and Saint-Jérôme.

"A person in a critical and unstable situation is of course always invited to go to the emergency room. In no way do we want to deprive a person of the essential care they need," says Ms. Landry.

Several actions are in place to support the care teams, including collaboration with CISSS des Laurentides partners to reorient some people who do not need immediate care.

Representation

Among the 75 responses received, here is the breakdown by MRC. Among the responding organizations, 72% had responded to the first survey on the impacts of the pandemic while 28% had not. The MRCs represented were: Antoine Labelle, Laurentides, Pays-d'en-Haut, Rivière-du-Nord, City of Mirabel, Thérèse-de-Blainville, Argenteuil and Deux-Montagnes

Conclusions of the survey

Responses from the two phases of the survey carried out by the CRDSL with community organizations in the Laurentians region shed light on the many impacts of the pandemic in recent months. Several strategies have been put in place by local organizations to be able to maintain services while adapting to the many constraints linked to the pandemic and the related health measures. The resilience of the community environment is an essential strength that has enabled it to maintain its role as a social safety net over the past few months.

With its share of hardships, the pandemic has highlighted the strength of the network and the importance of working together. The dialogue has solidified, the reflexes of collaboration have developed. The many benefits linked to collective intelligence are no longer to be demonstrated. The links established over

the past few months have made it possible to accelerate the passage to action and, thanks to the pooling of resources, to increase their effectiveness.

Teleworking showed many benefits. It made it possible to facilitate certain collaborations and fostered a certain reconciliation between work and family responsibilities.

However, the feeling of fatigue and breathlessness of workers in the area who lack the financial, material, and human resources to be able to respond adequately to the growing demands of the population of the Laurentian region was glaring.

The impacts on the mental health and the overall health of the most disadvantaged clientele were numerous, but the entire population is beginning to feel the signs of social isolation which is prolonged over time.

The pandemic only highlighted social issues that were already very present in the different communities, but were overlooked. The survey asks what role can we play so that these realities are addressed and that innovative solutions to reduce social inequalities are proposed.

"Highlighting the many issues leads us to position ourselves in order to know what social response we wish to bring collectively for a more just and benevolent society." Concluded the document of the survey.



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Money Grab

Q I need some help with my girlfriend. We are in a huge fight right now, I guess because of money.

It all started last year. I came out to my mom, and she kicked me out of her house. My girlfriend Kimmy asked me to move in with her and her roommate. Since day one I have been paying rent, and I never had a problem with that.

Kimmy's roommate wanted to leave the lease two months early, and I would assume the remaining part. I had no problem with that. I had to give the roommate \$1300 for her share of the deposit.

Kimmy was explaining this to me, and I didn't completely understand. She got frustrated and raised her voice on the phone. I told her I'm not talking to you when you raise your voice at me.

When I mentioned it to my stepmom, she said, "Get a copy of the original lease. It will show what exactly was put down and for what." So I asked Kimmy for the realtor's number and a copy of the lease.

This started a huge fight that's lasted three days. Kimmy says I don't trust her or believe her, and she thinks I think her roommate is going to steal my money. I never said or thought that. I just wanted to know exactly where my money was going.

I work really hard. I wanted documentation showing what I needed to pay. That's it. I don't see why it had to be a huge issue. When I asked the roommate for a copy, I got it within five minutes and was able to review everything.

There is a side problem that came into this fight. I have a Toyota with low payments. The car is going to be returned in three months, and I am going to get another one.

Kimmy's sister needs a car. One day when we were at her sister's house, Kimmy asked me to keep the car in my name and let her sister make the payments. So, of course, since it's in front of her sister, I am going to say yes.

Afterwards we talked. I told Kimmy I don't feel comfortable leaving the car in my name. If her sister misses a payment, is late, or has an accident, all of that goes onto my credit. I have really good credit right now, and I'm trying to buy a house, so I don't want to take any risks.

