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Moon's 'wobble' to amplify coastal flooding due to climate change

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playing for The Alouettes

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Construction started for Police operation centre

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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."

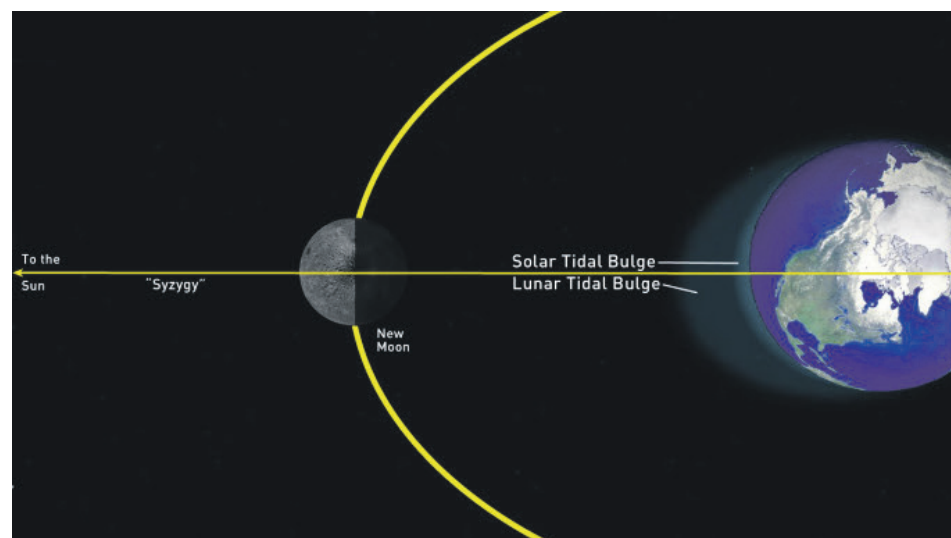
The Moon's orbit around Earth is tilted by roughly 5 degrees compared to the ecliptic — the disk in space that all the major planets trace out as they orbit around the Sun. Due to this tilt, the Moon spends about half its time above the ecliptic and the rest below it. The two points in its orbit where 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 5



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

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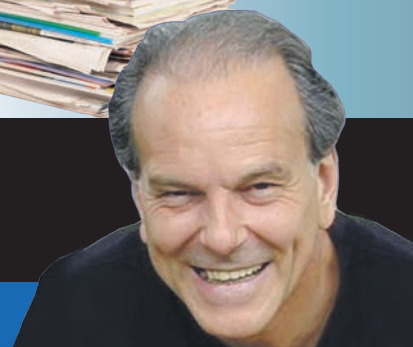
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OPINION & Editorial



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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A dangerous combination : Moon's 'wobble' and climate change



Photo: Master Sgt. Mark C. Olsen/U.S. Air Force

◀ Continued from page 3

"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

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Special waste collection to support the transition to new habits

Ville de Laval organized a special manual waste collection at around 100 collection points in order to support adaptation to new practices. This is in addition to the collections already scheduled normally. Thus, a large collection was carried out in the last days to ensure that targeted places in the city are free from the accumulation of abandoned residual materials. This intervention was necessary to maintain the cleanliness of the streets and the quality of the citizens' living environment.

In addition, several awareness officers who have crisscrossed the territory since last April will continue their work during the next collections in order to better support citizens in sorting residual materials and to explain the recovery solutions available in order to maximize the use of collection bins.

It should be noted that this very targeted operation, which concerns around a hundred collection points, consisted in the collection of tillers of waste abandoned on vacant lots at the end of dead end streets or left on the edge of the street, but also not in conformity with the regulations. usual collection services.

Every action counts!

In a context of labor shortages in the trucking and recyclable materials industry, the management of collections brings up specific issues for which the City must remain vigilant and show constant agility in order to ensure sanitation of the territory.

