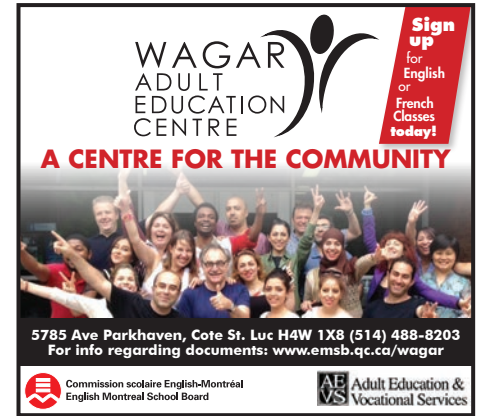




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Tuesday, August 17, 2021	9:00 to 3:00
Wednesday, August 18, 2021	9:00 to 3:00 and 5:00 to 8:00 pm
Thursday, August 19, 2021	9:00 to 3:00
Wednesday, September 8, 2021	9:00 to 3:00 and 5:00 to 8:00 pm

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STARTING DATE	Friday, August 27, 2021	Friday, August 27, 2021
ENDING DATE	Friday, January 28, 2022	Friday, January 28, 2022
DAYS OFFERED	Monday – Friday (20 hours/week)	Monday – Friday (10 hours/week)
TIME SCHEDULE	8:40 a.m. – 12:40 p.m.	9:00 a.m. – 11:00 a.m. Beginner 11:00 a.m. – 1:00 p.m. Intermediate

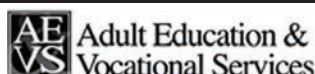
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PROGRAMS	English	French Second Language
STARTING DATE	Tuesday, September 7, 2021	Tuesday, September 7, 2021
ENDING DATE	Wednesday, January 26, 2022	Wednesday, January 26, 2022
DAYS OFFERED	Monday, Tuesday & Wednesday (10.5 hours/week)	Monday, Tuesday & Wednesday (10.5 hours/week)
TIME SCHEDULE	5:30 p.m. – 9:00 p.m.	5:30 p.m. – 9:00 p.m. (Beginner & Intermediate)

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# The struggle against food insecurity and chronic disease continues



Fruit stand in Park-Extension. Photo: Joe Bongiorno NEWSFIRST

**JOE BONGIORNO**  
LOCAL JOURNALISM INITIATIVE REPORTER

Park-Extension citizens are struggling to access fresh, affordable produce. While community organization programs aim to reduce food insecurity and food waste, a lack of access and unbalanced dietary habits are leading some to chronic disease.

## Access to quality produce

High cost of food is a barrier to accessing high-quality foods. At Cuisines Collectives Saint-Roch, local participants are invited to use the kitchen space and cook healthy meals in groups to lower the cost of meal preparation. “It comes out to about \$1 a portion,” said coordinator Gloria Fernandez.

Although inexpensive food can be found in local grocery stores, access to fresh, affordable produce is still out of reach for many families, said Fernandez. “The vast majority [of] new arrivals, visible minorities, and many immigrants, don’t have the means to shop at IGA.”

Nutritionist Charlotte Dumaine believes that the produce found in local grocery is sometimes of questionable nutritional quality. “We visited last summer, and there was a lot of [expired] vegetables, so there’s not a lot of fresh products,” said Dumaine.

According to Fernandez, a lot of the fruits and vegetables donated to the food banks have to be cooked right away because the produce is overripe and sugary. “We try to purchase fruits and vegetables or other healthy products, but we can’t escape the reality that food banks give processed food, and people take it because people are living in poverty,” she said.

“It’s a question of family budget. The majority of their budget is spent on rent and electricity,” Stella Bailakis is one local who has used food banks in the past and fallen ill. “Most of the stuff that the food banks get are usually at the expiry date or close to expiry date,” she said.

## Free community fridge,

La Place Commune also works to eliminate food insecurity and food waste. According to coordinator Chloé Faussat, greater numbers of people are using their free community fridge, but unlike most other food bank services in Park-Extension, people can use the community fridge without filling out forms or giving personal information. Faussat believes this anonymity gives access to people who might otherwise not reach out for help.

Another Place Commune project has volunteers collect fruit from trees in the neighbourhood which are then shared amongst the volunteers, tree owners, and those in need.

## Chronic disease and unhealthy diets

According to Fernandez, the majority of immigrants who frequent the kitchen eat enough fruits and vegetables, but some eating habits are leading to poor health outcomes. Citing a CLSC study, Fernandez said that many in the neighbourhood suffer from anemia because they consume large quantities of rice.

Dumaine warns of other chronic disease. “Too much rice leads to diabetes,” she said. “I know in Park-Ex, there is a high prevalence of diabetes, so that could be part of the reason.”

Nutritionist global nutrition expert, Marianne Lefebvre, believes that immigrants face particular health challenges related to nutrition.

“Vegetarianism can sometimes bring about iron deficiency,” she said. “It’s the most common deficiency among the citizens of Park-Extension.”

Leading busy lives, immigrants often have much less time to cook nutritious traditional dishes with familiar ingredients. In addition, although traditional staples like legumes are easily found, many are reluctant to use canned items, said Lefebvre.

People often substitute fruits with fruit juices because some fruits like mangoes are not as flavourful in Montreal as they are in their home countries, Lefebvre explained. “It’s not at all equivalent in nutritional value.”

But nutrition is not as simple as what is on one’s plate. A Montreal study showed that not having a strong command of French and not being fully integrated into society mean limited access to health information—including about nutrition—often leads to poor health outcomes, said Lefebvre.

## Nutrition education

According to Lefebvre, eating local foods comes with its own challenges for people unfamiliar with certain food items commonly found on store shelves and food banks, said Lefebvre.

“In Park-Extension, [...] there are [...] grocery stores of all types which have an enormous number of imported products.”

Dumaine, who gives workshops about nutrition at Cuisines Collectives Saint-Roch, believes that new Park-Extension citizens would benefit from eating more local produce. “I think it’d be good that they learn some recipes from here, especially to take advantage of the local fruits and vegetables that we have here in season,” she said.

“Giving more nutrition courses to immigrants as soon as they arrive is really important to prevent all these chronic diseases.”



# Vaccination passport Into effect September 1st

(NEWSFIRST) It's now official: from the 1st<sup>st</sup> In September, Quebecers will have to prove that they are vaccinated to go to restaurants, bars, gyms or festivals.

