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Level of alert raised:
Hospitals on the verge of a breakdown in services

Page 3

YEAR IN REVIEW 2021

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We all have questions about the vaccine

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Getting vaccinated is the best way to protect us all.

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Level of alert raised: Saint-Eustache hospital in intensive care

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

About 13,000 healthcare workers are absent in Quebec due to COVID-19. The record from the first wave of the pandemic was broken on Wednesday as 925 infected people were added, according to CBC.

It is in this context that hospitals have triggered the maximum alert level and have moved to level 4 of load shedding, which means postponing even more surgeries to free up staff. The CISSS des Laurentides Integrated Health and Social Services Center exceeded the level 3 target and asked Quebec to move up to 4th, but this has not yet been accepted.

If the Omicron variant occupies little intensive care, it overflows the floors of hospitalizations, and not necessarily because of its severity. The absences of health workers in isolation have tripled since December 19, thus considerably reducing the reception capacity of establishments.

At the same time, more and more Quebecers who go to hospital for fractures, childbirth or appendicitis attacks are more and more likely to discover on the spot that they are infected. At least 30 to 40% of hospitalizations are secondary diagnoses, the national director of public health, Horacio Arruda, revealed on Wednesday. These patients are still placed in COVID units and require additional resources to avoid outbreaks.

The Laurentians in "critical" condition

A quarter of workers are absent from the emergency rooms of Saint-Jérôme and Saint-Eustache hospitals, always according to CBC sources. In Saint-Eustache, 6 of the 12 intensive care beds are closed due to lack of personnel. The situation is critical in several departments, Rosemonde Landry, President and CEO of CISSS des Laurentides, wrote in an internal memo. Load shedding is essential.

This level of load shedding provides a target of 48 COVID beds for the Integrated Health and Social Services Center CISSS des Laurentides . However, there were 111 patients infected in hospitals in the region on Wednesday last week, more than double.

The Integrated Health and Social Services Center CISSS des Laurentides did not want to confirm its request to go to level 4 for load shedding. "In collaboration with the ministry, we are monitoring the situation closely, as it can change very quickly", said spokesperson Véronique Bernier. "Our wish is obviously to maintain regular activities as much as possible to meet the needs of the population."

What does stage 4 of load shedding mean?

Level 4 implies that elective surgeries will be postponed progressively beyond the 50% mark, until reaching, ultimately, 100% postponement of these non-essential activities, for example knee or cataract surgeries. Level 4 also involves closing small emergencies to redirect resources to larger ones. For example, the CISSS des Laurentides has on its list the closure of emergencies in Lachute and Rivière-Rouge, but the situation has not yet imposed.

The plan of the Integrated Health and Social Services Center CISSS, provides for postponing even more surgeries, even if 10,000 people are already awaiting an operation in the region. It is also planned, when necessary, to close the emergency room and the operating room in Argenteuil in order to repatriate resources to Saint-Jérôme to avoid a possible disruption of services.

Generalized outbreaks

At the Saint-Eustache hospital, 9 units are in outbreak out of a total of 15 and there were, on Wednesday the 5th of January, 7 outbreaks at the Saint-Jérôme hospital center. The emergencies of the two establishments are in bloom, as well as the cancer center of Saint-Eustache.

Doctors and nurses stationed in Saint-Eustache explained how outbreaks slow down all operations. The staff redouble their precautions and a room must be left empty for 20 minutes after the passage of an operated patient, in order to eliminate the aerosols. Some operations are extended by 40 minutes because of the precautions that must be taken, explained orthopedic surgeon Pierre-André Clermont.

Omicron brings changes to Saint-Eustache winter activities

MARIA DIAMANTIS
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With the objective of maximizing service to citizens and promoting physical activity despite the Covid-19, the City of Saint-Eustache announced certain additional conditions as well as the partial reopening of its sports complexes, for the practice of supervised activities with the greatest respect for health rules.

In the Guy-Bélisle Library until further notice, no entertainment activities will be held at the library. These will resume when the instructions from Public Health allow it.

From now on, residents 13 years of age and over going to the library to borrow books must have their vaccination passport and proof of identity on hand. However, citizens making reservations online or by telephone will not have to present this proof to collect their books

Residents must wear a procedural medical mask in order to enter the establishment. Fabric face coverings are no longer tolerated. This measure comes into effect immediately.

At the Saint-Eustache Aquatic Complex the population of Saint-Eustache (and those of towns with an agreement, namely Boisbriand and Deux-Montagnes) will be able to take advantage of the pools as of January 8. Each of them can accommodate a maximum of 15 swimmers who will have booked their time slot online using their Citizen Card.

At the Multisport complex, as of January 7, residents can reserve a soccer, pickleball or badminton field at the Multisport Complex. To take advantage of these indoor sports facilities, Eustachians must reserve their time slot by email (info@complexemultisport.ca), indicating their Citizen Card number. Sports can be practiced in pairs or in a family bubble only.

At the Walter-Buswell Complex (arenas) Eustachians will be able to enjoy free skating at the Walter-Buswell Complex, starting January 7, for a maximum of 20 people per time slot. To practice their favorite sport, citizens must register in advance with their Citizen Card number on hand.

The vaccination passport and an identity document are required for people aged 13 and over to access all of the above Saint-Eustache buildings and at the Walter-Buswell Complex, skaters must wear the procedural mask at all times.

