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Supply and demand are driving up home prices, says real estate sales expert

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In Boisbriand, Halloween goes Mexican



MARIA DIAMANTIS
Local Journalism Initiative Reporter
For The North-Shore News • info@newsfirst.ca

As the cities of the North Shore prepare for creepy nights and clouds of bats one city decided to warm up in an *Hola* kind of celebration. A few days before October 31, the City of Boisbriand invites citizens to register for the horribly sympathetic family animation, under the theme of the Mexican tradition of the Day of the Dead which will be held on October 31, between 5 p.m. and 9 p.m., at the Nature Interpretation Center (480, rue de Chavigny). The program includes: Distribution of sweets on the trails for all costumed children, DJs, entertainment and meeting with spectacular characters

A Mask competition will also be held and participants are asked to be original while respecting the wearing of a mask! This should cover the nose and mouth. Prize draw among the participants whose masks have attracted the attention of the organizers. The activity is reserved for residents of Boisbriand. Participants, including accompanying adults, must register and present themselves at the time of reservation. Latecomers could be refused access to the site. Masks are compulsory for all and vaccination passport compulsory for persons 13 years of age and over, with identity card. Visitors are invited to park their vehicle behind the Terrasses Boisbriand shopping center, at the corner of ch. de la Grande-Côte and boul. from the Grande-Allée. To increase creepiness and safety participants are asked to bring flashlights.



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As Halloween approaches and while children and adults await any possible new announcements from the Quebec Government concerning trick or treating this year, the city of Rosemère is proactive in its Halloweeniness offering a full program of activities to celebrate Halloween safely. From October 18 to November 2 Outdoor there will be decor at Pioneer Park and Indoor decor at the library from September 30 to November 1 There will be a Murder Mystery Rally at Pioneer Park on October 19 to 31. It will be an intergenerational activity and a PDF document needs to be downloaded from the library catalog. A pumpkin decorating intergenerational

workshop will take place on Saturday, October 23 from 9 a.m. to 12 p.m. No registration is required, and this will be a collaboration with the AGAR which will distribute free pumpkins. **Activities requiring registration are also happening in the library for children:** Story time: Halloween! October 22 - 1 to 3 years old Comic Book Workshop: How to Draw Monsters and Fantastic Creatures: October 23 1:30 p.m. - Ages 6 to 13 (sold out) Lego Workshop: The Haunted House: October 23 - Ages 6 to 13 (sold out) Story time: Mr. Wolf, Are You Afraid of the Werewolf? October 30 - ages 4 to 7 Escape game - On the occasion of Halloween, the library offers you a free access to a scenario of your choice at Immersia jeux d'évasion in Laval or Boisbriand. Candy giveaway at the library from October 23 to 30



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Royal LePage stats show Laval, North Shore prices up 13.7 and 21 % respectively



MARTIN C. BARRY
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The Royal LePage House Price Survey and Market Survey Forecast released last week revealed signs of a shift to a healthier real estate market for the first time since the onset of the pandemic early last year.

But at the same time, sales figures for the Laval and North Shore regions showed property sales prices steadily going up. As the number of available properties declined, demand remained constant, thus fueling price increases.

According to the survey, aggregate home prices in Laval rose 13.7 per cent from Q3 2020 to Q3 2021 (1 July- 30 Sept.). Aggregate homes prices in the North Shore region went up 21 per cent during the same period.

Supply and demand

“Demand for Montreal’s suburbs continued to grow significantly in the third quarter, which explains the upward pressure we are seeing on home prices in Laval,” Georges Gaucher, manager of Royal LePage Village in Montreal, said in an e-mailed response to questions from Newsfirst Multimedia.

“Inventory of homes for sale remains at record lows in the region, pushing home price appreciation further,” he added, while noting that Laval’s real estate is catching up on price appreciation.

“Before the pandemic, the rate of home price appreciation in Laval was more moderate, falling behind many Montreal neighbourhoods,” he continued. “Over the last few months, the North Shore of Montreal and Laval have been among the most

in demand areas for residential properties, and consequently where property prices increased the most.”

A countrywide trend

According to the report, Canada’s national aggregate home price increased 21.4 per cent year-over-year in the third quarter. Royal LePage predicts that the national aggregate home price will rise 16 per cent in Q4 2021.

If that forecast is reached, the aggregate price of a home in Canada will have increased 33 per cent by year’s end and since the start of the real estate recovery in June of 2020.

As anticipated in the second quarter, the summer market gave way to a slowdown in activity and price increases in several sectors. The survey said the aggregate price of a property increased 20.8 per cent year-over-year to \$517,200.

Signs of a slowdown

The median price of a single-family detached house rose 20.0 per cent to \$571,400, while the median price of a condominium rose 12.2 per cent to \$410,400 in the third quarter of 2021. The pricing data includes both resale and new construction properties.

“Signs of a slowdown that we had anticipated were confirmed

during the third quarter,” said Dominic St-Pierre, vice-president and general manager of Royal LePage in Quebec. “Quarter-to-quarter price changes have fallen to their lowest rate since the start of the pandemic, below one percent, whereas the increases of the previous quarters had varied between 5 and 10 per cent.”

In terms of sales, St-Pierre said single-family home transactions in the Greater Montreal Area were down 37.2 per cent in the third quarter of 2021 compared to the third quarter of 2020, while condominium sales fell 22.3 per cent over the same period.



