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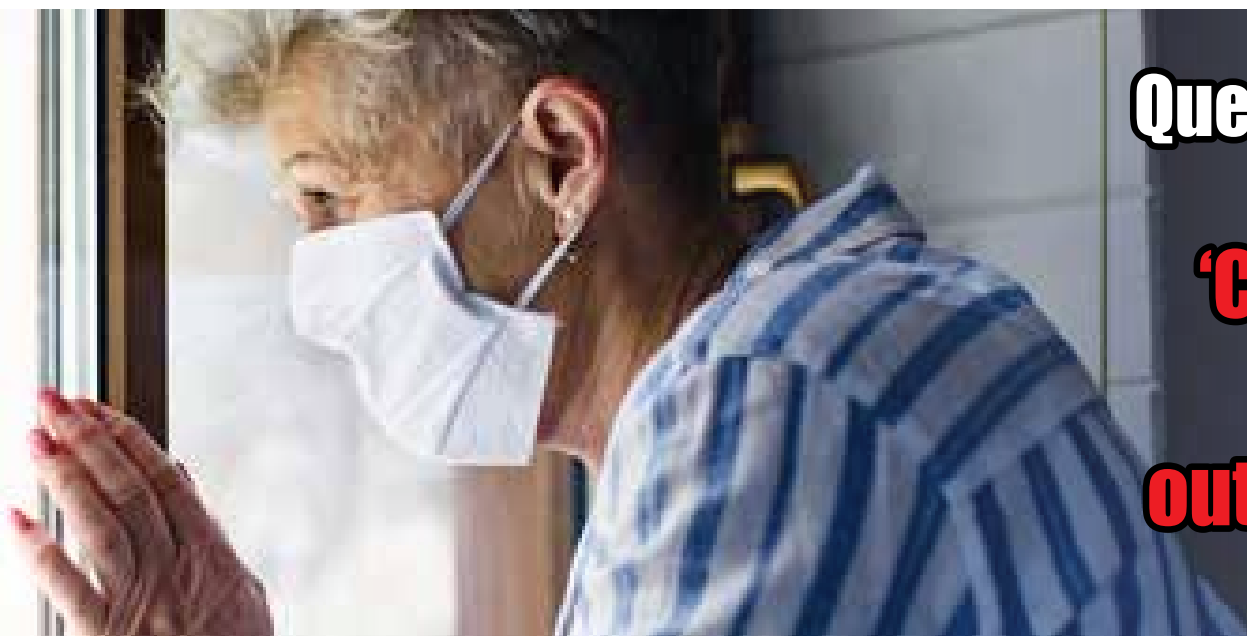
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# We all have questions about the vaccine

Why should I get my child vaccinated if they're at lower risk of complications from COVID-19 than an adult?



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Getting vaccinated is the best way to protect us all.



# Canada Post workers on unpaid leave, because of Covid vax non-compliance

*During leave without pay, anxieties increase within families, says CUPW's Alain Robitaille*



**MARTIN C. BARRY**  
marty@newsfirst.ca

The labour union representing Canada Post workers is contesting the crown corporation's temporary suspension without pay of employees who are not complying with the federal government's order that they become fully vaccinated against the COVID-19 virus.

## Covid vax mandatory

On Oct. 6, the Trudeau Liberals announced their government's plan to require COVID-19 vaccination across the federal public service and federally regulated transportation sectors. Under the new policy, federal public servants in the core public administration, including members of the Royal Canadian Mounted Police, were required to confirm their vaccination status by Oct. 29.

Those who were unwilling to disclose their vaccination status or to be fully vaccinated were to be placed on administrative leave without pay as early as Nov. 15. Crown corporations such as Canada Post and separate agencies were asked to implement vaccine policies mirroring the requirements announced for the rest of the public service.

## Leave without pay

According to Alain Robitaille, president of the greater Montreal local of the Canadian Union of Postal Workers (CUPW), the deadline for postal employees to comply with Ottawa's order was midnight Nov. 26, failing which they would be placed on leave without pay until further notice.

"The postal union is not against Covid vaccination," he said. "We are aware that it is the best solution possible for the population in general. We know that it is a good thing and we feel it is important to say so. However, what we are contesting to an arbitrator is that we feel there are alternatives for those who don't want to be vaccinated which are also valid – including frequent screening."

## Many non-compliance reasons

Although the anti-vax movement has perhaps created in certain people's minds a stereotypical image of those who oppose mandatory Covid vaccination, Robitaille said there are

many reasons why some CUPW members are reluctant to or don't want to comply, including concerns over individual rights, religious convictions and health issues.

"A certain number of members of the postal workers' union have all sorts of concerns about the vaccines, both founded and unfounded," he said in an interview with Newsfirst Multimedia. "I am sure that a certain number of those concerns are unfounded. However, that being said their fears are very real."

In all, the CUPW's Montreal region local (which takes in Montreal Island, the South Shore, Laval and the North Shore) has around 6,000 members, around 600 of those being from Laval.

## Workers feeling the strain

Robitaille said that 10 per cent of the membership have expressed concerns about the government's order to become fully vaccinated, corresponding roughly to a trend seen in the rest of the population. He said the government's decision to enforce the vaccination requirement has greatly impacted the postal workers and is weighing heavily on some of them.

"During leave without pay, debts accumulate, anxieties increase within families, damage is done," he said, noting that the postal service has been one of the few sectors of the country's economy that continued to operate without stopping since the start of the pandemic early last year.

## 'Hard on families'

"We've been on the job since the beginning. It's been hard on families, on human resources. And now this latest development will be yet another blow they'll have to deal with just as the Christmas season is starting."

On Nov. 25, the national CUPW announced that a "cease and desist" order the union had sought in court against Canada Post's vaccination position wasn't granted.

