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## YEAR IN **PART 2** REVIEW 2021

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**Montreal's Jewish General helps identify protective gene variant against COVID-19**

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# Time to make an appointment for your COVID-19 **booster dose.**

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**Stay protected longer thanks to the booster dose.**

**Get the booster dose and follow all health guidelines  
to protect yourself from COVID-19 and its variants.**



# JGH took part in multinational research collaboration with partners in U.S. and Sweden



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

An international meta-study conducted by researchers at the Lady Davis Institute of the Jewish General Hospital in Montreal, Karolinska Institutet in Sweden and VA Boston Healthcare System in the U.S. has identified a specific gene variant that protects against severe COVID-19 infection.

## The key to understanding

"That we are beginning to understand the genetic risk factors in detail is key to developing new drugs against COVID-19," said study co-author Brent Richards, senior investigator at the Lady Davis Institute of the Jewish General Hospital and professor at McGill University in Montreal.

The researchers managed to pinpoint the variant by studying people of different ancestries, a feat they say highlights the importance of conducting clinical trials that include people of diverse descents.

## The role of genetics

In addition to old age and certain underlying diseases, say the researchers, genetics can influence whether anyone becomes severely affected or only suffers mild illness from COVID-19. Previous studies, mainly on people of European ancestry, found that individuals carrying a particular segment of DNA had a 20 percent

lower risk of developing a critical COVID-19 infection.

According to the research, this DNA segment encodes genes in the immune system and is inherited from Neanderthals in about half of all people outside Africa.

However, this region of DNA is packed with numerous genetic variants, which makes it challenging to disentangle the exact protective variant that could potentially serve as a target for medical treatment against severe COVID-19 infection.

## Study's focus on Africans

So, to identify this specific gene variant, the researchers in the study looked for individuals carrying only parts of this DNA segment.

Since the Neanderthal inheritance occurred after the ancient migration out of Africa, the researchers saw a potential in focusing on individuals with African ancestry who lack heritage from the Neanderthals and therefore also the majority of this DNA segment.

The researchers say that a small piece of this DNA region is, however, the same in both people of African and European ancestries. They found that individuals of predominantly African ancestry had the same protection as those of European ancestry, which allowed them to pinpoint a specific gene variant of particular interest.

## Identifying unique variant

"The fact that individuals of African descent had the same protection allowed us to identify the unique variant in the DNA that actually protects from COVID-19 infection," said Jennifer Huffman, the first author of the study



Photo from left Study authors Jennifer Huffman from VA Boston Healthcare System, Brent Richards from the Lady Davis Institute of the Jewish General Hospital and McGill University, and Hugo Zeberg from Karolinska Institutet.

and a researcher at the VA Boston Healthcare System in the U.S.

The analysis included a total of 2,787 hospitalized COVID-19 patients of African ancestry and 130,997 people in a control group from six cohort studies. Eighty percent of individuals of African ancestry carried the protective variant. The outcome was compared with a previous, larger meta-study of individuals of European heritage.

According to the researchers, the protective gene variant (rs10774671-G) determines the length of the protein encoded by the gene OAS1. Prior studies have shown that the longer variant of the protein is more effective at breaking down SARS-CoV-2, the virus causing the disease COVID-19.

## Pandemic led to collaboration

According to the research team, the COVID-19 pandemic has spurred considerable collaboration among researchers in different parts of the world. This has made it possible to study genetic risk factors in a wider diversity of individuals than in many previous studies. Even so, they say the majority of all clinical research is still being done on individuals of predominantly European descent.

"This study shows how important it is to include individuals of different ancestries," said the study's corresponding author Hugo Zeberg, assistant professor at the Department of Neuroscience at Karolinska Institutet. "If we had only studied one group, we would not have been successful in identifying the gene variant in this case."

# ROSEMÈRE Tax Bill Now Available Online

The Town of Rosemère is proud to add access to tax bills to its online services on its Voilà! Rosemère communication platform. From now on, residents may receive their tax bills online only and, in so doing, contribute to the transition to a greener future.

"The addition of this feature on our communication platform marks another step towards centralizing our online services and is fully in line with the Town's environmental values. By signing up for this service, residents are making a concrete contribution to our efforts to use less paper. I encourage all residents to sign up now," stated Rosemère Mayor Eric Westram.

To receive their 2022 tax bill online, registration must be completed no later than January 20. After that date, registration will be possible but will be valid for the 2023 tax bill online only.

Please note that residents must first have a Voilà! account in order to access their online tax bill. Registration assistance is available to residents on the Town's website or they can call 450-621-3500.

## Online payment starting late January

In addition, in order to encourage online transactions, municipal tax payments will be able to be made from a secure payment platform starting at the end of January. This service will allow users to schedule pre-authorized payments,

pay various bills issued by the Town (water tax, municipal taxes, etc.), choose a payment method and set up alerts and notifications for future pre-authorized payments. This platform will be accessible through the Town's website and the Voilà! app.

