

THE NORTH SHORE

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Pointe-Calumet, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache



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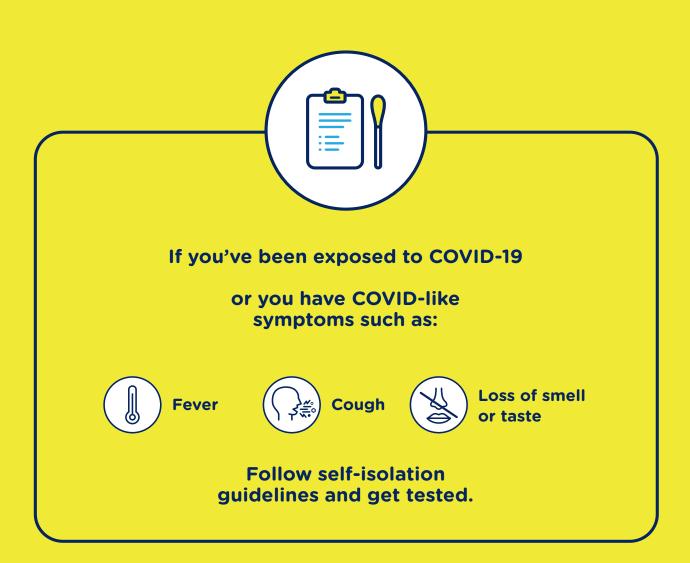
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North Shore Giant Tigers join Operation Santa Claus

Operation Santa Claus Helps Wrap Up the Holidays for Deployed Members of the Canadian Armed Forces

MARIA DIAMANTIS

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

The Tigre Géant stores of Sainte-Thérèse and Sainte-Marthe-sur-le-Lac as well as the brand new store in Saint-Eustache are joining their sister stores all over Canada in supporting Operation Santa Claus in partnership with the Canadian Forces Morale and Welfare Services (CFMWS) to help deliver care packages to over 2,500 members of the Canadian Armed Forces deployed in Canada and across the world who are unable to be with their families for the holiday season.

Giant Tiger Stores across Canada are running a national fundraising campaign to assist with the purchase of the care package items. Beginning October 25th until Thursday, Nov. 11, customers can donate to Operation Santa Claus at their local Giant Tiger store by rounding up their purchase or donating \$2 at checkout.

"Giant Tiger has proudly supported Operation Santa Claus since 2014, and we are thrilled to be a part of this important program again this year," said Cindy-Lynn Steele, Senior Vice President of Strategy and Marketing, Giant Tiger Stores Limited. "Operation Santa Claus helps to bring a little bit of home to those who can't be with their families this holiday season. We are honoured to help our communities come together to bring these special gifts to the deployed members of the Canadian Forces."



Operation Santa Claus began in 1992 when a group of Montreal women sent holiday packages to their spouses serving on peacekeeping missions. The packages consisted of cards and greetings from family and friends from all across Canada. In addition, donated items from local businesses were obtained and included with the gifts. Within a short time, the program had expanded across Canada. To date, Operation Santa Claus has sent over 50,000 care packages worldwide, which has been made possible by the generosity of Canadians. Each box is carefully packaged with the comforts of home such as cozy basics, delicious treats, and self-care products, among other items to help spread holiday cheer.

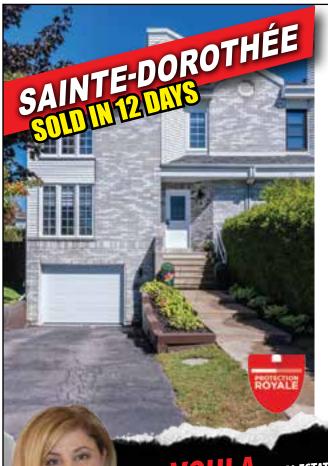
"Despite the uncertainties surrounding COVID-19, Giant Tiger has been a steadfast supporter of our military community. Giant Tiger continues to champion the well-being of our women and men in uniform, and their families, in a myriad of ways by supporting initiatives across Canadian Forces Morale and Welfare Services (CFMWS). It is in great thanks to this partnership that we can continue to deliver necessary support for our troops," said Commodore (Retired) Sean Cantelon, CEO, CFMWS.

Since 2014, Giant Tiger has played an integral role in the success of Operation Santa Claus, contributing over \$550,000 in product to help fill the packages to over 19,500 members of the

Canadian Armed Forces. Operation Santa Claus is available at all Giant Tiger locations across Canada and online.

About Giant Tiger:

Giant Tiger, the leading Canadian-owned family discount store, is on a mission to make every dollar matter and is committed to providing on-trend family fashion, groceries, and everyday household needs. The privately held company has over 260 locations across Canada and proudly employs over 10,000 members of Team Tiger. All Giant Tiger locations are locally owned or operated by a team member who knows the community.



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OPINION



The 26th Blah Blah Blah Festival (aka COP26)

Those who care about the climate act; those who care about blah blah blah will all be in Glasgow

The Cop26 climate summit starts in Glasgow, UK, on October 31, and countries must deliver tougher pledges to cut emissions to keep the goal of 1.5C within reach. According to the UN, carbon emissions will rise by 16 per cent by 2030, rather than fall by half as governments previously agreed to in Paris at COP 2015. Twenty thousand people are expected to attend the Glasgow meetings.

Since 1995 the UN Conference of the Parties (COP) has been meeting in a world festival of talking, challenging, and demanding. But make no mistake, these meetings are about money, disguised as a meeting about climate change. Together with India and China, small island states and emerging economies want \$100 billion a year from the developed world to compensate for the CO2 "pollution" they experience and help them accelerate their move to green energy and reduce their own contributions to CO2 emissions.

The developed world does not want to give money to these countries or even accept the basis of their demand – that the developed world's CO2 emissions are the cause of their current and potential damage due to changes in climate. Like many other COP commitments, the \$100 billion a year promise from past COP sessions has yet to be met.

The NGO community wants all governments to spend more money transitioning their economies from oil and gas to green energy. The UK, for example, has announced that it will be a net-zero economy by 2050 at a cost of \$2.4 trillion. New taxation will also be required to pay for the massive costs of this transition, including new taxes to make up for lost tax revenue from the sale of gasoline (in the UK this is approximately \$46 billion annually).