Last April, nearly 123,000 black bins serv-

ing 130,000 doors were distributed across the region. This operation for the citizens living in buildings of 7 units or less has completed the automated collection service 3-way (brown bin , blue bin , black bin). However, the new habits required by 3-way collection still require adjustments from citizens. It is also important to emphasize that in addition to the three-way collection, other recovery and recovery solutions are possible.

In March of this year, the City adopted its Laval Residual Materials Management Strategy 2020-2025 with a desire to put in place the right conditions in order to move towards "zero waste" by 2035.

Ways to dispose of residual materials

With the new 3-way automated collection, citizens now have access to several ways of disposing of their residual materials.

Waste

Black bin collected once a week, for buildings with 7 units or less.

Black bin and other containers picked up once or twice a week, for buildings with 8 units or more and businesses.

Recycling

Blue bin collected once a week.

Compost

Brown bin picked up once a week from April to November and every 2 weeks in the winter season, for buildings with 7 units or less.



Implementation of collection in progress, for buildings with 8 or more housing units.

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Bulky items collection

For buildings with 7 units or less, the bulky items collection takes place the last full week of each month, one working day before the garbage collection.

For citizens whose blue bin and black bin collections are on Monday, the bulky items collection is the following Friday.

Exceptionally, in 2021, 6 additional collections are offered.

Old refrigeration equipment

Home collection on call.

Collections of fallen leaves and Christmas trees

The collection of dead leaves is done through the collection of organic materials.

The collection of Christmas trees is done the same day as the collection of recyclable materials.

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New LPD police station will serve City of Laval's western sectors

Mayor Demers and police chief Brochet help get construction underway



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
marty@newsfirst.ca

On August 5, construction work began on a new Laval Police station on Curé Labelle Blvd. in Saint Martin, with Mayor Marc Demers, Councillor Sandra Desmeules, police chief Pierre Brochet and others starting things off by helping turn the first shovels of earth.

Fall 2023 opening

Located at 2455 Curé Labelle near the Adonis supermarket, the new building will house the LPD's western Laval police detachment, as well as a police operations centre. The building is scheduled to open in the fall of 2023.

According to the LPD, the services housed in the building will help improve response times to emergency calls while boosting the presence of police in surrounding neighbourhoods. Some of the latest police technology will be installed in the new police station, contributing to the modernization of Laval's security and police operations.

Improving services

"The western police station is part of a brand-new approach to public security services to be implemented between now and 2023," said Mayor Marc Demers. "This new outlook aims towards improving intervention capacity, towards optimizing operational efficiency, while also improving proximity with the residents. So, the security of citizens, which is Laval's priority, will not only be assured, but will be even better."

"The creation of this new police station in the west of the city will offer more proximity in order to take on the evolving reality of the territory, while continuing to assure the security of the citizens of Laval," said police chief Brochet.

An important milestone

"We are very excited about the idea of crossing this important milestone for our new service offer in public security," he added. According to the city, the police station building is being erected with a goal of achieving LEED Gold environmental certification for environmental values.

The construction and certification process are being handled by Laval-based Groupe Geysier which specializes in projects such as this. The



Photo: Seen here inaugurating the project are (From the left) Mayor Marc Demers, assistant director of the LPD Serge Gagnard, Laval city councillor and executive-committee member Sandra Desmeules (who is responsible for security issues), assistant-director for investigations and administration at the LPD Michel Guillemette, LPD police chief Pierre Brochet and Marie-Claude Le Sauteur, director of major projects with the City of Laval. (Photo: Vincent Girard)

contract for the project was awarded by Laval city council in July following a call for tenders.

112 000 sq. feet on former Ford dealership land

The building located on Boulevard Curé-Labelle where used to be the Chomedey Ford dealership, in Laval, will consist of a basement and four floors for a total area of 112,000 sq. Ft.

The new police station will include administration and management sections, sections for police operations, training rooms, a 9-1-1 emergency call center, a main information room and a training room for shooting training.

