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NOVEMBER 11
 Let us remember those who served
 in the wars of yesterday and today



A SOLDIER FROM WORLD WAR I. (PHOTO LIBRARY AND ARCHIVES CANADA)



A RAMP CEREMONY WAS HELD AT KANDAHAR. (PHOTO BY SGT DAREN KRAUS)



Pages 8-9



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New vaccine location in Saint-Eustache

Flu shots also given

MARIA DIAMANTIS

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

Starting November 2, a new vaccination clinic will open in Saint-Eustache. The Centre intégré de santé et de services sociaux (CISSS) des Laurentides is providing the population with an additional site where they can get vaccinated.

The new site will be located at 450, boulevard Arthur-Sauvé in Saint-Eustache.

“It was crucial for us to offer local service to the Deux-Montagnes MRC population. It will also be possible to get the flu vaccination, with an appointment, at the same location. Simply ask our vaccination teams,” said Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides. A shuttle service is available on demand for people with restricted mobility or without the means to reach our vaccination sites.

There are multiple ways to get vaccinated in the Laurentians, with or without an appointment in one of our vaccination sites, by using the NotifVax app, or in one of our mobile vaccination units. For more details, visit santelaurentides.gouv.qc.ca.

Effectiveness of the flu vaccine

It is highly recommended that people most at risk of developing complications get vaccinated each year in order to protect themselves. For these people, vaccination is the best protection against the flu and its complications. Vaccination allows the body to make antibodies to fight the flu. However, studies have shown that the number of antibodies may decrease in the year after vaccination. This decrease particularly affects older adults and people with a weakened immune system. In addition, viruses that cause flu constantly change. The composition of flu vaccines is reviewed annually in order to include the virus strains most likely to be in circulation during the flu season. The Flu vaccine is safe and cannot transmit flu or other illnesses.



In fact, it contains part of the viruses or viruses that are killed or too weak to reproduce and cause the flu. In Canada and at the World Health Organization (WHO), there are several vaccination surveillance programs. These programs ensure, among other things, the quality of vaccines offered. Among these is the Québec surveillance program, ‘Effets secondaires possiblement reliés à l’immunisation’ (ESPRI). This program was established in 1990 by the Ministère de la Santé et des Services sociaux. The flu vaccine does not make COVID-19 symptoms worse if you get infected.

The flu vaccine generally takes 2 weeks before being fully

effective. It does not offer 100% protection against the flu. The vaccine prevents the flu in about 40 to 60% of healthy people when the strains of viruses it contains correspond to strains circulating. The protection offered by the vaccine may vary from person to person, but it lasts at least 6 months. The vaccine protects only against the strains of the flu virus it contains. It does not protect against other respiratory infections such as the cold or COVID-19. For people aged 75 and over and those with chronic illnesses, the vaccine especially helps reduce the risks of complications from the flu, hospitalisation and death.

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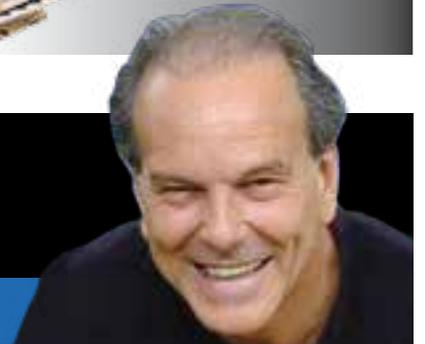
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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Seniors want to stay home but can't

Growing old isn't fun. How often have you heard that? In Quebec, add insult to injury, literally, because we call it 'l'âge d'or'. The golden age. Really? What is golden about it? Oh, I guess they mean retirement, not having to work every day, reaping the benefits of your investments, company and government pensions.

But that is not everyone's situation, because depending on the province, many only have their OAS (Old Age Security) and a government pension. No RRSPs much less TFSAs (Tax Free Savings Accounts) to add, and scarce returns, if any, on real estate investments, stock market, savings accounts, none of which took place during their life-time.

Here is the saddest part. All statistics are not available, but we can say that Canada leads in or has one of the highest majority of its citizens who die in hospitals, 61.5%. That compares to England at 51%, 31% for the Netherlands, and, unbelievably only 20% in the United States (perhaps because of the high cost of U.S. hospital stay). That is not our wish. 87% of us do not want to die in a hospital, but in our home. Sadly, only 20% of Canadians do die where they reside. Because such a large majority of us take our last breath in a hospital, we spend more on "end-of-life care and medication than other high-income countries." What's wrong?

For starters, we are not getting anywhere near full value for our investment in Health Care in Canada. Don't blame our caring health workers. We should be reducing suffering, and improving quality of life through Palliative Care. The C.D. Howe Institute has released a most enlightening study. It states the reason for these high medical costs is an insufficient number of palliative care beds, where we could substantially reduce costs avoiding sending the patient to a hospital's acute care unit, and most often die in the hospital.

Palliative does not necessarily mean it is for those whose death is imminent, but often includes curative intent, recovering from serious illness and requiring assistance in relieving suffering.

If that is missing in the chain of our public health system, the end-of-life costs in acute care are going to be exorbitant, and they are. Authors Kieran Quinn, Sarina Isenberg and James Downar, (palliative care administrators) point out that because we spend so much more on costly acute care in our hospitals, we are not getting a good bang for our buck, not even close. Solution? The authors say this. "A major avenue

to cost saving is greater use of palliative care, rather than more costly acute care, in end-of-life treatment. Palliative care primarily focuses on improving comfort and quality of life, often avoiding hospital-based, invasive, costly and potentially inappropriate care".

The C.D. Howe report also includes the fact Canada has even fewer hospice beds where patients receive end-of-life care. An increase would free costly hospital beds and provide patients with the appropriate end-of-life care.