Canada has also made promises to spend large amounts pursuing net-zero by 2050 and has allocated billions to achieve it. But our track record is dreadful. Canada is the only G7 country whose emissions have risen every year since the Paris Accord when we promised to cut them every year.

The governments of the world want to reduce the costs of the energy transition, in part through delay and in part through making it all more complicated than it needs to be. But their reluctance will be disguised through "booster bullshit" language and technical details, with little result. Greta Thunberg had it right when she said that world leaders just talk "blah blah blah"

and have done so for 30 years, as is evidenced by the continued growth in emissions ever since COP1.

These meetings are also about abusing the idea of science. Science is the rigorous, relentless questioning and analysis of data in pursuit of truth – the use of data, reason and analysis and the testing of a range of hypotheses. COP science is about resisting alternative explanations for various climate events and insisting that the "science is settled."

For some, science is shorthand for a near-religious belief in certain key tenets of the climate agenda. For others, science is a vehicle for securing the funds they are seeking. For yet others, science is a cudgel with which to beat up politicians who do not "follow the science" and accept the projections of computer simulations. But the scientists themselves (especially those on the International Panel on Climate who have made subtle changes in the AR6 assessment) are now questioning the utility and value of computer climate model simulations and suggesting that the computer models are now based less on physics than on politics. Climate summit forced to confront inconvenient truths by Rashid

What can we expect from COP26? Again, Greta Thunberg speaks some sense:

"We can no longer let the people in power decide what is politically possible. We can no longer let the people in power decide what hope is. Hope is not passive. Hope is not blah, blah, blah. Hope is telling the truth. Hope is taking action. And hope always comes from the people."

We should not look to the Glasgow talk-fest for answers: we should look to what our city leaders are doing; we should look to our own energy companies and their investors and ask what they are doing. The answer is obvious. They are transitioning to green energy and doing the work. The investment community is also making the shift happen. It is on track to invest \$500 billion in green initiatives in 2021, with \$1 trillion annually in 2023.

We need to stop looking to governments and green activists to act on climate change. We need to look at our own behaviour and ask ourselves, "what are we doing"?

Those who care about the climate act; those who care about blah blah will all be in Glasgow.

Stephen Murgatroyd



Trudeau announces major cabinet shakeup

Anita Anand to defence, Mélanie Joly to foreign affairs

Prime Minister Justin Trudeau is kicking off his third mandate with a monumental shift in his cabinet lineup that makes significant changes to senior portfolios.

Governor General Mary May Simon oversaw the swearing-in ceremony this morning at Rideau Hall — which saw nine new faces added to cabinet, three names dropped, some prominent shuffles and the creation of new portfolios ahead of Parliament's return on November 22nd.

The new cabinet list adds up to 39 ministers, including Trudeau — slightly larger than the last roster.

In one of the largest shakeups, Oakville MP Anita Anand becomes only the second woman in Canadian history to take on the role of Defence minister, after former prime minister Kim Campbell in the 1990s.

She inherits a tough job as the Canadian Armed Forces continues to battle a sexual misconduct crisis. Multiple high-ranking military officers have been moved out of their jobs while facing allegations.

Anand said the fact she's a woman was part of the "calculation."

"But there are other areas of expertise I will also be imparting to my role, including my expertise in governance and my knowledge of law and process," she told reporters Tuesday afternoon.

"I will say that my top priority is to make sure that everyone in the armed forces feels safe and protected and they have the supports that they need, when they need them, and the structures in place to ensure that justice is served."

Addressing reporters earlier in the day, Trudeau said "there is a crisis within the culture in our Canadian Armed Forces."

"And the women and men who serve in the armed forces deserve better support, deserve a shift in the kind of governance that they have," he said.

"One of the things that people will be learning about Anita Anand in the coming months is that she is a world class expert in governance, with decades of professional experience that she will bring to bear to make sure that the Canadian Armed Forces, the leadership and the operations thereof, are worthy of the extraordinary women and men who choose to serve."

As questions about his handling of that crisis continue to swirl, Harjit Sajjan has been bumped to minister of International Development and minister responsible for Pacific Economic Development Canada.

Trudeau defended keeping Sajjan in cabinet, saying the former defence minister is someone who shows leadership.

"As someone who rose through the ranks of challenging culture in our military and has consistently pushed back against the old boys network, I don't think anyone can be surprised at the kind of pushback he saw as he was trying to bring about changes over the past number of years," he said.

Mélanie Joly received a major promotion this morning, moving up from minister of Economic Development and Official Languages to a much higher profile as Foreign Affairs minister. She also served as a co-chair of the Liberals' national campaign during the last election.

She served previously as minister of Heritage but took a political hit in her home province of Quebec when she tried to promote the government's agreement with Netflix.

"The vision that we will have at Global Affairs is one that takes into account that very strategic work that Canada is doing across the world and it will be a mix of humility and audacity," she said.

She takes over from Marc Garneau, who is no longer in cabinet, and used part of her time

at the microphone thanking him for his role helping to free Michael Kovrig and Michael Spavor from detention in China for more than 1,000 days.

Canada is getting a new Environment and Climate Change minister just days ahead of the United Nations climate change conference in Glasgow (COP26). Long-time environmental activist Steven Guilbeault is taking on the role following his previous posting as Heritage minister.

The Quebec MP, who has worked with groups such as Equiterre and Greenpeace, will have a prominent role in cabinet as the Liberals attempt to slash greenhouse gas emissions by 40 to 45 per cent below 2005 levels by 2030.

In the past, the Conservatives have suggested Guilbeault's presence in the Liberal Party suggests Trudeau is hostile to the oil and gas industry. Guilbeault's appointment is expected to attract more pointed criticism from the sector.

"There is not much of a debate anymore about whether or not climate change is real," Trudeau told reporters today.

"There are some corners of the public sphere where you still see that debate, but for most Canadians and indeed most Albertans, we know that we need to look towards the future."

Guilbeault's predecessor, Jonathan Wilkinson, takes over Natural Resources.

As the country still grapples with the lingering effects of the pandemic, Jean-Yves Duclos takes over the health ministry. He's being replaced as president of the Treasury Board by Ottawa-area MP Mona Fortier.

Patty Hajdu, who took on the health ministry just months before the pandemic hit, becomes minister of Indigenous Services and minister responsible for the federal economic development agency for Northern Ontario.