"Given the recent increase in cases, the increase in the Delta variant, the coming fall with the return to work and the return to school, all the conditions are in place to deploy the vaccination passport," Health and Social Services Minister Christian Dubé said Tuesday (right photo).

Proof of vaccination will be required as early as next month to attend certain "non-essential" public places, such as bars, restaurants, gyms or festivals and "indoor places of high activity".

The vaccination passport will be in force from 1 September: press briefing by Christian Dubé

This measure aims to allow doubly vaccinated Quebecers to have "an almost normal life," as Premier François Legault announced last week.

These measures could change if the situation worsens, added Dr. Yves Jalbert, who accompanied Mr. Dubé to a press conference.

Quebec is about to be hit by a fourth wave of contamination.

In recent days, the number of cases has been increasing rapidly. As of Tuesday, there were



234 new cases and 11 new hospitalizations, including four in intensive care.

## QR code and id

It is on a free mobile application that the vaccine passport will be made available, explained the Minister of Health. Citizens who do not have a telephone will also be able to present their passport in paper format. Users will be required to show their QR code in places that require the passport and proof of photo

► Continued on page 5

# Back-to-School Plan

CNW Telbec/ - The Government of Quebec and public health authorities are confirming a return to class in the presence, without distancing and without restriction of a stable class-group, for all students in Quebec, whether they attend an elementary school, a secondary school or an adult education or vocational training centre. The presence of new, more contagious variants in Quebec, however, calls for caution and adjustments to last June's Back-to-School Plan, as planned. The Minister of Education, Jean-François Roberge, and the Minister for Education, Isabelle Charest, announced last Wednesday, additional guidelines for the start of the new school year, taking into account the current epidemiological situation.

In this context, primary and secondary school students, as well as those in general adult education and vocational training, will have to wear the intervention mask in common areas, when travelling indoors and at their assigned place in school transport.

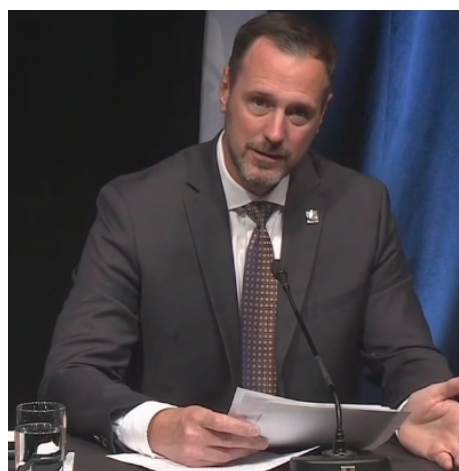
In accordance with the instructions of the Commission des normes, de l'équité, de la santé et de la sécurité au travail (CNESST), the wearing of masks continuously is not mandatory for school staff inside or outside if the physical distancing of 2 meters is respected or if there are physical barriers. However, wearing a mask continuously is mandatory at all times in common areas, when travelling in corridors and on school transportation.

Students will be able to take part in all educational services including specific educational projects, such as sports concentrations or Arts-études programs, school outings and extracurricular and interscurricular activities of all kinds. In high school, the vaccination passport will be mandatory to take part in certain extracurricular activities deemed high risk.

If the health situation so requires between now and the beginning of the school year, during the school year in a given region or in the event of an outbreak in an institution, additional measures, such as wearing an intervention mask in other circumstances (e.g. in class), could be put in place by public health authorities.

## Second dose vaccination for 12-17 year olds

Although thousands of young people have



**"As long as the situation requires, we will have to adapt to ensure that our schools remain open and that our young people have the most normal school year possible", said Jean-François Roberge, Minister of Education**

taken advantage of the summer period to receive their second dose, a vaccination campaign will be organized from the beginning of the school year in collaboration with the network to ensure maximum vaccination coverage for students aged 12 and over. This vaccination strategy for the second dose will be implemented from the beginning of the school year. Special attention will be paid to schools and training centres where immunization coverage of the first dose has not reached 75 per cent.

The organization may differ from region to region during the campaign targeting the school environment. It will take into account the current autonomous vaccination rate in the region and may include, for example, transport to a vaccination centre or the deployment of clinics in schools. This operation will be carried out in collaboration with the school network. It is aimed at students aged 12 and over and will make it possible to offer a second dose or even a first dose to those for whom it has not yet been done, including 12-year-olds in primary school. It is still possible for students to be vaccinated between now and the start of the school year and to take advantage of the opportunities offered by the health network for this purpose.



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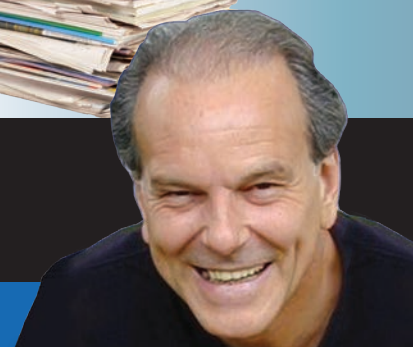
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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo

### We need more than Vaccines. Cleaner air please!

None of us will ever forget the summer that was not. The summer of 2020. And the summer of '21 will indeed be remembered, particularly by those who have been cheated. They did everything that was asked of them by governments, but now realize they were unintentionally misled. They stepped up and got vaccinated against Covid, twice, with the vaccines bought with our money, by the Trudeau government. Some of those vaccines are AstraZeneca and Covishield, produced by AstraZeneca-SKBio (Republic of Korea) and the Serum Institute of India. Governments around the world are not accepting them, because of the now well-known blood clot issue, and the comparatively lower 60 percent efficacy. Countries are unwavering, despite the approval by the World Health Organization.

Travel agents are having to cancel trips, like the one in Alberta which had 40 family related people booked for Croatia. Nine had Covishield so the whole September trip was cancelled.

We are hearing daily from fully vaccinated travelers, having to cancel their trips because one country or another they had planned to visit, is not recognizing the Canadian government issued and mandated vaccine. (Although there are reports of lax border checks in some countries) I would not be surprised if some creative lawyer finds convincing wording for the basis of a class action law suit against the federal government. The Legault government realizes the 'mistake,' or the unfortunate consequences of encouraging Quebecers whose first jab was AZ and their second dose was an mRNA, Pfizer or Moderna. This booster shot tries to hide the stumble, by the federal government, admittedly accepted by every province in the country. The third dose will allow Canadians with "two matching doses to circumvent international restrictions on mixed doses".