Please excuse the bluntness of these statistics on such a sensitive topic, but the facts are these. It costs 36 thousand dollars to die in a hospital versus 16 thousand to die at home. But the cost is not the issue, at least not the intent of this column. It's the patient's comfort, and home life, that are important rather than "invasive, often inappropriate acute care" in a facility. All the more reason to want to stay at home.

"Dad, the Dutch have attitude" my daughter once told me, and they do. The latest example from the Netherlands is the realization that "the greatest potential for improving the lives of the elderly lies in technology built for the young". The home of an 87-year-old Dutch near the city of Rotterdam has been transformed into a cyber house, by his sons and daughters.

Rather than have health workers watch over him in a long-term facility, Dolf Honée is at home 'watched' when he gets up, walks around, makes breakfast, turns the range on and off, shaves, perhaps stumbles, and leaves the house. A smart stove switches itself off if it detects a fire hazard, and smart pipes turn off a tap left running. When the doorbell rings, his smart watch tells him who has arrived.

A tech company called Sensara has an app that pings on the kids' phones if anything goes wrong or seems out of place. What else can it do? "Sleep is monitored via a device in his ear, his fridge suggests what he might eat, and a pill dispenser can give him tailored medication," says Mr. Honée. "They're always watching me but I feel safe, and I'm where I want to be at my age. Home."

That's what I'm Thinking.

Robert Vairo

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Ombudswoman wants Quebec to create a central database for CHSLDs and retirement homes

Up to 21,000 people face an unnecessarily complicated access process, says Marie Rinfret



MARTIN C. BARRY
marty@newsfirst.ca

A special report released last week by the Quebec Ombudswoman's office on access to provincial retirement and long-term care residences recommends the government develop by September next year a centralized data base allowing information on vacancies and available rooms to be shared across Quebec.

The report documents the reality of elderly people who are waiting for a place in a substitute environment and spells out what needs to take place immediately to correct the access process.

Complicated access

At the end of a systemic investigation into the rules and practices surrounding access, the Quebec ombudswoman made 14 recommendations to the Quebec Ministry of Health and Social Services (MSSS), under four orientations corresponding to the main findings.

"Every year in Quebec, 21,000 people who can't remain safely at home come up against a complicated access machine that is hard to understand, that involves lengthy wait times and is discouraging," said Quebec ombudsperson Marie Rinfret.

"These people, who are experiencing a crucial stage of their life, suddenly find themselves in complete disarray, uprooted and forced to move to a new environment which is often not the one they expected," she added.

The report's four orientations were as follows:

Show consideration to would-be residents

As part of the access process, various practices seen in CISSSs and CIUSSSs result in the denial of rights or needless upheaval.

- The right to choose a resource (in keeping with available resources) is regularly breached or denied would-be residents, as is the right to be adequately informed.
- Forced moves within 48 hours, in all likelihood hasty, are a recurrent source of distress.
- Cancellation of an application if a person refuses the place offered violates the elderly person's rights.
- Frequent and extended recourse to temporary placement causes a form of homelessness at the end of life.

Standardize practices Quebec-wide

- Because the access mechanism is not standard, there are sizable disparities from one region to another regarding the access process itself and average wait times. In addition to yielding a misleading portrait of access, the lack of uniform practices creates inequalities between regions.

Review application prioritization

- Elderly people's social and emotional needs are scarcely considered in prioritizing applications. This means that it may be difficult for informal caregivers to help residents, spouses may end up at

different residential resources, or significant persons may live far away.

- The network's limited resources and the imperatives of the hospital-care system have created a fast track to placement – hospitalization. The upshot is that people at home wait longer for a place in a residential resource.

Produce an exhaustive portrait

- The MSSS's management of access data is inefficient: some data are not collated the same way by different institutions, other data are ignored or made inaccessible, while some are only partly distributed.

In her report's recommendations, Rinfret also said the provincial government should develop by March 31 2022 all the resources necessary to process the centralized data on vacancies at the establishments, especially with regards to admission processes, temporary users and interterritorial requests.

She said the ministry should implement, no later than Sept. 1 2022, a single and centralized system for assigning, managing and sharing relevant data throughout the MSSS and all its retirement, long-term care and other public housing establishments.

Wants recommendations followed

As well, she said the health and social services ministry should be able to verify by Dec. 31 next year that all the establishments are using the new system to centralize and coordinate all of their data.

Finally, Rinfret's office asks the MSSS to provide, no later than Dec. 10 this year, a work plan indicating the actions to be taken and the schedule that will be followed for the implementation of each of her recommendations.



At a time when Quebec is poised to overhaul residential resources for the elderly, the entire focus must be on the response to the issues raised in this report,' said Rinfret.



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Results of the petition to the MTQ: 10,000 signatures

10,000 signatures to demand from the Quebec Ministry of Transport the redevelopment of the intersection of Autoroute 640 and 25e Avenue in Saint-Eustache

MARIA DIAMANTIS

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

The City of Saint-Eustache released the results of a petition demanding from the Quebec Ministry of Transport (MTQ) the redevelopment of the crossroads of highway 640 and 25th Avenue in Saint-Eustache.

This petition, launched by the City of Saint-Eustache last September, thus gathered the signatures of nearly 10,000 road users frequenting this busy sector, who thus informed the MTQ of their exasperation at the endemic congestion that is rampant in this strategic crossroads. Citizens who wished could also dial 511 and assert their demands in the face of the crossroads redevelopment file, which has dragged on for more than a decade.