Georges Gaucher, manager of Royal LePage Village

Royal LePage House Price Survey Data Greater Montreal Area - Third Quarter 2021

SINGLE-FAMILY DETACHED HOUSE			
Region	Median Price Q3 2021	Q3 2021 Q2 2021 Change (%)	Q3 2021 Q3 2020 Change (%)
Montreal Centre	\$1,060,500	1.0%	19.2%
Montreal East	\$546,500	4.3%	15.0%
Montreal West	\$742,200	0.6%	15.7%
Laval	\$531,400	1.2%	17.7%
Montreal North Shore	\$430,000	1.8%	23.0%
Montreal South Shore	\$522,700	1.3%	21.4%
Greater Montreal	\$571,400	2.2%	20.0%

CONDOMINIUM			
Region	Median Price Q3 2021	Q3 2021 Q2 2021 Change (%)	Q3 2021 Q3 2020 Change (%)
Montreal Centre	\$502,200	0.3%	8.8%
Montreal East	\$425,000	0.0%	8.3%
Montreal West	\$410,400	2.6%	14.8%
Laval	\$338,500	0.3%	14.4%
Montreal North Shore	\$307,900	3.9%	27.7%
Montreal South Shore	\$330,900	-1.2%	15.3%
Greater Montreal	\$410,400	1.3%	12.2%

AGGREGATE			
Region	Median Price Q3 2021	Q3 2021 Q2 2021 Change (%)	Q3 2021 Q3 2020 Change (%)
Montreal Centre	\$648,700	0.9%	12.5%
Montreal East	\$499,700	-1.0%	9.2%
Montreal West	\$652,500	3.1%	14.5%
Laval	\$468,800	0.8%	13.7%
Montreal North Shore	\$426,800	2.5%	21.0%
Montreal South Shore	\$489,900	2.5%	17.8%
Greater Montreal	\$517,200	0.6%	20.8%

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



This Post Pandemic Will Be Costly

A grocery store owner tells me he usually sees food prices increase by 1 to 3%, and usually in January. Now it can happen at any time and the margin of increase is no longer what it used to be. Today, it is anywhere from 3 to 7% and sometimes, even reaches 10% overnight, for the same product. To avoid these higher costs, popular brands will often revert to 'shrinkflation', the process of reducing the size of the product for the same price, and sometimes keeping the same size but lowering the quality. Add to those cost increases, a strong inflation front, now at 4.1%. It's a formula for financial pain, and a change in the choice of food for many of us.

This pandemic has led us to "weird economic outcomes" writes the Economist. You have heard of challenging supply chains by ships loaded with goods lined up for miles in harbours. That backlog at ports around the world is causing shipping delays and price hikes for consumer goods. The ships, fully loaded with containers, are waiting to drop anchor at their designated dock because longshoremen can not keep up with the sudden surge of post pandemic demand for an array of consumer products, from Chardonnay to a new Subaru.

In England, Boris Johnson told the British there will be empty shelves at Christmas.

Then there is this unbelievable labour shortage, despite a 7% unemployment rate. It has "exacerbated global supply chain strains". One air conditioning company is so back logged because of a shortage of employees, it's still installing AC units in October, and expects to be doing so until Christmas. And friends who lined up for their West Jet boarding pass, were told at the moment they reached the counter, that their flight had been cancelled because there was an insufficient number of on board staff as required by law. Delta recently said it had to cancel 100 flights. And a Florida café now uses a robot to greet customers and deliver to the tables.

We are facing an acute shortage of, well everybody, from truckers, butchers, warehouse workers, to hospitality, restaurant not to mention demoralized health care workers, and those quitting. A stop to federal government handouts, lower Covid hospital admissions, and more consistent government restrictions, will slowly resolve many of these issues. But industry leaders say it will take time, certainly well into 2022, perhaps even 2023.

There is an ongoing debate over whether countries have moved towards renewable energy too quickly. If you were around in the mid-seventies, you were part of our first energy crisis. Suddenly everything, not only electricity, gas, oil, and coal, but everything, led to a spectacular rise in inflation reaching 10%, and mortgage rates at 14%. No one is suggesting history will repeat itself, hopefully not with those numbers. But there are changing patterns in our use of energy, and we should be careful if we think we can suddenly abandon oil and gas. China is burning more coal than ever, and buying from anyone, including Canada (the port of Vancouver is the largest exporter of coal in North America). Don't ever let a BC resident tell you they are the most disciplined environmentalists. They are not. Thanks to Norway, Europe's second biggest gas supplier, smartly extracting as much natural resources as possible, (unlike Canada) is registering a constant trade surplus by supplying natural gas to Europeans, who would otherwise be at the whim of Russia for its winter heating. And who is selling more LNG (liquefied natural gas) to the world? It could have been Canada exporting \$billions yearly, but it's the United States, whose so called environmental groups have forced Canada to keep its resources in the ground. Meanwhile the price of coal, gas and oil have increased almost 100%, since the month of May. Who says oil and gas are dead? Not for decades. Oil analysts say the world will continue to consume nonrenewable energy past 2050, when world leaders (including our Prime Minister) optimistically, and frankly unrealistically, predict totally green energy use. It's our "first green energy shock of the green era".

Quick note. Justin Trudeau promised "all civil servants will have to be vaccinated by October 31st, or else" during the recent campaign. The reality is there is no longer a deadline, and those who don't wish to be vaccinated will not be fired but subjected to frequent tests. Hmm, sounds a lot like the same policy issued by Conservative Erin O'Toole during the campaign. Surprised? I am not, and neither are the 67.4% of Canadians who did not vote for him.