I'm not sure there was a choice. A year ago, governments were grasping at anything that would get us out of this, trying to avoid health care systems collapsing. Even if it was only 60 per cent effective, after two arm jabs, it was worth it, they said, because it was at least some protection against this fatal virus.

It could be worse. Pity the 350 quarantined health workers in Indonesia and in other countries who took the China produced Sinovac vaccine, which offers little protection against Covid, and much less against any new variant, especially Delta.

In the end we have to wonder whether a vaccine strategy alone will be

enough to stop the next wave. Quebec, BC and Alberta are opening up, too soon for many. In BC for example, masks are no longer required on public transit, not even in stores. Yet six million people remain unvaccinated in Canada. The hard-core anti-vaxxers will not be convinced. Even if they've been hospitalized and survive, to the detriment of health workers, they are stubbornly against it. Said one to a TV reporter "it's because government has an agenda" What!

Many other Canadians simply do not have access, can't leave the children at home alone, have no internet capability to navigate through the health system, language barrier, mental health and addiction issues, the homeless and the marginalized. Others are just fence sitters. Our system has to reach them. The Quebec passport is an excellent motivator. But there seems no reason to try to convince the hard-core deniers, "for whom it's kind of a religion."

Herd immunity was originally a 70% target. But with the arrival of variants, milder symptomatic infection is happening even to those of us fully vaccinated. So we can still transmit the virus. And that virus will find the unvaccinated. They are the most vulnerable. As a result, some epidemiologists call for herd immunity to be "75 to 80-plus percent." That is unlikely to happen. What's the alternative? Let's make the double vaccine mandatory for all health workers, all teachers, all front-line workers, all government employees. And if you're going to return to the office, double jabs have to be mandatory. I worry about our kids going back to school soon, with no vaccines for the under 12 years of age.

I'm a big proponent of cleaner air, especially indoors where the concentration of viral particles is often higher than outdoors, and especially where large gatherings are now allowed because of relaxed restrictions. Recirculated air is just bad. Governments should be working with architects and aerosol engineers, to encourage office building owners, school administrators, airlines, to upgrade their HVAC system. Support the use of Ultraviolet germicidal irradiation. It's ultraviolet energy that kills viral, bacterial, and fungal organisms. Let's make more use of fresh air.

Despite the miracle performance of the vaccine, just like the virus, our strategies have to evolve. We need more than vaccines.

**That's what I'm Thinking.**

Robert Vairo  
robert@newsfirst.ca



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# Moon's 'wobble' to amplify coastal flooding due to climate change, says NASA

*Climate change and the Moon are teaming up to create record floods on Earth wreaking havoc...*

SCOTT SUTHERLAND

A new study reveals that coastal flooding could be even worse in the coming decade due to a quirk of the Moon's orbit.

Coastal communities are already dealing with higher tides due to sea level rise from climate change. Still, a new study says that — under the influence of the Moon's gravitational pull — this will get much worse by the mid-2030s.

The Moon is closely linked to Earth's tides. As it orbits around our planet, the Moon's gravitational pull tugs on the world's oceans, resulting in a bulge of water drawn towards the Moon. A similar bulge is pushed away from it on the opposite side of Earth. How close the Moon is to Earth in its elliptical orbit affects the depth of the bulge, such that it is deeper when we have a supermoon. Tides also tend to be higher around the Full and New Moons, when the Earth, Moon, and Sun line up in 'syzygy' — the straight-line configuration of three celestial bodies.

Coastal communities were built with these tides in mind. However, with sea levels rising due to climate change, high tides are reaching new heights, and high-tide flooding is now more common. Cities such as Miami, Florida, are already experiencing regular high-tide floods, also called nuisance floods.

In a new study, the NASA Sea Level Change Science Team at the University of Hawai'i highlights another way the Moon plays a role in our tides. The precession or 'wobble' of its orbital tilt both suppresses and amplifies the tidal bulge in a recurring cycle. Their research reveals that this influence is expected to make high-tide flooding due to climate change even worse starting around the mid-2030s.

"We expect the most rapid increases to be along U.S. Pacific and Gulf of Mexico coast-

lines, which includes Hawai'i and other Pacific Islands," lead author Phil Thompson, Director of the University of Hawai'i Sea Level Center, said in a press release. "This is important because this is the point at which high-tide flooding transitions from being primarily a local or regional issue and becomes a national issue affecting a majority of our nation's coastlines."

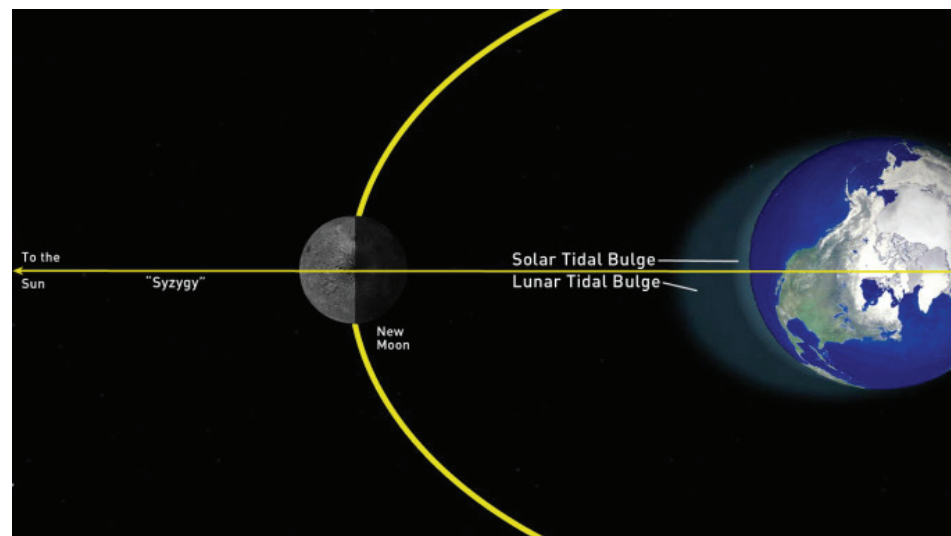
The Moon's orbit around Earth is tilted by roughly 5 degrees compared to the ecliptic — the disk in space that all the major planets trace out as they orbit around the Sun. Due to this tilt, the Moon spends about half its time above the ecliptic and the rest below it. The two points in its orbit where the Moon crosses the ecliptic are called nodes. The position of these nodes changes with time so that the Moon's orbit appears to wobble in space, and it takes 18.6 years for it to complete one entire cycle of this wobble. We've known about this cycle — called lunar nodal precession — for nearly 300 years. Still, its impending effects on us are something entirely new.