"It seems that citizen pressure is already bearing some fruit, since after months of silence, the City has finally received a summons from the MTQ to a meeting, in order to discuss the elements likely to unblock this file, which is



moreover entirely under provincial jurisdiction, I would like to point out. I congratulate the citizens who took the trouble to join their efforts with ours," recalled the mayor of Saint-Eustache, Mr. Pierre Charron. The topics addressed at this meeting, the results of a traffic study by the MTQ, the results should be known in June, the

installation of a traffic light at the intersection of 25th Avenue and rue Dubois, immediately upstream of the problematic crossroads, in anticipation of which the City of Saint-Eustache has already carried out the preparatory work.

But the heart of the discussion will focus on the need to review the complete configuration

of the intersection, taking into account that it constitutes a route widely used by motorists coming from or heading to neighboring cities in full expansion. "As Highway 13 ends near Saint-Eustache and Boisbriand, motorists wanting to head towards certain sectors of Mirabel, which, it should be noted, have experienced a demographic explosion over the past decade, have no choice but to pass through the A-640/25th junction Avenue. This intolerably congests the sector, causes delays and pollution, harms the competitiveness of the region, not to mention the impacts on the quality of life", said Pierre Charron, who added: "Any temporary solution, synchronization of lights, development of a ramp, will undoubtedly alleviate the problem of congestion somewhat in the short term. But we must see further. Short term, these mitigation measures cannot be anything other than a bandage on an open wound, given the urban development which is increasing in the region more quickly than anywhere else in Quebec. The redevelopment of the 25th Avenue intersection and the extension of Autoroute 13 are required. The productivity of the whole region depends on it".

Sainte-Thérèse awards nine scholarships to support young emerging athletes

MARIA DIAMANTIS

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

As part of the Athlete Support Policy, the City of Sainte-Thérèse is awarding \$ 2,400 in scholarships to nine Therese women and Emerging Teresians. Through their resilience and perseverance, these young people have stood out and made their city and their sport shine.

Here are the nine athletes who received a support grant:

Alexis Cousineau (tennis), Léa Cousineau (tennis), Matilde Desharnais-Guenole (athletics), Arielle Garant (athletics), Cédrik Laberge (hockey), Laurent Plamondon (judo), Jules Rolland (diving), Colin Saint - Pierre - Ménard (fencing), May-Anne Seney (softball).

"We are proud to continue to support and encourage Teresian youth, especially when we think about the challenges of the past few months. These young athletes are models of surpassing oneself. The next generation deserves not only our support, but also our admiration. Our congratulations to the recipients! », said Sylvie Surprenant, mayor of Sainte-Thérèse.

Citizens are invited by the city to like the achievements of the recipients by going to the Town of Sainte-Thérèse's Facebook page, where a photo album has been created in their honor.



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Former Rosemère golf course

Rosemère Green's relief and the mayor's response

MARIA DIAMANTIS

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

The citizen group Rosemère Green, a group of volunteer citizens who are involved in ensuring the preservation of green spaces in urban areas, and the Coalition of Golf Courses in Transition (CTGT) welcomed the unfavorable notice of the Government of Quebec towards the request of the City of Rosemère to change the use of the site of the old golf course in a press release sent to local media on October 21st 2021. More specifically, the notice blocks the modification of the Land Use Planning and Development Plan (Schéma d'aménagement et de développement/SAD) referred to in draft by-law (PR) 21-02[1] of the MRC de Thérèse-De Blainville.

In the press release Rosemère Vert announced that it obtained the preliminary notice of the Ministry of Municipal Affairs and Housing (MAMH) following an access to information request and decided to make it public. "If this by-law had been adopted before the elections, it would have modified the MRC's SAD and would have changed the land use of the site of the former Rosemère golf course so that it transitioned into a "Residential in a landscaped environment". This change was requested by the City of Rosemère in order to open the door to a residential development on the site of the old golf course. The process of modifying the SAD was therefore interrupted and no modification of the latter will take place before the elections," says Rosemère Vert

In its notice sent to the MRC on the draft Regulation, the Government of Quebec concludes that the MRC's request to modify the SAD does not comply with government guidelines for land use planning (OGAT). Twelve departments and bodies concerned with land use planning, the Quebec Ministry of Transport, the Ministry of Municipal Affairs and Housing, the Ministry of Public Security and the Ministry of Forests, Wildlife and Parks have conveyed their concerns regarding the draft Regulation.

According to Lucie Tremblay of Rosemère Vert, "the government's conclusions are in line with what we have been reiterating for several months and that the elected officials of Rosemère and the MRC have always refused to hear. The needs as well as the impacts of the development of the site of the old golf course have not been assessed. The unfavorable opinion of the Government of Quebec shows that they did not do their homework and acted quickly to change the use of the site of the old golf course, just before the elections."