City employees and retirees raised \$109,943.08 for the Red Cross

(TLN) Even though for a second consecutive year the Red Cross corporate campaign was done virtually, the employees and retirees of the City of Laval raised \$109,943.08.

It is well known that in Quebec, the Red Cross intervenes on average three times a day as part of an emergency response, for example during a flood or fire. It provides affected families with comfort, shelter, food aid, clothing and essential items. The donations received make it possible, among other things, to offer this service 24 hours a day, 365 days a year.

The pandemic has highlighted the fragility of the most vulnerable citizens, hence the urgent need for generosity. City employees and retirees responded to this call by participating in large numbers in the campaign. **Photo credit: Vincent Girard**



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Raised Under the Influence

Q I am a divorced father of a 16-year-old son and a 21-year-old son. I have been divorced 18 months and separated for a year prior to the divorce becoming final.

My ex-wife is a recovering alcoholic and has been sober for two years. During the peak of her alcoholism, she had three different affairs. She lied to me so often that I demanded she leave the home.

At the time of the divorce, I structured an agreement that would allow her to leave debt-free on the condition of no child support. I took on a house that was upside down about \$50,000, and I took on over \$40,000 in debt, due largely to her drinking and spending sprees.

I also agreed to pay all of my sons' expenses and, in doing so, have come very close to bankruptcy. Thankfully, I was recently promoted and received a healthy raise, which gave me some financial breathing room. The problem is, I have to move. I enjoyed equally shared custody of our younger son up to now. Due to my relocation, my son has chosen to live with his mother because he doesn't want to move. Were it not for her sobriety and the fact he is a sophomore in high school, I would have attempted to gain full custody and have him move with me.

He pleaded to stay in his hometown. Reluctantly, I agreed. Here is the issue. My ex-wife has successfully sued me for child support. This is besides what I already do financially for both my sons, and frankly, I can't afford it. Honestly, I'm done getting kicked around.

I will fight the ruling, and it isn't going to be cheap. I feel I must in order to continue to support my older son in college. I'm convinced my younger son will never see the money I am legally obligated to pay to his mother.

She continues to lie as she attempts to paint me as a cheapskate who doesn't want to pay for his son's way. Nothing could be further from the truth. But how do I explain all this to my younger son? He won't move with me. He sees me as the villain, and when I suggest alternatives, like spending the summer with me, he digs in his heels. He doesn't want to give up summers with his friends, and I hate asking him to make that choice.

His older brother knows everything because, early on, he confronted me with whether she cheated

and I told him the truth. My youngest thinks his mother and I divorced due to her drinking. Now, I'm not sure I want to go on living that lie. I want him to understand why I'm so upset. I want him to know I'm there for him, regardless of what his mother tells him. I think my wish to spend as much time as possible with him should outweigh a summer with his friends. I want him to understand family is first.

The problem is my ex-wife won't support that view, and because of that, I feel I should tell him the whole truth. But that feels slimy.

A part of me says it's time for the whole truth. Another part of me says to continue to take the high road and don't put him in the middle. What do you think?

Robert

A Robert, you have every reason to be mad and every reason to let your son see how much you pay for his support. But the wiser course now is to withhold telling your son about his mother's infidelity.

The divorce should have come 10 years ago. If that had happened, today would be different. What you are dealing with now is the multiplier effect from past decisions. But woulda-coulda-shoulda is water under the bridge. As you say, it's her fault you and your boys are in this position. None of that can be fixed now. The main concern of your younger son is his friends and high school classmates. His life is in turmoil. If there is no abuse or no imminent harm that you can prove, how much harder and more stressful will it be on your son, if his choice is overruled? Years from now he may regret his decision, but not now. He's not choosing his mom over you. He's choosing his friends.

The damage that has been done by staying with a woman who went through life drunk has been done. The relationship you have with your son has been built. The interplay between the two of you is established. Don't destroy it.

Make him know how much you will miss him and how much you think of him. That's your best short-, medium-, and long-term play.