Final note. Well wishes to one of my very favourites, Ginette Reno. Get well soon Madame. We need you back at the Bell Center.

That's what I'm Thinking.
Robert Vairo
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Time to Act on Online Harassment

Canada's news publishers, who employ 3000 journalists from coast to coast to coast, believe that free speech, journalistic freedom, and a strong, healthy, commercially viable, and fiercely independent media ecosystem are all vital to our democracy.

Canadians rely on their newspapers and news media to be their trusted sources of information, helping them make informed choices and holding people and institutions, including governments and corporations, accountable.

We hope that Parliamentarians will come together and take meaningful action to combat hate speech and other kinds of harmful content online, while ensuring that freedom of expression and free debate are recognized, preserved, and protected.

We are among the country's leading defenders of freedom of speech. At the same time, as employers, we strive to provide a safe, healthy, and inclusive work environment for our jour-

nalists. As businesses who supply news and analysis, we also strive to protect our customers: the public who read our news and engage with us and their fellow readers. We listen to our customers. We take our responsibilities to them and the broader public seriously. We try to build a better common future for all. And we are accountable for both our actions and inaction.

As a business, the news publishing industry remains under threat from unregulated and unchecked social media and online communication service providers. At the same, our journalists and readers face online harm constantly. Ask any journalist, and they'll tell you that criticism comes with the job. And rightly so. But hate, harassment, and online and physical harm shouldn't. It comes from the right, the left, and everywhere in between, and its victims are all too often women and racialized journalists.

We are united in supporting our journalists and newsrooms against those who seek to

silence them and threaten their safety. Together, we will continue to advocate for industry-wide responses to end this behaviour.

Across the globe, journalists face physical, judicial, and online harm. In addition to harassment from individuals, journalists face sophisticated defamation campaigns to discredit them. These threats, and their potential impact on journalistic freedom of expression, have detrimental implications for society at large.

The findings of a survey conducted by the United Nations Educational, Scientific and Cultural Organization and the International Center for Journalists about online violence against women journalists are alarming: 73 per cent of women respondents said they had experienced online violence; 20 per cent said they had been attacked or abused offline in incidents seeded online; and 41 per cent said

► Continued on page 12

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Flu vaccination campaign begins in the Laurentians

MARIA DIAMANTIS

Local Journalism Initiative Reporter
For The North-Shore News • info@newsfirst.ca

The flu, its fame pushed aside by covid the last 2 years, is always with us and does pose a threat for certain categories of citizens.

That is why Dr. Éric Goyer, public health director for the Laurentians, invites residents to get a flu shot to protect themselves and their loved ones. On November 1st, the vaccination campaign will begin in the Laurentians region. Vaccination is the best protection against the complications of influenza. The influenza virus can weaken and cause serious consequences in people at high risk of hospitalization. In light of the recommendations of experts from the Institut national de santé publique du Québec (INSPQ), vaccination is strongly recommended and offered free of charge to people who are at greater risk of developing complications.

These groups are:

- children aged 6 months to 17 years with certain chronic diseases
- adults with certain chronic diseases (including pregnant women, regardless of the stage of their pregnancy)
- pregnant women in the 2nd and 3rd trimesters of their pregnancy
- people aged 75 and over

In order to reduce the risk of contamination, vaccination is also offered free of charge:

To relatives who live under the same roof with a child under 6 months old or to a person at high risk of hospitalization or death as well as to their caregivers as well as health workers.

Vaccination is also free to children aged 6 to 23 months in good health and people aged 60 to 74 in good health.

The flu shot is available by appointment ONLY. As of now, residents can make an appointment online or by phone:

1. Online at clicsante.ca: select "Flu vaccine (Influenza)" and follow the instructions to book your appointment.

2. By phone: dial 1 888 664-2555 Monday to Friday from 8 am to 8 pm, Saturday, Sunday and holidays from 8:30 am to 4:30 pm. No appointment will be given at vaccination sites.

Pharmacies also offer shots

Several pharmacies in the region also offer flu shots. People can make an appointment on clicsante.ca or by contacting the pharmacy directly for more information.

In order to make access to vaccination possible for all, the CISSS des Laurentides offers a free shuttle service to people with reduced mobility and / or having economic constraints in order to accompany them to the vaccination sites. The Laurentian Integrated Health and Social Services Center (CISSS) reminds the population that the flu vaccine does not protect against COVID-19. For all eligible people, it is possible to receive the flu, COVID-19 and pneumococcal vaccination at the same time, during the same appointment by checking with the vaccination teams.



Dr. Éric Goyer, public health director for the Laurentians, invites residents to get a flu shot.

Shows at the Center d'art La petite Église: status quo until January 2022

MARIA DIAMANTIS

Local Journalism Initiative Reporter
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A lot of venue owners were relieved and delighted with the September 30th Quebec government announcement that performance venues with assigned seats will no longer be required to impose a spectator limit.

In Saint-Eustache the City, although delighted with the news, nevertheless informs the population that the La petite Église art center will not be able to be filled to capacity until 2022 due to the work currently taking place there.

Status quo until January 2022

The restoration work underway at the La Petite Eglise Art Center requires that a reduced number of spectators be maintained since access

to indoor toilets is currently prohibited. A sanitary block is temporarily installed outside the building to accommodate visitors but cannot meet the needs of a room filled to capacity. The bar service remains closed.