For the moment, the start of the courses and the activities of the winter session is postponed at least to the end of January 2022. The date will be reassessed according to the directives of Public Health regarding indoor gatherings.

Outdoor sports facilities remain accessible to the population. The chalets can also be used to put on or take off the skates or other preparation for sports practice. Those entering, however, should wear the procedural mask and not dwell in the area for too long.

The CISSS des Laurentides announces: First baby of the year

Bringing in the New Year, The CISSS des Laurentides announced that the first baby of the year from the birth unit of the Saint-Eustache Hospital was born on January 1 at 1:17 p.m. This is little Viviane Langlais , daughter of Jessie Fournier and Martin Langlais living in Saint-Joseph-du-Lac.

Continuation of the suspension of visits for the hospitals of Saint-Jérôme, Saint-Eustache and Sainte-Agathe-des-Monts

Considering the increase in cases of COVID-19 in the region and as a preventive measure, the Laurentian Integrated Health and Social Services Center (CISSS) is extending the temporary suspension of visits to the hospitals of Saint-Jérôme, Saint-Eustache and Sainte-Agathe-des-Monts until further notice.

Only one caregiver, per day, will be authorized to visit a hospitalized person. The establishment will support the caregiver in integrating and understanding infection prevention and control measures.

This temporary measure stems from an exemption from ministerial directives obtained by the Ministry of Health and Social Services. It aims to limit the circulation of the virus in targeted hospitals and thus protect users and staff who strive to provide quality and safe care on a daily basis. Exceptional measures may apply in certain circumstances, in particular for access to birth and palliative care units.

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OPINION & Editorial

THAT'S WHAT I'M THINKING

Robert **Vairo**

The Vaccine Options: Mandatory, pay for treatment, passport?

So many Canadians are saying "that's enough". If you're unvaccinated and have to be hospitalized because of Covid, and you take the bed of someone who needs urgent care, then that unvaccinated should not be given priority, or should pay for at least some part of their hospital treatment. There are no statistics because so often the silent majority does not speak out. But I am hearing it more and more.

It's true that vaccinated individuals continue to have a relevant role in transmission. But it is also true that "large numbers of unvaccinated people do make variants more likely". Yes, vaccinated do get the variant Omicron, and can spread it, albeit hospital stays are shorter. But the bottom line that epidemiologists will agree, we are all at risk so long as so many everywhere in the world remain unvaccinated.

Our health care system is cracked, and broken in some hospitals. Political leaders like Legault, Trudeau, Ford, and the rest, have to make the unpopular, difficult choices for the sake and survival of our workers and our system.

That does not mean use of hateful and divisive language by Justin Trudeau "They are extremists who don't believe in science, they're often misogynists, also often racists ". Where is the leadership, the inclusion Trudeau talks about? This is not Canadian.

Four thousand died in five months last year waiting for non-Covid hospital admission (Canadian Medical Association). In Quebec, half the scheduled surgeries are cancelled across our hospital network. Ontario puts it more into perspective with "8,000 to 10,000 surgeries cancelled per week".

Talk to Pierrefonds' Francois Shalom who's heart valve surgery has been postponed, talk to the cancer patient who can't get his chemo treatment, how about the person who has sleepless nights because of excruciating back or knee pain awaiting surgery. You'll have to cool your heels, and maybe die waiting, because some unvaccinated, shouting "it's about civil liberties", is taking your place. They have made the choice not to be vaccinated, and so you are denied health care. Especially to those waiting, it's selfishness, not fair, and to many, morally wrong.

We had a shortage of masks, shortage of ventilators, now it's a shortage of staff. Our health folks should not be forced to work double and triple shifts, not be forced to quit or not show up because of stress, burn out, or just plain being fed up. These are special people who care, who see patients and family members, not numbers. They have reached the end.

As in Greece, Italy, France, Austria and others, Canada too, depending on the province, could adopt a policy of mandatory vaccination. Human Rights violation, a cover up for political incompetence you say? This is what it has come to.

You may not agree, and I'm not comfortable with it either. Politicians are at fault for allowing our Health Care system to crumble with no improvement during this two-year-old pandemic. Covid is winning, our leaders have lost control and are giving up. The western countries are at fault for selfishly hanging on to vaccines, jabbing its population three times, while poorer countries' have none. (According to Bloomberg, western nations have 1.2 billion extra vaccines). You might also argue that Big Pharma is at fault for greedily refusing to free its vaccine patents. All are legitimate concerns.

There is a bright spot. The story reminded me of Volvo's 1959 invention of the three-point safety belt. Volvo relinquished its patent and for the sake of drivers' and passengers' safety worldwide, allowed any and all automakers to use its invention, free. How rare is that! That V shaped safety belt design, invented by Volvo engineer Nils Bohlin, (he should have been awarded Time's 'person of the year') continues to save millions of lives.

And now, somewhat of a miracle happened at the Houston Children's Hospital in conjunction with a local college. A patent free Covid vaccine! The hero is Dr Peter Hotez whose team developed a vaccine to share with the world without personal profit. Instead of Pfizer, Moderna, and the other Big Pharma's patent protected vaccines, for a huge profit, Dr Hotez is providing an "open-source alternative" that could be manufactured around the world, cheaply available, and 90% effective.