Doing anything other than letting him have his way now will put a wedge between you. In time, he will learn about his mother's infidelity (and he should), if not from you, then from his brother. But if you force your son to move, you will become the villain his mother paints you as.

Wayne & Tamara

Quebec to spend hundreds of millions for coastal damages



This Aqua-Barrier set up at the corner of 30th and 17th streets in Laval-Ouest was useful in keeping the surging waters of the Rivière des Mille Îles in their place. PHOTO: Martin C. Barry (TLN-NEWSFIRST ARCHIVES APRIL 2019)

Continued from page 5

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 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.



Laval spring 2019 floods. PHOTO: Martin C. Barry (TLN-NEWSFIRST ARCHIVES APRIL 2019)

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

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Alouettes linebacker Brian Harelimana learned to love football in Laval

The 25-year-old played for the Chomedey Blues and Les Loups Curé-Antoine-Labelle



MARTIN C. BARRY
marty@newsfirst.ca

Although Canadian professional football lost one half of a promising duo of siblings when Kean Harelimana retired from the sport after failing to qualify for the 2021 roster of the CFL's Ottawa Redblacks, his brother Brian will be carrying forth the torch.

Football runs in the Harelimana family. Originally from the African nation of Rwanda, they became residents of Laval's Chomedey district around 2004 when the two were grade schoolers after living for a time on Montreal's West Island.

Brian carries the torch

While the younger Kean Harelimana played linebacker for the University of Laval's Rouge et Or before being drafted earlier this year, he was released from the Ottawa Redblacks roster in late July. According to the Journal de Québec last week, Kean believes his best years are behind him and he has formally retired from the sport.

Brian Harelimana (who also plays linebacker) is the more

fortunate of the two. The 6' 2", 228-lb., 25-year-old was selected earlier this year by the league's Montreal Alouettes after four seasons with the Carabins at the University of Montreal. There he ranked second on the roster in 2019 with 37 tackles and eight knockdowns.

Laval a football town

During an interview with the Laval News, Brian Harelimana acknowledged that Laval is a real football town, where the sport is played and appreciated by a large base of fans. It was in Laval and in Chomedey where his love of football really started to take off.

"When I first moved from the West Island and came to Laval and started playing football here, there were some good players who went through the Chomedey Blues program," he said, referring to the storied local football club which has been the breeding ground for a good amount of professional football talent.

Although Brian had started playing football on the West Island, he played for two years (2008-2009) for the Chomedey Blues, following which he joined the high school football team (Les Loups) at École secondaire Curé-Antoine-Labelle in Laval.

PHOTO:
MONTREAL
ALOUETTES



Fell in love with football

He recalled the first time he felt a strong emotional connection with the sport. "From the moment I first stepped onto a football field, I fell in love with football," said Harelimana. "But I would say that when I really decided that football was something I wanted to do with my life was when I got to high school.

"When I got to École secondaire Curé-Antoine-Labelle, it was a powerhouse team at that point and it still is. I was picked up by Les Loups and I wanted to be the best player on the team. And I was surrounded by great coaches who taught me a lot about discipline and work ethics. And ever since I got into that program, I knew football was something I wanted to do with my life."

Failure and success

Brian is a firm believer in the age-old truth that you learn more from failure than you do from success. Having played on teams that often fell just short of winning a championship, he said he experienced disappointment first-hand.

"In these programs there are a lot of expectations and you want to win a championship with them," he said. "You know what, for some reason I never had a chance to win a championship for any of these teams. These are things that, at the end of the day as a competitor, you want to end up with a championship, which is more important than anything else.

"But I haven't had the chance to have that. So, you know what drives me to this day is that I have the chance to play in my hometown with the Alouettes. It would be something very special for me to be able to contribute and help my team get to the Grey Cup."

A highly versatile player

Over the years culminating with his signing to the Alouettes, Brian Harelimana developed a reputation as a football player with versatility comparable to that of a multi-purpose Swiss Army Knife. Whether it's pass rushing off the edge or dropping back to play in coverage, Brian is comfortable at all three levels. He explained how he ended up evolving in this direction.