I explained several times that I didn't want the car left in my name. But Kimmy kept saying, she won't miss a payment and there's nothing

to worry about. During this fight Kimmy got very upset, and I told her I felt I was being used.

Now she is saying she would bend over backwards for my family, but I won't do the same for hers.

I have four credit cards, \$100,000 in student loans, my current car, and also Kimmy's car that I cosigned for. With all of this, I am still trying to buy a house, and I don't want to mess up my credit.

I assumed Kimmy would understand. It has resulted in her not talking to me for three days. I'm trying to explain my point of view, but she is holding on to the point that I said the word "used" and won't listen to anything else.

It's not fair that my girlfriend has no consideration for my feelings and it has to come to a huge fight about nothing.

Please tell me if I'm wrong.

Gabriella

A Gabriella, we see this as a movie. You are standing in a line with Kimmy and her sister. When the sergeant asks someone to volunteer for a risky mission, those two take one step back.

With the lease, Kimmy's intent was to set a precedent. She doesn't want you asking for details when she asks for money. An open, honest person would have said, of course you should see the lease paperwork. But that isn't Kimmy's way.

She also doesn't want her sister legally responsible for your car. Putting you on the spot in front of her sister was emotional blackmail.

Kimmy says she would "bend over backwards" for your family, but most likely that will never be put to the test.

She has been sulking for three days, which means she will punish you whenever you don't do what she wants. Pouting is a declaration that she is not asking. She is demanding.

This isn't a huge fight about nothing. It is a huge fight about Kimmy wanting to use your money and good credit for her own benefit.

What you have given us in describing Kimmy is a well-drawn portrait of a user. You should never commingle your finances with hers.

From the beginning this has not been a dating situation. What did she see in you? Our belief is she saw a credit score. Once she has destroyed your credit, what good will you be to her? She will be done with you.

Wayne & Tamara

Driving fatigue is dangerous 10 symptoms of fatigue to recognize before getting behind the wheel

Before getting behind the wheel to travel a long distance, it is important to be rested and well awakened.

As fatigue leads to a deterioration in physical and cognitive abilities, drivers' abilities and judgment are inevitably affected, which can lead to driving errors and, ultimately, accidents.

According to data from the Société de l'assurance automobile du Québec (SAAQ), each year, 21% of fatal accidents on Quebec roads are related to fatigue and represent 23% of all accidents with personal injuries. In the majority of cases, these are road departures and face-to-face collisions. Risk periods are generally between midnight and 6 a.m. and in the afternoon between 1 p.m. and 3 p.m.

And contrary to popular belief, fatigue at the wheel is not controlled. Drinking a large coffee can help restore alertness for a short trip, but chewing gum, turning up the volume of the radio or lowering the window of your car do not counter fatigue at the wheel.

To get on the road safely this summer, the SAAQ invites Quebecers to remain vigilant and keep these 10 symptoms of fatigue in mind before getting behind the wheel.

1. Have trouble concentrating and staying attentive

The level of concentration, alertness and attention is decreased in a state of fatigue. The risks of missing an exit, or forgetting to look in the rear-view mirrors, are then increased.

2. React slowly

The speed of drivers' reflexes is also affected in case of fatigue at the wheel. This can, among other things, lead to later braking in front of an obstacle.

3. Lose memory

In this state, the memory can become blurred and it can be difficult to remember the last kilometers traveled.

4. Feeling uncomfortable or restless

In the presence of this symptom, it is difficult, if not impossible, to find a comfortable position on one's seat.

5. Have disjointed thoughts

In most cases, when the driver shows significant signs of fatigue, his thoughts can jostle and merge in his head, then distract him from the road.