## About Voilà! Rosemère

In closing, the Town wishes to remind its residents that the Voilà! Rosemère digital platform is secure and easy to use. Residents just need to download the app on their smartphone or tablet and create their user profile by entering their address. They may then select the information and notifications they wish to receive by identifying their preferences in their profile. For example, residents can choose to receive notifications of emergency situations and/or reminders for various collections, consult the schedule of activities that interest them, register for online recreational activities and receive all municipal news. In addition, this app will enable them to receive their tax bill, apply for permits online and report non-urgent problems to their town, such as a pothole or a broken streetlight.

Download the Voilà! app from your smartphone or tablet on the App Store (iPhone) or Google Play (Android) to create your profile now!

For more information: [ville.rosemere.qc.ca/](http://ville.rosemere.qc.ca/) registration

**COVID-19 :** MEASURES IN EFFECT UNTIL FURTHER NOTICE

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To keep your spirits up during this time of pandemic and get a breath of fresh air, discover great places in Rosemère to go walking on the website, in the COVID-19 section.

**Let's stand together. Let's respect the guidelines.**  
**VILLE.ROSEMERE.QC.CA**



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# OPINION & Editorial



## Pandemonium reigns! Pandemic? PLANDemic? The hydra rears its ugly head

As 2022 begins its historic journey toward resolving another widespread outbreak of Covid-19, this one christened Omicron, humanity would do well to reflect on what it means to be truly human, collectively and individually, because you can rest assured that there will be an interminable string of new variants to follow Delta and Omicron.

Call me suspicious, even irresponsible, but I stand by my belief that what we have to deal with is not just a pandemic, it is and will continue to be a plandemic.

Need a reality check? The more we learn about the latest crisis and subsequent others, the more we will need to separate truth from fiction, the former the solution, the later the stumbling block to returning to minimal normalcy.

Where do we stand on what to do as the plandemic unfolds? Yes, I know what some, if not most, of you are thinking: plandemic? Okay, call me conspiracy theorist. Paint me deluded and delusional. Label me deranged and derailed. But I assure you I'm none of these maladies assigned to me by some of you who too easily follow the flock, whipped into submission by pharmaceutical profiteers, political charlatans, flip-flopping pseudo-scientists, mendacious medical practitioners who too-quickly violate their Hippocratic Oath, and unconscionable purveyors of one-size-fits-all responses to those infected with Covid-19 and those who will be affected by Covid-20 to infinity.

True, I may be just a small voice in the wilderness, but sooner or later other voices will rise, to eventually prevail over the mob of unthinking, unquestioning, acquiescent lambs-led-to-the-slaughter walking-infected zombie-vaxxed.

Yes, not too many of us are willing to stick our necks out in defense of truth and in opposition to the self-serving forces that drive this potential train-wreck, car-crash, and air-disaster toward destinations that we will regret for eternity?

Stymied by confusion, doubt, uncertainty, and dereliction of duty on the part of the entrenched powers who are toying with our lives to suit a narrative laced with the evils of greed, prejudice, bigotry, bias, and discrimination - will enough of us defy the fallacy that you can't reach a destination because you are told that you can't get there from here, unless you do as we say?

If the answer is no, then be prepared for the collectivity to have fallen prey to the seductive lies and subtle brain-washing that drew them into irrevocable complicity with the enemy within and without.

But be forewarned that some will step back, step up, step forward, make their own map through which the road-blocks will be attacked in unified voice that will cry out, enough is enough...cease and desist... your motives are suspect, your intentions are questionable, your hearts are wooden, your minds are sterilized - you have sold your souls to the dark side of creation.

History has shown that pandemics are eradicated when most human beings reassert their belief that human strengths and weaknesses are inseparable, as are assets and liabilities; to separate them diminishes humanity. To deny our weaknesses is to deny the essence of what we are, a sure way to dismiss our greatest power to do good despite our fears,

reservations, apprehensions and reluctance to go against the grain, to break the insidious secular rules that poison our willingness to share common ground with our fellow humans; to do the unexpected, to love our enemies, to pray for those who have wronged us and if we love our friends, we have to tell them not what they want to hear but what they need to hear?

And since I consider you are my friends, I will tell you what you don't want to hear but need to hear. Covid-19 is not a pandemic, it's a plandemic, an insidious subterfuge that needs to be exposed, confronted, defeated and extinguished. But it won't be easy, as it will require force of full-human-action.

To be fully human is to be courageous in the face of adversity, but be careful - if we hope for courage, let's not ask or expect or pray to be freed from fear. We need to confront fear, attack it, and put it where it belongs, face-to-face with courage, the courage to rise above it, and in doing that, we will not be stopped.