Hajdu will work on the Liberals' reconciliation agenda with Marc Miller, who slides over to Crown-Indigenous Relations.

Their new appointments come amid renewed calls for justice for residential school survivors and for the federal government to compensate First Nations children. Ottawa has until Friday to decide whether it will appeal a decision by the Federal Court to uphold two Canadian Human Rights Tribunal orders requiring Ottawa to pay out billions of dollars to Indigenous children.

Former government house leader Pablo Rodríguez takes over as Heritage minister, keeping the portfolio in the hands of a Quebec MP. Former whip Mark Holland moves into a cabinet position, taking over Rodríguez's old job.

New portfolios

A number of portfolios have been created, broken up or renamed.

After years overseeing various Indigenous files, Carolyn Bennett moves to a new position as minister of Mental Health and Addictions and associate minister of health.

The veteran politician was recently forced to apologize publicly to Jody Wilson-Raybould after suggesting the Indigenous MP's expressions of concern about residential schools and Indigenous rights were actually a ploy to secure a generous MP's pension. Wilson-Raybould described the message as "racist & misogynist."

Former Public Safety minister Bill Blair becomes president of the Queen's Privy Council and takes on a new role as minister of Emergency Preparedness — a file that used to be housed under public safety.

Marco Mendicino takes over a slimmer Public Safety department.

Dominic LeBlanc stays on as minister of

Intergovernmental Affairs but also takes on the infrastructure and communities files.

Ahmed Hussen becomes minister of Housing and Diversity and Inclusion.

Karina Gould becomes minister of Families, Children and Social Development.

Joyce Murray becomes the new minister of Fisheries, Oceans and the Canadian Coast Guard

Mary Ng becomes minister of International Trade, Export Promotion, Small Business and Economic Development.

Seamus O'Regan becomes minister of Labour. Ginette Petitpas Taylor gets a second chance in cabinet as minister of Official Languages and minister responsible for the Atlantic Canada Opportunities Agency.

Filomena Tassi becomes minister of Public Services and Procurement

Dan Vandal stays on as minister of Northern Affairs but also takes on responsibility for Prairies Economic Development Canada and the Canadian Northern Economic Development Agency.

New faces

There will be some fresh faces around the cabinet table as well.

Former broadcaster and Toronto MP Marci Ien becomes the new minister for Women, Gender Equality and Youth.

Brampton West's Kamal Khera has been named minister of Seniors; the previous minister, Deb Schulte, was defeated in September's election.

Pascale St-Onge, elected in Brome—Missisquoi, has been appointed minister of Sport and minister responsible for Canada Economic Development for Quebec Regions. She previously worked as a union leader in Quebec's cultural sector.

Alberta will get a seat at the table — Edmonton Centre MP Randy Boissonnault is the new minister of Tourism and associate minister of finance. He was first elected in 2015 but lost his seat in 2019, only to win it back last month by a narrow margin. He served previously

as a special adviser to the prime minister on LGBTO2 issues.

Nova Scotia MP Sean Fraser, who was first elected in 2015, finally gets a spot at the table as the new minister of Immigration, Refugees and Citizenship.

Newfoundland and Labrador's Gudie Hutchings moves in as minister of Rural Economic Development.

Helena Jaczek, a former Ontario MPP and provincial health minister, becomes the minister responsible for the Federal Economic Development Agency for Southern Ontario.

Returning ministers

A few ministers are keeping their old jobs. Deputy Prime Minister and Minister of Finance Chrystia Freeland has agreed to remain in both roles and David Lametti stays as attorney general and minister of justice.

Transport Minister Omar Alghabra keeps his job, Marie Claude Bibeau remains at Agriculture and Agri-food, Dianne Lebouthillier stays at National Revenue and Lawrence MacAulay keeps Veterans Affairs.

Carla Qualtrough also remains minister of Employment, Workforce Development and Disability Inclusion.

Francois Philippe Champagne stays on as minister as Innovation, Science and Industry.
Along with Garneau, Waterloo MP Bardish Chagger and Winnipeg Jim Carr were dropped from cabinet.

"It has been an honour and a privilege to serve my country," Garneau tweeted.

Trudeau said that building a cabinet involves making difficult choices.

"Bringing forward people who've served, giving new challenges to folks who haven't and looking at the right balance of regional, diversity, experiences to deliver," he said.

«What I have right now [is] an extraordinary team that is reinvigorated, that is ready to step up and fight for the big things for Canadians ... a team I-m very, very much looking forward to working with.»

► Continued on page

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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.





News Media Canada (NMC, Canada) – BC & Yakon Community News Media Association (BCVCNA, Canada) – Alberta Weekly Newspapers Association (AWNA, Canada) – Sakatchewan Weekly Newspapers Association (AWNA, Canada) – Sakatchewan Weekly Newspapers Association (MCNA, Canada) – Startier Community Newspapers Association (MCNA, Canada) – Telebods (Ophec) (Hig. Canada) – Startier Can

Partial closings at the île Bélair Bridge as of October 25

Route 117 in Rosemère

MARIA DIAMANTIS

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

The City of Rosemère is informing road users and its partners that it will be undertaking relocation work on the drinking water, force main and telecommunication lines at the île Bélair bridge over the Mille Îles River, in the axis of Route 117 (Labelle Boulevard), in Rosemère, starting in the week of October 25, 2021. The work will take place mainly on weekdays, unless otherwise specified, from 7 a.m. to 7 p.m. and will be spread out over a period of three months. During most part of this work, traffic on the bridge will be maintained at one northbound lane and two southbound lanes.

This work will allow for the relocation of pipes hanging on the bridge or in the waterway and is a prerequisite to the ministère des Transports' project to completely rebuild the île Bélair Bridge. It should be noted that the speed limit will be reinstated at 40 km/h in this sector and that the 5-ton load restriction for all road vehicles will remain in effect on the bridge.

This work will result in other lane closures over the next few weeks. In the event of operational constraints or unfavourable weather conditions, this work may be postponed. In order to properly plan their trips, citizens are invited to consult the Québec 511 to find out about current and future impediments.

Drivers are invited to respect the signs in place to ensure the safety of all.