6. Misinterpreting your environment

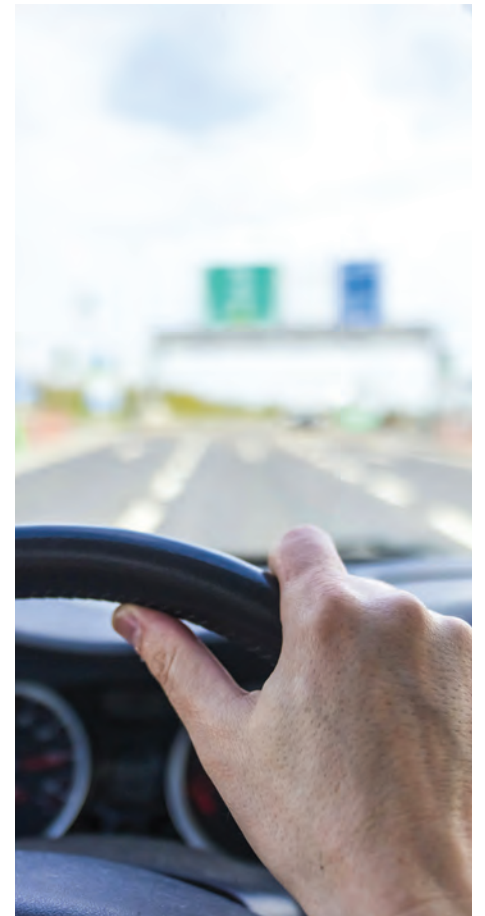
A tired person can imagine shadows or animals on the road and feel that his vision is reduced, as if he were driving with blinkers.

7. Having difficulty maintaining a constant speed and trajectory

Unintended lane changes, encroachments on rough roadside strips, and frequent speed increases and falls are just a few examples of what can happen when fatigue takes over.

8. Yawn often

Yawning is a reflex that often precedes falling asleep. In his presence, the driver inevitably suffers from fatigue at the wheel.



9. Have tingling eyes

Tingling, itching and burning of the eyes are all symptoms that appear in the event of eye strain.

10. "Banging Nails"

This expression perfectly describes the behaviour of a person who tries to stay awake despite obvious fatigue and who may fall asleep shortly. There is then a gentle swing of the head.

PREVENTING TO BETTER REDUCE RISKS

To respect their limits on fatigue and sleep, any driver is encouraged to give themselves a good night's sleep before taking the road for a long ride. The majority of adults need 7 to 9 hours of sleep per night to be mentally and physically fit. If this is not possible, it is better to switch the steering wheel to another more rested passenger.

It is also advisable to drive a maximum of four consecutive hours – ideally, no more than two hours – and to plan your trips taking into account the times when fatigue is usually felt most.

It is therefore necessary to provide for periods of stoppage in a parking lot, a service area, a relay village or any other accessible place, except on the shoulder. It is an opportunity to get out of the vehicle to relax, stretch your muscles and eat a light meal. It is not recommended to drink alcohol.

In addition, to prevent visual fatigue, it is desirable to free the dashboard from any object and regularly clean the windshield, mirrors and headlights.

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Major turnout for first post-pandemic Symposium de Ste-Rose

Fifty artists participated in this year's smaller art show in Vieux Sainte-Rose



MARTIN C. BARRY
marty@newsfirst.ca

Although last year's Symposium de Ste-Rose was cancelled because of the COVID-19 pandemic, organizers of this year's art show say the crowds were more enthusiastic than ever, while the sunny weather probably also contributed to an unexpectedly big turnout.



Visual artist Françoise Lemay was one of the many painters from Laval who took part in the Symposium de Ste-Rose. (Photo: Martin C. Barry, Newsfirst Multimedia)

"I think people were more than ready to get out and do something after being inside for so long," said Carole Faucher, president of the Corporation Rose-Art.

Four days of art

Fifty artists exhibited their works at this year's symposium on Thursday July 22, Friday July 23, Saturday July 24 and Sunday July 25. As always, it was organized by the members of the Corporation Rose-Art artists' collective.