Although each of us is only one voice, it can't be disputed that I am at least one. I may not be able to do much, but I can still do something, if I accept the responsibility of doing the something that I can do. No one's life is easy. So what? The truth of the matter is that we are all gifted in some way, and to bury that talent is to deny our ability to light candles when everyone else curses darkness.

My voice, single as it is, will be unafraid to ask why, in recent days, the government of Québec has seen fit to do two questionable things, measures simultaneously announced on January 12, 2022. Public health director Dr. Horacio Arruda has been replaced by Dr. Luc Boileau, without Premier Legault missing a beat, instantly muzzling Dr. Boileau, taking charge himself of everything Covid. Next, the Premier proclaimed the imposition of a health contribution, a tax, on unvaccinated adults of the province, a deplorable act of tyranny, based on the questionable assumption that the government knows best. The tax will not work. The unvaccinated will not submit to tyranny of the majority. But make no mistake, it will strike fear into the hearts of some.

Here are some signposts for putting fear in its place and attacking it with courage: When doing good, do not expect praise or reward. Take the first step even when you don't see what lies ahead. Be prepared to go anywhere, as long as it is moving forward. Develop powerful tendencies through loyalty to doing good and avoiding evil. Be not afraid to laugh or cry, it's what makes you truly human.

What each of us does really matters, especially when I practice compassion, fairness, and tolerance for those who don't look like me, think like me, act like me, or live like me, but never compromise your virtues and values by giving in to your vices. No one is worth comparing yourself to, appearances are misleading, the lives of others are not what they seem, use love as the powerful weapon it is, break all the rules that deny the primacy of life over death, everything is much more fun that way.

Peace! You're not in charge, God is.

Renata Isopo  
renata@newsfirst.ca

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[editor@newsfirst.ca](mailto:editor@newsfirst.ca)

## ANGRY? FRUSTRATED? ANNOYED?





# Various appointments for Mayor Liza Poulin at the Union des municipalités du Québec and the MRC de Thérèse-De Blainville

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

The new Mayor of Blainville, Liza Poulin, has been appointed to several positions and to the Union des municipalités du Québec and the MRC de Thérèse-De Blainville in sectors of activity related to fields of action deemed as priorities by the municipal administration, such as the environment, natural and recreational environments and culture. The Union of Quebec Municipalities (UMQ) is an organization that represents nearly 400 municipalities in Quebec and brings together 50 elected officials, mayors, prefects and presidents of metropolitan communities within its board of directors. The UMQ defends the interests of its members with the Quebec government and informs them about current issues and current debates in the municipal world. Mayor Liza Poulin therefore sits on the caucus of the municipalities of the Metropolis as a representative of the Northern Crown. She is also a member of the Laurentides regional caucus. At the level of the MRC de Thérèse-De Blainville, Liza Poulin has been appointed vice-president of the Table Action Culture et Patrimoine, a regional body that brings

together various partners in the field of culture and aims to make it a lever for economic and social development in the territory. The mayoress of Blainville is also part of the Office of delegates for waterways and of Le P'tit train du Nord regional park as an elected delegate. Ms. Poulin also became president of the wetlands and bodies of water committee, which oversees the conservation and restoration of natural environments. We know that the territory of Blainville is largely made up of these natural environments. "These appointments clearly reflect my administration's priorities, including environmental protection. Blainville wants to have its say in these areas, both in the MRC and in the greater Montreal area. As for culture, we know that it is an added value in our region and it will be a source of pride to promote it with our precious partners from the Table Action Culture et Patrimoine. Finally, I will be able to carry the voice of Blainville and our region within this great municipal forum that is the UMQ. It is a great honor to sit on these bodies," she announced.



The new Mayor of Blainville, Liza Poulin, has been appointed to several positions and to the Union des municipalités du Québec and the MRC de Thérèse-De Blainville

## Free open swim for five additional years in Boisbriand

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

It has become a regular practice for municipalities to share their facilities in the North Shore. Not every town has the financial capability or the infrastructure to build facilities for every sport. In line with this practice the city of Boisbriand renewed an agreement allowing the citizens of Boisbriand to access the facilities of the Saint-Eustache Aquatic Complex for five additional years, i.e. until January 1, 2027. Formally arranged between the City of Boisbriand, the City of Saint-Eustache and the Association du sport et du plein air, this agreement allows the residents of Boisbriand to take advantage of the Saint-Eustache Aquatic Complex by registering for activities offered at the same rates as the residents of Saint-Eustache. It also offers them free access to free swimming. "This agreement is part of our desire to offer the citizens of Boisbriand a varied and complete offer of activities for all ages. I invite you to take advantage of these facilities in any season!" said Mayor Christine Beaudette. The residents of Boisbriand must obtain a Boisbriand swimming pool card to enable them to register for activities at the Aquatic Complex. It is important to note that the first agreement was signed in January 2017 to allow the citizens of Boisbriand to benefit from quality facilities at a cost that benefits everyone.