Fortunately, as of January 2022, the Desjardins room will be able to reopen at full capacity since the work will be completed. Thus, no more seats will be left free between the family bubbles

Wearing a mask at all times from October 8

In the wake of the measures announced, it is important to note that as of October 8, wearing a mask will be mandatory for all people aged 10 and over, even if the number of spectators remains small and the distance is respected. It should also be remembered that the presentation of the vaccination passport accompanied by a valid identity document remains compulsory for persons aged 13 and over.



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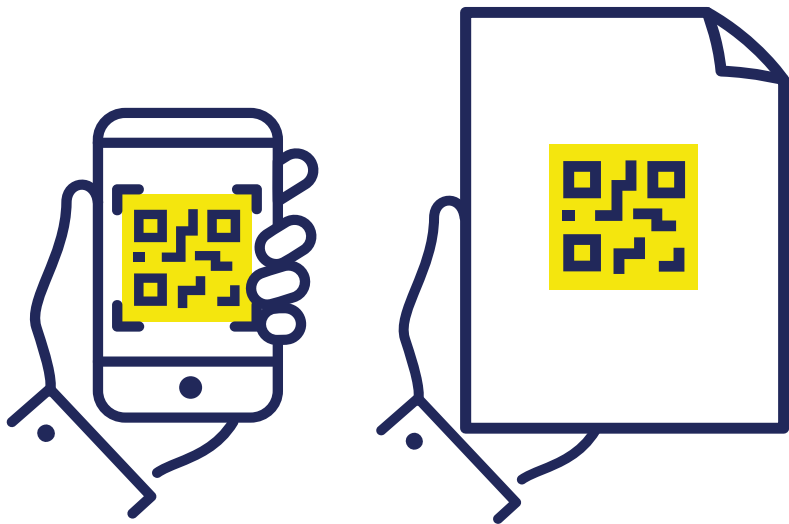
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Halloween

3 creepy HALLOWEEN CRAFTS for kids

This Halloween, encourage your kids to get creative. Here are a few fun and easy crafts your little ones will love making.

1. Felt critters

Cut pieces of felt into various shapes and glue them together to make insects, animals and fantastical creatures. For young crafters, you can trace out the desired shapes with a marker and get them to simply cut along the lines. Use pompoms, buttons and bits of yarn to add the finishing touches.



To create a spooky spider, for example, cut out a large black circle for the body, two medium white circles for the eyes and two small black circles for the pupils. Attach eight same-sized pieces of black pipe cleaner to make the legs.

2. Mason jar lanterns

To create a spooky lantern, paint the outside of a Mason jar with the face of a jack-o'-lantern. Another idea is to make it look like the lantern is covered in creepy crawlies by filling it with plastic insects and cotton cobwebs. Alternatively, you can fill the jar halfway with dried leaves, flowers and pebbles to create a more fall-like look.

Once the jar is ready, place a battery-powered tealight inside. The flickering candle will cast the perfect eerie glow.

3. Toilet roll monsters

Make ghosts, vampires and other Halloween monsters out of empty toilet paper rolls. Use the tubes as torsos for your spooky creatures, then create horns, wings, fangs and other eerie features with markers, paint, construction paper, pipe cleaners and other odds and ends you have around the house.

To make a mummy, for example, wrap the roll in strips of gauze or paper towel. Or, to bring your very own Frankenstein to life, use green paint and black felt for the hair.



All three of these crafts can be made with objects found around your home and adapted to your children's ages and abilities. Use the crafts you make to help decorate your home, design a haunted house or put on a spooky puppet show.

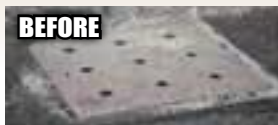
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10 TIPS

for safe trick-or-treating

Are your children finally old enough to trick-or-treat without you hovering nearby? If they don't want an adult to tag along this Halloween, here are 10 rules they'll need to follow.

1. Only visit houses that are lit up, and never go inside
2. Walk on the sidewalk, and avoid zigzagging across the street
3. Respect all road signs and traffic lights
4. Never approach or get in to a stranger's car
5. Stay with your friends at all times, and go to each door as a group
6. Follow a pre-planned route, and return home at the agreed upon time
7. Don't text while walking, especially if you're crossing the road
8. Bring a flashlight, and make sure drivers can see you at all times
9. Keep your distance from animals you don't know
10. Don't eat any candy until you get home and an adult inspects it



The most boo-tiful night of the year

4 FAMILY ACTIVITIES for a fun Halloween AT HOME

If you want to celebrate Halloween with your kids from the comfort of your home, here are a few on-theme activities the whole family will enjoy.

1. Play board games

There's no better time to play games like *The Werewolves of Millers Hollow*, *Cauldron Quest* and *Ghost Blitz* than on Halloween. You can also play monster-themed charades or *Pictionary*.

2. Sing karaoke

Choose a selection of songs that suit the occasion and belt out the lyrics on your own or as a group. Your playlist can include *Monster* (Lady Gaga), *Zombie* (The Cranberries) and *Ghostbusters* (Ray Parker Jr.).

3. Organize a photo shoot

Make a creepy backdrop and show off your costumes in a makeshift photobooth. Alternatively, you can host a fashion show in your living room.



4. Make a home movie

Recreate scenes from classic Halloween movies like *The Nightmare Before Christmas* and *Hocus Pocus* or write your own script. Make sure everyone has the chance to play a fun role.

Once your little monsters are in bed, wrap up the evening in your pajamas with a bowl of popcorn and a scary movie.

Bewitched CUPCAKES

These adorable chocolate cupcakes with cream cheese icing are the perfect treat to make for a Halloween party or play date.