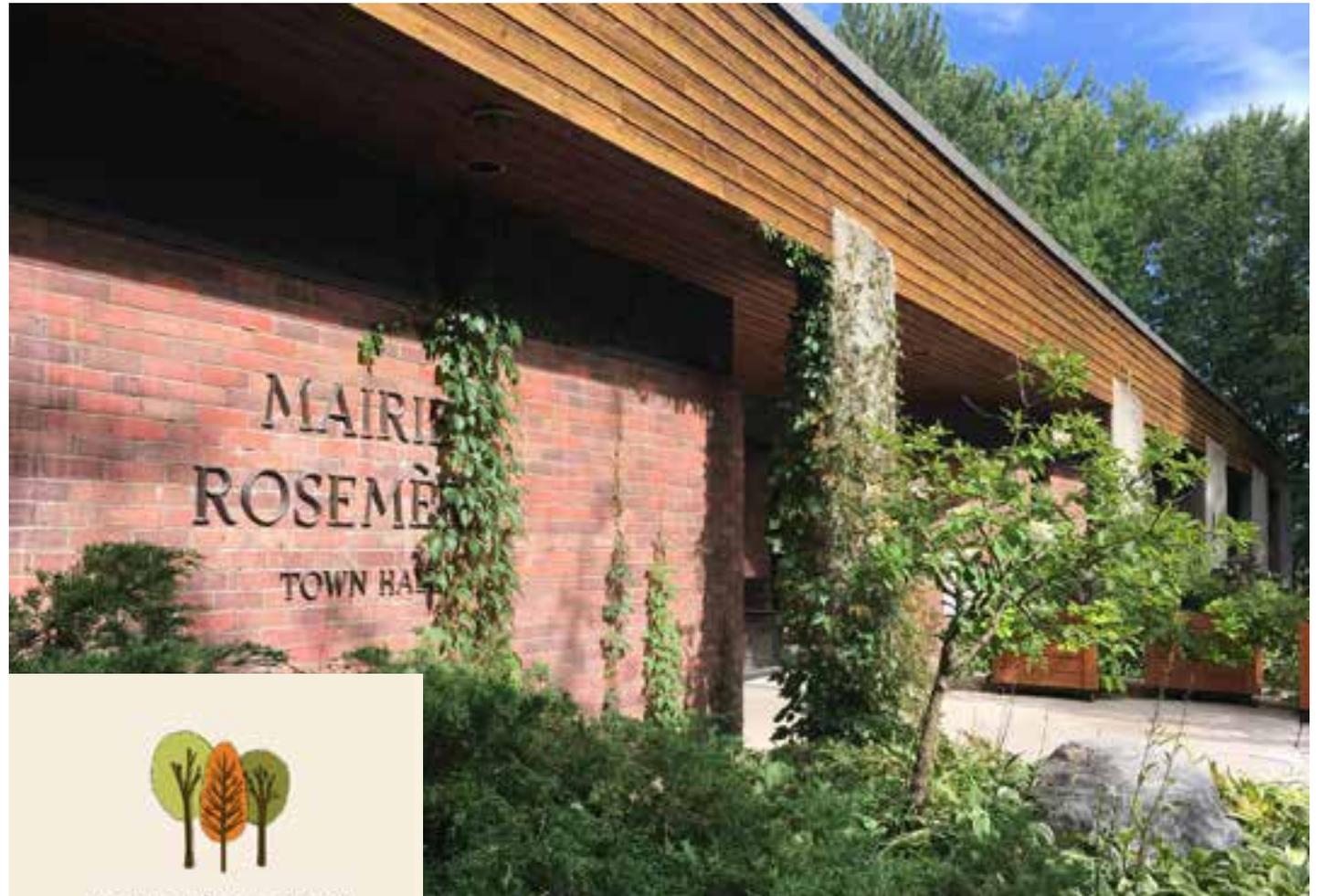
Following this unfavorable opinion, Rosemère Vert and the CTGT ask the government of Quebec to immediately decree a moratorium on changes in the use of golf courses, to make legislative changes to the Expropriation Act and to put sums available to cities to facilitate the purchase of old golf courses to ensure the protection of these green spaces.

Westram response

NSN reached out to Mayor Westram to comment on the Rosemère Vert's press release and the Government's response.

According to the mayor, from the outset, it is important to stress that the comments of the Ministry of Municipal Affairs and Housing (MAMH) in its letter of September 16 concern the draft by-law as a whole and this includes in particular Place Rosemère as well as the file of the old golf course. Thus, the comments are not specifically aimed at the golf course.

He also noted that his administration has been developing the urban vision since 2018



with and for the citizens. This vision identified major challenges, including those of commercial vitality on boulevard Labelle - the regional hub of Place Rosemère - the mobility of people on the 117 and on Grande-Cote and the planning of the land use in the old golf course area. This urban vision developed with citizens requires approvals from supra-local MRC, CMM and MAMH authorities. This is a normal and regular process when a municipality revises its urban plan.

Thus, in January 2021, the City made representations to the MRC and the CMM in order to assert the will of the Rosemère people regarding a mix of uses at Place Rosemère and in terms of the protection of a minimum of 50% of the old golf course. The Rosemère community wishes to maintain a density comparable to neighboring areas, which goes against the standards set by the CMM. The Mayor also said that already a 12% of the course has already been developed by the previous administration in 2016.

It is also at the regional hub of Place Rosemère that a higher density is planned. By the same token, this is where the majority of travel would be generated. The MRC and the CMM have given their agreement in principle to the request for a change of assignment and the government of Quebec made its comments in its letter of September 16, which mainly concerns the mobility of people.

"There are no surprises in the opinion of the MAMH. Our preliminary urban plan also identifies the issue of the mobility of people as a priority. We are going to work with the Government of Quebec in order to assert the will of the citizens in this normal and regular process. In short, as I have always said, my commitment is that citizens have the last word." concluded Mayor Westram.

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November 11 Remembrance DAY

Honouring our nation's heroes



3 ways to support Canada's veterans year-round

On Remembrance Day, Canadians across the country commemorate the brave men and women who died in the line of duty as well as those who currently serve in the armed forces. However, your recognition doesn't have to be limited to November 11. Here are three ways you can support Canadian veterans year-round.

1. DONATE TO A REPUTABLE CHARITY

There are a number of charities, including the Poppy Fund, VETS Canada and Wounded Warriors Canada, doing critical work to empower and support veterans from coast to coast. Donating even a

small amount to a reputable organization can help improve the circumstances of those who risked their lives for their country.

2. VOLUNTEER AT A ROYAL CANADIAN LEGION

There are more than 1,300 Legion branches across the country. As Canada's largest veteran service organization, the Royal Canadian Legion (RCL) offers outreach and assistance programs for veterans and their families as well as community services and support. Volunteering at your local Legion branch is a great way to make a real difference in the lives of those who served.