"As I was growing and playing, the game changed," he said. "At the same time, I came to realize that the more you can do on the field helps your team. So, I gradually added to my game. The more you can help out, the more you are useful to your team. It's something I would even suggest younger players look into that can help out."

A future NFL prospect?

Although Brian studied industrial relations in university as an alternate career to football, he feels inclined at this point to pursue the sport professionally, be it on the field or as a coach, trainer and consultant. In the meantime, there has been speculation that Brian Harelimana might be a prospect for NFL recruitment.

"I'm taking things a step at a time," he said last week regarding this potential development. "Right now, we just finished training camp preparing for our first game. I don't like to look too much ahead. I do what I have to do, and if I'm good enough, they'll find me. That's for sure."



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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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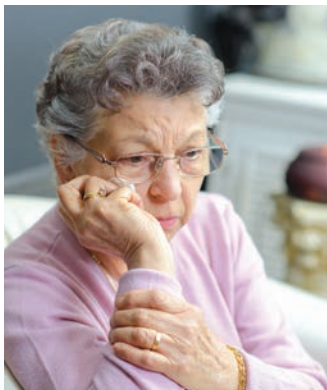
In Memoriam & Obituaries

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Three modern funeral trends

There's no one right way to approach a funeral and today's ceremonies are increasingly stepping away from long-held traditions. Given that each individual leads a unique life, it follows that when a person passes away, he or she is commemorated in an equally unique fashion. Here are three ways forward-thinking families are customizing funerals for the modern age.



1. NOT WEARING BLACK

Some families ask guests to forego the traditional garb and instead sport bright colours. This practice encourages people to regard the ceremony as first and foremost a celebration of the deceased's life.

2. THEMED FUNERALS

This is another way of putting the accent on celebration and commemoration. A funeral can be themed around a personal passion, a special achievement, a favourite colour, a choice book or film — you name it.



3. GREEN FUNERALS

Environmentally conscious individuals are increasingly opting for eco-friendly funeral practices. Green funerals may include a burial in the forest, using remains to grow a tree and choosing sustainably sourced wood for the coffin.

These are just a few ways to personalize the funeral of your loved one. There's nothing stopping you from expanding on these ideas or using your own, so long as the wishes of the deceased are taken into account.



Barakaris, George
1934 - 2021

It is with profound sadness that we announce the passing of George Barakaris, who entered eternal life peacefully on August 7, 2021, at his home, surrounded by his family. He is survived by his devoted wife Anastasia Chalvatsiotis, beloved daughters Claire and Maggie, and cherished granddaughter Elena Pappas (Claire).



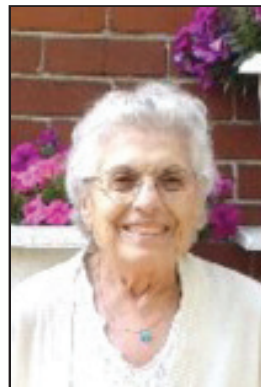
Gavita, Enzo
1949 - 2021

It is with deep sorrow that we announce the passing of Enzo Gavita at his home on Friday, August 6th surrounded by his family. He leaves to mourn his beloved wife Eileen Ouellet, his children Nathalie (Dario), Frank (Debora) and Stephanie (Giancarlo), his grandchildren Luciano, Kamilind, Alessa, Gianluca, Keira and Mikayla, his sisters Gloria, Elena (Mario) and Eda (Giuseppe). He will also be greatly missed his many nephews and nieces, cousins, other family members and friends.



Vladulescu, Alis
1974 - 2021

In Laval, on Saturday August 7, 2021 passed away, at the age of 47, ALIS BICHEA, wife of Andi Lucian Vladulescu. Besides her husband, she is survived by her children Elena Adina Vladulescu and Alex Lucas Vladulescu, her sister Marilena (Alin), her niece Anca, her nephew Dragos, as well as many other relatives and friends.