Massive local buying campaign in the Laurentians

Three campaigns, launched simultaneously in Boisbriand, Rosemère and Sainte-Thérèse

MARIA DIAMANTIS

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In order to bolster local economies and support small businesses in the community still affected by COVID, the Thérèse-De Blainville Chamber of Commerce and Industry (CCITB) and its three local wings (AGAR, GEST and RGAB) launched the second edition of their very succesful local buying campaigns which will take place from October 25 to November 15, 2021 in more than 80 participating stores.

These campaigns, launched simultaneously in Boisbriand, Rosemère and Sainte-Thérèse, aim to promote businesses and stimulate local purchasing. Citizens are now invited to purchase \$ 20 vouchers online at participating businesses. This amount will be increased by \$ 10, which will allow customers to receive \$ 30 vouchers. Unfortunately the number of available vouchers is not limitless and preferred stores that receive larger number of customers like the Supermarchés Iga Daigle in Boisbriand run out of vouchers.

'The first editions of the local buying campaigns were a great success and made it possible to donate \$ 105,000 to participating businesses. As part of this project, municipalities, businesses and citizens are all winners and we are delighted to offer a second edition, "said Caroline Du Paul, manager, local development and liaison officer - GEST.

BOISBRIAND **3 CAMPAGNES** ROSEMÈRE D'ACHAT LOCAL



The CCITB relies on their annual partners of AGAR (évoilà5, Pacini, Turcot Olivier Optométristes, Ville de Rosemère), GEST (La Petite Clinique, Prohibition beer bar, Vocalys, Ville de Sainte-Thérèse) and RGAB (IGA Daigle Extra), Faubourg Boisbriand, PFD Avocats, Ville de Boisbriand) which allow them to set up these local buying campaigns. The first buying local campaigns were introduced with dyna-



mism to counter the multiple effects of COVID which struck small Laurentian businesses. About the local chapters of the CCITB

The business wing of Rosemère (AGAR), the Groupement des entreprises de Sainte-Thérèse (GEST) and the regroupement des entreprises de Boisbriand (RGAB) stimulate the economic vitality of Sainte-Thérèse through collective projects and commercial support. The AGAR,



the GEST and the RGAB are wings of the Thérèse-De Blainville Chamber of Commerce and Industry (CCITB) whose role is to propel the success of local businesses through its 4 calls to action: To connect, to evolve, to get informed and to mobilize.



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17 health heavyweights sign to block the use of independent workers

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

In the wake of the ministerial announcements. the 16 presidents and CEOs of health and social services institutions across the Greater Montréal area, the south shore and the north shore, as well as the Association des établissements privés conventionnés, jointly commited, to taking the steps needed to making significant changes to certain practices, all in the interest of staff, patients and their loved ones.

Their objective, outlined in a letter titled FOR A HEALTHY PUBLIC NETWORK: FROM WORDS TO ACTION, those 16 key players in the Greater Montreal area wish to create a stimulating work environment for public network employees, as well as provide them with healthy working conditions and a better work-life balance. Through their actions, they aim to restore confidence and persuade those who have left to come back to the public network.

In keeping with the measures that were announced, thhey commit to abolishing the use of independent workers, starting with nursing and cardiorespiratory staff.

Their pledge:

• Starting November 1, 2021 (aside from specific exceptions provided for in the plan),



their 17 institutions will cease to train new nurses, licensed practical nurses and respiratory therapists from private agencies;

- The most coveted shifts will be set aside for nursing and cardiorespiratory employees from the public network;
- The renewal or signing of new mutual agreements with private agencies will be discontinued;
- Hiring will be fast-tracked, resulting in

quicker reintegration within the framework of a joint virtual 514-450 job fair.

Their actions will be guided by these principles:

- Patient safety remains a priority and there will be no compromises in this regard;
- Solidarity between the institutions is one of the values that is key to the success of this initiative:
- Their hope is to provide staff members with the most optimal working conditions and recognize the value of their skills and expertise.

By giving healthcare workers the recognition and conditions, they deserve, they are confident that they will further the consolidation of a public network that is robust, accessible and safe for all.

The letter is signed by:

Ms. Maryse Poupart, CISSS de Lanaudière

Ms. Rosemonde Landry, CISSS des Laurentides

Mr. Christian Gagné, CISSS de Laval

Mr Richard Deschamps, CISSS de la Montérégie-Centre

Ms. Louise Potvin, CISSS de la Montérégie-Est

Mr. Philippe Gribeauval, CISSS de la Montérégie-Ouest

Mr. Lawrence Rosenberg, CIUSSS du Centre-Ouest-de-l'Île-de-Montréal

Ms. Sonia Bélanger, CIUSSS du Centre-Sud-de-l'Île-de-Montréal

Mr. Sylvain Lemieux, CIUSSS de l'Est-de-l'Île-de-Montréal

Mr. Frédéric Abergel, CIUSSS du Nord-de-l'Île-de-Montréal

Ms. Lynne McVey, CIUSSS de l'Ouest-de-l'Île-de-Montréal

Mr. Fabrice Brunet, Centre hospitalier de l'Université de Montréal (CHUM)

Ms. Caroline Barbir, Centre hospitalier universitaire Sainte-Justine

Mr. Pierre Gfeller, Centre universitaire de santé McGill (CUSM)

Ms. Mélanie La Couture, Institut de Cardiologie de Montréal (ICM)

Ms. Manon Boily, Institut national de psychiatrie légale Philippe-Pinel

Mr. Jean Nadon, Chairman, Association des établissements privés



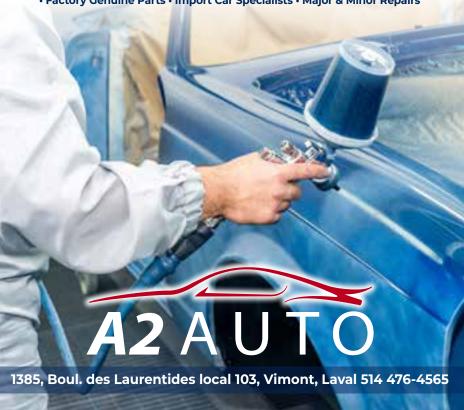


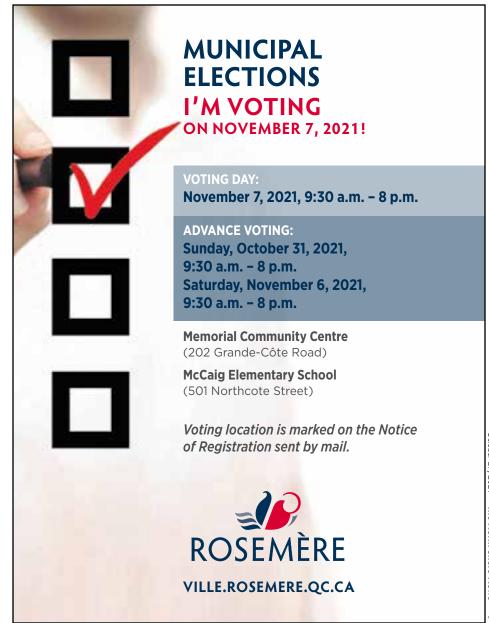


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3 fun Halloween crafts

Are you looking for a fun Halloween craft to do with your kids? Here are three ways you can spark their creativity.