What's the motivation? The strong belief and documented evidence by Dr Hotez and his team that "the reason Delta and Omicron arose is because we allowed large unvaccinated populations to go unvaccinated". It can not be clearer than that.

Notes:

CBC producer Tara Henley quits the tax payer-based broadcaster because CBC's radical left wing political agenda has replaced fair and balanced news reporting.

Talk of a capital gains tax (Home Equity Tax) on your principal residence is getting louder.

Pierre Poilievre coins the phrase "justin-flation".

That's what I'm Thinking.
Robert Vairo
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COVID-19 in Canada:
An update on social and economic impacts, Fall 2021

While Canadians have remained resilient through various waves of the COVID-19 pandemic, the direct and unforeseen impacts of the pandemic continue to affect households and businesses across the country. Many Canadians continue to report elevated levels of stress and greater challenges related to mental health, particularly in sociodemographic groups that were disproportionally impacted by public health measures.

The pace of the Canadian economic recovery slowed during the first half of 2021 as supply chain disruptions and public health measures weighed on activity. Output contracted in the second quarter before rebounding in the third quarter. Employment recovered to pre-pandemic levels in September 2021, as third-wave restrictions eased. At the same time, rising consumer inflation outpaced wage growth, while higher input costs and labour shortages continued to cloud the business outlook.

Stress levels remained elevated for many Canadians into the spring of 2021, with one-quarter of Canadians experiencing high levels of stress most days, and nearly one-half of Canadians reporting that their stress levels were somewhat worse or much worse than prior to the pandemic. Rates of stress were highest among women, Canadians aged 35 to 44, members of the LGBTQ2+ community and those living with young children. One-quarter of Canadians aged 18 and older screened positive for symptoms of depression, anxiety or posttraumatic stress disorder.

The ongoing pandemic has resulted in excess deaths—that is, more deaths occurring than would be expected in the absence of the pandemic. From March 2020 to May 2021, there were over 5% more deaths than would be expected during this period of time. Early in the pandemic, excess deaths largely occurred among seniors and were mostly attributable to COVID-19. More recently, excess mortality was rising among those younger than 65, partly because of unintended poisonings and overdoses.

From April 2020 to March 2021, opioid toxicity deaths were up nearly 90% from pre-pandemic levels seen from April 2019 to March 2020. Approximately 20 opioid toxicity deaths occurred per day from January to March 2021, an increase of nearly two-thirds from the same period the year before. Most opioid toxicity deaths occurred in British Columbia, Alberta and Ontario, with the majority among socially and economically disadvantaged men aged 20 to 49.

Canada has experienced demographic changes during the pandemic that will have implications for employment and labour force growth. Population growth in 2020 fell to levels not seen in 75 years, largely because of a decline in immigration. In 2020, Canadian immigration reached just over one-half of target levels as Canada experienced the largest net loss of non-permanent residents since 1972. This loss largely reflected declines in student and work permit holders. As of the second quarter of 2021, immigration had been recovering to pre-pandemic levels seen in 2019, as international travel increased and restrictions eased.

Vaccination rates improved in recent months as provincial jurisdictions opted for vaccine passports as a means of easing restrictions. As of December 4, Newfoundland and Labrador had the highest proportion of its total population fully vaccinated (85%), while Saskatchewan, the Northwest Territories and Nunavut had rates at or below 70%.

Overall economic activity in Canada remained below pre-pandemic levels as recovery slowed during the first half of 2021. Real gross domestic product contracted in the second quarter, reflecting lower export volumes and a pullback in home resale activity. Spurred by strong demand for out-of-the-home purchases and higher incomes, household spending fueled output growth in the third quarter, along with exports, which partially rebounded.

Canadian economy-wide output strengthened in June as third-wave restrictions eased, led by sharp gains in accommodation and food services and retail trade. During the summer months, sizable gains in accommodation and food services contributed substantially to output growth as consumers continued to pivot to out-of-the-home spending. Output edged up slightly in September as gains in services and energy extraction offset declines in manufacturing and construction.

As the Canadian economy-wide output continued to recover, employment strengthened in the wake of third-wave restrictions being lifted. All of the cumulative gains in headline employment from May 2021 to August 2021 were in service industries, over one-half of which reflected higher employment in accommodation and food services. Over one-half of net employment gains during this period were among young workers, as employment among 15- to 24-year-olds rebounded to pre-pandemic levels by August 2021.

Total Canadian employment recovered to pre-pandemic levels in September 2021 and as of November, was 1.0% above levels reported in February 2020. However, substantial differences persisted across sectors, with cumulative losses in accommodation and food services totalling over 200,000 workers, while employment in professional, scientific and technical services has risen by 190,000 workers since the start of the pandemic.

While overall employment has recovered, long-term unemployment remained at elevated levels. As of November, 318,000 Canadians were experiencing long-term unemployment, over three-quarters more than before the pandemic. Over half of the net increase in long-term unemployment reflects higher unemployment among core-aged workers, led by increases among core-age men.

Along with long-term unemployment, job vacancies remained elevated into the summer months, highlighting potential mismatches between labour demand and supply. Job vacancies were at record levels in the second quarter and continued to rise from June to September. Vacancies in accommodation and food services were at more than twice the levels reported in 2019. As of the fourth quarter of 2021, over 3 in 10 businesses expected labour shortages to be an obstacle in the near term.