The arbitrator did, however, order a hearing on the merit of CUPW's case, allowing the union to present its arguments within a shorter period than would ordinarily be the case. "CUPW is disappointed by the result, but we still feel we have a good case on the merit," said Carl Girouard, the CUPW's national grievance officer.



Photo: Alain Robitaille, president of the CUPW's local for the greater Montreal region, says Ottawa's 'leave without pay' order for the Covid-unvaccinated is "yet another blow" some of the union members have to deal with just as the Christmas season is starting. (Photo: Courtesy Radio-Canada)

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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo



### Did Climate Change Cause Noah's Ark?

I don't want to get into a climate change debate, but one thing is for sure. Climate change is happening and it can not be reversed by humankind. It's just the way it is and has been since the Big Bang, some 14 billion years ago. It's been "expanding, cooling and evolving" ever since. Can it be slowed? According to most, yes it can. But stopped or reversed, no. Our earth has been fluctuating from 'super green house to an ice house' many times since life began. Some semblance of records, we are told, began only in the 19th century. That's not very long ago. In fact, it's a grain of sand considering the period we stopped climbing trees and eventually began to walk upright three to six million years ago. So, what did really happen?

Do you believe in Noah's Ark? The Bible says he did build it, but that's not enough to convince everyone. The fact is, evidence indicates massive floods in then called Mesopotamia, today known as Iraq, were prevalent, with heavy and continuous periods of rain flooding the Tigris and Euphrates rivers. Egyptian archeologists among others, have found evidence of fossiliferous "flood deposits", in Iraq.

According to The National Center for Science Education, over hundreds of thousands and millions of years have resulted in "changing configuration of continents and oceans, changes in the Sun's intensity, variations in the orbit of Earth, and volcanic eruptions." This is climate change.

A Saskatchewan farmer once told me overlooking his field of golden wheat, "It's hard to imagine all this was underwater long ago. Yup, that's Mother Nature". Today it's called climate change.

Which brings us to the BC 'flood of the century'. We now say, and especially those directly impacted "we've never seen anything like this". Of course not. It doesn't mean it never happened. It did. So, one has to wonder why politicians did not heed the warning signs.

Yes, there were warning signs. This could have been avoided. In the 1920's one huge B.C. Lake called Sumas, was actually drained and the water that naturally flowed into it was stopped, diked, and voilà, there was suddenly one very fertile prairie where just about anything and everything could grow. It was hailed as a great engineering feat.

But this has to be underlined. As early as three years ago, 2018, a B.C. historian had a warning. Chad Reimer wrote a book, Before We Lost the Lake: A Natural and Human History of Sumas Valley. Author Reimer warns of the evidence of flooding every 45 to 100 years that "should not lull us in a false sense of security. This complacency has

been unfounded". Reimer was spot on! Oh yes, politicians from every level had been commissioning reports and studies, but let's face it, spending taxpayers' money on solidifying infrastructure does not attract votes. And today, Canada is paying for it. Yes Canada, not just BC, because we were literally cut off from the Port of Vancouver for a week. Yes, the folks in BC had to ration gasoline, because the Alberta pipelines of oil and gas were shut, but a lot leaves and arrives from the west coast that serves all of Canada, and parts of the U.S. And with roads and rail snapped like uncooked spaghetti, the gateway of goods from around the world stopped. I'm referring to the Port of Vancouver which handles everything from "clothes and candy, to electronics, grain and produce, canola oil, chemicals, fuels, lumber products, machinery, and automobiles."

In fact, the Vancouver Port handles \$1 of every \$3 of Canada's trade in goods outside of North America. It has 120,000 employees, compared to the much smaller 19,000 at the Port of Montréal. This life-line is a federal jurisdiction, so the onus is clearly on Ottawa to stop the focus on carbon taxes and more on floods. Implement measures with immediate results, to assure this destruction does not happen again in Newfoundland Labrador, and on the 'wet coast'.

Notes:

Omicron and other variants will occur as long as the other half of the world is not vaccinated.

In Saskatchewan, if you own an EV, there is now \$150.00 yearly tax on your car because owners don't pay the 15 cents per liter gasoline tax. Fair is fair.

Shamefully, no one in the Trudeau cabinet condemned self-proclaimed environment king David Suzuki for suggesting domestic terrorism, pipelines will be blown up if more is not done on climate change.

Joe Biden is importing 844 000 barrels of oil a day, from Russia. He killed the Canadian XL Keystone pipeline, (no objection from our P.M.) which would have delivered the same amount of Canadian oil to the U.S.

After stopping our oil exports, Biden's EV tax credits to Americans could kill Ontario's auto industry. Thanks so much smiling Joe.

Comedian Rick Gervais "I hope the next generation cancels the 'cancel culture' generation"

**That's what I'm Thinking.**  
**Robert Vairo**  
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**#NewsMatters:**  
**The National Assembly  
Report**

By Raquel Fletcher

### Liberal leader slams "historic anglophones" reference

Quebec Liberal Party leader Dominique Anglade is trying to distinguish her party from the governing Coalition Avenir Québec on at least two fronts – anglophones and climate change.

During the Liberal's policy convention this past weekend in Quebec City, Anglade slammed Premier François Legault for his reference to "historic anglophones," in a speech last month to open a new session of the National Assembly. Many anglophones find the term offensive.

"I have a message for him and to all English-speaking Quebecers," Anglade said during her address to party members Friday night at the convention.

"I hear your concern and, yes, your suspicion, when you witness the Premier choosing the word 'historic' to describe your place here. Let him understand, here, now and always: You are Quebecers," she said.

However, Westmount-St. Louis MNA, Jennifer Maccarone said she recognizes the Liberal Party has its own work to do to win back the esteem of English speakers.

"I hear that people feel that we haven't been there, and that is absolutely something that we need to address," she said.