## CISSS DES LAURENTIDES *Extension for 1<sup>st</sup> doses and family doctor assistance*



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

The CISSS des Laurentides announced that it will extend its walk-in vaccination offer for people who want their first dose of the COVID-19 vaccine. This service will continue to be offered at all vaccination sites in the region until further notice. People eligible for the 2nd dose or the booster dose must, for their part, continue to make an appointment on Clic Santé. "Our capacity to vaccinate is increasing day by day, for all our vaccination sites. We invite people who are trying to get an appointment or who would like an earlier date to regularly consult the clicsante.ca site, as new time slots are continually being added. I would also like to take this opportunity to thank the commitment of the staff at our vaccination sites, which are contributing greatly to increasing the availability of appointments at the moment," said Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides. It should be noted that people who have had COVID-19 will be able to obtain, if they wish, a booster dose as soon as the symptoms of the disease end. A minimum interval of three months must have elapsed between the second dose and the booster dose. People with reduced mobility and requiring accompaniment can use

our free shuttle service to get to a vaccination site. The CISSS des Laurentides also announced that as of January 11, 2022, persons needing care for minor ailments will have access to two clinics in the Laurentian region. Two of the three new designated pediatric clinics that opened in September for children without a family doctor are broadening their service offer to include adults without a family physician. People can now seek treatment for various health issues, whether COVID-related or not. To allow the public greater access, consultations at these designated clinics for patients without a family doctor are by appointment only in Boisbriand and Saint-Jérôme. Persons wishing to book an appointment must meet the following criteria: They must not have a regular doctor, pediatrician or specialised nurse practitioner and must have a minor physical ailment (the list of excluded health issues is available online). "These designated clinics for patients without a family physician aim to provide an added alternative to people in the Laurentians who need a medical consultation. This type of initiative also helps to lower the pressure on hospital emergency rooms in the region by reducing the number of consultations for non-urgent health problems," said Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides



# YEAR IN REVIEW 2021

PART 2

## We take a thoughtful look

MARIA DIA  
Local Journalism In  
For The North-Shore New

### MAY



May in the North Shore as the spring started to finish brought in more news and announcements of vaccinations by an ever-prominent CISSS des Laurentides. That much-awaited stage of the vaccination campaign was announced, as the Minister of Health and Social Services, Christian Dubé, confirmed that appointments for the general population would begin shortly.

Patients with autism spectrum disorder got involved in the community. Since October 2019, the participants of the Tremplin work platform of the Integrated Health and Social Services Center (CISSS) of the Laurentians created sleeping pads using bags of milk. These participants all have an autism spectrum disorder (ASD) and their work of creating mattresses, at the Tremplin work platform, allowed them to help homeless people in the region.



By a resolution adopted at the municipal council the City of Deux-Montagnes committed to make the fight against climate change a priority, by adhering to the Declaration of Commitment United for the Climate, initiated by the Union of Quebec Municipalities (UMQ). The declaration United for the Climate recalls the leading role of municipalities in the fight and adaptation to climate change. It allows municipalities to make a clear commitment to their population, to act and take concrete steps to fight and adapt to climate change.

The Integrated Health and Social Services Center (CISSS) des Laurentides announced that the second round of vaccination against COVID-19 for residents in residential and long-term care centers (CHSLDs) in the region had been completed since May 8th.

At the May 10 public Council meeting, the Town of Rosemère tabled its financial statements for the year ending December 31, 2020, along with the independent auditors' report, in accordance with the Cities and Towns Act. The financial statements showed a non-consolidated surplus of \$3,445,800, representing 10.7% of the operating budget.



The Integrated Health and Social Services Center (CISSS) shone with the youth stewardship committee, which won a "Stars" award of the Réseau de la santé "(SRS Prize), on May 7, during the virtual presentation organized by the Caisse Desjardins du Réseau de la santé. The project submitted by the head of the team for youth crisis, Marie-Claude Gadbois, and her team, won 2nd place in the performing category, which recognizes efficiency and interdisciplinarity. The Youth Stewardship Committee stood out from the 120 applications received for this 3rd edition.

### JUNE



In June investigators from the Régie intermunicipale de police Thérèse-De Blainville (RIPTB) following a search of a private residence located in Blainville arrested a suspect who operated near high schools in the Laurentians region and sold illegally tobacco and cannabis mainly to minors. The search of the suspect's residence and vehicle led to a major seizure estimated at an approximate value of \$ 100,000.

The CISSS des Laurentides announced the transition to the orange zone for the entire territory. For Dr. Éric Goyer, director of public health for the Laurentians, the regional situation was evolving positively. However, he reiterated the importance of remaining cautious.