1. PUMPKIN SEED COLLAGE

This craft will allow you to use up your leftover pumpkin seeds. You'll also need paint, paintbrushes, glue, glitter and a sheet of paper. Start by painting the seeds different colours. Then, ask your children to paint a Halloween-themed picture, such as a bat, a haunted house or a witch, and decorate it with the colourful pumpkin seeds. Lastly, your children can top off their creations with glue and glitter.

2. HAND MONSTERS

Gather construction paper, scissors, glitter, glue, googly eyes and any other craft materials you have on hand. Help your kids trace the outline of their hand onto the paper and cut it out. They can then decorate the cutout of their hand so that it looks like a monster.

3. GLOW-IN-THE-DARK PUMPKINS

Instead of carving your pumpkin, paint it with neon glow-in-the-dark paint. You can paint the entire pumpkin one colour, and then add shapes and designs using a different colour. Finish it off by using a marker to draw eyes, a nose and a mouth.



These easy craft ideas can be enjoyed by kids of all ages. And if you don't have the required materials lying around your house, you can take a fun family trip to the local craft store.

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6 things to do with leftover Halloween candy

Do you have a ton of leftover Halloween candy? Instead of throwing it away, here are six things you can do with it.

- 1. Bake it. Break your candy into small pieces and use it in your cookies instead of chocolate chips, or sprinkle it on top of your cupcakes, pies and other baked goods.
- **2. Donate it.** Find a local charity that's willing to accept candy donations. Don't donate anything that's not properly sealed.
- **3. Freeze it.** Candy stays good for a long time, but you can extend its shelf life by chopping it

up and freezing it for later.

- **4.Reuse it.** Save your candy so that you can reuse it at Christmas, Easter or your kid's next birthday party. Halloween candy is great for filling piñatas and loot bags.
- **5. Drink it.** Use lollipops and other hard candies to sweeten your tea or cocktails. You can also melt hard candy in your kid's hot chocolate.
- **6. Trade it.** Check with your dentist to see if they have a buyback program where they trade toothbrushes, floss and other items for candy.

Remember to involve your kids in

the process. They're sure to have some good ideas about what to do with the excess candy.







The most boo-tiful night of the year



Halloween-themed games to get your kids moving

Are you looking for ways to keep your little ones active this Halloween? If so, here are some fun games and activities that will get your kids moving.

HALLOWEEN SCAVENGER HUNT

Make a list of Halloween-themed items such as ghosts, witches and pumpkins. Then, go for a walk with your kids and have them search for the things on the list. If the weather's bad, you can print pictures of the items and hide them around your house for a fun indoor activity.

CANDY TREASURE HUNT

Hide candy, stickers or toys inside your home and around your yard. Prepare riddles and clues that will help point your kids in the right direction. They'll need to solve the clues to find the hidden treasures.

SPOOKY RELAY RACE

Create an obstacle course using Halloween decorations or balloons. Create teams and have each member race through the obstacle course with a mini pumpkin balanced on their head.

PUMPKIN BOWLING

Make a Halloween bowling game with your kids. First, decorate a ball so that it looks like a pumpkin. Then, gather empty water bottles and fill them with cotton balls. Use a black marker to draw eyes on the bottles so they look like ghosts. Finally, set

them up like bowling pins and let your kids try to knock them

Prepping these activities is half the fun, and you can get your kids to help you with the setup. Look around your house or visit the stores in your area to stock up on materials.



What can you give for Halloween instead of candy?

Traditionally, people hand out **ALTERNATIVE TREATS** candy to trick-or-treaters on Halloween. But what if you want to give something other than candy this year? After all, candy isn't the healthiest treat, and lots of it ends up going to waste. Here are a few fun ideas you may want to try.

TOYS AND ACTIVITIES

You may want to dole out little toys and activities instead of candy. These items are sure to please even the pickiest trick-ortreaters:

- Temporary tattoos
- Bouncy balls
- · Play-Doh
- Glow sticks
- Playing cards
- Bubbles
- Silly string
- Crayons Puzzles
- · Sidewalk chalk
- Pencils and erasers



There are a number of non-candy treats you can hand out for Halloween. Here are a few sug-

· Raisins or other dried fruits

- · Mini water bottles or juice boxes
- · Granola bars
- Fortune cookies
- Pretzels

aestions:

Remember to stay safe this Halloween. Avoid handing out items that could be hazardous, and make sure to only choose treats that come in sealed wrappers and packages.

DEVELOP SWEET REFLEXES

HALLOWEEN SAFETY TIPS

Halloween night and the weeks of preparation leading up to it can be very exciting for children of all ages, it's a special celebration shared with their family, friends and community that offers them a rare opportunity so walk around their neighbourhood at night.

The trick to making Halloween a real treat is to follow these 'sweet' safety tips:

Before Halloween:

- Choose bright costumes and have your children carry flashights or glow sticks so they are easily visible.
- Plan a trick-or-treating route in familiar neighbourhoods with well-lit streets. Make sure to identify all the safe places where your children can seek help in case of an emergency.
- Make sure your children know your cellphone number and address in case you get separated. For older children, consider giving them a cellphone so they can reach you easily.
- Remind them, not to text while walking or crossing the street!
- . Teach your children to say NO! in a loud voice if someone tries to grab them or entice them away.

On Halloween Night:

- Make sure older children go with friends and shat shey stay together while trick-on-treating.
- · Remind your child to only visit homes that are well lit and decorated, and to always wait on the porch.
- · Remind your child not to approach any vehicle or accept a ride unless they have your permission to do so.
- All good things must come to an end! Make sure that older children respect the agreed-upon time to return home.
- Carefully inspect all the treats and immediately discard any that are unwrapped.