The Liberal Party supports the government's controversial French language reform, Bill 96, but MNAs insisted they are fighting for amendments to protect the rights of Anglophones.

### \$100 billion for climate change

Seeking to redefine the Liberal Party heading into next year's provincial election, Anglade promised a \$100 billion plan to combat climate change if her party wins back power.

Project Eco would nationalize green hydrogen production, a clean fossil fuel alternative that can be used where hydroelectricity cannot, such as to fuel ships and planes. Anglade wants to make the environment the party's top priority while setting it apart from political rivals.

"There's no question that we had to make a decision about where the party is going," Anglade said. "I've been saying all along that the biggest challenge we have is the challenge of climate change."

The Liberals suffered an historic loss of seats in the 2018 provincial election and Quebec Solidaire

is currently polling higher among francophones. However, Liberals brushed off the suggestion the party is moving towards the left to draw voters away from the second opposition.

"We are much more pro-business," said MNA Pierre Arcand.

### CAQ not doing enough on environment: Liberals

At the same time, the Liberals criticized the CAQ for being too focused on the economy and not including any money to fight climate change in its economic update unveiled last week.

Finance Minister Eric Girard announced \$11 billion in new spending over the next five years, including a special rising cost of living allowance for low and middle-income wage earners, who will receive a cheque for \$275 (\$400 for a couple) in the new year.

In the past, Legault has responded to criticism he is not doing enough for the environment by expressing his desire to export more hydroelectricity to neighbouring states and provinces and make Quebec the "battery of North America." The government has also talked about producing green hydrogen, but has yet to invest major sums of money.

Raquel Fletcher is Global News' National Assembly Reporter



# Quebec Ombudswoman's COVID-19 report points finger squarely at Legault government

*Of the 5,634 Covid deaths reported up to June 30 last year, 69 per cent were in CHSLDs*



**MARTIN C. BARRY**  
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In a special report tabled last week in the National Assembly on how the COVID-19 crisis was managed in CHSLDs during the first wave of the pandemic, Quebec Ombudswoman Marie Rinfret makes 27 recommendations, while clearly allowing the facts to suggest negligence on the part of the CAQ government.

## They 'were the blind spot'

As they braced for COVID-19, Rinfret's report states, government authorities were quick to make hospitals the focal point. Then, in order to free up hospital beds, many patients were transferred to CHSLDs. Of the 5,634 COVID-19 deaths reported up to June 30 last year, 3,894 (69 per cent) were in CHSLDs.

"CHSLDs were the blind spot in bracing for COVID-19," said Rinfret. "The truth is that, above and beyond the CHSLDs, it was the residents who were cast aside when the attack against the virus was being mounted."

## CHSLDs 'were doubly hit'

A progress report released by Rinfret's office in December 2020 highlighted firsthand witness statements. The new report includes an analysis of accounts by experts and government authorities in key areas, including health institution management, geriatrics, crisis management, epidemiology, and infection control and prevention.

"Our investigation made it possible to dig deep and understand why CHSLDs were doubly hit – under siege during the pandemic, and unable to deal with the outbreaks and deaths," Rinfret said in a statement. "Our report brings into sharp relief the frailty of services, structures and communication channels."

## Were already short-staffed

The Ombudswoman's office said the CHSLDs "already short-staffed, did not have the resources needed to accommodate the sudden influx of people who were already fragile. As a result, decisions were made by authorities who did not have the wherewithal to adequately gauge the ability of CHSLDs to fulfil this unusual mission."

According to Rinfret, other factors contributed to a decline in service and disorganization, including the authorities' underestimating CHSLD residents' vulnerability to the virus. The effects of staff absenteeism due to COVID-19 hadn't been foreseen either. She said the complex nature of the jobs of the healthcare teams should have quickly sounded the alarm about why things went as they did and required an urgent solution.

## Knowledge was lacking

Rinfret said that when planning for the pandemic, the Quebec Ministry of Health and Social Services hadn't considered how serious it was that CHSLD staff knew very little about best practices in infection prevention and control during major outbreaks.

Given the circumstances, she added, the

virus spread widely, exacerbated by a lack of personal protective equipment, as well as outdated facilities. Moreover, Rinfret continued, lack of managers in each CHSLD often slowed the response to a succession of ever-changing instructions from health authorities.

## The recommendations

Given the extent of the crisis during the first wave and the dramatic repercussions on the province, the Ombudswoman's office recommended that the Ministry of Health and Social Services put in place various mechanisms. Here are the principal ones:

A risk assessment and management policy

*'CHSLDs were the blind spot in bracing for COVID-19,' said Rinfret*

concerning CHSLDs;

A detailed plan for strengthening the CHSLDs' ability to apply infection prevention and control measures;

A personal protective equipment supply strategy;

A provincial plan for deploying emergency personnel within the health and social services network to make the most of back-up resources;

Protocols with professional orders, federations and associations, unions, and educational institutions for deploying extra staff in exceptional circumstances;

A Quebec strategy to combat staff shortages and to promote health and social services trades and professions;

An action plan to recognize the complexity of care and service provision in CHSLDs.

## Memorials should be held

Rinfret said all the reforms should include the introduction of reliable and efficient information systems. The Ombudswoman's office also recommended that the ministry organize annual services of commemoration for the COVID-19 victims in CHSLDs and for the people who worked with them directly or indirectly.

"It is important to remember what these people went through so that their experiences are the catalyst for sustainable action and change," said the ombudswoman's office. Rinfret also asked the minister to provide a progress report about the implementation of the recommendations by March 1 next year and that a follow-up schedule be agreed upon.

## Premier Legault's reaction

In Quebec City, Premier François Legault reacted to Rinfret's 66-page report, saying it was relatively easy for an onlooker to second-guess the situation, but that the provincial government did its best to manage given the extreme circumstances.