In addition to all the other ways the Moon affects the tides, this orbital tilt has an impact of its own. During part of the 18.6-year wobble, tidal extremes are suppressed, resulting in lower high tides and higher low tides. In other parts of the cycle, the extremes are enhanced, producing even higher high tides and lower low tides.

According to NASA, we are currently in a period where the orientation of the wobble is enhancing tidal extremes.

While this is regularly causing high tides to exceed flood thresholds, sea level rise is only adding a small amount. After another 10–15 years of further sea level rise due to climate change, however, the next period of tidal amplification by the lunar cycle is expected to be much worse.

▶ Continued on page 11



This diagram shows the tidal bulges in Earth's oceans that result from both the Moon and the Sun as they are lined up in New Moon syzygy. The lunar bulge tracks along with the Moon as it orbits Earth, while the solar tidal bulge is always on the planet's dayside. Both are exaggerated in this view to make them more visible at this scale. Credit: NASA/Scott Sutherland

# Vaccination passport...

◀ Continued from page 3

identification will also be required.

Starting this week, La Cage - Brasserie sportive du Centre Lebourgneuf de Québec is taking part in the pilot project to see how it all works.

It will then be at the Éconofitness Vimont gym, located in Laval, to participate in the experience.

## Employees not vaccinated

While customers will need two doses of vaccine to take advantage of certain activities, employees will not have this obligation.

"There's really a difference you make between the customer and the employee. There are very strict rules in the Labour Code, where work is a right," Dubé insisted.

However, the latter reminds that employees will still have to be vaccinated if they also want to take advantage of the activities that will be restricted to the inoculated.

With this announcement, the government hopes to be able to encourage Quebecers to get vaccinated.

The Minister of Health also pointed out that there is currently a shortage of 400,000 second doses to reach the goal that Quebec had set itself, namely 75% of people vaccinated for each age group.

The introduction of the passport is already creating a stir in Quebec, as a protester broke into the room where the press conference was being held on Tuesday. The man has already been arrested twice and is considered to be a leader of the movement against sanitary measures.

## Rules starting September 1st

As of September 1, all citizens over the age of 12 will be required to present digital proof that they have received their two doses of vaccine in order to go to a restaurant, bar, gym or festival. The evidence may be stored on an application or printed on paper.

The targeted companies will be responsible for verifying each customer's QR code using a digital code reader.

Quebecers will have to show an identity document with photo (driver's license, health insurance card or passport) to prove their identity and show that the digital passport belongs to them.

## Not in shopping malls or retailers

Shopping centres and retailers in Quebec will not be affected, at least for the time being, by the use of the vaccination passport. A decision welcomed by several players in the industry.

For retail, retailers and property owners will therefore be excluded from requiring visitors to provide proof of vaccination.

However, the government's position may be reviewed in the coming weeks, depending on the scale of the fourth wave.

Also several questions remain unanswered, despite the announcement by Health Minister Christian Dubé. For example, will consumers be required to have a vaccination passport during a meal in food areas in shopping malls?

## The Delta variant

The Delta variant is "more contagious and more dangerous," so more people need to be vaccinated, said Health and Social Services Minister Christian Dubé. According to TVA Nouvelles, Quebec will maintain the health emergency beyond August 31 because of the variant.

82% is the percentage corresponding to the proportion of the entire population that must be immunized to achieve herd immunity with the Delta variant, according to Dr. Gaston De Serres, physician-epidemiologist.

To achieve this percentage of immunity, we need even more people vaccinated, because vaccines are not 100% effective. "If 85% of the population has received two doses and the efficacy is 90%, we will have immunity in the population of 76.5%," he said.

If this plateau is not reached, it will be necessary to maintain measures such as wearing a mask.

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# Vaccination clinic moved to Parc Ave. Health authority brings vaccines close to residents



**MATIAS BRUNET-KIRK**  
matias@newsfirst.ca

The CIUSSS West-Central Montreal, which serves Parc-Extension, recently moved its COVID-19 vaccination center from the MIL Université de Montreal campus to a new location on the corner of Parc and Jean-Talon.

The new clinic opened its doors on Wednesday, Aug. 4 and is located at 7101 Parc ave. It is now open for both walk-in and by-appointment vaccinations from 8:00 AM to 7:30 PM, 7 days a week.

According to figures by the health authority, the new clinic can inoculate over 1000 customers per day. The health authority has since closed its location at the MIL UDM campus.

## More accessible

"It's already very popular it seems because we have had close to 800 people," said CIUSSS spokesperson Francine Dupuis, at a press conference on the morning of the opening.

The move comes after many months of demands by various community groups to make the clinic more accessible to Parc-Ex residents, which the health authority says they have achieved.

"It's easy to walk by, it's in the middle of Parc-Ex," explained Dupuis of the new location in front of the Parc-Ex CLSC. "You can come by bike and you can come by car," she added, further underlining its proximity to public transit.

The move also comes after a reorganization of resources at the health authority to make its vaccination campaign more efficient and to better prepare for a potential 4th wave. "The idea

is to optimize the use of our staff," said Dupuis, adding that no one knows what is coming in the fall.

## Not central enough

Although closer to residents than the previous location, the new venue is still not ideal for many community groups that work on vaccine outreach campaigns in Parc-Extension.

"It's not central enough," said Eve Torres, coordinator at The Park Extension Round Table. "It starts to get central as of Saint-Roch and Jarry," added Torres, explaining that a clinic in that area would have given better access to more unvaccinated people.

"It's good for people without mobility issues and those who come from elsewhere," she said but added that those with physical and mental health issues and those with lower income, mainly residing in the northwest of the neighbourhood, were left out. "It's not equitable."

Torres said that although the location makes more sense now, it still can't be considered central until marginalized populations are better included. "We can't say it's central, it's not central, we're at the south end," she remarked.

## Steady flow of people

But the new location did not impede a steady flow of people from getting their vaccines on the first morning. By 11:30 AM the clinic had a line of about 25 people in front, both with and without appointments.

Mohammad Akhtar, a Parc-Ex resident, was in line with his daughter Roshni to get her second dose. Although he felt the previous location was just as good as the new one, he understood that for some people, like seniors, the change was a



**Although vaccine uptake in Parc-Extension is still lagging behind other areas of the city, numbers have largely improved in recent weeks.** Photo: Matias Brunet-Kirk-NEWSFIRST

positive one.