Happy Halloween!

Deux-Montagnes fire fighters honored by the government of Quebec

MARIA DIAMANTIS

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

On October 10, the Quebec government paid tribute to 29 firefighters from the Intermunicipal Fire Department of Deux-Montagnes / Sainte- Marthe-sur-le-Lac as part of the National Firefighters Recognition Day. These heroes from the Deux-Montagnes / Sainte- Marthe-sur-le-Lac region were awarded the Medal for Meritorious Act for their intervention during the rupture of the dike of Sainte-Marthe-sur-le-Lac, on the evening of April 27, 2019.

Although this team of 29 firefighters is among the winners of the 2020 edition, the Deputy Prime Minister and Minister of Public Security, Ms. Geneviève Guilbault, paid tribute this year to the leadership and bravery they demonstrated during this exceptional intervention. Note that the 2020 official recognition ceremony did not take place due to the pandemic.

The team of 29 fire fighters and executives from the intermunicipal fire safety service of Deux-Montagnes / Sainte-Marthe-sur-lelac recipients of the medal for meritorial act are: Director Norbert Vendette, Captain Steve Charron, Captain David Michaud, Bradley Mills, Captain Terrence Whitton, Lieutenants: Brent Martin, Patrice Paquette, Robert Slovick, Louis Viau, Firemen: Mathias Béchiau, Dominic Béland, Jean-François Chartrand-D'Aoust, Éric Clark, Félix Clouette-Laflèche, Philippe Côté, Alexandre Filiatreault, Sébastien Gagnon, Jonathan Gladu, Ryan Kiley, Pierre-Olivier Langlois, Samuel Larochelle, Sébastien Lizotte, Alexandre Longpré, Jean-Luc Martin, Randy Mills, Stewart Mills, Steve Nguyen, Giovanni Pino and Benoît Taillefer "The intervention of these firefighters on the evening of April



27, 2019 was exceptional. For their speed of intervention, their expertise, the composure they have shown, the empathy they have shown, I say thank you from the bottom of my heart on behalf of the people of Sainte- Marthe-sur-le-Lac " said the mayor of Deux -Mountains, Denis Martin.

The Intermunicipal Fire Department

The Deux-Montagnes / Sainte-Marthe-sur-le-Lac Intermunicipal Fire Department serves a population of over 37,000 residents and covers an area of approximately 16 square

Last row from left to right: firefighter Jean-François Chartrand-D'Aoust, firefighter Éric Clark, Captain Steve Charron, Lieutenant Robert Slovick, firefighter Sébastien Gagnon and Lieutenant Brent Martin. In the front row, from left to right: firefighter Pierre-Olivier Langlois, firefighter Giovanni Pino and firefighter Stewart Mills

Photo credit: MSP.

kilometers. Annually, the Fire Safety Service responds to more than 900 calls for intervention on the territory as well as mutual aid in some neighboring towns.



Two citizens appointed to the Order of Saint-Eustache





MARIA DIAMANTIS

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

As part of the twelfth edition of the Order of Saint-Eustache, on October 20, the City of Saint-Eustache paid tribute to two deserving citizens at the Center d'art La petite Église. Thus, Mrs. Ginette Dépatie and Mr. André Roy received the highest honorary distinction awarded by the City to its citizens. The event took place in the presence of the mayor, city councilor Nicole Carignan-Lefebvre, members of the jury and recipients who were accompanied, for the occasion, by their respective guests.

The mayor, Mr. Pierre Charron, addressed the audience: "We have the honor to highlight the commitment of an exceptional woman and man, whose actions, gestures and the achievements reflect on our entire community. What makes the beauty, the richness and the strength of a community is being able to count such inspiring people in its ranks. Ms. Dépatie and Mr. Roy, each in their own way, are among our best ambassadors and we can easily recognize them as visionaries, leaders, but also people deeply rooted in their community."

In fact, Ms. Dépatie has been involved with young mothers who have been in a vulnerable situation for 40 years now, through the Center Marie Eve. In addition to her role as a facilitator, she sees to the recruitment and training of volunteers, while sitting on consultation tables in the community. In addition, she participates in the establishment of branches of the Center Marie Eve in other cities of the Lower Laurentians.

Mr. Roy, meanwhile, helped promote the athletes of Saint-Eustache and the region for half a century as director of sports pages, then director of public relations for the weeklies L'Éveil and La Concorde. He was interested in both amateur and professional athletes, wielding the pen as well as the camera. Over the years, he has also involved himself in many charitable causes close to his heart.

For these nominations, a jury made up of former recipients and honorary members from different backgrounds was responsible for analyzing all the nominations received within the framework of the Order of Saint-Eustache, according to the established criteria. The 2021 jury was made up of Ms. Marion H. Gérard, President, Ms. Hélène Levasseur-Trudelle and Carole Héroux as well as MM. Antonio Lavigne and Michel Rousseau. The judges were accompanied by Ms. Nicole Carignan-Lefebvre, President of the Communications and Citizen Relations Commission.

"It was in 2006 that the members of the municipal council decided to establish this recognition, so that it could be registered over time. Since then, twelve editions of the Order of Saint-Eustache have been held, in the framework of which thirty-five people have been named Grandes Citoyennes ou Grands Citoyens de Saint-Eustache. We are really happy to have been able to pay a lasting tribute to these distinguished citizens, "recalled Ms. Carignan-Lefebvre.





Up In The Air

I am a 21-year-old college senior looking forward to graduation in four months, pursuing a career and possibly my first love. So here's the question...

I've been in love with my first boyfriend, with whom I shared my first time, since I was 15. I knew I cared about him then, but I thought it was puppy love. Although the relationship didn't last long, we dated again sophomore year of college and began "hooking up" again five months ago.

We both dated other people in the interim. I'm beginning to realize I am really in love and thinking about a future with him. The problem is we go to school four hours away from each other. I'm 21, he's 23. We also feel we deserve to "have fun" our last semester at college. The big problem is neither of us knows where we'll end up after graduation.

Plus, I'm not sure he knows how very much in love with him I am. I'm scared he'll find somebody else if I don't tell him. But I'm also not sure how he'll take it if I do. He doesn't show his emotions much.