"With the information I had, I did the best I was able to do at the time," he told journalists last week. "It's tough to take decisions when you don't have all the information."

"And the information we had was that we would have problems in our hospital ERs and not in our long-term care facilities. So, it's easy

Monday morning to say you should have done things differently. But I think with the information we had we did the best we were able to do."

## 'No real action taken'

Despite the government's claim it warned CHSLDs to prepare for the pandemic as early as January 2020, the report states that no real action was taken until April, when devastating Covid outbreaks in Montreal and at Laval's CHSLD Sainte-Dorothée led to hundreds of Covid deaths.

Rinfret's report described a disconnect between Quebec's Ministry of Health and Social Services and the regional health authorities overseeing the CHSLDs. Staff absenteeism worsened the problems.

The report states that between March 1 and June 14 last year, 13,581 health-care workers contracted COVID-19, representing 25 per cent of all reported cases in the first wave. While eleven health-care workers died, many others were left psychologically and emotionally scarred by the death and suffering they witnessed first-hand.



**In a scathing new report on the provincial government's performance last year during the first wave of the COVID-19 pandemic, Quebec Ombudswoman Marie Rinfret provides evidence that CAQ government officials made decisions which may have worsened the situation.**

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# François Legault congratulates the first child to be vaccinated in Quebec

*Vaccination for children 5-11 years old has started in the Laurentians*

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

The Premier of Quebec, François Legault, congratulated the first child in the 5 to 11 age group to be vaccinated. Young William, 10, was one of the first kids to pull up his sleeve earlier this week.

François Legault thanked and saluted the gesture of the child from Blainville, on the North Shore of Montreal. The latter expressed to the Prime Minister by videoconference that he wanted to be immunized to set an example and to protect his grandparents. The video of the meeting between the Prime Minister and William was broadcast on François Legault's social networks.

The CISSS des Laurentides has started making appointments for COVID-19 vaccination, for children aged 5-11. The region's vaccination sites have all been transformed to accommodate families in an environment that is fun, warm, and adapted to children. As a reminder, vaccination for this group was decided after Health Canada announced the approval of the Pfizer vaccine for children in the target group and the Comité sur l'immunisation du Québec also published an opinion recommending the vaccine for all children aged 5 to 11 for whom there are no contraindications.

The recommended interval between the two doses is eight or more weeks. "All children aged 5 to 11 in the Laurentians, whose parents give their consent, will have the opportunity to receive a first dose before the Holidays. The Centre intégré de santé et de services sociaux (CISSS) des Laurentides vaccination teams have



worked very hard for several weeks to get everything ready and to make vaccination a positive experience for children. Decorations, costume accessories for staff, colourful wall stickers etc., everything has been planned for", said Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides, who is particularly proud of the preparations for this campaign.

In-school vaccination will also be offered starting November 29 for children aged 5 to 11. Details will be sent to parents by the various School boards, centres de services scolaires and private schools in the region. Information tools to support the parents in their decision about getting their child vaccinated are now available

on the CISSS des Laurentides website at <https://www.santelaurentides.gouv.qc.ca>.

An informative video about what takes place during an appointment at vaccination sites is now available in French and will be available in English soon. To book an appointment online people must visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination> or use the NotifVAX mobile app. If residents have no internet access or have difficulty using the internet, they must call 1-877-644-4545 for support. A free shuttle service is also available in the region for people with reduced mobility and needing accompaniment or people without transportation. To request this service, residents must call 1-866-495-5833.

## COVID-19 Vaccination

# Booster doses available for 70 and over

**Also, for residents who received the AstraZeneca or Covishield vaccine**

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



Starting now, seniors aged 70 and over who live at home can book an appointment to get a COVID-19 booster shot at the various vaccination sites in the region. Individuals who received two doses of the AstraZeneca or Covishield vaccine can also get a booster shot starting November 25. Individuals that received AstraZeneca/COVISHIELD COVID-19 vaccine for their first and second dose are recommended to receive an mRNA vaccine for their third or booster dose unless contraindicated. A booster dose of a viral vector vaccine should only be considered when an mRNA vaccine is contraindicated or inaccessible. People who experienced a severe immediate allergic reaction after a first dose of an mRNA COVID-19 vaccine can safely receive future doses of the same or another mRNA COVID-19 vaccine after consulting with an allergist/immunologist or another appropriate physician.

An interval of at least six months must have elapsed since the last vaccine dose. "Our vaccination sites are ready to serve targeted individuals who wish to receive a booster shot. Several time windows are available to accommodate the public at the times that suit them best", said the President and Executive Director of the Centre intégré de santé et de services sociaux (CISSS) des Laurentides, Mme Rosemonde Landry.

To book an appointment online residents must visit [quebec.ca/vaccinCOVID](https://quebec.ca/vaccinCOVID) or use the NotifVAX mobile app. Persons lacking internet access or who have difficulty using it can call 1-877-644-4545 to obtain support. If necessary, family and friends are encouraged to help seniors make an appointment online. A free shuttle service is also available in the region for persons with reduced mobility who need to be accompanied or who lack transportation by calling 1-866-495-5833.

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# Eric Westram, new prefect of the MRC of Thérèse-De Blainville and member of the board of the CMM

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

The MRC de Thérèse-De Blainville announced the election of Eric Westram, mayor of Rosemère, as its prefect during the ordinary meeting of the council of mayors which took place on November 24. The latter will therefore chair the council of the MRC, which has had a significant growth in recent years thanks to diverse economic development activities, the management of the Regions and the Rurality Fund, the administration of the emergency aid fund to SMEs-Covid-19s and the exercise of new responsibilities in terms of culture, heritage, planning, environment, and territorial and regional development. Also, the warden, Mr. Eric Westram, will represent the MRC de Thérèse-De Blainville to the CMM.