The City of Rosemère was called upon to respond to a public presentation of a project by the owners of the former golf course that raised questions among some citizens. According to a press release from the City, it is made clear that neither the City nor the City Council was aware of the project entitled "Quartier Melrose". The project was submitted by François Vachon and Patrick Varin, owners of the former golf course. Following this submission, Rosemère notified the owners in writing that their project was inadmissible due to its non-compliance with the current zoning.



The City of Deux-Montagnes tabled its consolidated financial statements as of December 31, 2020, during the regular municipal council meeting last Thursday June 10th. City representatives announced that in addition to reflecting a prudent and skillful management of public funds, the financial results for 2020 confirm the City's proven capability to develop responsibly while ensuring diversified and quality services for all Deux-Montagnes residents. Also a ban on open fires in or near the forest came into effect on Wednesday evening, June 9, 2021, in the territory

of Deux-Montagnes. Under the municipal by-law 1668, this decision of the Government of Quebec, taken in collaboration with the Société de protection des forêts contre le feu (SOPFEU), resulted in a ban on the use of an outdoor wood-burning fireplace in Deux-Montagnes.



Minister Nadine Girault, on behalf of the Minister of Health and Social Services, Christian Dubé, launched VacciBUS Laurentides which was an initiative of the Laurentian Integrated Health and Social Services Center (CISSS) in partnership with exo, to provide a bus that had been specially designed to take the form of a walk-in mobile vaccination unit.



In order to promote buying local and thereby support the region's economic re-start, the City of Rosemère offered a free page of advertising to local businesses on its territory on the fourth page of the June, August, October and December editions of Rosemère News, the City's municipal newsmagazine. This initiative—entirely funded by Rosemère in the amount of \$12,000—provided local businesses with an opportunity for visibility in all Rosemère households.

### JULY

Due to the significant improvement in its epidemiological situation, the Laurentians region went to the green level of vigilance. In addition to the flexibility already planned at the green level, new reductions in the existing measures were also announced.

The Integrated Health and Social Services Center (CISSS) des Laurentides announced that the COVID-19 vaccination campaign has passed the milestone of 500,000 doses administered in its territory. Vaccination activities continued in the ten vaccination centers in the Laurentians as well as at VacciBUS, which crisscrossed the Laurentians.



After nearly a year of work, the new Charbonneau Chalet was inaugurated at the end of the summer. For the occasion, the Town of Rosemère held a contest among its citizens to ensure that its name will reflect the unique character of its community. The new name would be unveiled at the building's grand opening later in the summer.



# back at last year's news

MANTIS  
Initiative Reporter  
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In July a huge overflowing problem in the North Shore hospitals started which plagues the region up to now. Due to the high occupancy rates in its emergencies, particularly at Saint-Eustache Hospital, the Laurentian Integrated Health and Social Services Center (CISSS) asked the population with non-urgent health problems to opt for other solutions than going to the emergency like consulting their family doctor, pharmacist, a doctor in a walk-in clinic or to contact Info-Santé.

A brand-new concrete skatepark arrived in Deux-Montagnes, to the delight of wheel sports enthusiasts. This new space is in Olympia Park, near the water games along the Chemin des Anciens. Designed for skateboard, scooter, inline skating, and BMX type bike enthusiasts, from beginner to intermediate level, the skatepark also provides a great experience for advanced users. It is notably composed of a quarter moon, a funbox (box with a flat top equipped with a ramp and a small staircase), a grindbox (box with a flat top) and a ramp.



On July 15th the city of Rosemère announced that it entered into an agreement, until October 31, with the Domaine Vert Park so that Rosemerites can access the park's activities free of charge. The Parc du Domaine Vert is a forest park located in urban areas. Its vocation is one of the outdoors, and respect for the environment is fundamental. The activities offered are aimed at families, school groups and businesses. The Parc du Domaine Vert is established by the Régie Intercommunale through the amalgamation of four municipalities: Blainville, Boisbriand, Mirabel and Saint Thérèse.



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

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

## AUGUST

In August 2021 the critical situation in the ERs of the North Shore hospitals continued. The CISSS des Laurentides sent weekly announcements urging patients with non-life-threatening situations not to go to the ERs.

The Centre aquatique du Lac project would finally see the light of day. This is what the mayoress of the City of Sainte-Marthe-sur-le-Lac, Me Sonia Paulus, announced. Indeed, the Sainte-Marthe-sur-le-Lac administration would appropriate a sum from the very recent improvement of the Gasoline Tax Program and the Quebec Contribution (TECQ), which would reduce the cost of the project for taxpayers to a level similar or even lower than what was approved by the qualified voters when a register on the loan by-law was done in February 2021.