3. VISIT A VETERAN IN YOUR COMMUNITY

Veteran Affairs Canada (VAC), in collaboration with the RCL, runs an initiative that facilitates face-to-face visits with veterans in retirement and long-term care facilities. These visits provide social interaction and a sense of community to individuals who may not otherwise receive many visitors. Spending time with a veteran can have a major impact on their life as well as your own.



This Remembrance Day, know that Canadian veterans need your help year-round, and consider taking steps to offer your support.

A tribute to our heroes on Remembrance Day

Today we honor the memory of the brave soldiers who made the ultimate sacrifice to protect our nation and our way of life. Their dedication to our country makes us proud to be Canadians, and we owe them a debt of gratitude that can never be repaid. On Remembrance Day, we salute our nation's fallen and the families who carry on without them. Their heroic spirit and sacrifice will never be forgotten. We will always remember that freedom is not free.

THE NORTH SHORE
News



Izzy dolls: a Canadian symbol of good will

Though poppies are a powerful symbol of Remembrance Day in Canada, Izzy dolls are also becoming increasingly well known. These small, hand-knitted dolls are named after Master Corporal Mark "Izzy" Isfeld, a Canadian soldier who died while serving on a peacekeeping mission in Croatia in 1994.

On Isfeld's first peacekeeping mission, he was deeply affected by the suffering of the children he encountered. Many of the children he met had no toys or personal belongings, as they had to leave everything behind when they fled from dangerous situations. This gave Is-

feld's mother, Carol, the idea to create Izzy dolls so her son would have something to give the children he met while serving.

The legacy of the Izzy doll continues to bring comfort and smiles to children around the world. Over the past two decades, Canadian soldiers and health-care workers have given out more than 1.3 million dolls to children in war-torn areas and regions affected by natural disasters as a small token of goodwill and hope. The dolls are also often given to refugee children who resettle in Canada.

Today, Izzy dolls are made by volunteers across the country. If you're interested in becoming part of this effort, you can find patterns and instructions for how to make the dolls online.



World War One comes off the page

You might think the legacy of WWI hangs on by a tenuous thread — as sad as it is, there are no longer any living veterans of that war. But we have the red poppy pins, In Flanders Fields, and countless books and movies to keep the story alive and to remind us of what Canadians won and lost in the conflict of 1914-1918. Here are a few of the reads that best recount the era, with all its glory and losses.

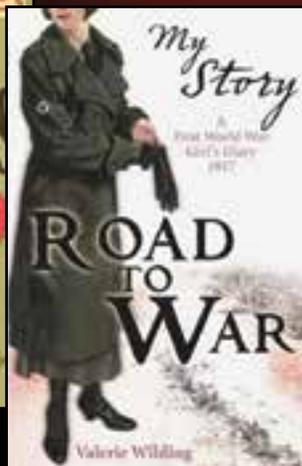
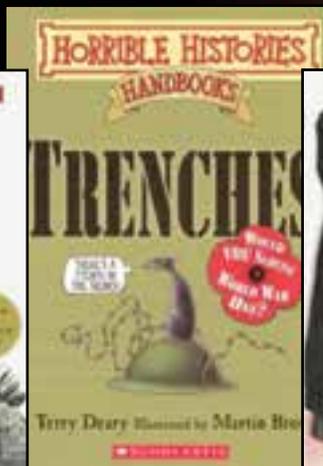
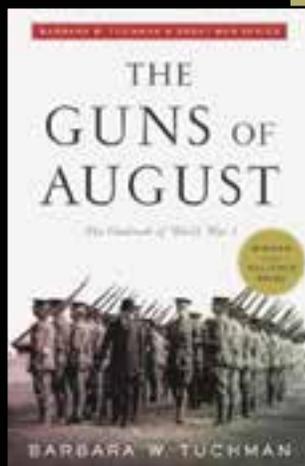
Youth fiction. The book *Road to War: A First World War Girls' Diary, 1916-1917* is a fictionalized first-person account that makes it real.

The author puts a young woman in an active role as a WWI ambulance driver on the French front.

Youth non-fiction. *The Horrible Histories Handbook: Trenches: Would You Survive World War One?* is an engaging look at the stark realities of ground warfare with great illustrations.

Non-fiction. For a Pulitzer-prize winning overview, read *The Guns of August: The Outbreak of World War I*, by Barbara W. Tuchman. For a contemporary re-examining of Canada's role in the conflict, check out military historian Gwynne Dyer's *Canada in the Great Power Game: 1914-2014*. For an interesting twist, try Canadian anthropologist Wade Davis' sweeping account of WWI and what it meant for mountaineering; it's called *Into the Silence: The Great War, Mallory, and the Conquest of Everest*.

Novels. First published in 1920, Erich Maria Remarque's *All Quiet on the Western Front* has become a classic. For the romantically inclined, *Birdsong*, by Sebastian Faulks, has been on best book lists for the last 21 years.



5 facts about Remembrance Day

On November 11, Remembrance Day ceremonies are held across the country to honour the courage of Canadians who fought to defend our way of life. Here are five facts to help you better understand this important occasion.

1. The First World War officially ended on November 11, 1918, with the signing of an armistice agreement. This occurred at precisely 11 a.m. — that is, at the 11th hour of the 11th day of the 11th month.
2. Every year, Canadians observe two minutes of silence on Remembrance Day. This is to honour the more than 2.3 million Canadians who served and the more than 118,000 who lost their lives since the start of the First World War.
3. Remembrance Day is a statutory holiday for federal government employees.

Six provinces and the three territories have also designated November 11 a statutory holiday.

4. Remembrance Day is celebrated by a number of other Commonwealth member states, including the United Kingdom and Australia, as well as other countries such as France, Belgium and Poland.