Rising input costs further clouded Canada's business outlook. In the fourth quarter, rising costs related to labour, energy, capital or raw materials were identified as a near-term obstacle by over two-fifths of businesses, as disruptions in supply chains continue to affect different sectors of the economy. Consumer inflation has accelerated at the fastest pace in nearly two decades, driven by upward pressure from gasoline, shelter costs and consumer durables. In recent months, consumer inflation has outpaced annual wage growth, with average hourly wages—adjusted for changes in the composition of the workforce during the pandemic—rising at a slower pace than the headline Consumer Price Index. Meanwhile, sustained increases in new home prices, reflecting strong demand and rising input costs, put additional pressures on affordability.

Quebec Health Minister Christian Dubé.

Quebec to require vax pass to enter SAQ, SQDC stores starting Jan. 18

MARTIN C. BARRY
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Quebec Health Minister Christian Dubé announced last week that beginning on Jan. 18, anyone wishing to enter government-owned Société des Alcools du Québec or Société Québécoise du Cannabis stores will have to show proof they've received the required number of vaccinations against COVID-19.

Dubé also said the provincial government plans to expand the vaccination passport requirement to retail businesses, including personal care services, with a formal announcement expected in the coming days.

During the same webcast press conference, Dubé announced that the CAQ government will soon be requiring vaccination passports showing that the document's owner has received three doses. The pass will be considered invalid otherwise.

The health minister didn't provide a specific date when the third dose will be required, suggesting that the system needs to catch up because only a minority of Quebecers have received a third dose to date.

At present, access to a third dose is provided only to those who are 50 years of age or older. All adults will be given access beginning on Jan. 17.

YEAR IN REVIEW 2021

Looking back at last year's new
The North Shore sees spooky simil

2021 for the North Shore was dominated by covid 2021. The pandemic which many people hoped would end in 2021 continued unabated with new mutations of the virus causing global havoc. In the North Shore, CISSS des Laurentides announcements were coming at the rate of 2 per week and major efforts were underway to bolster small businesses affected by the pandemic from municipal governments.

JANUARY

In January the new year brought the promise of the end of the pandemic thanks to the vaccines.

"Vaccination against COVID-19 is a priority for us and we are currently putting a lot of effort into the rigorous planning of this large-scale operation. At the same time, the regular activities of the CISSS continue while maintaining the pace of the numerous screenings for COVID-19. Additional staff therefore becomes necessary to carry out our work," had announced at the time Rosemonde Landry, President and CEO of the CISSS des Laurentides.

A 47-year-old man is accused of the second degree murder of Nicole Lauzon, in Saint-Marthe-sur-le-Lac. The body of the 64-year-old woman was discovered. Officers from the Lac des Deux-Montagnes Police Authority went to the home on rue des Plaines because of a conflict between two people. They found the victim inanimate. She was pronounced dead in hospital.

Cellphones all over Quebec emitted a screeching tone with a message that the curfew was about to start. According to the Government, it was a measure of last resort to, once more, flatten the curve. It was vital that the load on hospitals, which were reeling from a second coming of the virus, was diminished. Unfortunately, the second wave, just like the first one, caught most of the world by surprise…again!

"Let us be honest, many of us are not particularly heartbroken to say goodbye to 2020, a year in which a sinister virus reigned supreme. As such, the world anxiously anticipated the arrival of the new year, all of us battered and bruised, yet hopeful. Many acted as if the moment the clock struck midnight and the year on our calendars changed, our problems would lessen. We hoped that the skies, bathed in darkness for so long, would suddenly open. That of course was not and still is not the case; however, that doesn't mean we should write off 2021 just yet." wrote Brianna Fasoli a young journalist from Rosemere High School.

The Rosemère City Council adopted a resolution on January 18 as a first step in the implementation of a bylaww to ban single-use plastic bags on its territory. Until the bylaw came into force on Earth Day, April 22, 2021, the Town of Rosemère took various actions to inform its residents, merchants and visitors, raise their awareness and educate them about this new bylaw and its day-to-day impacts.

The Groupement des Entreprises de Sainte-Thérèse (GEST) of the Thérèse-De Blainville Chamber of Commerce and Industry (CCITB) announced that nearly $ 24,000 had been spent at restaurants in the region as part of the campaign Waiting to see you again. This campaign was aimed at businesses in the region that had unspent budgets due to the pandemic (party Christmas, business dinners, sponsorships, etc.) and challenged them to use these amounts to purchase gift certificates from restaurants in Sainte-Thérèse.

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides reported that, as of January 20, 2020, all consenting residents in public and privately owned long-term care facilities (CHSLD) in the Laurentians had received the initial dose of COVID-19 vaccine. That was excellent news, given that this first dose provides more than 90% protection against the virus after 14 days.

Lorraine made the headlines among their European cousins thanks to articles published in two French newspapers: Vosges Matin and l'Est Républicain, printing more than 250,000 copies. They compared the city of Lorraine to a "little paradise", emphasizing its remarkable environment and the choice of the people of Lorraine to actively participate in the protection of green spaces unique in the region. It also featured an interview with Mayor Jean Comtois and the origins of street names from the French region of Lorraine.