The Symposium de Ste-Rose is regarded by some as one of Canada's most successful gatherings of visual artists and their works. Each year, attending the symposium is seen by connoisseurs of art as a great opportunity to enjoy the creations of many different artists who express themselves in many different styles.

A smaller symposium

Although more than 90 artists usually participate, the 2021 Symposium de Ste-Rose was somewhat smaller, with 50 artists, due to relaxed but still ongoing sanitary restrictions mandated by the provincial government because of the COVID-19 pandemic.

For this year's symposium, the Corporation Rose-Art had the endorsement of Virginie Dufour, the Laval city councillor for Sainte-Rose and a senior member of the City of Laval's executive-committee.

A successful art show

For many patrons, the Saint-Rose Art Symposium has become an annual pilgrimage to an art show where they know quality art works can be purchased to enhance the home, or as lasting gifts for family and loved ones.

While most of the artists and sculptors whose works were featured in the show were from the Laval region, some came from more distant reaches of Quebec, such as Trois-Rivières, the Eastern Townships and the Laurentians.



Françoise Faucher, president of the Corporation Rose-Art which sponsors the Symposium de Ste-Rose, was among the artists exhibiting their works. (Photo: Martin C. Barry, Newsfirst Multimedia)



Right, painter Carole Bonneau from the Laurentian town of Saint Hippolyte was among the 50 artists who participated in the 2021 Symposium de Ste-Rose. (Photo: Martin C. Barry, Newsfirst Multimedia)



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5 tips for cold calling your way to a new job

While it might seem like most professional communication happens online these days, making phone calls is still an effective way to look for a job. In fact, doing so allows you to reach out directly to prospective employers and be proactive about pitching your skills and scheduling a meeting.

However, in order to make a good impression, you need to be prepared. Here are some tips to keep in mind:

1. Research the company before you call. Among other things, you should try to find the name of a supervisor in the department where you want to work.
2. If you're told that the person isn't available at the moment, ask when would be the best time to reach them rather than leave a message.
3. Prepare a clear and concise statement to introduce yourself and explain the purpose of your call. Ideally, you should rehearse your pitch a few times beforehand.
4. Be kind and respectful to the re-

ceptionist who answers your call. Remember to smile when you speak, as this will come across in the tone of your voice.

5. Take notes during the call so that you don't forget important information. Confirm that you have the right spelling for an email or the correct time and date for a meeting.

Finally, be sure to end the call by thanking the person for their time. You should also send a follow-up email to reaffirm your interest and provide a copy of your CV or portfolio.



7 jobs that are in high demand



Are you trying to decide what you want to do for a living or looking to switch career paths? Here are seven occupations with a growing number of opportunities.

1. Software developer. Design, code and manage software programs, websites and mobile applications that look great and are easy to use.
2. Financial adviser. Provide clients with advice and support that helps them manage their assets, set financial goals and reduce debt.
3. Truck driver. Ensure the safe transportation and timely delivery of goods to and from warehouses, vendors, businesses and homes.
4. Registered nurse. Administer medication, monitor vital signs and provide

other types of care for patients at a hospital or in their home.

5. Welder. Use specialized tools to create and maintain metal structures in industries such as construction, aerospace, manufacturing and mining.
6. Information security analyst. Install, test and maintain software and other digital security systems to protect an organization's computer networks.
7. Administrative assistant. Answer calls, input data and perform a variety of other clerical tasks in departments such as human resources or accounting.

To find out about specific career opportunities in your area, consult a local recruitment agency.

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In Memoriam & Obituaries



Renaud, Aurore (Marie)
1940 - 2021

At the CISSS des Laurentides, in Lachute, on July 19, 2021, passed away at the age of 80, Mrs. Aurore (Marie) Renaud, wife of the late Eugène Ménard. She is survived by her children Normand and Diane (Alain), her grandchildren Marc (Caroline) and Isabelle, her great-grandchildren Benjamin, Anabel and Louis-Félix, her sisters Aline (Yves) and Hélène, her nephews and nieces as well as other relatives and friends. She was predeceased by her brothers and sisters Jean (late Aimée), Philippe (late Rita), Irène (late Oscar), Laurent (Lise), Patrick (Lise), Marcel (late Louissette), Françoise (Royal), Charles-Émile, Yvette (late Henri) and Gertrude (Raymond).