5. Canada's National Remembrance Day Ceremony is held in Ottawa at the National War Memorial. The event is presided over by the Governor General and is attended by the prime minister, veterans' organizations and the general public.

For more information about Remembrance Day, visit legion.ca/remembrance.



AN EASY WAY TO HONOUR OUR VETERANS

From the last Friday in October until November 11, Canadians are encouraged to purchase and wear a poppy. This is an easy way to show you remember those who died for their country. Additionally, donating to the Poppy Campaign directly supports Canadian veterans and their families.



100th

On this 100th anniversary of the Remembrance Poppy in Canada, let us remember the courage and sacrifice of those who have served and continue to serve our country.

It is our responsibility to preserve the peace for which they fought.



ville.rosemere.qc.ca





Library receives a grant from the Deux-Montagnes Lion's Club

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

On October 27th, the Library of Deux-Montagnes has received a grant of \$ 1500 offered by the Lion's Club of Deux-Montagnes to expand its collection of large print books and audio-books.

Since 1980, the Lion's Club contributes to these collections in French and English mainly for people with visual handicap. Through this annual financial aid, the library members have a good variety of books of all kinds. These collections are available to the subscribers during the opening hours of the Library.

The Lion's club also recently held the first weekend of October its book fair which was very successful, even though they were operating under Covid restrictions. The Club was only allowed 50 people at the hall at one time, which sum included the workers, when in the past they were running the book fair with up to 15 volunteers and Lions club members.

According to the club, the community was very appreciative of their efforts, and even though they only collected books for 3 months, the donations were coming in at a great rate, which allowed the club to end up with over 15000 books.

The club had many requests to have the bookfair on a semi-annual basis, and currently they are looking into the possibility of having a pre-summer edition in May



Photo from left to right : Erik Johnson, City Councillor, district du Lac Michel Mendes, City Councillor, district du Coteau Dave Byers, Treasurer of the Lion's Club of Deux-Montagnes Florindo Stabile, President of the Lion's Club of Deux-Montagnes, Denis Martin, Mayor of Deux-Montagnes Micheline Groulx Stabile, City Councillor, district of Olympia, Pascale Dupuis, Director of the Culture and Library

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ASTERIA, a cultural VR extravaganza

ASTERIA

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VINCENT VALLIÈRES



DOMINIQUE FILS-AIMÉ



DANIEL BÉLANGER



ALEXANDRA STRÉLINSKI



FOUKI

MARIA DIAMANTIS

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

The MRC de Thérèse-De Blainville and the Table Action Culture are launching ASTERIA

The MRC de Thérèse-De Blainville in close collaboration with its partner and regional broadcaster Odyscène and following the recommendation of the Table Action Culture (TAC), has launched a new cultural project: ASTERIA.

ASTERIA is an immersive musical journey in virtual reality that plunges the viewer into the world of several singer-songwriters from the Quebec scene, namely Vincent Vallières, Dominique Fils-Aimé, Daniel Bélanger, Alexandra Stréliniski and Fouki.

"It is an experience which allows the VR voyager to discover the musical works of the artists in an unprecedented way, by a spatialized surround sound environment which envelops a dynamic and modern visual which mix turning in 360 degrees and creation of universe in 3D animation", declared the prefect of the MRC de Thérèse-De Blainville, Mr. Richard Perreault.



For its part, Odyscène, in collaboration with the MRC de Thérèse-De Blainville, once again offers a cultural experience open to the community by promoting accessibility to the performing arts. "ASTERIA is an innovative way of presenting song and music, paired for the occasion with technology. I invite the public to take part in this extraordinary musical virtual reality experience," mentioned Odyscène President Mélissa Poirier.

Genesis of the project

Odyscène presented the ASTERIA project to the TAC in the fall of 2020. It immediately aroused great interest from each of the seven towns of the MRC who wished to participate. However, due to the context of the pandemic, the TAC deemed it more appropriate to postpone the activity until the fall of 2021 and mandated Odyscène to carry out the project. The MRC is proud to invest to allow citizens to enjoy this activity free of charge.

ASTERIA is part of the guidelines of the 2nd generation cultural policy of the MRC adopted in 2021. In this regard, ASTERIA is banking on the strong potential of new technologies to improve citizens' access to culture, creativity and innovation to increase and diversify the local and regional cultural offer. In addition, ASTERIA is a relevant project to promote citizens' access to culture in the context of a pandemic.

Programming

Starting November 2 in Boisbriand, ASTERIA will travel from one week to the next in each of the towns of the MRC, and will end on December 19 in Rosemère.

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DIRECT? ANSWERS

From Wayne & Tamara

Up In The Air

Q I met my now husband seven years ago. When I first met him, he was getting out of a tumultuous relationship with a woman who ended up pulling a gun on us one night. It was horrible.

Another night we drove up to his house and found a "box of love" that she left. In it was everything he ever gave her. I didn't look, but he told me he bought her pearls and she returned them. I'm not sure what type of pearls, or if it was earrings, a necklace or a bracelet. He just said "pearls" and that he gave them to his mother.

Here we are seven years later, and I had my birthday over this past weekend. At my party, I received a beautiful pearl necklace, bracelet and set of earrings. I was extremely happy and they are beautiful. Twenty minutes later, it felt like a ton of bricks hit me. I thought back to the time this woman returned his gifts.

So I nicely said, "How did you do this without me knowing?" He said, "A little bit at a time." You see, we share a bank account and we both keep an eye on it. So I just said okay, and let it go.

Today, for some reason, I can't let it go and it's making me feel like an unappreciative, selfish person. Maybe I am since I'm thinking this way! We did receive cash from his mom for Christmas, and he put that in a safe place in the house. I saw he deposited some of it in our account, and I believe I accounted for the rest after we used it on a trip.