Mr. Eric Westram succeeds the mayor of Blainville, Mr. Richard Perreault, who has held this position since 2017. "I would like to thank the members of the MRC council for their confidence in me and I will be proud to carry and develop the territorial, regional and metropolitan files which concern us, with their support, that of our general manager, Mr. Kamal El-Batal and his team. It is an honor for me to take the reins of the MRC and to continue the work accomplished to date. Mr. Richard

Perreault has always defended the interests of the MRC and has shown a constant concern for the cohesion and development of the territory of the MRC, the northern crown, and the Laurentians region in general. He has been a leading player in our community and deserves our full recognition," said Eric Westram.

## Ms. Julie Boivin elected Prefect-substitute

The members of the MRC council also announced that at their last meeting on November 24, Ms. Julie Boivin, mayor of the City of Sainte-Anne-des-Plaines was elected to the post of substitute prefect for a period starting on November 24, 2021 and ending on November 29, 2023.

It should be remembered that the substitute prefect exercises all the functions of the prefect in his absence, including chairing council meetings and various representation activities. Ms. Boivin will sit on certain regional committees on behalf of the MRC.

## About the MRC of Thérèse-De Blainville

The MRC of Thérèse-De Blainville is located on the North Shore of Montreal. It is one of the MRCs constituents of the Montreal Metropolitan Community (CMM) and is also the gateway to the Laurentians region. Its population is close to 165,000 inhabitants spread over an area of 207 km<sup>2</sup> and in seven



(7) cities: Blainville, Boisbriand, Bois-des-Filion, Lorraine, Rosemère, Sainte-Annedes-Plaines and Sainte-Thérèse. It is a territory that offers the advantages of the attractiveness of both the Metropolitan region and the Laurentians.

In addition to the fact that the MRC is served by a suburban train line, by three stations and by many bus routes, it is also serviced by three highways (A13, A15, A640 and very soon A19) and the Rivière des Mille-Îles.

# Deux-Montagnes, butterfly friend!

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

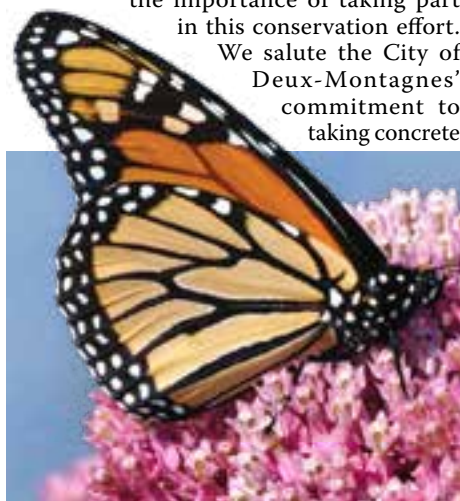
Deux-Montagnes proudly received the City-Friendly of Monarchs certification from the David Suzuki Foundation. The presentation of this certificate confirms the City's commitment to preserving the habitat of the monarch butterfly through concrete actions.

"In Deux-Montagnes, we take the preservation of the environment to heart. We are convinced that this certification also meets the values of our citizens and that many will follow suit. By uniting our efforts, we can make a real difference in the fight for the survival of the butterfly," said Mayor Denis Martin, enthusiastic about the City's commitment to come to the aid of this declining migratory insect.

"Municipalities play a crucial role in the conservation of the monarch and its habitat. They can take simple actions that have a positive impact on the species and other pollinators, in addition to educating their citizens about

the importance of taking part in this conservation effort.

We salute the City of Deux-Montagnes' commitment to taking concrete



actions to protect monarchs and their habitat. We hope that Deux-Montagnes and its citizens will inspire other municipalities to join this vast movement to protect this emblematic butterfly," explained Julie Roy, citizen engagement specialist at the David Suzuki Foundation.

To be certified, municipalities must commit to implementing at least three of the twenty-four monarch habitat protection measures proposed by the David Suzuki Foundation.

Supported by a resolution from the municipal council to confirm its intention to become a city friendly to the monarchs, the City of Deux-Montagnes is committed to integrating milkweed and native nectariferous plants in its landscaping. Through various communications, the city will encourage citizens to do the same on their land. It will also raise awareness among Deux-Montagnais of the survival of the monarch and encourage them to create habitat zones during community events or activities, such as the traditional Horticultural Day. Other concrete measures will be added to these initiatives, in the short and medium term, in order to allow the City of Deux-Montagnes to obtain the BRONZE mention.

## An initiative to act upon: butterfly effect

The monarch butterfly is an endangered species: its population has fallen by 90% over the past two decades. Scientists attribute this decline to degradation and loss of breeding habitat. However, municipalities can play a key role in protecting the habitat of this iconic butterfly and helping to save this species. In order to encourage municipalities to take concrete action to protect the monarch, the David Suzuki Foundation, in partnership with Espace pour la vie, launched the initiative Ville ami des monarques au Québec, which aims to implement measures aimed at restoring monarch habitats and raising awareness among citizens.



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# Healthy holiday habits

How to stay healthy over the holidays



It can be challenging to make healthy choices over the holiday season given that so many celebrations and gatherings revolve around food. Here are five tips to help you eat moderately and stay healthy over the holidays.

## 1. LOAD YOUR PLATE WITH VEGGIES

Pile vegetables, fruits and green salads onto your plate. These foods are low in calories, high in fibre and will keep you satiated. Don't worry, you don't have to forgo the turkey or any of the side dishes; just be mindful of your portion sizes.

## 2. EAT SLOWLY

It takes about 20 minutes for your brain to register fullness once you start eating. Therefore, to avoid overindulging, try to wait five or 10 minutes before refilling your plate. By doing so, you may realize you're already full.

## 3. WATCH WHAT YOU DRINK

Both non-alcoholic and alcoholic drinks can

add additional calories, sodium and sugar to your holiday meal. Consequently, try having a glass of water or seltzer in between the eggnog, cocktails and hot chocolate.