Brown, Glenn Gavin
1962 - 2021


Glenn Gavin Brown, 59, of Brownsburg-Chatham, passed away quietly in the comfort of his home surrounded by his family, on July 20th, 2021. Beloved son of Gordon Brown and Lois Dixon-Smith. Loving father to Amanda (Alain Prévost), April (Brett Palmer) and Ashley (David Laughren). Cherished grandfather to fifteen grandchildren. He also leaves behind his brother, Barry (Sandra) and his sister, Maxine (Sylvain), many nieces and nephews, relatives and many friends.

Dearly departed

MOURNING • REMEMBERING • COMMEMORATING

Dealing with grief: four tips for grappling with loss

Grief is something that needs to be actively worked through. Freud outlined this idea in his seminal essay "Mourning and Melancholia," and his theory of grief work remains at the core of modern approaches to handling loss. Here are four strategies for actively dealing with grief.

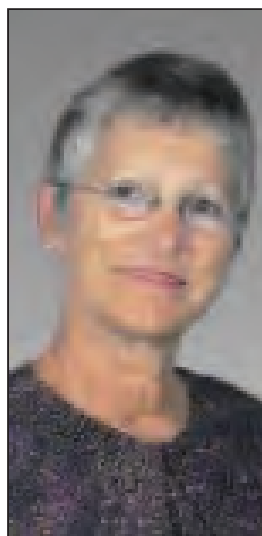


C.S. LEWIS
—
A Grief Observed

Levels
of Life
Julian
Barnes

- 1. OPEN UP TO OTHERS**
Grieving individuals need to express what they're feeling. Bottling up or ignoring one's emotions only causes them to fester. For most people, talking with friends and family members about what they're feeling is the most natural and easy way of unburdening themselves.
- 2. EXPRESS YOURSELF THROUGH ART OR JOURNALING**
Not everyone is comfortable opening up to those around them. When this is the case, a person can express his or her feelings in a variety of other ways. Dancing, making music, and painting can all be effective means of expressing grief. Journaling is another method of releasing pent-up feelings, with the typical method being to write down everything felt and thereby identify and explore the full range of emotions.
- 3. READ BOOKS ON GRIEVING**
Many mourners find solace, strength and wisdom in books in which novelists talk about their experience of loss. There are also books in which experts on grief and grieving provide tools for dealing with a loved one's passing. Here are some notable ones:
 - *Levels of Life* by Julian Barnes (essay)
 - *The Year of Magical Thinking* by Joan Didion (memoir)
 - *It's OK That You're Not OK* by Megan Devine (self-help)
 - *A Grief Observed* by C.S. Lewis (collection of reflections)
- 4. EAT WELL AND EXERCISE**
Self-care is essential when grieving. Eating well, drinking lots of water and exercising regularly will help balance the griever's mood and improve their well-being. The exercise needn't be strenuous; stretching, brief yoga sessions and short walks can be a good start.

Actively working through one's grief tends to be very helpful. However, oftentimes individuals need additional support, guidance or simply a listening ear. In such cases, getting support from a grief counselor can be invaluable.



Hogue (Racine) Roxanne
1945 - 2021

From Sainte-Anne-des-Plaines, on July 18, 2021, at the age of 75, passed away Mrs. Roxanne Racine, wife of Mr. Gilles Hogue. Besides her husband, she is survived by her children Ghislain (Fanny) and Martine (Patrick), her grandchildren Tamy, Lauralie and Célia, her sisters as well as her nephews and nieces.