Should I let this go and be happy with pearls that I'm going to make a family heirloom, to be passed down to my daughter and to her daughter? I don't see any way of asking him, "Are these the pearls you gave so-and-so?" But should that matter?

Kirsten

A Kirsten, in one Zen teaching story two monks, a student and a master, are traveling along a road. When they come to a stream, they see a beautiful young woman unable to cross, so the master picks her up and carries her to the other side. Then the monks resume their travels.

Later that night, when the student scolds the master for having intimate contact with a woman, the master replies, "I put her down on the other side. Are you still carrying her?"

Sometimes it's hard to know what to put down and what to carry. There are reasons to think these are not the same gems. Would an ex-girlfriend return a set of heirloom-quality pearls? Would someone who pulls a gun be likely to think, "The right thing to do is give them back."

But even if this woman once had them, after seven years the whammy has worn off the pearls. And if they are not the other woman's, what a horrible thing to bring up to your husband.

We look at it this way. Pearls are assets, like bonds, Krugerrands or diamonds. It would be ridiculous to let something of great value go to waste, or to take them to a jewelry store and not receive full value. After seven years it is not regifting. After seven years, they are his.

Our favorite detective story is The Moonstone by Wilkie Collins. In that tale, a gem is stolen from the head of an idol in India and, through treachery, ends up in England. But legend says the jewel will always return where it belongs, and in the end that is what happens.

Perhaps this incident is a sign to let this woman go as if she never existed. Even if she once had the pearls, they have returned to their proper place. They were meant to adorn the woman who is his wife..

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

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Insulation worker: a great career for the right person



Are you looking for a hands-on job that requires basic math skills and a knack for deciphering drawings? If so, becoming an insulation worker, also known as an insulator, may be right for you.

securing insulation material and installing vapour barriers.

Where do insulators work?

In most cases, insulators work for large companies on commercial, institutional and industrial construction sites. They may also be self-employed and bid on private contracts.

Insulators most often work seasonally. However, depending on the job, they may be required to work year-round.

What skills do insulators need?

Since they often work with other professionals in the construction field, insulation workers must be able to work as part of a team. They must also be physically fit, meticulous, have excellent dexterity and be comfortable in both tight and high spaces.

Before they can complete a project on a job site, insulators must have the appropriate training and documentation.

If you're interested in this profession, register for an insulation training course in your area.

What do insulators do?

These workers are responsible for installing, removing and repairing thermal and acoustic insulation on buildings and various types of mechanical equipment such as air handlers, refrigeration systems and piping equipment. This helps effectively prevent or reduce the passage of heat, cold, sound and fire.

An insulation worker's main duties include reading and interpreting engineering drawings, measuring, cutting, applying and

CVs: should you list your interests?

If you want to make your CV stand out, consider sharing your interests. Though you should highlight your work experience first, also mentioning your hobbies and passions can give potential employers a glimpse into your personality. Sharing this information can help set you apart from other applicants with similar skills.

Draw connections

It's a good idea to focus on activities that show you have talents that are relevant to the job you're applying for. For example, you might want to mention previous volunteer experience if you want to work for a non-profit organization. Similarly, stating that you've participated in team sports could be beneficial for a position that values collaboration.

recruiter's attention. Have you travelled? If so, mention the destinations you visited. Or, if you practise traditional dance, note if you've ever won any competitions. Depending on the activity, the recruiter may learn more about your level of fitness, creativity or sense of responsibility.

If you're having trouble writing your CV, consider reaching out to an employment agency for help.



Be specific

You should personalize your areas of interest beyond simple keywords to capture the

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In Memoriam & Obituaries



YVAN CARRIER
1955 - 2021

In Baie-Comeau on November 2, 2021, passed away at the age of 66, Mr. Yvan Carrier, son of the late Mr. Louis-Maurice Carrier and the late Mrs. Estelle Dastous. He lived in Baie-Comeau. He is survived by his brothers: Louis (Cécile), Maurice (Nicole), Roland (Suzanne), Ghislain (Céline) and Robert, his sisters Diane (Robin) and Lisa, his goddaughter Melissa, his nephews and nieces: Michel, Hélène, Guy, Steeve, Éric, Nancy, Denis, Suzie, Benoit, Valérie, Jimmy, Tommy, Stéphanie, Katherine and Chantale, his grand nephews and grandnieces, as well as other relatives and friends.



PINETTE, RICKY
1965 - 2021

In Sept-Îles, on October 26, 2021, passed away at the age of 55, Mr. Ricky Pinette son of the late Joseph Pinette and the late Alphonsine Régis residing in Uashat. He is survived by his daughter Andrienne Simon Pinette, his brothers: Paul-Henri and Salomon, his brothers-in-law, his sisters-in-law as well as his nephews, nieces, uncles, aunts, cousins and many friends.



In
loving
memory

3 eco-friendly options for your funeral

Conventional burials and cremations contribute to climate change. If you want your funeral proceedings to match your environmentally conscious lifestyle, here are three green options that might be available to you.

1. AQUAMATION

This process uses water, sodium, potassium and heat to dissolve the body's soft tissues into a sterile, aqueous solution that can be safely returned to the water supply. The remaining bones can then be ground up and placed in an urn. While it's not yet legal in all places, aquamation (also referred to as alkaline hydrolysis or bio-cremation) is gaining in popularity as an environmentally friendly alternative to burials and cremations.

2. HUMUSATION

Also known as human composting, this technique is similar to traditional burials but without the toxic chemicals and wasteful caskets. Instead, the body is buried among wood chips, alfalfa and straw rich in microbes that help speed up decomposition. This process takes about a month and yields fertile soil that can be scattered in forests or gardens. For now, this option is only legal in a few select areas.