FEBRUARY

In February, Duchesnay, a specialty pharmaceutical company with a long-standing commitment to women's health, announced a substantial investment at its Blainville plant. The addition of a blister packaging line to the production chain for its flagship products Diclectin, Bonjesta, Pregvit, Pregvit folic 5 and Osphena® will allow the company to increase its export capacity, in addition to optimizing its manufacturing site. This $3 million investment would also help provide and maintain quality specialized jobs in Quebec. The City of St. Therese gave a $ 20,000 grant to Marcel Desjardins and Madeleine Larose Desjardins, owners of 10, rue Saint-Charles. They thus reached the maximum amount offered by the Heritage Building Renovation Grant Program for their work. The amount granted was used to cover part of the costs for the replacement of the membrane and the sheet metal covering of the roof, the enlargement of a heritage window in the side yard and the repair of the chimney. All of these renovations have been carried out in such a way as to retain the same cachet as when the house was built 125 years ago.

The Minister of the Environment and the Fight against Climate Change and Member of Parliament for Deux-Montagnes, Benoit Charette, inaugurated, on behalf of the Minister of Health and Social Services, Christian Dubé, the new rapid hospitalization complex in Saint-Eustache.

CISSS des Laurentides announced the start of a new partnership frontline with the Régie de police Thérèse-De Blainville (RIPTB) in order to consolidate the links and clinical practices during police interventions with people in crisis or whose mental state is disturbed. With a view to offering local services to the community, the project materialized thanks to the emergency financial assistance granted by the Ministry of Health and Social Services, which makes it possible to improve psychosocial services. general adult and mental health services offered in the community.

After long weeks of having to prohibit access to its shelves, the Deux-Montagnes library was able to give free access to its shelves to subscribers as of Thursday, February 11, 2021. In order to comply with current health measures, the capacity was 40 people at a time and subscribers were not be able to stroll or read inside the library. NSN-17-08 page10

ws, is this a case of 'déjà vu?'

arities as we review 2021

The City of Rosemère supported the Québec Lung Association's provincial Cities and Municipalities Campaign Against Radon. The purpose of the campaign was to inform residents about what radon is and its effects on their health, but above all, to make them aware of the importance of measuring radon levels in their home and of taking the necessary corrective measures if the level exceeds Health Canada's standard.

MARCH

In March mass vaccinations for the general population in the North Shore started with Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides, applauding this new milestone in the COVID-19 vaccination campaign. "The start of vaccinations for the general population marks a particularly important development in our battle against the virus. I want to thank all of our personnel and all of our partners who put in the work so that this massive operation could deploy rapidly," she said.

The Régie de police Thérèse-De Blainville was particularly active from February 26 to March 7 to minimize the risk of the spread of Covid-19 during the period of Spring Break. The success of this operation relied mainly in the fact of intervening with citizens who did not respect the sanitary measures in force. During those 10 days, the police service aimed to provide more vigilance in places where there was a risk of an increase in traffic: Parks, The skating rinks, Outside places, Businesses and Libraries.

In 2021, the City of Boisbriand celebrated its 75th anniversary. "Boisbriand's history is rich and goes well beyond its own borders. It was here, in 1683, precisely where Highway 15 crosses the Chemin de la Grande-Côte that the first seigneury was granted to Sieur de Boisbriand Michel-Sidrac Du Gué by King Louis XIV. The City of Boisbriand is 75 years old, but the origins of its history go back more than 338 years," said Mayor Marlene Cordato.

Having learned of a job offer "for white women only" at Saint-Eustache hospital, the Commission des droits de la personne et des droits de la jeunesse reminded that discrimination and racist practices are prohibited in job postings and that they cannot exclude people on the basis of the 14 grounds listed in the Charter of human rights and freedoms, including color and sex.

Reacting to the submission, on March 10, of a development project for the site of the former golf course, by the owners of this land, Mayor Eric Westram responded: "The Town Councillors and I have examined the project submitted on March 10 by the owners of Rosemère's former golf course. And since it doesn't comply with the minimum guidelines set out by our residents within the urban planning vision, this project will never see the light of day as long as I am Mayor of this Town."I reiterate that no zoning change will be made without holding consultations with all Rosemerites as well as with those in the areas adjacent to the land, as prescribed by law.

APRIL

Deux-Montagnes
1921-2021

April marked the beginning of the festivities for the 100-year celebration of the city of Deux-Montagnes. Asked about his vision for Deux-Montagnes for the next 100 years, Mayor Denis Martin, proud Deux-Montagnais since always, expressed the wish "that Deux-Montagnes can continue to develop in order to ensure the sustainability of its services and the quality of life that sets it apart. May families always see Deux-Montagnes as a city of choice for raising their children. […] That Deux-Montagnes evolves in line with the major trends of the generations to come, while preserving its character and what has animated it for the past 100 years. » said the celebrating mayor.

CISSS des Laurentides was the first healthcare establishment in North America to use microwave biomedical waste treatment technology. The process allows the material, after being crushed and sterilized, to reduce its landfill space by 70%. For the Laurentides region, it is estimated that 250 tonnes of waste annually will be treated by the new equipment and then recycled, depending on the nature of the components. In addition to improving waste management and having a major impact on the environment, this $ 1.4M project will take less than ten years to become profitable.

The City of Rosemère received $150,000 in financial assistance from the Ministère de l'Éducation, under its program to support the upgrading and improvement of trails and outdoor activity sites (PSSPA), for the rehabilitation of the Tylee Marsh Trail. The total cost of the project amounts to $1,059,438, but thanks to the generous contribution of the Québec government, Rosemère was able to recover 14% of the eligible costs.