Lacroix, Carmelle
1944 - 2021

In St-Jérôme, on July 15, 2021, passed away at the age of 77, Mrs. Carmelle Lacroix. She is survived by her children Linda Dupras (Normand Poirier), Stéphane Dupras, her grandchildren Mélanie Dupras (Michel Abran), Frédéric Dupras, her great-grandchildren Xavier Boisvert, Lucas Boisvert, Médéric Boisvert, her great-great - granddaughter to come Emma Boisvert, her sister Jacqueline Desloges, her brother-in-law Berdj Garabedian, her friend Jean-Paul Roy, her nephews, nieces, other relatives and friends.



Desforages, André
1962 - 2021

André Desforages 1962-2021 - It is with deep sadness that we announce the death of Mr. André Desforages on June 29, 2021, in St-Augustin-Mirabel, at the age of 58 years. He was the son of Fernande Pelletier and Jean-Claude Desforages. He is survived by his partner Jacinthe Bélair as well as Vickie, Valérie and Tristan, her children, Alexandre and Jasmine, his brother Denis, uncles and aunts, his nephew Francis Desforages and Tammy Lepage and their children Adèle and Jolan, one cousin, Jo Toronjay, siblings, nephews, nieces, cousins, cousins of the family.

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

Week of **AUGUST 1 TO 7, 2021**

The luckiest signs this week:
LEO, VIRGO AND LIBRA



ARIES

You'll have to make time for your family. Your children or elderly parents need you. You won't hesitate to give them your full attention and display your devotion. Love will be felt deeply by sharing small moments.



TAURUS

You might go back to school, or at least sign up for a brief but rewarding course. Even though it'll require considerable effort and you don't have much time to spare, you'll reap the benefits very quickly.



GEMINI

At work, you'll likely put in some extra hours and be paid handsomely for it. This extra effort will earn you a promotion and put you in the good graces of upper management. In your love life, romance is in the cards.



CANCER

If you're about to make a fresh start in your professional life, you'll finally be on the path to a rewarding career. Your salary will be impressive and allow you to save more. Most importantly, you'll be able to loosen up and find happiness.



LEO

You'll be inspired. You'll manage to define your priorities and visualize your future. You'll have a realization about a new path to follow, and you'll have the opportunity to learn about a new culture.



VIRGO

You'll have to organize an event in accordance with safety restrictions. It'll only take a few words to restore the peace with those around you. In your love life, changes need to be made in order to strengthen your connection.



LIBRA

You'll be promoted after a colleague resigns. A new lifestyle will lead to some great and, at times, surprising accomplishments. Relatives will invite you on a short trip that will go a long way to recharging your batteries.



SCORPIO

A multicultural project in your community will capture your attention. You'll also sign up for one activity after another. Despite your shy and reserved personality, you'll follow through on your ideas and achieve your goals.



SAGITTARIUS

It takes time and patience to realize your dreams. After all, Rome wasn't built in a day. Collaboration is a great tool to advance your projects, ambitions and goals. Some-times, it's necessary to tear things down in order to build.



CAPRICORN

At work or elsewhere, you'll have to exercise your patience to reach an agreement. You can't keep bickering with people. If you have a legal matter to settle, you'll likely win your case.



AQUARIUS

If you've been struggling with health issues, your doctor will finally find the right treatment. At work, you can expect a promotion. Your significant other will have some tender, romantic words for you.



PISCES

You'll be proud of a significant achievement. You might save someone, even if it's just by listening to them at the right moment. This will earn you their eternal gratitude. However, someone else might take advantage of your generosity.