Stefandelli, Evangeline
1935 - 2021

In Laval, passed away August 06, 2021 Mrs. Evangeline Stefandelli, wife of late John Caravias.

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

The luckiest signs this week:
ARIES, AQUARIUS AND PISCES



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.



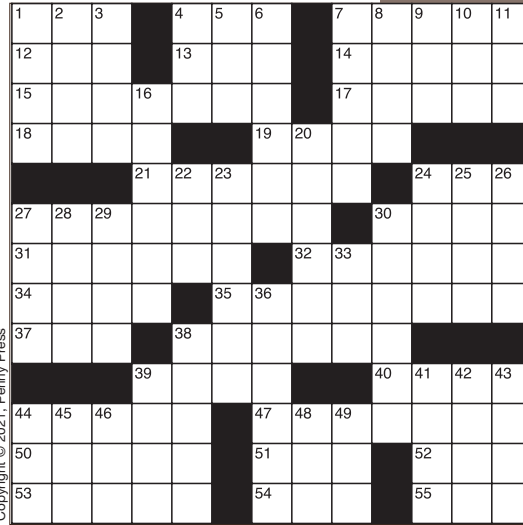
PISCES

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

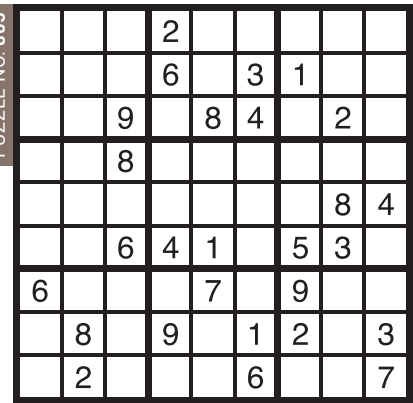
- Elect
- Deprive of weapons
- Huey, Dewey, and Louie
- "___ Misbehavin' "
- Cloth shreds
- Wound cover
- Volcanic flow
- Amend
- Receive with favor
- Big truck
- Fragments
- Promote
- Terrible
- To ___ his own
- Kingly address
- Black stone
- Filch
- Citrus refresher
- Asta or Lassie
- Sailor's yes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

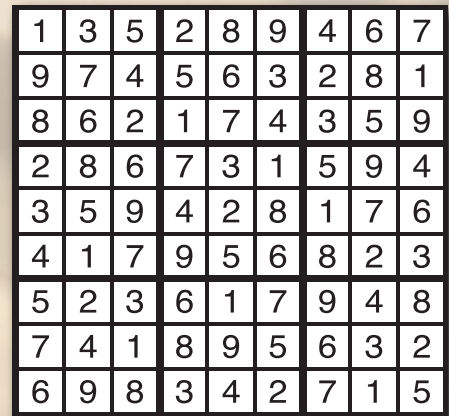
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



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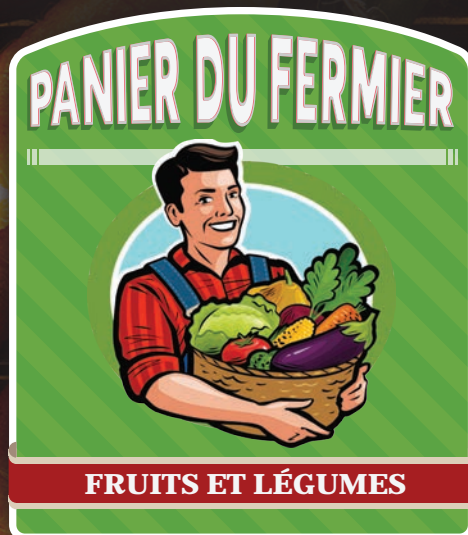
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- Mushrooms (Product of Canada)
- Green Pepper (Product of Québec)
- Blueberries (Québec or USA)
- Spinach (Product of Québec)
- Lettuce (Product of Québec)
- Apples (Product of Québec)
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