"I don't know how they didn't make any access to Parc-Ex, this was not clear," said Akhtar of the location at the MIL campus, adding that more people would now be able to come by foot or via public transit now.

Akhtar, whose wife is a nurse, added that he didn't understand those who continued to refuse to get vaccinated. "It's good for your health, it's good for the community, it doesn't make any sense," he deplored.

## Tailored strategies

Although vaccine uptake in Parc-Extension

is still lagging behind other areas of the city, numbers have largely improved in recent weeks. The first-dose vaccination rate for Parc-Extension now stands at 62.8% according to numbers by Santé Montréal.

Still far from the targeted 75% vaccination coverage put forward by the provincial government, many see this as a marked improvement.

For Eve Torres, this can be attributed to a number of innovative strategies that were put in place in the neighbourhood both by the CIUSSS and various community groups. These include the numerous mobile clinics that were set up in places of worship and the travelling Vaccivan which offers pop-up clinics in parks.

"Our relationship with the CIUSSS has changed entirely," said Torres, remarking that "during the first wave they (CIUSSS) had no sense of the reality on the ground." She added that this had changed by working in close partnership with them and pushing for new strategies.

## Going to the people

That viewpoint was also shared by Dupuis, who said it was always better to meet people in their own areas. "The closer you are to them, the more you get them to just come by," said Dupuis, adding that pop-up clinics had best demonstrated this.

"They're very popular because they're next door from where people live," remarked Dupuis, explaining that what may look like vaccine hesitancy in the area could instead be attributed to services not being properly tailored.

Nonetheless, Torres said that the best way to get needles into arms is to have permanent vaccination sites close to people who need them most. The new clinic will be open until Jan. 31, 2021.

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**Québec.ca/violenceconjugale**

Québec 



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Our female frontline workers will listen to you, reassure you and answer all your questions. They can also help find a temporary shelter for you and your children.

**Québec.ca/violenceconjugale**

Québec 



# Quebec to spend hundreds of millions for coastal damages

◀ Continued from page 5

"It will be a different story the next time the cycle comes around to amplify tides again, in the mid-2030s," says NASA. "Global sea level rise will have been at work for another decade. The higher seas, amplified by the lunar cycle, will cause a leap in flood numbers on almost all U.S. mainland coastlines, Hawai'i, and Guam."

This amplification will also increase the impact of storm surge.

## Impacting Canada

As is often the case when it comes to climate change, borders will not protect anyone. These amplified tides will also impact Canadian coastlines and coastal communities. However, according to NASA, far northern coastlines — in Alaska and the Canadian Arctic — will likely see a delayed impact, as the land in those regions is currently rising due to long-term geological processes.

"Scientists, engineers and decision-makers are accustomed to thinking about rare high-impact events, for example, a 100-year storm, but we demonstrate that it is important to plan for extreme months or seasons during which the number of flooding episodes, rather than the magnitude, is exceptional," Thompson said.

"It's the accumulated effect over time that will have an impact," Thompson added in the NASA press release. "[I]f it floods 10 or 15 times a month, a business can't keep operating with its parking lot under water. People lose their jobs because they can't get to work. Seeping cesspools become a public health issue."

With the results of this study in hand, we now have a clearer picture of the flooding risks our coastal communities will be dealing with in the decade to come. While we cannot do anything to influence the Moon's orbit, this kind of research helps us in two ways.

First, it provides urban planners with the information they need to help their communities to adapt to the coming tides. Second, it also highlights how more rapid and effective action on climate change can reduce the worst of the impacts to come.

## Trillions dollars in damages

Coastal flooding could hit nearly 20% of global GDP as climate change accelerates storms, sea level rise

Coastal flooding made worse by climate change could damage assets worth up to \$14.2 trillion by 2100 as rising seas inundate coastal homes and infrastructure, according to new research published in Scientific Reports.

Without investment in flood defense and a decline in greenhouse gas emissions, there will be an increase of about half of the world's land, half of the global population and nearly half of

global assets at risk of flooding by 2100.

Flooding will cause the most damage in the northeast U.S., northwest Europe, southeast Asia and northern Australia.

Without worldwide investment in flood defenses or a decrease in global emissions, the outlook is stark: Within the century, the land area flooded will increase by 48% (roughly the size of France), the population impacted will increase by 52% (about 287 million people) and the infrastructure affected will increase by 46%, which will comprise about 20% of global GDP, researchers warned.

Researchers analyzed data on global sea level rise projections under various greenhouse gas emission scenarios and focused on areas of the world at risk of flooding from factors like storm surge, tides and ocean waves.

A total of 68% of the global coastal area flooded will be a result of tide and storm events and 32% will be a result of regional sea level rise. Flooding will cause the most damage in the northeast U.S., northwest Europe, southeast Asia and northern Australia.

Island nations and countries with higher population density in low-lying coastal areas will be

Areas at highest risk include southeast China, Australia's Northern Territory, Bangladesh, West Bengal, Gujarat in India, the U.K. and U.S. states including North Carolina, Virginia and Maryland and all the Canadian coastal cities.

## Quebec to spend hundreds of millions for coastal damages

We all remember the floods that occurred back in the spring of 2019.

A catastrophic convergence of heavy rains following a snowy and cold winter that prevented run-off from being soaked into the ground led to the forced evacuation of thousands of Quebecers across the province. Water levels were high enough to force the evacuation in April of the town of Grenville-sur-la-Rouge when it seemed a local dam would not hold. The event reached its peak when, on April 27, a sector of the town of Ste-Marthe-sur-le-Lac was evacuated after a dike broke. The Insurance Bureau of Canada (IBC) reported claims from damage linked to the flooding in Quebec totalled \$185 million.

These figures only represent a fraction of what would be the future damages of flooding of shoreline jurisdictions.

In total, 310 municipalities across Quebec were affected by the flooding. While the province's public security ministry has yet to compile all the statistics recorded in the towns damaged or disrupted by the floodwaters 9,070 homes and 273 businesses were flooded, more than 12,000 persons displaced, 82 landslides linked to the flooding were recorded and 760 roads



Spring 2019 floods. PHOTO: Martin C. Barry (NEWSFIRST ARCHIVES APRIL 2019)

and highways were washed out or damaged.

In Laval 85 suffered flooding, while 355 buildings were flooded. As well, 117 families needed to be evacuated. Of these, 17 families were sheltered by the Red Cross. Around 1,000 civic addresses found themselves cut off by water or were impacted by the floods.