Ingredients

- 3/4 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs, room temperature
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/3 cup vegetable oil
- 3 teaspoons vanilla extract
- 1/2 cup buttermilk, room temperature
- 1/2 cup unsalted butter, room temperature
- 225 grams cream cheese
- 4 cups icing sugar
- 1 teaspoon orange gel food colouring

Directions

1. Preheat the oven to 177 C (350 F). Place cupcake liners in each cup of a 12-cup muffin tin.
2. In a large bowl, mix the flour, cocoa powder, baking powder, baking soda and 1/4 teaspoon of salt. Set aside. In a second bowl, mix the eggs, sugar, brown sugar, oil and 2 teaspoons of vanilla extract.
3. Incorporate half of the wet ingredients with the dry ingredients, and mix well. Add half of the buttermilk and mix well. Add the rest of the wet ingredients and buttermilk, and mix well.
4. Pour the mixture into each muffin tin cup to fill them halfway. Bake



Start to finish: 1 hour (40 minutes active)
Servings: 12 cupcakes

for 20 minutes or until a toothpick inserted in the middle of a cupcake comes out clean.

5. In the meantime, use a beater to mix the butter and cream cheese until smooth. Add the rest of the salt and vanilla, and mix well. Use the beater at a low speed to slowly incorporate the icing sugar until the mixture is smooth. Add the food colouring and mix until the icing is a uniform orange.

6. Let the cupcakes cool completely, then use a piping bag to ice them. Decorate with candies or small Halloween-themed cookies.



This spooky twist on pigs in a blanket is fun to eat and even easier to make. Kids of all ages will be delighted.

Start to finish: 30 minutes

Servings: 20

INGREDIENTS

MUMMIES

- 12-ounce (340-gram) package of crescent roll dough
- 10 hot dogs

DIPPING SAUCE

- 1/2 cup mayonnaise
- 2 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- Salt and pepper to taste
- Red food colouring (optional)

DIRECTIONS

1. Preheat the oven to 350° F (175° C).
2. Cover a baking sheet with parchment paper.
3. Cut the hot dogs in half to make two shorter pieces (or you can keep them whole and make ten bigger mummies).
4. Unroll crescent roll dough and cut it into strips that are about one centimetre wide.
5. Wrap the strips around each hot dog, leaving a portion unwrapped near the end to make the "face." Place the dough covered hot dogs on the baking sheet.
6. Bake for 15 minutes or until the dough is golden brown.
7. While the hot dogs are baking, in a bowl combine all the dipping sauce ingredients.
8. Let the mummies cool for 5 to 10 minutes and then serve with the sauce.

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Recreation and culture shines in Lorraine!



MARIA DIAMANTIS

Local Journalism Initiative Reporter
For The North-Shore News • info@newsfirst.ca

The Culture and recreation department of the city of Lorraine won a prestigious award as well as recognition from their peers prompting the exciting congratulatory response from the mayor.

"I would like to congratulate the Recreation and Culture Department team for this award which confirms the quality of their work, their imagination and their resourcefulness in honoring our precious volunteers, despite the difficult context of the pandemic. This recognition from their peers is undoubtedly warm to the hearts of our team, which works very hard for citizens, especially since this award follows the laudatory comments received from volunteers after the event. Congratulations to each of the members who invested themselves with heart in this project and thank you to all

the volunteers who participate in the well-being of our community," said Mayor Jean Comtois.

The City of Lorraine paid tribute to the volunteers involved in organizations in the region, during a virtual gala held last June. This event, hosted by the talented Paul Houde, former resident of the municipality, highlighted the commitment and generosity of all these people who worked, from fall 2019 to December 2020, in organizations serving the people of Lorraine.

A few days before the festive evening, the members of the municipal council had even made a major tour to distribute a gift basket including gastronomic products from Quebec as well as a poster mentioning "A generous volunteer lives here - From the bottom of the heart, thank you!" »To all Lorraine volunteers working in an organization recognized by the City. These posters were installed in the front yard, so that the fellow citizens of these 141 caring people know that they contribute to the life, health and dynamism of the Lorraine community. Corneille, a well-known singer and citizen of Lorraine, concluded this virtual gala in style by performing Ensemble.

The Social Reforestation Program takes root in Sainte-Thérèse

MARIA DIAMANTIS

Local Journalism Initiative Reporter
For The North-Shore News • info@newsfirst.ca

The City of Sainte-Thérèse has joined forces with the Arbre-Évolution organization, as part of the Social Reforestation Program, for the planting of 135 trees and 65 shrubs in the Jardin des Sources and de la Rivière parks. Most of the planting activity took place on Sunday, October 17, in the presence of repre-

sentatives of the organization, the City and many volunteers.

"It is important for Sainte-Thérèse to preserve these two green spaces which are also wetlands. In particular, they allow the retention and filtration of rainwater, while providing a rich natural habitat for flora and fauna. "We made sure that the species that were planted were adapted to such an environment. In doing so, we are protecting important ecosystems, while making these parks, so much appreciated by the Teresian population, more green," said the mayor, Sylvie Surprenant.

Arbre-Évolution is a solidarity cooperative that promotes the well-being of communities through a symbiosis between the forest, humans, and their environment. It considers the forest as a natural environment, but also a human one. Tracking the major international challenges of sustainable development, the vision it proposes seeks to act on the links between nature and cultural dynamics, the synergies between communities and their environment.

The Social Reforestation Program aims to compensate for the pollution of businesses, festivals, NGOs and individuals, by planting trees in living environments that need them. Currently, more than 75 organizations offset their CO2 emissions with Arbre - Évolution.