Am I insane in thinking everything will work out if I tell him? We've talked about it, and he's never felt so "comfortable" with anyone before, but I'm not sure how he feels about a future with me.

I think he feels the same or we wouldn't keep going back to each other. Either way, I don't want to scare him away by confessing my love and my hopes for a future, but I need to tell him how I feel!

Kira

Kira, when we read your letter, we wondered what it was really about. Is it about nothing ventured, nothing gained? Is it about the power of first love? Or is it about something else?

Though we often tell people to be brave (ask the girl for a date, go for that job you want) we don't think that's your main issue. Though the "first time" can leave an indelible mark, we don't think that's the issue either.

Look, you two are hooking up and "having fun" with multiple partners. By definition, that's not love. You say he's comfortable with you, but we'd bet he's comfortable with every woman he hooks up with. Comfortable enough to be having casual sex with them.

Near the end of the movie Up in the Air, a young woman is shown interviewing for a job in San Francisco. This will be her second job after college. When the interviewer asks why she took her first job, a dead-end job in Omaha, she answers candidly. "I followed a boy."

That's what your letter is about. "I graduate in four months; I don't know what job I'll have; I don't know where I'll be. Everything is unsettled and I'm scared."

You are moving on to a completely different stage of life, and of course you are scared.

But this man doesn't love you enough to say, "I'm not comfortable with you hooking up with other men." You don't love him enough to say, "I'm not comfortable with you hooking up with other women." Sex with no strings attached is the opposite of a genuine relationship.

But at 21 with a college degree, all the possibilities of life are open to you. Don't think about marriage and forever with a hookup.

Go on! Get your new life. Hightail it to your college placement office and schedule job interviews. Explore all the possibilities. Embrace this challenge. Above all, don't become that young woman who has to explain a blunder in her life by saying, "I followed a boy."

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of YOUR OTHER HALF (www.yourotherhalf.com)
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◄ Continued from page 5

When asked about rumours that Garneau will be given an ambassador role, Trudeau said "this cabinet is the news of the day."

Remuneration...

There are many reasons MPs covet a spot around the cabinet table — such as the opportunity for more power and influence. Ministers are also paid \$88,700 on top of the current annual base MP salary of \$185,800 and are entitled to an official car and driver.

O'Toole criticizes PM's picks

Conservative Leader Erin O'Toole was quick to criticize the new cabinet lineup, saying it's filled with "largely inexperienced and ideologically driven individuals."

"With inflation at a near twenty-year high, causing gasoline, grocery and housing prices to skyrocket, and businesses suffering from major supply chain interruptions, it is clear from today's appointments that the Trudeau government is not serious about addressing Canada's economic challenges," he said in a media statement.

"Today's changes to cabinet represent just another example of the prime minister continuing to reward ministers who have consistently demonstrated incompetence and a lack of accountability."

NDP Leader Jagmeet Singh...

NDP Leader Jagmeet Singh said he expects Anand to usher in "immediate change in the culture of the Canadian Armed Forces" and to implement recommendations from the 2015 Deschamps review into sexual misconduct in the forces.

He also urged the two ministers in charge of Indigenous files to not appeal the Federal Court decision and to concentrate on ending boil water advisories on reserves.



News Parc-extension



Classified Section



4 benefits of working for a family business





No matter what industry they're in, family businesses are unique. If you're looking for a new job, here are some of the advantages of working for one.

- 1. They offer a sense of belonging. If you don't want to feel like a number, joining a family-owned business is the right choice. You'll likely be part of a small, close-knit team that's truly invested in your well-being.
- 2. They subscribe to strong values. Family businesses are generally driven by strong values such as reliability, trust, respect, solidarity and transparency. These values are reflected in the way they treat their customers, suppliers, partners and employees.
- 3. They tend to endure for a long time. Since family businesses are passed down from one generation to the next, they continue to develop and grow over the years. This changing of hands keeps things fresh and ensures the company continues to thrive.
- 4. They have a good reputation. Family businesses have a strong interest in protecting their reputation to encourage pride in the family name. They not only want to present a positive image to their customers, but they also want their employees to speak well of them.

If you want to be part of a company run by a devoted and caring team, consider working for a family business.

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In Memoriam & Obituaries



DENISE CANAPÉ 1957 - 2021

In Baie-Comeau on October 24, 2021, passed away at the age of 64, Mrs. Denise Canapé. She lived in Pessamit. She is survived by her husband Denis "Tony" Hervieux, her children: Adèle (Yannick), Wendy, Tommy (Sophie), Peirre-Luc, Marie-Louise (Robert), Wilfrid, Anthony and Jessy, her grandchildren: Shania, Josué, Stéphanie, Sheyla, Alexandre, Dwayne, Timothy, Lishapet, Marie-Michelle, Zakary, Jeff, Tricia, Samuel, Lili-Océanne, Coralie, Kassandra and Kate, her 11 great-grandchildren, and other relatives and friends.



SYLVIANNE DEROY 1936 - 2021

At the Résidence Boisvert on October 25, 2021, passed away at the age of 85, Mrs. Sylvianne Deroy, wife of the late Mr. Émilien Beaulieu. She lived in Baie-Comeau. She is survived by her sons: Michel (Chantale), Alain (Louise) and Ghislain (Lyne), her daughter Carole (Pierre), her grandchildren: Véronique (Frédérik), Marjorie (Paul), Maggie (Jason), Émilie (Étienne) and Andréanne, her brothers and sisters: Sr. Jacqueline, Anita, Jean-Marie (Lisette), Alexandre and Normand (Alexina), her brothers-in-law and sisters-in-law of the Deroy and Beaulieu families, her nephews and nieces, as well as other relatives and friends.



MOURNING REMEMBERING • COMMEMORATING



Three modern funeral trends

There's no one right way to approach a funeral and today's ceremonies are increasingly stepping away from long-held traditions. Given that each individual leads a unique life, it follows that when a person passes away, he or she is commemorated in an equally unique fashion. Here are three ways forward-thinking families are customizing funerals for the modern age.



1. NOT WEARING BLACK

Some families ask guests to forego the traditional garb and instead sport bright colours. This practice encourages people to regard the ceremony as first and foremost a celebration of the deceased's life.



This is another way of putting the accent on celebration and commemoration. A funeral can be themed around a personal passion, a special achievement, a favourite colour, a choice book or film — you name it.