Also, about 200 military personnel were called in to assist city's authorities.

## Assessment Survey

A Coastal Resilience Needs Assessment Survey was completed in partnership with the University of Illinois Applied Research Institute and collected information from March through May 2021. The survey received nearly 300 responses from 241 jurisdictions across all eight U.S. states and two Canadian provinces that

border the Great Lakes and St. Lawrence River.

The Great Lakes and St. Lawrence Cities Initiative, along with other regional organizations, are calling for funding in an upcoming infrastructure package to enable Great Lakes states and local governments to prepare for, respond to, and build resilience to current and future impacts from high lake levels and severe weather events.

The eight Great Lakes states have over 4,500 miles of shoreline, nearly as much as all the states bordering on the Atlantic, Gulf of Mexico, and west coasts combined. A substantial, targeted investment in coastal resilience in the Great Lakes is warranted and will generate substantial benefits for the environmental and economic health of shoreline communities in the region.

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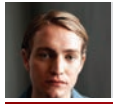
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# Posters of neighbours Two students take a new approach in getting Parc-Ex vaccinated



**MATIAS BRUNET-KIRK**  
matias@newsfirst.ca

For months now, politicians and health authorities alike have been continuously reminding Canadians that COVID-19 vaccines are effective and safe and that everyone should go get their shots.

Most Parc-Extension residents have heeded that call and have gotten either one or both their doses, thanks in large part to messaging around the efficacy of the COVID-19 vaccine. Yet many others remain unvaccinated both due to lack of access and unwillingness.

But two recently graduated students from McGill University are trying to change that in an innovative new manner. They are behind the WeCanVax poster campaign in the Parc-Ex which displays vaccinated residents with the reason why they got their shot. They hope others will then be encouraged to get theirs too.

Using colourful and multilingual posters, WeCanVax wants to increase confidence in vaccines and motivate people to also go and get their jab, in an area that continues to see lagging vaccination rates.

## University project

Tammy Xuan Bui and Nehal Islam met during a course as graduate students at McGill University and founded WeCanVax as part of a health promotions class project. Given the pandemic's repercussions in Parc-Extension, they wanted to create a campaign that was innovative and relevant to the situation.

Both from immigrant backgrounds, Bui and Islam are well aware of the challenges around accessibility to medical services in communities like Parc-Extension. "As part of this project, we thought why not create a vaccine confidence campaign to promote confidence in racialized communities," said Bui.

But what started as a school project quickly grew into something with a potential for real-world results. "We couldn't create a class project and have this just housed within our folders on our computers," added Bui, underlining the potential they saw in the campaign.

They then applied for federal funding through Canada's Public Health Agency's Immunization Partnership Fund (IPF) and were granted a \$10,000 subsidy to create an innovative campaign idea to boost vaccine confidence. "We were completely blown away by the amount of funding," recalled Bui when they received the grant.



**WeCanVax uses colourful, multilingual posters showcasing residents and the reason why they got vaccinated. Photo: Matias Brunet-Kirk-NEWSFIRST**

## People from the neighbourhood

Although poster campaigns are nothing new in immunization outreach efforts, WeCanVax took a different approach by making their posters more colourful, multilingual and more personalized to the community.

"We really wanted to represent the people of Parc-Extension," explained Bui of how they showcase residents in their posters. "It really means a lot to people going up to the posters and seeing themselves represented in the campaigns," she continued.

Islam also explained that by showcasing local people who may be the friends or relatives of others in the area, awareness and confidence in the vaccine can also increase.

"Once you see that familiar person on that poster who took the delve into receiving the vaccine, you might feel a little more comfortable," said Islam. "It really allows for the conversation to continue to say 'the vaccine was super easy for so and so person to get, let me see if I can get it as easily,'" he added.

## Protecting others

Arnaud Lafortune works in the kitchen and is a volunteer at local cafe La Place Commune. He was showcased in one of WeCanVax's posters recently explaining why he got his vaccine with hopes of encouraging others to get theirs too.

"I know that if people get vaccinated they can return to a life that is a little bit more normal," said Lafortune in front of the cafe's window already plastered with WeCanVax posters.

For Lafortune, his motivation to get the shot was because he wanted to protect those more vulnerable around him at his workplace and in his community. "I hope people in the neighbourhood can get vaccinated," he added.

"I think if people recognize the people that are on the posters, it creates a link that is closer than say a politician in another city that may have never been in the neighbourhood or that doesn't know the people or the realities of the area," he explained.

## Working with residents

Both Bui and Islam are not originally from Parc-Extension, though Islam did spend his childhood visiting friends and family in the area. This is something they have kept in mind throughout their campaign.

"We're not the experts of this place, but there are various community members here that are," said Islam, explaining that combining their skill-

*"We really wanted to represent the people of Parc-Extension,"*

set with the knowledge of local people gave them a critical advantage in the campaign.

"What we want to do is try and supplement that with the community perspective to build from the ground up, instead of coming in from that top-down approach," added Islam, explaining that they were also working with community organizations like the Park Extension Round Table.

## Learning experience

Both say they have learned a lot about Parc-Extension and its people throughout the process. "Originally we thought it was vaccine hesitancy," remarked Bui of what she thought was behind lagging immunization rates.

But they quickly realized that the lower vaccination rate was largely because of a lack of access to services, due in part to cultural, linguistic and even monetary barriers. They therefore tried to tailor the campaign to reflect those realities.

"Instead of tailoring the messaging to being like debunking myths, it's now changed to empowering people from the community to go get vaccinated," concluded Bui. They hope to expand the campaign in the coming months and include more residents.



**Tammy Xuan Bui and Nehal Islam met during a course as graduate students at McGill University and founded WeCanVax as part of a health promotions class project. Photo: Matias Brunet-Kirk-NEWSFIRST**

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## How to describe your ideal boss in a job interview

As part of the interview process, you might be asked to describe your ideal boss. While it's useful to know whether a prospective employer's management style suits your preferences, this can be a delicate question to answer. Among other things, you don't want to come across as being a needy employee or having problems with authority.

While it's important to give an honest answer, playing it safe by listing vague, positive attributes such as "fair" and "respectful" doesn't provide the recruiter with much information about who you are or what you expect from your employer. After all, who would want a disrespectful manager who doesn't treat employees fairly?

Therefore, it's best to provide a precise description that highlights both your ability to work independently and follow directions. Plus, by avoiding obvious answers, you'll show that you've taken some time to reflect on the subject. For

example, you could mention that you value managers who clearly communicate expectations but also encourage independent work.