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No Meeting Of Minds

Q I've been married for four years to a wonderful, fun-loving man with whom I share many things – including a sincere friendship, a passionate sex life, a love of being creative in many ways. I couldn't be happier in my marriage with him.

The only problem is our differing views on having children. He has a grown child from a previous marriage. I have no children. He is ten years older than I. I would like to try to start a family and he is reluctant. He thinks he is too old to start this again, he knows (he says) the enormous work it takes, and he loves the freedom we have to do what we want when we want.

I believe, though, that his feelings have much more to do with his first marriage. His first wife made motherhood her only focus after their child was born, and my husband felt like the "seed donor." Their marriage deteriorated so badly that even years after the divorce, his first wife refuses to speak with him.

I knew about his mixed feelings when we married. I hoped time would change this. Though I have absolutely no desire to let this turn into something that breaks us up or causes irreparable damage, I am now occasionally experiencing feelings of resentment. (How can he do this to ME? I've always wanted children and HE'S denying me my chance... etc.) I don't believe, however, that this should be only MY choice – it is ours.

But I'm in a quandary and feel like time is running out as I approach 35.

On top of all this, we are both very fond of children and frequently spend time with friends who have children. We're always asked if we plan to start having children and when – and people comment about our obvious love for children.

So... help!

Kimberly

A Kimberly, in our mind's eye we picture you and your groom standing at the altar at your wedding. The minister solemnly intones the line, "If anyone knows why this couple cannot be joined in holy matrimony, let them speak now or forever hold their peace." Unlike some old movies, no one comes forward.

But there is one person who knows a reason why the wedding shouldn't occur. She holds her peace...that person is you.

Your husband was up front with you. He had three reasons he didn't want to start a family: he felt he was too old, he felt it was too demanding, he didn't want to give up his freedom. His reasons were based on experience.

And you? You have every right to want children. But if you felt this way before the wedding, either you concealed a material fact in order to get married, or you decided you were going to make this decision regardless of how he felt. It is the ancient complaint of men...after the wedding she changed.

There is no room for compromise on this one. You can't have half a child, and we can't give you the words to make him come around to your point of view. Children need to come into this world when they are wanted by both parents with all their heart. They should come from joy and unity. When they come from resentment, conflict, or a terrible compromise, it is an injustice to everyone.

You did yourself a disservice to marry a man who doesn't want children. Nobody is going to be happy with this, and he may end up losing two wives over the same issue.

You can't continue on in the same manner, refusing to admit it isn't what he has done to you, but the position you have put yourself in. Put everything on the table. You need to be totally honest with your husband, and let whatever happens come from honesty. Not from secret agendas, "accidental pregnancy," or hidden resentments.

Wayne & Tamara

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

◀ Continued from page 4

they had been the targets of online attacks that appeared to be linked to orchestrated disinformation campaigns.

The impact of this violence on mental health is sobering: 38 per cent missed work; 11 per cent quit their jobs; and two per cent abandoned journalism altogether. It also impacts journalistic practices and audience engagement: 30 per cent self-censor on social media; 20 per cent only 'broadcast' and avoid all interaction; and 10 per cent avoid pursuing particular stories.

Like news publishers, online platforms curate content. They reap all the benefits of being a publisher, albeit on much more commercially favourable terms. At present, however, they do not have the same responsibilities and are not held accountable in the many ways that news publishers are in Canada. Indeed, they have allowed fake news and disinformation to proliferate around the globe, and they have profited from it handsomely.

Big Tech has a societal obligation to moderate these activities, just as any news publisher does. In the United States, section 230 of the U.S. Communications Decency Act exempts them from liability over hosting user-generated content and from liability when they choose to remove that content. However, global companies operating in Canada are subject to Canadian law and should conduct themselves accordingly.

As advertisers know, these firms have enormous and extremely sophisticated technical prowess. Why then have they failed in their duty as content moderators and allowed harmful

content targeted at journalists to be amplified on their platforms?

As a matter of principle, our journalists should be afforded the same protections in the online world as they are in the offline world. Accordingly, we recommend that the Government of Canada explicitly recognize online threats to journalists directly in legislation. At the same time, online platforms should act responsibly. First, they should act upon reports of harassment from news publishers and journalists within 24 hours. Second, they should invest in technology to detect online hate against journalists. Third, they should detail online harm against journalists in their transparency reports. Fourth, they should be held accountable through Canada's libel, defamation, and hate laws, just as Canada's news publishers are. Fifth, they should face economic penalties when they fail to comply with Canadian laws. Finally, they should make it hard for internet trolls to 'profit' from the monetization of content that harms journalists.

As a society, we need to do everything we can to protect democratic expression, but that doesn't mean that we can't protect journalists. All publishers, including internet intermediaries, should be held accountable for harmful content. Canada's publishers stand with our journalists, who won't be silenced, and readers, who want to be informed.

Jamie Irving

Chair of News Media Canada.

Paul Deegani

President and CEO

From the Government's Election Platform:

Canada Is Set to Become a Global Leader in Levelling the Playing Field for Local News

Levelling the Playing Field with Digital Giants

In 2021, most Canadians get their news from digital platforms which drives key advertising revenues away from Canadian news organizations and towards platforms owned by social media companies and digital giants.

A re-elected Liberal Government will:

- Introduce legislation, within 100 days, that would require digital platforms that generate revenues from the publication of news content to share a portion of their revenues with Canadian news outlets. This legislation would be based on the Australian model and level the playing field between global platforms and Canadian news outlets. The bill will also allow news publishers to work together to prepare for collective negotiation.