On Wednesday August 18th, Deux-Montagnes blew out 100 candles! To mark this milestone event, the City offered a mobile show to its residents between 6 p.m. and 9 p.m., followed by a pyromusical performance at 10 p.m. at parc Central.



Dancing in the parks! It might have sounded like the title of a musical but the city of Saint-Eustache made it a reality every Monday in August, from 6:30 p.m. to 8:30 p.m. During those times the citizens of Saint-Eustache had fun by learning new dances online or, simply by practicing the dances of their choice in four municipal parks. 17-33 page 10



While the federal election campaign was officially in full swing, Liberal candidate Linda Lapointe was already very active on the ground in the four towns of Rivière-des-Mille-Îles. The experienced politician was able to count on a solid team and had already multiplied her outings for several weeks: "I am someone who likes to be on the ground and to listen. I like to go out and meet my fellow citizens. It feels good to reconnect face-to-face,

to meet people all over Rivière-des-Mille-Îles while life is slowly going back to normal." she said.



The mayor of Saint-Eustache, Mr. Pierre Charron, as well as the municipal councillor of the Clair Matin district, Mr. Marc Lamarre, and the municipal councillor president of the Committee on property, heritage sites and toponymy, Ms. Nicole Carignan-Lefebvre, proceeded to the official inauguration of the Larry-Bélisle baseball field in Clair Matin Park on Wednesday August 11. "In Saint-Eustache, we consider it important to highlight extraordinary citizens, citizens committed to the community, innovative and visionary citizens who constantly advance projects for the collective good. Mr. Larry Bélisle is one of these exemplary citizens and it is with great pride that today we name the baseball field in his name. »declared Mayor Charron in his welcome address.



Throughout the 3d week of August, the city councils of Boisbriand, Lorraine, Rosemère and Sainte-Thérèse ratified the renewal of the intermunicipal agreement for the Régie intermunicipale de police Thérèse-De Blainville (RIPTB). This agreement, which has a ten-year term, will take effect in 2023.



A new construction site for the Seniors' and alternative home was inaugurated at 650, boul. Curé Labelle in Blainville. The new home will have 72 places, 48 for adults with specific needs, 24 for seniors, 6 households with 12 places each, 2 houses for seniors and 4 houses for adults with special needs. The seniors' center will accommodate seniors with a very great loss of autonomy and who, in a proportion of about 80%, have major neuro-cognitive disorders. The alternative home will accommodate adults with a physical disability, and or intellectual disability, in autism spectrum disorder and significant needs for support daily. (Continued next issue, January 28 2021)





# DIRECT? ANSWERS

From Wayne & Tamara

## Cruel Secrets

**Q** Last year my wife and I separated and nearly divorced because she had an affair. Since then we have been in therapy and are now happier than any time in our 15 year marriage. During our separation, I slept numerous times with a co-worker who is a close personal friend of my wife. My wife doesn't know about this, and our friends and family are still persecuting her for her affair.

The woman I slept with still works with me, but our affair is never discussed. She and my wife get together for a movie or drinks regularly, and she comes to dinner at our house at least once a week. Should I tell my wife about the affair and risk damaging our relationship? I confessed all to one of my best friends, and he cannot believe we are rubbing this in my wife's face. He says it is not moral since my wife confessed everything to me.

Arnie

**A** Arnie, when more than one person knows a secret, it's not a secret anymore. The life of this secret is likely measured in days or even hours. You told somebody, and your wife's friend must have told somebody. Concealing this secret made you write us. Who knows how many somebodies now know this secret.

Sigmund Freud said, "Secrets make you sick." It is probably the wisest thing he ever said. Soon somebody, for whatever reason, will let this secret out. They may tell to feel moral, to defend your wife, or to hurt your wife. They may tell to hurt you. Or they may tell because keeping this secret makes them sick.

Wayne & Tamara

## The Wedding Night

**Q** My fiancé and I have been together almost four years and have a son. Last year we were supposed to be married, but he cheated on me and called off the wedding. After I started dating someone else, he changed his mind and decided I was what he wanted. We went to see marriage counselors, and they made him see that communication is the key to any relationship surviving.

My fiancé wasn't raised to talk out problems. He was raised with the attitude a man can walk all over a woman, and she is supposed to support him no matter what. Well, I do not agree to being a doormat, and he knows this.

Once we got back together, we planned another wedding next May. We moved to a new home, started a new life, and things were going perfectly. Then three weeks ago he started acting strange again. He said he didn't love me. When he said this, I took it to heart. After waiting a few days I called the church and canceled the wedding. My fiancé didn't care.

Last night at midnight he called me at mom's, begging me to give him one more chance. When I

**A** called off the wedding, I knew it was the right thing to do. Now I feel like I made a mistake, but I can't figure out why. What do you think?