Additionally, you can support your description with a few concrete examples from previous jobs to highlight your ability to adapt to various leadership styles. Just make sure to focus on what you look for in a boss rather than the qualities you dislike. Lastly, remember to never criticize a prior supervisor as this will likely reflect poorly on you.



## How to hire someone for a remote position

If you need to hire someone for a remote position, you should look for a candidate who can work effectively from home. Here's how to find the right person for the job.

### Seek out candidates with the right qualities

Telecommuting isn't for everyone, and some people aren't as productive when they work from home. To help narrow down your search for a remote employee, look for key qualities such as:

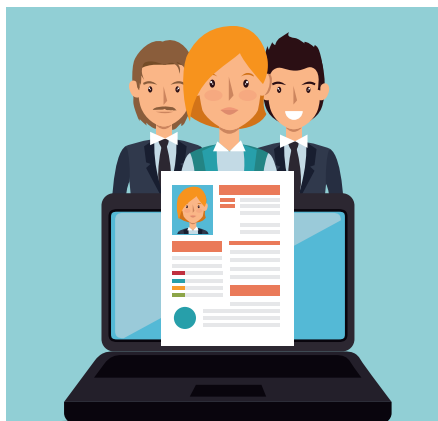
- **Proactive communication skills.** Since most exchanges with a remote employee happen over the phone and through email or instant messaging, you need someone who can clearly express their ideas. Consider having candidates take a writing test.
- **Strong initiative.** Remote employees must be able to complete their work without direct and constant supervision. You can reach out to former employers to learn more about a candidate's ability to work autonomously.
- **Focus and organization skills.** Someone who works from home needs to be adept at managing their time, establishing priorities and maintaining concentration despite distractions (especially if they have children at home).

### Ask questions to assess an applicant's suitability

Use the interview process to further evaluate whether a candidate is well-suited for a remote position. For example, you should ask:

- Do you have any experience working remotely?
- Are you comfortable using platforms such as Zoom and Skype?
- How do you remain focused when working from home?
- What strategies do you use to stay productive at home?

Finally, be sure to discuss your expectations about flexible work hours and confirm which time zone a prospective employee is based in.



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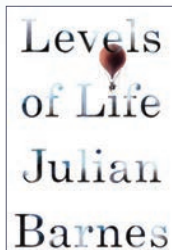
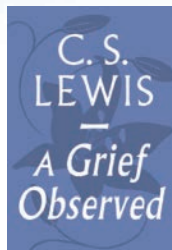
# In Memoriam & Obituaries

## Dearly departed

MOURNING • REMEMBERING • COMMEMORATING

### Dealing with grief: four tips for grappling with loss

Grief is something that needs to be actively worked through. Freud outlined this idea in his seminal essay "Mourning and Melancholia," and his theory of grief work remains at the core of modern approaches to handling loss. Here are four strategies for actively dealing with grief.



#### 3. READ BOOKS ON GRIEVING

Many mourners find solace, strength and wisdom in books in which novelists talk about their experience of loss. There are also books in which experts on grief and grieving provide tools for dealing with a loved one's passing. Here are some notable ones:

- *Levels of Life* by Julian Barnes (essay)
- *The Year of Magical Thinking* by Joan Didion (memoir)
- *It's OK That You're Not OK* by Megan Devine (self-help)
- *A Grief Observed* by C.S. Lewis (collection of reflections)

#### 4. EAT WELL AND EXERCISE

Self-care is essential when grieving. Eating well, drinking lots of water and exercising regularly will help balance the griever's mood and improve their well-being. The exercise needn't be strenuous; stretching, brief yoga sessions and short walks can be a good start.

Actively working through one's grief tends to be very helpful. However, oftentimes individuals need additional support, guidance or simply a listening ear. In such cases, getting support from a grief counselor can be invaluable.

#### 1. OPEN UP TO OTHERS

Grieving individuals need to express what they're feeling. Bottling up or ignoring one's emotions only causes them to fester. For most people, talking with friends and family members about what they're feeling is the most natural and easy way of unburdening themselves.

#### 2. EXPRESS YOURSELF THROUGH ART OR JOURNALING

Not everyone is comfortable opening up to those around them. When this is the case, a person can express his or her feelings in a variety of other ways. Dancing, making music, and painting can all be effective means of expressing grief. Journaling is another method of releasing pent-up feelings, with the typical method being to write down everything felt and thereby identify and explore the full range of emotions.



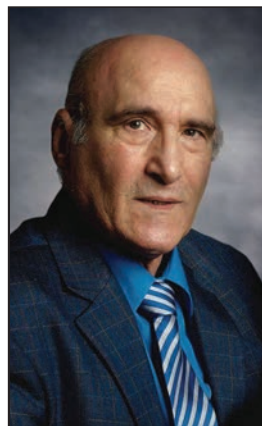
**Labrèche, Denise**  
1927 - 2021

In Montreal, on August 5, 2021, at the age of 93, passed away Mrs. Denise Labrèche. She will be sadly missed by her nephews and nieces Diane, Jacques and Louise, Jocelyne, Yves, Guy and Suzanne, Bernard and Denis, France and Serge, their spouses, her cousin Pierre Labrèche as well as many friends, grand-nephews and grandsons. nieces.



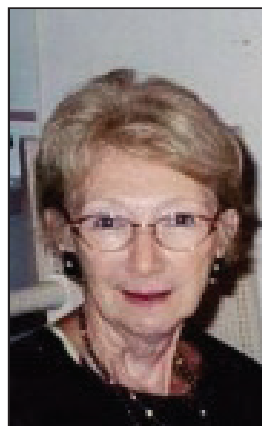
**Abramovitz, Ida**  
1935-2021

Suddenly and peacefully on Friday August 6, 2021 in her eighty sixth year. Beloved wife of the late Abraham Abramovitz. Loving mother and mother-in-law of Judi and Egidio Rinaldi and Shoshana Abramovitz. Proud SAVTA of Avital and Michael Goldenblatt and Daphne Rinaldi. Cherished great-grandmother of Dylan, Harper and Noah Goldenblatt. Predeceased by her parents Hoda and Shalom, her brother Yankel and her sisters Fruma, Rivah, Shayna and Musia.