In a democracy, nothing is more vital than a healthy, vibrant local news media. But the threats from Big Tech are increasing every day.

The government's 100-day plan will place Canada in the front ranks of global leadership standing up for local news. The commitment is clear. All parties in Parliament support decisive action. Now is the time to act and pass legislation by early 2022.

News Media Canada, representing hundreds of trusted titles in our print and digital media industry, and our news publishing partners across Canada and around the world, call on Canadian parliamentarians to work together to level the digital playing field between local news and Big Tech.



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Why you should work for a fast-growing company

Is there a fast-growing company in your area that's hiring? If you're ambitious and love taking on new challenges, applying for a position with a business that's undergoing major growth could be a great career move.

ENVIRONMENT

It can be exciting to join a company that's developing quickly. For example, working to establish new products, services, territories and markets can provide a unique challenge that keeps you on your toes. In addition, the dynamic atmosphere of a fast-growing company

typically fosters strong bonds with co-workers and puts your skills to good use.

CONDITIONS

In many cases, fast-growing companies attract talent by providing a range of employee benefits including competitive salaries, flexible hours and the opportunity to work remotely. The company may also offer access to health facilities, free food and other perks.

In short, joining a company that's quickly growing could be a great opportunity.

If you're hoping to make a career change, working for a fast-growing company is a great choice. You'll have the opportunity to build new skills and grow your existing talents.



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In Memoriam & Obituaries



LIZOTTE, LÉOPOLD (POPAUL)
1936 - 2021

On October 8, 2021, passed away at the age of 85, Mr. Léopold (Popaul) Lizotte husband of Mrs. Gertrude Hounsell He is survived by his wife Mrs. Gertrude Hounsell Lizotte, Line (Louison Beaudin) and Josée (Stéphane Beaudoin), his grandsons: Keven (Rose-Marie Bessette) and Jérémie as well as his brothers Donat (Denise Gravel), his sister Lise (Louis Hounsell), his brothers-in-law, sisters-in-law, nephews, nieces, cousins and many friends.



DIANE BEAUDIN BOIS
1946 - 2021

At the Élyme des Sables, palliative care home of Sept-Iles, on October 17, 2021 passed away at the age of 75 Mrs. Diane Beaudin wife of Mr. Florent Bois. She lived in Clarke-City. Mrs. Diane Beaudin Bois is survived by her husband Mr. Florent Bois, her children: Gina (Claude Lavoie), Patrizia (Rémi Lelièvre), Carole (Michel Lachance), the late Tony, her son-in-law Claude, her grandchildren: Bélinda, Mélyna, Jason, Antony, Marilee, Marc-André, Jeffrey, Kevin, Steven, Joëlle and Jimmy, her great-grandchildren, her brother Serge, her sisters Linda and Claudette as well as her nephews and nieces.

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.

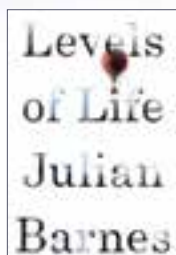
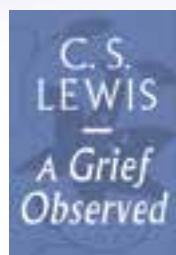


1. OPEN UP TO OTHERS

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.



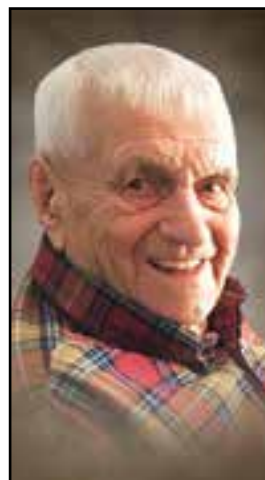
DUPÉRE, ROBERT
1945- 2021

In Quebec City, on October 2, 2021, passed away at the age of 76, Mr. Robert Dupéré husband of Mrs. Juana Esther Montero Mengana and domiciled in Havre-Saint-Pierre. He is survived by his wife Mrs. Juana Esther Montero Mengana, his sons: Rodney (Carole-Ann Dresdell), Kevin and Dylan, his grandchildren, great-grandchildren, brothers, sisters, brothers-in-law, sisters-in-law, nephews, nieces, cousins and many friends.



SIDE, ANNETTE
1938 - 2021

At the Centre intégré de santé et des services sociaux de la Côte-Nord, on October 16, 2021, at the age of 83, passed away Mrs. Annette Côté, daughter of the late Mrs. Rose-Alma Dionne and the late Mr. Malgloire Côté. She lived in Baie-Comeau. She is survived by her daughters: Linda (Michel) and Sylvie; his grandsons: Mathieu (Julie) and Frédérick (Carolane); his great-grandchildren: Ludovic, Nathan and Léane as well as his brother, brothers-in-law and sisters-in-law, nephews, nieces, cousins and friends.



LEBLANC, ROMÉO (MÉO)
1922 - 2021

On October 6, 2021, passed away at the age of 99 years, Mr. Roméo (Méo) Leblanc husband of the late Aurore Noël. He is survived by his sons: Charles (Diane St-Laurent) and Marc (Alexandra Brochu), his daughter Marlène (Anicet Proulx), Anne-Sophie (David Villeneuve) and Valérie (Mathieu Boulay), his grandson François (Myriam Longuépée), his great-grandson Jean-Benoît, his great-granddaughter Mila and his nephews, nieces, cousins and many friends.