3. BIODEGRADABLE URN

A popular green burial option involves placing the deceased person's ashes in a decomposable urn. This can be made of sand and gelatine, cornstarch, recycled paper, coconut shells or other organic materials. In some cases, these burial pods can be placed beneath a sapling to help generate new life after death. Keep in mind that while the urn produces little to no pollution, this option still relies on cremation.

Speak with your family or a funeral director in your community about how you would like your remains to be handled after death.



OUELLET ALAIN (WELLY)
1961 - 2021

At the CHU de Québec, on October 20, 2021, at the age of 60, passed away Mr. Alain Ouellet, son of the late Mrs. Huguette Bouchard and the late Mr. Louis Ouellet, spouse of Mrs. Karine Dion. He lived in Baie-Comeau. He is survived by his wife, his son Ken (Isabelle), his grandson Vincent; his brothers and sisters: France (Pierre), Lise (Michel), Andrée (Michel), Claude, Mario and Chantale, his mother-in-law Denise Chiasson as well as his brothers-in-law and sisters-in-law, uncles, aunts, niece nephews, cousins, relatives and friends.



BRISEBOIS, HÉLÈNE
1952 - 2021

Mrs. Hélène Brisebois, on October 29, 2021, passed away at the age of 68. Daughter of the late Mrs. Ange-aimée Caron and the late Mr. Patrick Brisebois. She lived in Baie-Comeau formerly from Les Escoumins. Hélène is survived by her husband Henri-Jean, her children: Liette (Nicolas) and Patrick; his sisters: Louise (late Pierre) and Jeanne (Mario); his grandchildren: Simon Bérubé, Olivier Bérubé, Nathan Guérin and Alyssa Gagnon, his goddaughter Geneviève Gagnon as well as his uncle, several aunts, nephews, nieces, cousins and many friends.



DALLAIRE, JOSÉE
1956 - 2021

Passed away at the CISSS de Les Escoumins, on October 26, 2021, at the age of 65, Mrs. Josée Dallaire. She was the daughter of the late Mrs. Lucille Therrien and the late Mr. Lionel Dallaire and lived in Tadoussac.

Mrs. Dallaire is survived by her sister Suzette (late Eugene Hovington), her brother Larry and her nieces and nephews, cousins, and friends.

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HOROSCOPE

Week of **NOVEMBER 7 TO 13, 2021**

The luckiest signs this week:
ARIES, TAURUS AND PISCES

ARIES
You'll have the chance to expand your so-cial circle. In a professional setting, you'll form new friendships with people who are fun to be around. If you're single, love at first sight will also be possible.

TAURUS
You might consider going back to school. At work, you'll be put in touch with people of various nationalities, and you'll work well together. In your love life, a getaway will give your relation-ship its second wind.

GEMINI
If your new love interest has a different background, you may need to make some adjustments. Avoid moving for-ward too quickly. A more equal distri-bution of tasks at home would be greatly ap-preciated.

CANCER
Your emotions will be strong and right at the surface. This will awaken the artist within you. Your high level of precision and attention to detail will prevail, and you'll have the guts to do things dif-ferently.

LEO
At your job, you'll have to work out the details of a negotiation before you can reach a conclusion. When it comes to matters of the heart, don't worry, your soulmate is just around the corner with a marriage proposal.

VIRGO
You'll get a boost in self-confidence, which will allow you to aspire to a more pres-tigious position at work. You'll need to make some effort in your social life, as you'll be asked to organize an event with your friends.

LIBRA
You'll find yourself increasingly po-pu-lar. At work, people will hang on your every word and warmly ap-plaud you. At home, you may need to spend some time cleaning up, even if it's just to help clear your mind.

SCORPIO
You have a lot of running around to do, either for work, for matters concerning your health or for a loved one. A debate is on the horizon; you'll have to make ac-cu-rate and precise arguments before you impose your opinion on the person.

SAGITTARIUS
You'll finally be able to offer yourself some financial guarantees for your fu-ture, which will take a huge weight off your shoulders. You could also deve-lop a more specific plan for your retirement.

CAPRICORN
You'll get a decent promotion at work, or, at the very least, you'll set your sights on a specific goal you want to achieve. You'll have the opportunity to get some kind of fresh start, and many people will follow in your footsteps.

AQUARIUS
You'll need to spend some time re-flec-ting before you put your words into action. If you're looking for a job, you'll gain new insight that could lead you to a wonderful career. You'll be inspired by the people who are close to you.

PISCES
After a long period of stress, you need time to rest and recharge. You'll enjoy more passive activities that help you re-cu-perate. A family member will need your help dea-ling with a chaotic situation.

Coffee Break

CROSSWORDS

PUZZLE NO. 101

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

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ACROSS

- Trade
- Gator's kin
- Butter square
- Andes nation
- Hawaiian party
- Strong anger
- Skipper's command
- Opening
- Marble slice
- Valuable item
- Mr. Chaney
- Forerunner
- "The Jazz Singer" star.
- 2 wds.
- Pine
- Thick stuff
- Tough fabric
- Above, to bards
- Final notice
- Fixed
- Actress Rowlands
- Favored person

DOWN

- Reducing camps
- Satisfactory
- Locale
- Indian village
- Detergent
- Races
- Stable grains
- Heal
- Needle's kin
- Rainbow shape
- Golf peg
- Molecule part
- "___ Yeller"
- Othello, e.g.
- Fencing equipment
- Geek
- Eagerly expectant
- Ear part
- Unite
- Individual
- Coldest
- Actress Clarke
- Scarlett's abode
- Type of type
- Stunned
- Uncovered
- Source of fiber
- Be a passenger
- Capri, e.g.
- Year portions
- Society girl
- Botch
- Actress Thompson

Sudoku

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 826

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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



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