**Ruscitti, Nicola**  
1941 - 2021

It is with deep sadness that the family announces the passing of Nicola Ruscitti, on Saturday, August 7th, 2021 at the age of 79. He will be sadly missed by his beloved wife Flora Taddeo, his loving children Carmine (Maria), Edward and Anna Maria (Enrico), his cherished grandchildren Nancy, Erika, Valery (Andrew) and Olivia, his siblings Antonio (Adelina) and Michele and many other relatives and friends.



**Cantin, Denise**  
1938 - 2021

In Montreal, on August 4, 2021, at the age of 83, passed away Mrs. Denise Cantin, wife of Mr. Pierre Favreau. Besides her husband, she is survived by her sons Martin and Pascal, her brother Jean-Claude, her sisters-in-law Ghislaine Bélanger and Réjeanne Beaulieu as well as her nephews, nieces, other relatives and friends.



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# HOROSCOPE

Week of **AUGUST 15 TO 21, 2021**

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## ARIES

You might decide to plan an intriguing getaway. You need a vacation, and you'll need to prepare for it well in advance to make it happen and ensure it's an unforgettable experience.



## TAURUS

Big projects always come with a bit of anxiety, but perseverance is the key to success. Don't be afraid of change; it's good for you. Your emotions will be running high, so remember to take a step back and calm down.



## GEMINI

Before making a decision that affects several people, it's important to consult them and get their consent. At work, you'll likely reach a beneficial agreement after a long negotiation process.



## CANCER

It's time to take care of yourself. By changing some of your habits, you'll have more energy and be able to share your love of life with others. However, some effort will be required to restore your health.



## LEO

You'll find yourself in the spotlight. You'll take charge of a group or stand up for your community. You'll prove to be an important figure to those around you, which will do wonders for your self-esteem.



## VIRGO

If you have young children, you'll be focused on the back-to-school season. You might end up moving or make major changes to your home. If you're single, it'll be love at first sight.



## LIBRA

You won't hold your tongue, and you'll give voice to opinions that others are keeping to themselves. This will end up correcting an unpleasant situation. You'll find solutions when faced with a precarious financial situation.



## SCORPIO

Career-wise, there's a good chance you'll be courted by the competition. You'll likely run around trying to help a family member. As for matters of the heart, someone close to you could make a declaration of love that leaves you stunned.



## SAGITTARIUS

It's time for a fresh start. A new job or a new direction in life is on the horizon. You'll be excited about all the opportunities that come your way. In your love life, there won't be a shortage of romance.



## CAPRICORN

You'll need a second cup of coffee before you start your workday. If you're dealing with health issues, you'll find the right treatment to give you the quality of life you desire. Stress can be a source of energy at times.



## AQUARIUS

You'll have no choice but to confront the obstacles in your path. You may have to negotiate with several people at once, which could be stressful. You'll develop new friendships and expand your social network.



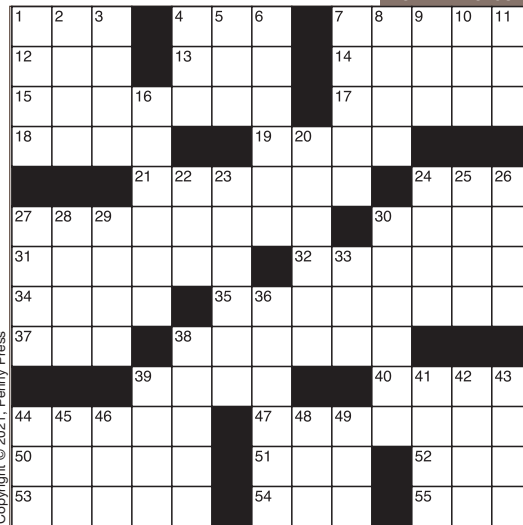
## PISCES

Either at work or elsewhere, things will feel urgent and like they needed to be done yesterday. A few people close to you will get you to take a step back. It's a good idea to set a long-term goal for yourself or your relationship.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 089



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### ACROSS

- Picnic-crashing insect
- By means of
- Fire
- Life story, for short
- "\_\_\_ Got Sixpence"
- Reduce
- Machines
- Edmonton player
- University official
- Branding \_\_\_
- Ducked
- Paving liquid
- Dozing
- Operatic highlight
- West Pointers
- Curving
- Spirited
- Peachlike fruits
- Vampire, at times
- Overpass
- Rounded roof
- Acapulco money
- Boom box

- Ahab of "Moby Dick," e.g.
- Smells
- Organ of sight
- Sob
- Father
- Darn
- Curse

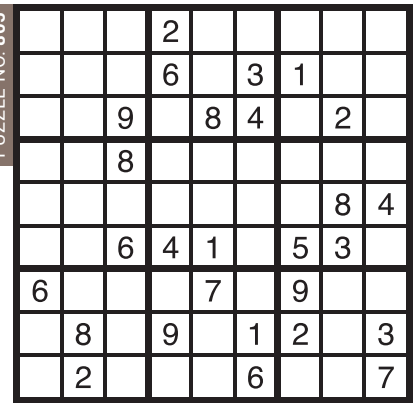
- Elect
- Deprive of weapons
- Huey, Dewey, and Louie
- "\_\_\_ Misbehavin' "
- Cloth shreds
- Wound cover
- Volcanic flow
- Amend
- Receive with favor
- Big truck
- Fragments
- Promote
- Terrible
- To \_\_\_ his own
- Kingly address
- Black stone
- Filch
- Citrus refresher
- Asta or Lassie
- Sailor's yes
- Cathedral seat

### DOWN

- In the sack
- Cat-o'-\_\_\_-tails
- Dress for Caesar
- Safety \_\_\_
- "All About \_\_\_"
- Quit
- Vital fluid
- Meat cut
- Hole-making tool
- Final letter
- Botch
- Truly
- Consider

# Sudoku

PUZZLE NO. 805



### HOW TO PLAY:

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

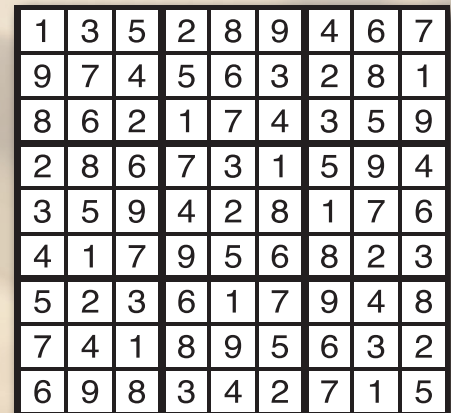
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

### Last Issues' Answers

## CROSSWORDS



## Sudoku



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