A new pumper-type vehicle entered service on April 6, 2021, within the Deux-Montagnes intermunicipal fire safety service. This vehicle, equipped with a cabin that can carry a team of five firemen, has a centrifugal pump with a capacity of 1,250 gallons per minute (GPM), a tank of 600 gallons of water, a closed control panel, a FoamPro system with FRC foam level, a thermal camera, as well as compartments for transporting intervention equipment. NSN-17-16 page11

Following the delivery of the first neonatal transport stretcher to the Laurentian Hospital, acquired thanks to the financial contribution of Laurentian and Medical Foundation Pays-d'en-Haut, and the positive evaluation of this equipment by the birthing unit team, the Laurentian Integrated Health and Social Services Center (CISSS) was able to provide the hospitals of Saint-Jérôme and Saint-Eustache as well as the birth center in Boisé-de-Blainville with the same equipment. NSN-17-17 cover

The MRC de Thérèse-De Blainville, in collaboration with the cities of Boisbriand, Blainville, Bois-Des-Filion, Lorraine, Rosemère, Sainte-Anne-Des-Plaines and Sainte-Thérèse, as well as the Régie intermunicipale de police Thérèse-De Blainville, the Service de police de Terrebonne and the Service de police de Blainville, launched the second phase of the #Partagelaroute road safety awareness campaign. This campaign aims to protect vulnerable users in terms of road safety, more specifically targeting sharing of the road.

(*Continued next issue, January 19 2021*)

DIRECT ANSWERS

From **Wayne & Tamara**

Changing Sleds

Last night my boyfriend of three years dropped a bombshell on me. He is concerned about how comfortable we have become. He expressed doubts about our relationship and where it is going.

I'm only 29 and he is 31. We have been living together for a year, and recently our sex life slowed down to maybe once a week. I too noticed this. Lately I have been the one to initiate lovemaking, which I chalked up to his busy schedule.

I've also gained some weight and was not feeling comfortable in my own body. I do not walk around the house or sleep in the most flattering clothes. My boyfriend basically said he has not been attracted to me lately, which is why he stopped initiating.

He said he is afraid it's only going to get worse. He wondered if he should have dated more before he settled down, which crushed me.

I am well aware that we have come to a plateau in our relationship, but I saw this as a minor issue. I can honestly say I was happy and saw us moving into the future. Lately, I've been getting to the gym more often to feel more attractive, and I thought things could change.

I thought he was happy and comfortable too. That doesn't seem to be the case.

Although he agreed to work on the relationship and possibly get some counseling, it's for his own emotional issues and about letting his guard down after his last relationship.

I appreciate his honesty in not letting this go on any longer, but like I said, I am crushed. I want to work on the relationship, but I don't know if I can get over his revelations and my hurt feelings.

I thought he was attracted to my whole person, not just my body.

Harper

Harper, it sounds like your boyfriend is saying it's him, not you. He regrets not dating more and he feels the need for therapy to get over a past relationship.

You'd like to make the issue about a few pounds, because that is something you can work on. It also allows you to blame him. "He's shallow, and it is all about looks." But you don't mention anything he said directly about weight.

Two-person bobsledding is a dangerous sport. The sport requires teamwork all the way down. It's all physics and Newton's laws of motion. Once the run starts, the sled keeps going until it either crashes or passes the finish line. If it crashes, people get hurt.

The safest way to stop the bobsled is at the top of the run, and that is where the two of you are.

Your boyfriend has pulled back, trying to create a little space to make it less painful. It appears he's a nice guy, though maybe a little weak. He should probably be more direct because what he's trying to say is, "I am not going down the hill with you."

Though he conceded to your idea of working on the relationship, he said counseling would serve a different purpose for him. And at 31, saying he hasn't dated enough sounds lame. It sounds more like, "I've now come to the knowledge I'm not in love."

In a way, counseling in dating can be an interference with the dating process. Often it is used as a tool by the one who wants to continue against the one who wants to stop.

He's not a mean guy and he doesn't want to hurt you, but he is saying this is not for me. You are almost all the way there, too. The idea of a future together has been spoiled. So spoiled you don't think you can get over it.

As we said, two-person bobsledding is a dangerous sport. It takes teamwork all the way down.

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@echowork.com

January 15 to 23, 2022

International Snowmobile Safety Week

Making snowmobiling safe!