Ginger

Ginger, it's time to put to rest the old canard that communication is the key to a relationship. It isn't. Bullies, for example, are masters of communication. They clearly communicate that they will make your life miserable! But this successful communication doesn't mean you have a good relationship with them.

The key to relationships is connection. When you feel a strong, unwavering connection to another, you have the basis for marriage. What have you told us about this man? He has been unfaithful, he belittles you, and he said he doesn't love you.

Your ex-fiancé is good at communicating. His words and actions show he doesn't feel connected to you. If you stay with him, your life will be a seesaw with you mostly up in the air. Your son will learn to accept this kind of relationship as the norm.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

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

# The Snow Castle Challenge is launched



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

By March 14, 2022, Theresians of all ages are invited to participate in the Snow Castle Challenge. This contest provides the perfect opportunity to play outside and enter for one of the many entry prizes.

Participating is simple! Build a snow fort or castle in your backyard or in a park near your home, and take a picture of it! Then register at the Défichateaudeneige.ca by selecting the Laurentians region and the MRC of Thérèse-De Blainville.

To the question "Which category is it?" choose the "Family/Friends" option from the drop-down menu. Then choose "City of Sainte-Thérèse" under the question "Is your castle participating in an event?" "You have until March 14 to participate!

"Playing in the snow is a pleasure that has no age. So, dress the whole family warmly, give free rein to your creativity and above all, have fun! Do not hesitate to go to a park or a roundabout near you to build your snow castle and enter it in the contest without delay," said the mayor of Sainte-Thérèse, Mr. Christian Charron.

## About the Snow Castle Challenge.

In 2011, two nurses from Matagami had the idea of creating the Fort en Famille project with the aim of getting children active who do not usually involve themselves with a lot of winter sports. With the support of the Kino-Québec consultant from Baie-James, a first event was held.

In the winter of 2012, the Abitibi-Ouest Group of Healthy Lifestyle Partners, with the

support of the region's Kino-Québec councillor, deployed the project in 3 municipalities of the MRC. In the winter of 2013, the entire territory of the MRC de l'Abitibi-Ouest was targeted with a result of 268 families registered.

In February 2014, the H2GO network of La Haute-Saint-Charles, inspired by Fort en famille, got together to launch the first edition of the Défi château de neige in Quebec City. The members of the H2GO Network wanted to offer families an opportunity to enjoy Quebec winters through the pleasure of outdoor play. After a first year in which 200 families registered, the H2GO Network had the ambition to make it a regional initiative. For this reason, the Challenge was presented to the Regional and Local Mobilization for Healthy Lifestyles, Weight and Health in the Capitale-Nationale region, which immediately took an interest in further developing the project. This was the project leader until 2017. It was then that the project was taken over by the Leisure and Sports Unit of the Capitale-Nationale.

In 2018, five administrative regions of Quebec participated in the Snow Castle Challenge organized by the Recreation and Sports Unit of the Capitale-Nationale. 375 castles were built by families and friends, early childhood centres, schools and organizations. This project was a huge success with everyone.

This event is now deployed at the provincial level from 2019 and the years to come. 11 regions participated in the Challenge for the 2019 edition. The Snow Castle Challenge wishes to become a challenge with a high reputation. It will participate in the long term in positioning Quebec as an active province in winter, and where we will have the most snow castle constructions. It wishes to promote healthy lifestyles and foster the interest of children and families in outdoor physical activity during the winter season.

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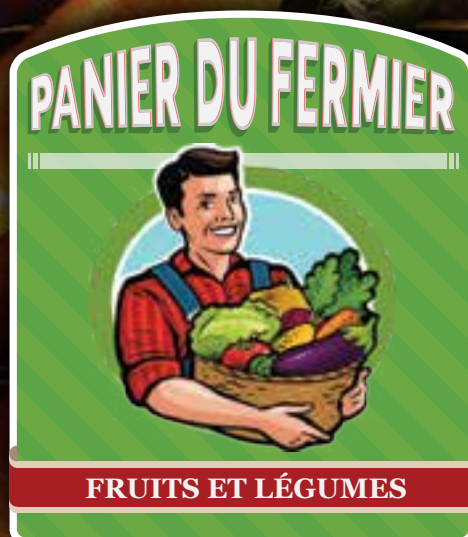
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# HOROSCOPE

Week of **JANUARY 23 TO 29, 2022**

The luckiest signs this week:  
**LIBRA, SCORPIO AND SAGITTARIUS**



## ARIES

You'll have an emotional week, and it'll push you to be more open with your loved ones. You'll be inspired to work toward new goals.



## TAURUS

You'll need to take time to reflect before making an important decision. You must make changes in your life if you want to advance your career.



## GEMINI

You'll have a very busy week at work and at home. You'll need to create a healthy working environment to be more productive in your daily life.