## 4. BE ACTIVE

Staying active can help make up for eating more than usual over the holidays. It can also help reduce stress and improve your sleep. One good way to keep moving is to encourage your friends and family members to go for a walk after your meal. Partaking in winter sports, such as skiing and snowshoeing, is also a great way to refresh your mind and body.

## 5. TAKE CARE OF YOURSELF

To stay healthy over the holidays, remember to regularly wash your hands, cough into your elbow and stay at home if you feel sick. Don't overextend yourself and give yourself enough time to rest in between parties.

Happy holidays!

# The big toy drive: The Sainte-Thérèse firefighters in action

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

On December 4th and 5th, between 8 a.m. and 4 p.m., Teresian families are invited to bring toys that are no longer needed, but which are still in good condition, at the Sainte-Thérèse barracks (200, boul. Ducharme), as part of the large toy drive of the Sainte-Thérèse Firefighters Association.

The toys collected will be donated to the Dépanne-Tout organization, which has supported the community for more than 25 years. All items received will be inspected, cleaned, and repaired as needed at the organization's toy recycling shop. The refreshed toys will be sold at low prices and the profits generated will be redistributed to local organizations. It is important to note that for hygienic reasons, plush or fabric toys, such as stuffed animals, are not accepted.

"We are proud of this fundraiser which allows us to give back to the community! I invite children to give their toys a second life by bringing them to the fire station. As the holidays approach, this little gesture promises to make people happy, since other young people will be able to benefit in turn!", said the mayor of Sainte-Thérèse, Mr. Christian Charron.

To thank the citizens for their generosity, coffee and hot chocolate will be served on site. In addition, it will be possible to visit the installations of the barracks! (The vaccination passport will not be required).



## OPÉRATION NATIONALE CONCERTÉE ALCOOL-DROGUES AU VOLANT

26 novembre 2021 au 3 janvier 2022



# Launch of the National concerted alcohol-drugs operation

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

The Régie de police Thérèse-De Blainville (RIPTB) and all police services in Quebec, in collaboration with the Société de l'assurance automobile du Québec (SAAQ), will intensify their interventions, from November 26, 2021 to January 3, 2022, as part of the national concerted operation (ONC) targeting the ability to drive impaired by alcohol, drugs or a combination of the two. These interventions will result, among other things, in the presence of checkpoints where mandatory screening could be carried out randomly.

On the occasion of the launch of the ONC Alcool-Drogues on November 26, roadside checkpoints will be held throughout Quebec, day, evening and night. In addition, throughout this ONC, an awareness campaign will be deployed, in particular on the various social media platforms of police organizations and the

SAAQ. This campaign aims to remind drivers of the consequences of being able to drive impaired by alcohol, drugs or a combination of the two.

The RIPTB reminds us:

Despite the awareness campaigns, the police presence and the many options available to avoid getting behind the wheel, each year, on average, from 2015 to 2019, alcohol was the cause of crashes resulting in:

85 deaths (24% of the total annual deaths);

220 seriously injured people (15% of the total seriously injured people);

Each year, on average, from 2015 to 2019, the presence of drugs or medication was detected in 37% of deceased drivers who were tested (the presence of drugs does not necessarily mean that the driver's abilities were impaired at the time of the collision).

Cannabis was the drug most often detected (21% of deceased drivers having been tested)

This concerted national operation is organized as part of a partnership between the Sûreté du Québec, the Service de police de la Ville de Montréal, the Association of Quebec Police Directors, SAAQ and Quebec Road Control.





# DIRECT? ANSWERS

From Wayne & Tamara

## Basic Needs

Two years and some change ago, a woman and I touched each other intimately and kissed passionately. It was all in secret.

Since that time I have not been touched. Let me tell you, not one day goes by that I don't miss being touched and kissed. "Find someone else" is what some professionals would say. If it were that simple, I would not be typing this letter.

I was raised in a certain circle where all my family and friends are into keeping your hands to yourself until you are married. Even then sexual expression is limited by certain "moral standards."

I am not against abstinence and morality; they can literally be a lifesaver. But for well over two years my hormones have been left in the "on" position. I crave intimate contact, but if anyone in my circle finds out, I'll be an outcast. My brother, with whom I share an apartment, would kick me out. I have nowhere else to go.

I have been to almost all the online personal sites I can afford, placing and responding to ads. I haven't gotten even one response.

This uneasiness is affecting my work life. It is really getting to me. What can I do short of drugs or surgery?

Sheldon

Sheldon, you cannot find the answer to a problem until you understand what the problem is. Once the problem is understood, the solution appears.

Wayne & Tamara

## Dumpster Diving

Four years ago I dated a family friend. Since then I have dated three other people, but my feelings for Ted haven't changed. He is the person I would love to share the other half of my life with, but I left him because I didn't think he cared about me.

When I am with my current boyfriend, I feel I am hurting Ted in some way. My boyfriend understands my moods, but he is sometimes insensitive. He can break a date very fast if something else comes up.

I need some advice on what to do or what not to do.

Suzanne

Suzanne, your current boyfriend is not working out. Now you are looking through past relationships to see if you can recycle one of your ex-boyfriends.

You've said all you need to about Ted. You broke up because he didn't care about you.

You don't go forward, and add good things to your life, by picking through discards.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com))

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: [DirectAnswers@WayneAndTamara.com](mailto:DirectAnswers@WayneAndTamara.com)



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# In Memoriam & Obituaries



**BILODEAU Rose-Ange**  
1947 - 2021

At the Centre intégré de santé et des services sociaux de Les Escoumins, on November 25, 2021, at the age of 74, passed away Mrs. Rose-Ange Bilodeau, daughter of the late Mrs. Bernadette Poitras and the late Mr. Paul Bilodeau, wife of the late Mr. Antoine Martel. She lived in Les Escoumins. She is survived by her brothers-in-law: Léo Martel (Ginette Laprise) and Louis-Joseph Martel, her sister-in-law Georgette Martel (Bertrand Morin) and her nephews, nieces, cousins and friends. She was also the mother of the late Serge Martel.