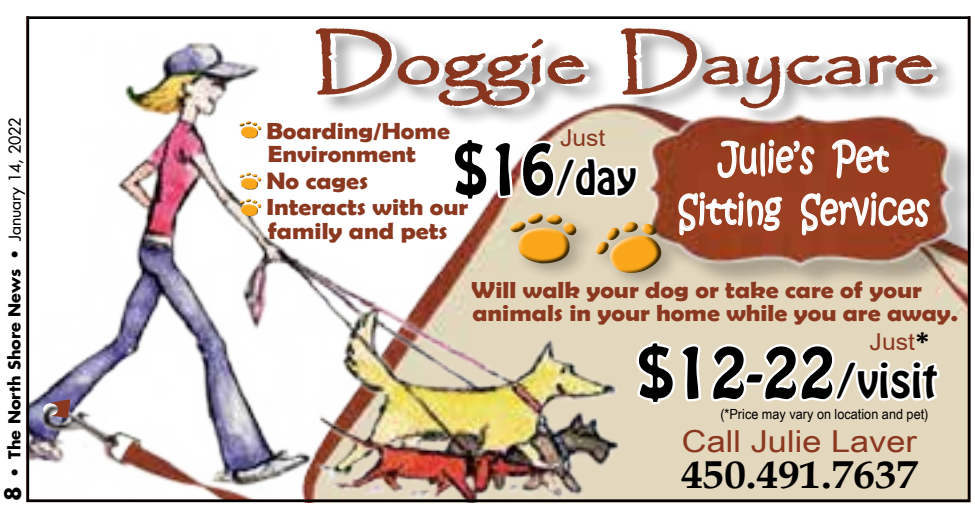
7 tips for safe snowmobiling

Snowmobiling is a popular winter activity in many northern communities around the world. It's a great way to get outside and enjoy beautiful snow-covered landscapes.

This year, International Snowmobile Safety Week takes place from January 15 to 23, and it's the perfect time to highlight the importance of safe snowmobiling practices. Here are a few tips to keep in mind this winter:

1. Never ride a snowmobile under the influence of alcohol or drugs. You should also avoid hitting the trails if you're tired. Doing so can slow your reaction time and affect your ability to make good decisions.
2. Always pack emergency supplies. You should have a cellphone, a flashlight, waterproof matches, a survival blanket, hand warmers, non-perishable foods, a rope, a spare drive belt, flares, a whistle and a first-aid kit.
3. Check the weather forecast, trail conditions and opening hours of the businesses and shelters you plan to visit before you leave.
4. Always ride with someone else, and let your friends and family know where you're headed and your estimated time of return.
5. Avoid crossing large bodies of water where there are no marked trails. It's almost impossible to assess the thickness of ice at a glance.
6. Follow other snowmobilers at a safe distance, keep to the right, stay on marked trails and stop at all road crossings.
7. Avoid stopping in the middle of a trail, on a curve or on a downhill slope to avoid blocking traffic and to ensure you're visible to other riders.

For more safety tips, visit snowmobile.org.



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In Memoriam & Obituaries

DUMBERRY John
1965 - 2022

In Blainville, on January 9, 2022, at the age of 56, passed away Mr. John Dumberry, husband of Mrs. Mélanie Fleurant.

Besides his wife, he is survived by his children Audrey-Anne and Cédric, his brothers René and Raymond, his sisters Nathalie and Manon, his brothers-in-law, his sisters-in-law, his in-laws, his nephews, his nieces, other relatives, co-workers and many friends.

DAISY MC RAE Loren
1943 - 2021

Loren Angelique Daisy, was born in St Vincent and The Grenadines to Lorraine and Henrietta.
She passed away after battling several illnesses at the age of 78, on January 6th 2022.She was joined in holy matrimony with Jeffers (Jeff) for 30 years.
She is survived by her husband Jeff; her children: Nigel, Denzil & Jackie; her grandchildren: Ezekiel & Tashaiya; her siblings : Yvonne, Delphine & Cedric; and her nephews, nieces, uncles, aunts, cousins and friends.

Gone but not forgotten

Thanatophobia: understanding and overcoming death anxiety

FUNERAL AND ESTATE PLANNING
If you want to plan for your death and make things easier for your loved ones after you're gone, look into writing a legal will and pre-planning your funeral.

It's normal to have concerns about aging or to worry about how your loved ones will cope after you're gone. However, for some people, a fear of death or dying can cause severe anxiety that disrupts their daily life. This is referred to as thanatophobia. Here's what you should know.

SYMPTOMS

Thanatophobia, also known as death anxiety, is a type of anxiety that generally only manifests itself if the affected person thinks about or is confronted with the subject of death. Depending on the severity of the phobia, it can cause a variety of symptoms such as:

- Increased anxiety about dying or losing a loved one
- Chronic insomnia stemming from a fear of dying in your sleep
- Persistent feelings of guilt, sadness or anger
- Panic attacks when the subject of death is brought up

Someone with thanatophobia might also avoid places that remind them of death, such as hospitals and cemeteries, and activities they view as potentially fatal such as driving or flying.

TREATMENTS

If thanatophobia prevents someone from living a normal life, there are therapies that can help ease the fear associated with death. Cognitive behavioural therapy, for example, focuses on changing thought patterns and developing strategies to deal with feelings of anxiety. Practising relaxation techniques such as meditation and deep breathing can also help.

If death anxiety is interfering with your daily life, don't hesitate to speak with your doctor or consult a mental-health professional.

PIGEON CHEVRIER Jeannine
1928- 2022

In Rosemère, on January 5, 2022, passed away at the age of 93, Mrs. Jeannine Pigeon, wife of the late Vital Chevrier. She is survived by her brothers Réal (Monique Papillon) and Yves (Lucie Laforce), her nephews and nieces, as well as her grand-nieces and grand-nephews.

DUCHARME Christiane
1956 - 2022

In Saint-Eustache, peacefully, on January 10, 2022, at the age of 65, passed away Mrs. Christiane Ducharme, daughter of the late Marcel Ducharme and Mrs. Denise Breault.
Besides her mother, she is survived by her children Mathieu Ducharme (Kevin) and Sonia Laurin (Pascal), her grandchildren Sacha, Sara and Liam, her brothers Michel (Jocelyne), Claude and Luc (Louiselle), her nephews and nieces, other relatives and very good friends.She also leaves her three "daughters" Cathou, Frimousse and Bella.