Coffee Break

CROSSWORDS

PUZZLE NO. 1017

1	2	3	4	5	6	7	8	9	10	11
12					13			14		
15					16			17		
18				19	20		21	22		
		23			24					
25	26	27		28	29		30	31	32	33
34				35			36			
37				38			39			
		40	41		42	43				
44	45	46			47			48	49	50
51				52	53		54	55		
56				57			58			
59				60			61			

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ACROSS

1. Lawful
6. Volcanic discharge
9. No ____, ands, or buts
12. Cherish
13. Flowered necklace
14. Small spot
15. Carved pole
16. Type of dance
17. Flock mother
18. Subways' cousins
19. Con's opposite
21. Sunday song
23. Bambi's mother
24. Soak
25. Actor Donahue
28. Go down the slopes
30. Ripened
34. Expect
35. No-win contest
36. Barely cooked
37. Legendary creature
38. Printers' concerns
39. Piece of marble
40. Motion agreement
42. Palmer's peg

44. Straighten
47. Fellow
48. Lawyer's charge
51. Muscle twitch
52. Messy dwelling
54. Linger
56. Iron source
57. Vast timespan
58. Delete
59. Cushion
60. Boston ____ Party
61. Marry again

DOWN

1. Past curfew
2. Revered person
3. Portable beds
4. Outrage
5. Beat
6. Female singer
7. Baltic or Bering
8. African mammal
9. Concept
10. Chicken
11. Bloom support
20. Took a break
22. Thin
23. Coloring
24. Midday nap
25. Old pronoun
26. Fish eggs
27. Choose
29. Relations
31. "A ____ in Calico"
32. Time division
33. Society girl
41. Start
43. One who finishes
44. On the peak of
45. Italian money, once
46. Made cold
47. Talking bird
48. Imperfection
49. Additional
50. Stared at
53. Tip of Italy
55. Have being

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. 803

								5
7		6		1				
			4	8	6			
					8	1		
	3		1	9				
8	2				7			
					5	7	1	8
	8		6			4		
		4				5		9

Last Issues' Answers

CROSSWORDS

S	H	A	L	L	P	A	D	O	W	N
E	E	R	I	E	E	R	E	W	O	O
C	A	M	E	O	N	I	B	B	L	E
T	R	Y		P	I	N	A	T	A	
				A	D	E		R	O	D
N	A	B		R	I	D	S		K	N
O	V	E	R	D	O		M	U	S	C
V	I	N	E		T	H	I	N		E
A	D	D	S		E	L	L			
				E	N	T	R	E	E	B
A	W	K	W	A	R	D		A	G	O
S	H	E		P	I	E		R	O	U
H	O	G		S	O	D		N	O	T

Sudoku

6	1	5	7	3	4	9	2	8
2	8	3	1	9	5	4	6	7
7	9	4	6	8	2	5	1	3
5	2	8	9	7	3	1	4	6
1	4	7	8	5	6	2	3	9
3	6	9	4	2	1	8	7	5
8	5	2	3	4	7	6	9	1
9	3	6	2	1	8	7	5	4
4	7	1	5	6	9	3	8	2

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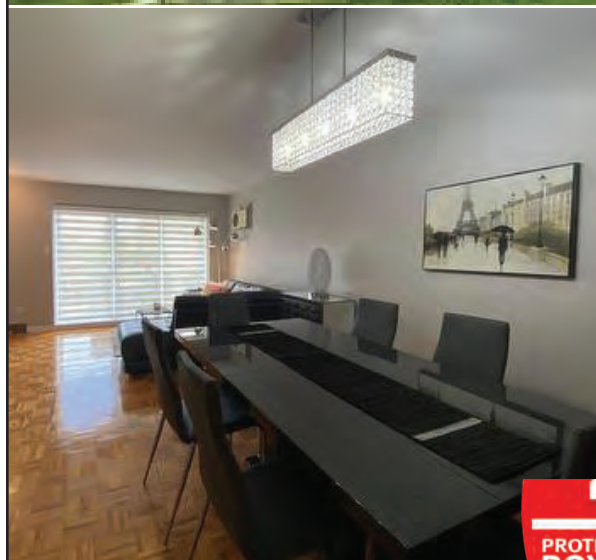
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