3. GREEN FUNERALS

Environmentally conscious individuals are increasingly opting for eco-friendly funeral practices. Green funerals may include a burial in the forest, using remains to grow a tree and choosing sustainably sourced wood for the coffin.

These are just a few ways to personalize the funeral of your loved one. There's nothing stopping you from expanding on these ideas or using your own, so long as the wishes of the deceased are taken into account.



TRÉPANIER, GEORGETTE (LÉVESQUE) 1946-2021

In Sept-Îles, on October 23, 2021, passed away at the age of 75, Mrs. Georgette Trépanier wife of Eric Lévesque and domiciled in Sept-Îles. She is survived by her husband Mr. Eric Lévesque and her sisters: Alvine, Solange, (Éloi Beaudin), Thérèse and Pierrette, her brothers: Gaston, Maurice (Louise Gallienne) and Jacques (Carole Gauvreau), her brother-in-law Marcel Pelletier, her sister-in-law Micheline Ethier, her nephews, nieces, cousins and many friends.



JOSÉE JOMPHE 1963 - 2021

At the CISSS de Sept-Iles, on October 22, 2021 passed away at the age of 58 Josée Jomphe daughter of the late Mrs. Simone Boudreau and the late Mr. Yvon Jomphe. She lived in Sept-Iles Mrs. Josée Jomphe is survived by her daughter Véronique, her brothers and sisters: Pierre, Normand, Carol, Raoul, Line, Martine, Yvonne, Sylvain and Luc, her brothers-in-law and sisters-in-law as well as her nieces and nephews.



SAVARD LÉONARD 1931 - 2021

In Sept-Îles, on October 18, 2021, passed away at the age of 90, Mr. Léonard Savard husband of Mrs. Rolande Gagné and domiciled in Sept-Îles. He is survived by his wife Rolande Gagné, his children: Marc-André, Yvan (Lise Neveu), Étienne, Linda (Martial Martel) and Julie, his grandchildren: Vicki (David Tancrède), Carl (Jessica Gagné), Maxime (Marc-Antoine Tremblay), Pamela (Steve Thériault), Simon and Johnny, his great-grandchildren as well as his brothers-in-law, sisters-in-law, nephews, nieces, cousins and many friends.

The second

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HOROSCOPE

Week of OCTOBER 31 TO NOV. 6, 2021

The luckiest signs this week:

SAGITTARIUS, CAPRICORN AND AQUARIUS



You'll find yourself with quite a bit of work to do, and a minor cold could slow you down. Make sure you get enough sleep. You'll also need to pay more at-tention to your health in general.



You'll find yourself in the spotlight for some reason. Fortunately, you'll be able to lighten the mood with your quick wit. Someone may share a secret with you that will leave you wonde-ring what to do.



You might have some work to do on your house before winter. A family member will be a source of concern. If you plan on moving, you'll need to prepare well in advance if you want to make things easier on



CANCER

Don't forget to use a GPS app when you hit the road so you don't wind up dri-ving in circles. You'll finally get con-firmation on certain matters, and you'll return calls from important people.



You'll finally receive a sum of money that's been owed to you for quite some time. You'll win the battle for a re-fund or insurance claim. Justice will be on your side this week.



VIRGO

You'll have a front-row seat to an in-teresting event. Your initiatives will get things moving. In your profes-sional life, everything is falling into place for that funding or raise you've been after.



LIBRA

The week will begin with confusion. You'll need a second cup of coffee to keep you alert. You'll have your head in the clouds on several occasions, but this will encourage creativity.



SCORPIO

Colleagues and relatives will put you in charge of numerous activities when you would prefer to play a supporting role. Have faith in yourself, and you'll impress many people.



SAGITTARIUS

If the company you work for is res-truc-turing, you'll feel a little bit anxious about keeping your job. Fortunately, you'll have the opportunity to move up the ladder to a senior management position.



CAPRICORN

You may suddenly be inspired to start a training program that could lead to some exciting new career opportu-ni-ties. As for your spiritual side, you'll find that you need to strengthen your convictions.



AQUARIUS

You'll be more sensitive than usual and easily moved. Change could ge-nerate some anxiety, but you'll find the outcome to be quite liberating. You'll begin the process of buying property.



PISCES

It's important to gather all the ne-ces-sary information before making a de-cision, even if you feel rushed. Take the time to reflect on your choices be-fore you show your hand to others.

ee Break

CROSSWORDS PUZZLE NO. 100

Sudoku

contains the numbers 1 through 9 only once.

Fill in the grid so that every row, every column, and every $3x3\ box$

few numbers to get you started. Remember: You must not repeat

Each 3x3 box is outlined with a darker line. You already have a

the numbers 1 through 9 in the same line, column, or 3x3 box.

HOW TO PLAY:

ACROSS

1. Stick around 5. That girl

- 8. Final
- 12 Confederate
- 13. King Kong, e.g.
- 14. Yodeling sound 15. Howl
- ___ service 16._
- 17. Track competition 18. Notable period
- 20 Chances 21. Mexican sauce
- 24. Baseball's Swoboda 26 Deadlock
- 27. Small piece
- 30.Also
- 33. Lyric poem
- 34. The ones there
- 35. Admit for a visit 36. Part of mph
- 37. Devoured
- 38. Elongated fish

- 39. Swiss peak
 - 40. Avoid
 - 42. Elated 45. Baseball-card deal
 - 48 Dilly 49. Tin_
 - 50. Royal garment
 - 54 _ tradition
 - 55. Cup part
 - 56. Soft light
 - 57. Choicest
 - 58. Sneaky
 - 59. "Jagged

Manner

Unwell

4. Kinds

Saga

2. Foamy brew

5. Crown of light

Word another way

Did better than a B

Defective auto

39. Mature DOWN

- 41 Brink
- 42. Droplet
- 43 Bait
- 44. Oh. woe!

10. Discard

19 Soft hue

22. Deputy

21. Eight-sided sign

23. Impolite look

28. Book divisions

30. On a voyage

31. Shortcoming

32. Remove from print

25. Unlocked

29. Decay

11. Tykes

- 46. Amtrak travel 47. Military force
- 51. Not young
- 52. Marsh
- 53. Lamb's mother

4 8 6 4 9 8 6 2 5 2 3 6 8 2 6 4 5 2

Last Issues' Answers

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