TOURVILLE Nicole
1950 - 2022

It is with sadness that we announce the death of Mrs. Nicole Tourville, on January 5, 2022, at the age of 71 years.

She is survived by her brother and sisters Carole (Laurent), Michel (Véronique) and France (Robert), her nephew and nieces Christine (Dany), Julie (Alain), Anne-Marie and François, her little nephews and nieces Zakary, Léa-Rose, Philip, Félix and Zoé, her precious friends Jolande Lacasse, France Meloche, Jo-Ann McClemens and Norma Murray as well as several cousins and friends.

Contact us today to place an obituary or in memoriam in our next issue
NO CHARGE Email: production@newsfirst.ca • Tel.: 450-978-9999

HOROSCOPE

Week of **JANUARY 16 TO 22, 2022**

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS

ARIES
You'll accomplish a heroic feat! You may be a great help to someone in need who'll be forever grateful to you for taking the time to listen to them.

TAURUS
You'll spend a lot of time at home with your family. Your children, for example, may need you to look after them. Working from home will be in order. However, you'll enjoy getting down to business.

GEMINI
If you find yourself in a difficult situation, ask your friends and family for help. Your friends might also come to you for advice.

CANCER
You'll want to redecorate and breathe new life into your living space. You may feel compelled to buy a home or move into a new apartment if you're feeling cramped.

LEO
Now is the time to act! You'll be quick-witted and cut to the chase. If you're active on social media, one of your comments will get a lot of attention.

VIRGO
Give yourself time to rest and relax. You may devote yourself to someone you care about; this is a person with who you share a lot of fond memories.

LIBRA
You're needed and won't be able to run away or hide your head in the sand. An active social life starts with good organization and planning. If you take the initiative, everyone will rally behind you.

SCORPIO
You have a lot of responsibilities on your shoulders, and everyone is counting on you. You may need to isolate yourself to get all your tasks done on time.

SAGITTARIUS
If you want to plan your dream adventure, now's the time to get organized. You'll need to make some changes in your life to achieve your personal and professional goals.

CAPRICORN
There's something you can't get off your mind. You must focus on your priorities. If you have an artistic or creative flair, you'll be inspired to create a masterpiece.

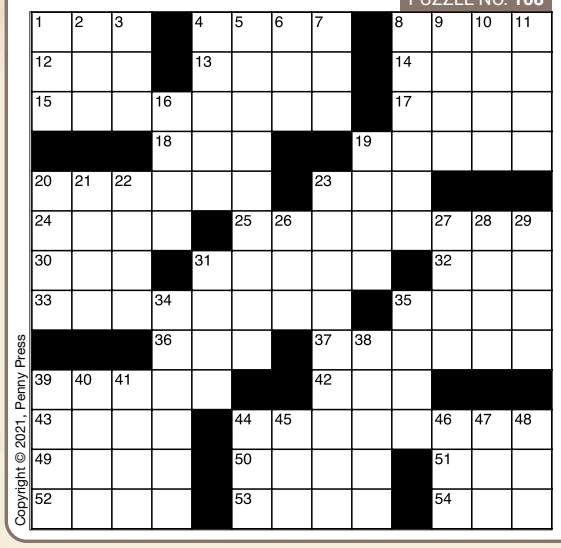
AQUARIUS
Sometimes you're shy and other times you're outgoing. Even though you're not always easy to figure out, you're extremely trustworthy. You might need to weigh the pros and cons of a particular situation.

PISCES
You'll see things more clearly by cleaning out your home or office. You'll need to get plenty of rest to avoid bringing germs into your home this winter.

Coffee Break

CROSSWORDS

PUZZLE NO. **108**



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ACROSS
1. Vintage
4. Switch
8. Trademark
12. Very small
13. Caesar's garment
14. Sleeping
15. Dawdled
17. Curved roof
18. Olive ___
19. Make holy
20. Marzipan flavoring
23. Slapstick prop
24. Juvenile
25. Collection of clothes
30. Rowboat necessity
31. Farm towers
32. Is allowed to
33. Comes before
35. Mud
36. Head of a suit
37. Corrected text
39. Separate
42. Camp bunk
43. Flag site
44. Stammers
49. Alternative word
50. Dislike intensely
51. Posed, as for a portrait
52. Gateway
53. 24th letters
54. Have a look-see

DOWN
1. Night bird
2. Luau welcome
3. Bear cave
4. Beer mug
5. Global
6. Vital statistic
7. Shoulder enhancer
8. Soup server
9. Clarinet's cousin
10. Valued minerals
11. Keats poems
16. Thug
19. Auction calls
20. On the summit
21. Shakespeare's "King ___"
22. Nothing more than
23. Bring to trial
26. Brewery beverage
27. Forget
28. Unadorned
29. Saw
31. Religious faction
34. Calling
35. Catcher's catcher
38. Loves excessively
39. Copied
40. Game played on horseback
41. Likewise
44. "___ Done Him Wrong"
45. Impose a tariff
46. 19th letter
47. Sharp knock
48. Barnyard pen

Sudoku

PUZZLE NO. **833**

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

HOW TO PLAY:

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

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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

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