**LEBLANC ROBERT**  
1927 - 2021

In Sept-Îles, on November 24, 2021, passed away at the age of 94, Mr. Robert Leblanc husband of the late Thérèse Imelda Landry and domiciled in Sept-Îles. He is survived by his daughters: Carmelle (Donald Lapi-erre), Rolande (Louis-Marie Carbonneau), Dominique (Gilles Lapi-erre) and Corinne (Henri Carbonneau), his grandchildren: Nancy, Mélanie, Céline, Sophie, Cathy, Brian, Soan and Tommy, his great-grandchildren, his great-great-grandson, his companion of the last years Suzanne Archambault, his sister Maria and his sister-in-law Aurore Marcoux, his nephews, his nieces and many friends.

## Final wishes

### Maintaining the quality of life of your loved ones



Life insurance exists to protect the surviving members of your family from financial loss associated with your death. Theoretically, people who have the most to gain from taking out life insurance are those who will leave others in need when they die, such as a spouse or children.

By taking out sufficient life insurance, you can guarantee the preservation of your family's lifestyle and goals in the event of your death. The first step is to evaluate your personal situation. The best way to go about this is to establish an up-to-date financial plan that takes into account your family's needs. The goal is to calculate the immediate living expenses that must be met so that your family will not have to deal with any financial worries in case of death.

An estimate of final expenses should also be made, especially funeral expenses, lawyer fees, as well as estate taxes —when a death occurs, the assets of the deceased are taxed before being passed on to heirs. The policy holder's debts should also be taken into consideration, such as credit card balances, a mortgage, and personal loans.

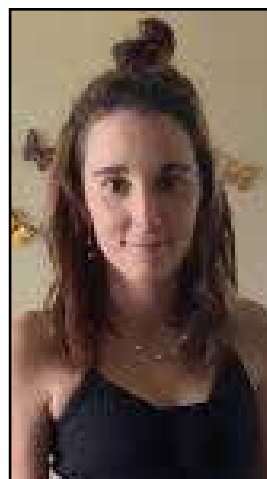
The death of a family member will have an effect on the family budget; there will, of course, be a drop in income if the deceased worked, but this might be balanced by a reduction in certain expenses, such as groceries, clothing, and transportation. In short, a sufficient amount has to be planned for so that beneficiaries will be able to maintain the lifestyle they are used to.

*Adequate life insurance can prepare you and your family for the unexpected.*



**MARCOUX Raoul**  
1931 - 2021

In Sept-Îles, on November 23, 2021, passed away at the age of 90, Mr. Raoul Marcoux married the late Cécile Duke Morais and domiciled in Sept-Îles. He is survived by his sisters: Anne-Marie and Ange-Emma (late Charles Marcoux), his brother Donat (Elisabeth (Betty) Nadeau), the children of his wife: Gaston, Michel, Benoit, Huguette and Brigitte as well as their spouses, his nephews, nieces, cousins and many friends.



**PION- JOUBERT Maude**  
1994 - 2021

In Sept-Îles, on November 23, 2021 passed away at the age of 27 Mrs. Maude Pion-Joubert daughter of Mrs. Annie Pion and Mr. Éric Joubert. She lived in Sept-Îles. She is survived by her daughter Sofia, her mother Mrs. Annie Pion (Paul Gnesko), her father Mr. Éric Joubert (Johanne Duchesne), her sisters Audrey (David Brodeur) and Jennifer (Eric Gibeau), her brother Marc-Antoine, her maternal grandmother Mrs. Renée Maynard, her paternal grandmother Mrs. Germaine Pinette, her uncles and aunts, her nieces and nephews as well as her friends.



**LEVESQUE RIOUX Thérèse**  
1930 - 2021

November 24, 2021, passed away at the age of 91 Mrs. Thérèse Levesque, wife of Mr. Wilfrid Rioux. Mrs. Thérèse Rioux was very well known because she was a violinist of great renown. She is survived by Murielle (Mario Thibault), Camil (Micheline Ouellet), Jocelyne (André Lavoie), Mario (Estelle Garon), Roger (Guylaine Boulianne), Guylaine (Sylvain Blais) and Nelson, her grandchildren: Sylvain, Shirley, Nancy, Frédéric, Julie, Nathalie, Robert, Stéphanie, Alexandra, Marie-Eve, Olivier and Kim, her great-grandchildren: Kelly-Ann, Anny-Lee, Kassandra, Alexandre, Arianne, Alys-sa, Émy, Jakob, Daphnée, Olivia, Florence, Edouard and Alexis, her great-great-granddaughter Abbygael.

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# HOROSCOPE

Week of **NOVEMBER 28 TO DECEMBER 4, 2021**

The luckiest signs this week:  
**ARIES, TAURUS AND PISCES**



## ARIES

If you have a big holiday celebration planned for this year, you'll need to keep on top of the planning. Time will be in short supply, but you'll be able to pull it off. In love, it's the little things that ensure the longevity of a relationship.



## TAURUS

You'll need to fly away from the nest to make great discoveries. The new year is coming up, and it's already inspiring you to get a fresh start. By signing up for a few courses, you'll open more doors for your future.



## GEMINI

A special person or situation will move you. At work, you'll find that any changes that arise will prove beneficial to you. If you're single, you'll be surprised to find love when you least expect it.



## CANCER

You'll be easy to get along with. You're not afraid to take on projects at work, and you'll agree to organize a few of the upcoming events. You'll be worried about a conflict in the family.