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HOROSCOPE

Week of **OCTOBER 24 TO 30, 2021**

The luckiest signs this week:
LEO, VIRGO AND LIBRA



ARIES

You certainly won't keep quiet this week. Plus, your phone will be ringing constantly as loved ones reach out to you with invitations. If you're in a new relationship, the idea of living together or starting a family will be on your mind.



TAURUS

You should receive a promotion at work, and you'll be quite pleased with the increase in salary. A few people around you will be jealous, so use your discretion. In terms of matters of the heart, a romantic renewal will be enjoyable.



GEMINI

Given that you're a sensitive and generous person, you'll spend a lot of time with those you care about. It's important to be organized so that you can turn obligations into pleasant experiences, even work-related ones.



CANCER

You find yourself in a period of reflection and benefit from a burst of creativity. You'll definitely need to get out of the house a few times in order to enjoy some fresh air.



LEO

If you're single, you'll be asked out a few times. Social media may help you discover new friendships. These platforms can also be used to showcase yourself and increase your client base.



VIRGO

You'll find that you have a lot of responsibilities on your shoulders. Fortunately, you have strong organizational skills that allow you to be very efficient. Time will be in short supply, which is a source of stress.



LIBRA

What's the next trip you want to take? All you have to do is imagine it, or at least apply the laws of attraction to ensure all the pieces fall into place. In terms of your career, a learning experience will prove profitable.



SCORPIO

It's a very emotional time. Fortunately, this will help fuel your creativity. You'll have to take care of someone close to you, but the person will do the same for you in the future. Plus, the experience will allow you to forge a stronger relationship.



SAGITTARIUS

It's easier to get along with people if you're not personally involved. One of your children could very well be playing with your emotions in order to get special treatment.



CAPRICORN

For one reason or another, you might feel increasingly ill this week. Fortunately, this will prompt you to seek out the right specialist and, in turn, an appropriate treatment.



AQUARIUS

You'll accomplish a feat that will make you proud and improve your self-esteem, which is crucial to your well-being. You might also be able to rescue someone who's in trouble.



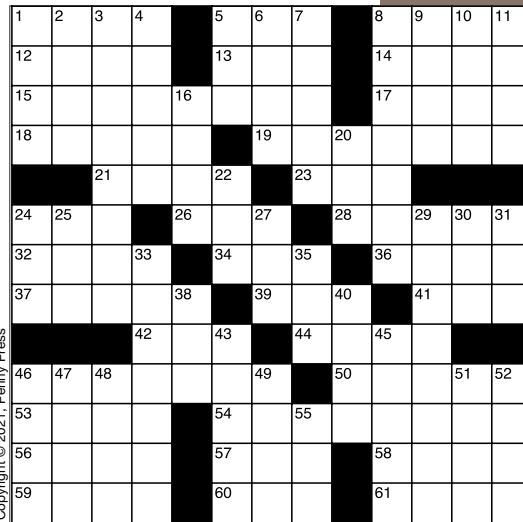
PISCES

Small changes to your diet will help you quickly reach your health goals. You'll also be inspired to start a small business from the comfort of your own home, and soon it'll flourish.

Coffee Break

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ACROSS

1. Pairs
5. Casual greetings
8. Gourmet cook
12. British noble
13. Drama part
14. Pay attention to
15. Preacher
17. Lessen
18. Put
19. Kitchen alcove
21. Buffet
23. Touch lightly
24. Stone or Bronze
26. Moreover
28. Winter jacket
32. Charged particles
34. Kitty's foot
36. Beard material
37. Game of chance
39. TKO caller
41. Squid squirt
42. Have creditors

DOWN

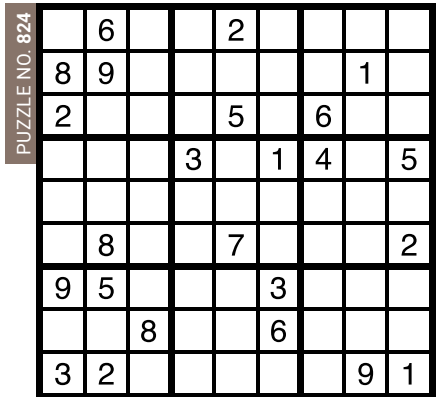
1. Sub, for one
2. Lament
3. Decoration
4. Pizza piece
5. Stetson, e.g.
6. Froze
7. Peel
8. Black-spotted cat
9. Make warm
10. Toward the rising sun
11. Liberate
16. ___ belt
20. Snooze
22. Cut
24. Feel poorly
25. Thick stuff
27. Rowboat propeller
29. Sky water
30. Relatives
31. Noah's transport
33. Larry, Curly, and Moe
35. Spider's handiwork
38. Hold title to
40. Kermit the ___
43. Sharpened
45. Sports building
46. Long narrative
47. Dam!
48. Very chilly
49. Father
51. Otherwise
52. Bread grains
55. Apprehend

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.**

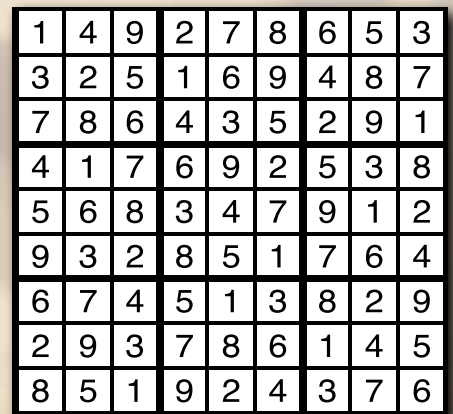


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Last Issues' Answers

Sudoku



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