## CANCER

A boost in self-esteem will allow you to experience professional and personal growth. You'll have the opportunity to showcase your talents and be recognized for your efforts.



## LEO

Whether you're single or in a relationship, you'll experience love at first sight. A birth in your family will be announced. This news will bring great joy.



## VIRGO

You'll expand your circle of friends, as well as your professional contacts. Your work and home life will feel effortless, which helps you settle various disagreements.



## LIBRA

Before making a major purchase, evaluate your budget and determine if you really need it. If you're patient, you'll get a better price and be more satisfied.



## SCORPIO

You'll have a hectic week with several unforeseen circumstances. At work, you'll be given a raise. This will put a smile on your face and give you peace of mind.



## SAGITTARIUS

You may need to take a few steps back to accomplish something big. Your artistic side will be bursting with creative inspiration. You may get involved in an important cause that helps society.



## CAPRICORN

Your friends will suggest taking a trip. You'll have a stroke of genius that will help you improve your financial situation. Put your trust in specialists and professionals.



## AQUARIUS

You'll be in charge of planning an event that brings a lot of people together. At work and at home, you'll handle difficult situations with ease. You may have the opportunity to celebrate a success of some kind.



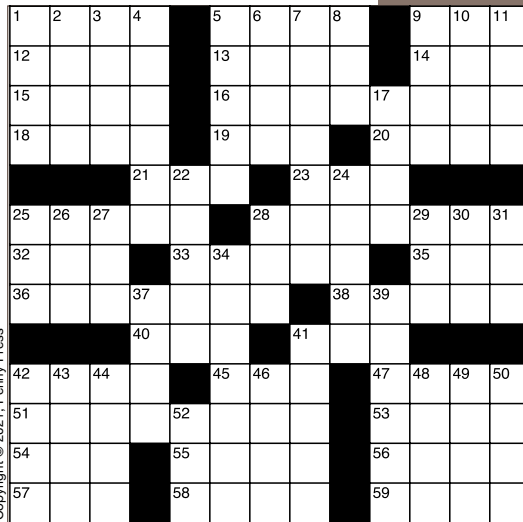
## PISCES

You'll be inspired by a transformative learning experience. You'll find a new spiritual path, or at least practice a ritual that fills you with joy.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 109



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### ACROSS

- Fashionable
- Bring up
- To's mate
- Painful comment
- Lazily
- Glass edge
- Appeal
- Representative
- Merit
- Type of antelope
- Draft animals
- Pool shark's need
- Mountain \_\_\_\_
- More mature
- Tapering flag
- How \_\_\_\_ you?
- Part of a knife
- Whack!
- "The Little \_\_\_\_"
- Slogan
- Squid's defense
- Basketball site

- Reach
- \_\_\_\_ of Reason
- Observer
- Nectar gatherer
- Cherish
- Pub brew
- Woe is me!
- \_\_\_\_ out (barely makes)
- Chop
- Pierre's mom
- Exam

- Church ceremony
- Cafe sign
- Hospital garb
- Metropolitan
- Competitor
- Thrust
- Fury
- For every
- Dwelling
- Appropriate
- Negative word
- Couple
- Pleasing
- Coal source
- Breakfast fare
- Honking birds
- Iranian ruler, once
- Post
- Freshly
- Baggage
- Ox's harness
- Nights before holidays
- Snooze
- Sweet root

### DOWN

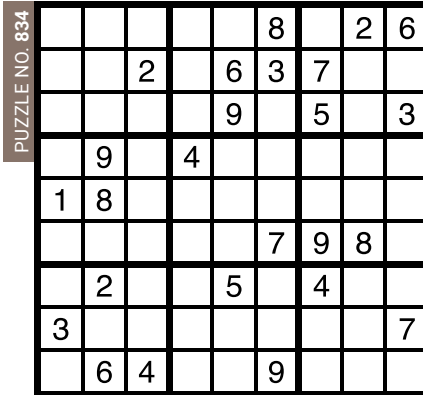
- Contend (with)
- Grass-skirt dance
- Bakery worker
- Luck
- Chain of hills
- First garden
- Referred
- Grain
- Linen source

# 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.**

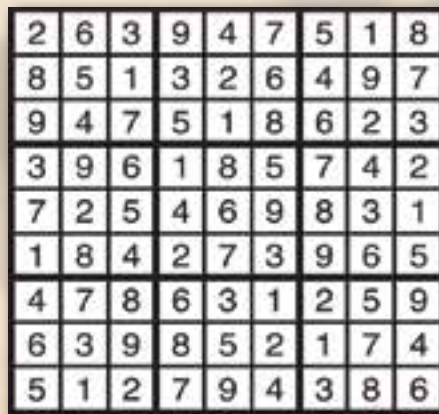


## CROSSWORDS



### Last Issues' Answers

## Sudoku



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