## LEO

You'll find yourself taking the lead at work while your boss takes a well-earned vacation. This will have a positive impact on your career. If your relationship is lacking affection, it could eventually cause your feelings to fade too.



## VIRGO

You'll be in the spotlight for one reason or another. In particular, you could save someone, if only by lending them a sympathetic ear. You'll get recognition for all that you do.



## LIBRA

You'll spare no expense when it comes to gifts for your loved ones. You're in a generous mood, and this will have a positive impact on your well-being. You'll need to give a family project some more thought.



## SCORPIO

It's not easy to maintain an interesting social life when work is so demanding. You need to let loose, so don't hesitate to accept an invitation to go out and join in on a few activities with loved ones.



## SAGITTARIUS

You'll get your hands on some extra money, and you'll be sure to treat yourself. Whether you're buying a property or starting a business, you'll finally get the green light to finance your project.



## CAPRICORN

You'll challenge yourself to gather the whole family together and throw a big party to make up for last year. As an artist, you'll have plenty of inspiration to draw upon as you create your own work.



## AQUARIUS

There's an artist within you that will awaken in a pretty spectacular way. If your head is in the clouds, write down any ideas that come to mind so that you can bring them to life one day. Otherwise, they'll be lost forever.



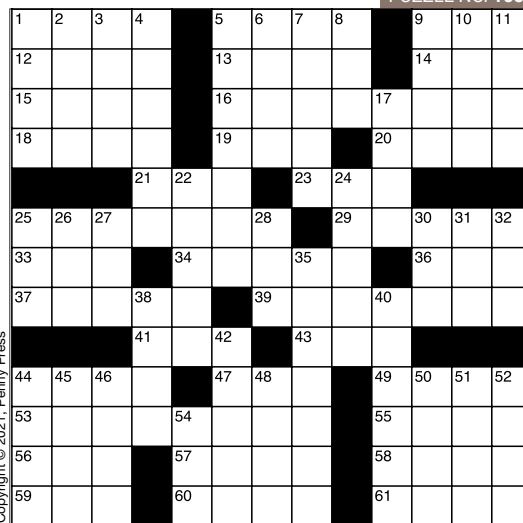
## PISCES

You'll receive a whole host of invitations, and you'll be more than happy to accept every one of them, even if you feel like you're a candle burning at both ends. Some rest will be needed when all's said and done.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 105



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## ACROSS

1. Soup veggies
5. Grouch
9. Fool
12. Light fixture
13. Dilly
14. Hatchet
15. Computer operator
16. Excessive vanity
18. Mimicking bird
19. Burnt wood
20. Tree home
21. Finished first
23. Footballer Donovan
25. Do away with
29. Violinist Stern
33. Just released
34. Acquire knowledge
36. Common ailment
37. Investigate in depth
39. Slip
41. Radio spots
43. \_\_\_ neckline

44. Singer Campbell
47. Solid water
49. Nautical hello
53. Small sofa: 2 wds.
55. Great review
56. Lode yield
57. Peer
58. Personnel
59. Animal enclosure
60. Join by heat
61. Towel word

17. Tiny insects
22. Lubricated
24. Shower off
25. Also
26. Spelling \_\_\_
27. Bird of prey
28. Glazed \_\_\_
30. Toward the back, matey
31. Brewery beverage
32. Coffee container
35. Fastened
38. Fan blade
40. Look (for)
42. Blockade
44. Goopy substance
45. Folk knowledge
46. Fairly matched
48. Shout
50. Hound's quarry
51. Atop
52. Some evergreens
54. Mama pig!

## DOWN

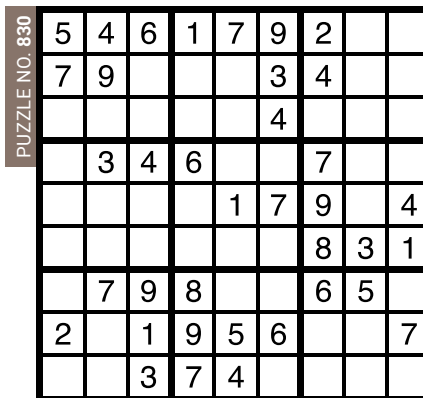
1. Purple fruit
2. Simple
3. Sermon response
4. Spread awkwardly
5. Purify
6. Carpets
7. Island greeting
8. Tramp
9. Right-minded
10. Rotation center
11. Soil additive

# 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.**

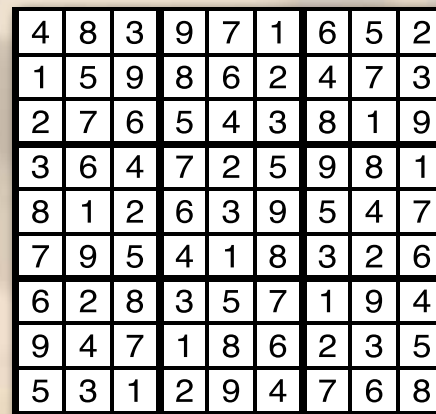


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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**BOISBRIAND**  
2605, rue d'Annemasse  
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\*4 finalists will be selected on December 26 at 3 pm from all the winners of the month in our 4 participating stores. The \$2,500 grand prize draw will be held on December 26 at 3 pm from the 4 finalists. The other 3 finalists will receive \$1,000 in groceries each. \*\*Purchases must be made in the same transaction. Purchases are calculated on the price of the merchandise before taxes, excluding tobacco products, lottery tickets, travel tickets, gift cards, vivo items | Villeroy & Boch and everything else and any other product where the law forbids it. Some restrictions apply. See details in store. A winning transaction per day, randomly selected from all transactions from December 1 to 24, 2021. The contest is open to residents of Quebec and New Brunswick aged 18 or over. The winner must correctly answer a mathematical skill-testing question. Contest details and rules available at IGA and IGA supermarkets customer service counter.