

PROFESSIONAL AUTO BODY REPAIR & PAINTING



■ INSURANCE WORK ACCEPTED ■ ALL WORK GUARANTEED
 ■ EXPERT COLOR MATCHING ■ FACTORY GENUINE PARTS
 ■ IMPORT CAR SPECIALISTS ■ AMERICAN MUSCLE CARS
 ■ TOWING ■ MAJOR & MINOR REPAIRS
FREE ESTIMATES! T. 514-476-4565

A2 AUTO
 1385 BOUL. DES LAURENTIDES, LOCAL 103, VIMONT, LAVAL

THE NORTH SHORE News

Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Rosemère,
Pointe-Calumet, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache



BARBIE'S
RESTO • BAR • GRILL

SKIP Uber DOORDASH
 Pick up / Delivery: 450.668.0933
 Online Orders: barbiesgrill.com

barbiesgrill.com

newsfirst
MULTIMEDIA

Vol. 16 - N°.35

November 27, 2020

450-978-9999

www.ns-news.com

editor@newsfirst.ca

Mobile COVID-19 screening unit in the Laurentians



Page 5

Quarantines isolations and additions



Page 3

Christmas Contest in Blainville



Page 6

Tribute to Lorraine athletes



Page 7



Best Choice
Since 1983
WELCOME
 AT OUR STORES

At IGA extra Daigle, we always take our time to serve you better.

Our services

- Packers
- Delivery service
- Phone orders 450-430-9897





- Order online at igadaigle.com
- Open from 8 am to midnight





Looking forward to serving you



Visit us at igadaigle.com
 and make wonderful discoveries!
 Subscribe to our info letter!



450, Blainville Str. East
 Sainte-Thérèse
 450-435-5500

220, Saint-Charles Str.
 Sainte-Thérèse
 450-435-1370

25, Des Entreprises Blvd.
 Boisbriand
 450-430-5572

2605, D'Annemasse Str.
 Boisbriand
 450-433-6226





Be there for yourself the way you're there for others

It's normal for these uncertain times to bring out negative emotions or anxiety. You're there for your loved ones when they're not doing well. Remember to be there for yourself. There are solutions for getting better.

[Québec.ca/gettingbetter](https://quebec.ca/gettingbetter)

 Info-Social 811

Quarantines, isolations and additions



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

Technology has thankfully solved a lot of problems during this difficult period especially given the nature of the virus. Ancient Greeks would say Ουδέν κακόν αμιγές καλού which translates roughly to Every cloud has a silver lining! The opposite can be true about technology. Misinformation during the pandemic is rampant and a lot of people are confused about quarantines, transmission, duration of isolation etc. Thankfully our paper has a collaboration with Dr. Christos Karatzios Assistant Professor of Paediatrics/Infectious Diseases at the Montréal Children's Hospital. Dr. Karatzios has a strong online presence and is always willing to dispel myths and inform for the good of all.

According to Dr. Karatzios, either people are being misinformed by Public Health authorities when they call/text you to tell you that you are a COVID-19 case or you are a contact of one or public health authorities are giving out the right information but people are not understanding it.

Incubation and transmission

SARS-2-CoV has a 14 day incubation period from infection to infectivity/disease. Most people start shedding virus/get symptoms about 5-8 days after infection.

COVID-19 (the disease caused by SARS-2-CoV) can last for weeks but transmission of the virus happens for:

10 days after symptoms begin for most people out there.

10 - 21 days for someone who needs ICU care due to bad COVID-19.

28 days for immune suppressed people (chemotherapy or transplant patients, people with immunity problems, people on immunosuppressive medications/injections, people with advanced AIDS) because they can't clear the virus within 10 days.

What should you do?

Dr. Karatzios would pose this question: you came into contact with an infected and infectious person? Your incubation and thus your quarantine is for 14 days AFTER your last KNOWN contact with the person...or from the time you get called by Public Health. If you have symptoms then you immediately start after your test. If you become infected then your quarantine is for 10 days only unless you are immune suppressed - then it is 28 days. For now, this recommendation has not changed - ever.

*The right information is
the only way
we can stop the spread
in the community!*

Dr. Christos Karatzios

If you live with others (partner and let's say 2 children) and you then get infected: then THEIR quarantine is YOUR 10 days PLUS THEIR 14 days. Stay away from others in your family bubble (basement or room with food delivered to you at your door and the use of own towels and own bathroom when feasible - close



toilet lid and clean toilet surfaces with a bleach spray if there is a single bathroom). If you are a single caregiver though this is impossible. So, the rule is 10 + 14 = minimum 24 days of family quarantine unless you are immune suppressed then it's 28 + 14.

That is: X + 14 days after the LAST possible infectious day of a close household member!

If suddenly one of the two kids in your house gets infected from you on day 7 and gets sick and tests positive for SARS-CoV-2, then EVERYONE ELSE in your house RESTARTS 10 + 14 days ALL OVER. And the formula repeats itself with each new case at home.

If someone has to go to hospital because of COVID-19 (or unfortunately passes away), then all others start 14 days after the last time they

were in contact with the sick person (the day that person left for the hospital or passed away if at home)

Obviously if someone who is immune suppressed gets ill but stays home because of mild illness then quarantine for others at home is 28 + 14 days.

What happens when we don't test well people at home around a sick person? How do we know they didn't get infected and are asymptomatic? A very good question to which the doctor answers that his suggestion is to retest family members or people in your bubble after the tenth day of their quarantine with you to see if they are carriers.

The right information is the only way we can stop the spread in the community!

New dynamism in Thérèse-De Blainville PD



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

The RIPTB in order to upgrade and improve its services in the region proceeded with the hiring of two specialists.

Me Mélanie Diné, notary, joined the department as their new legal advisor.

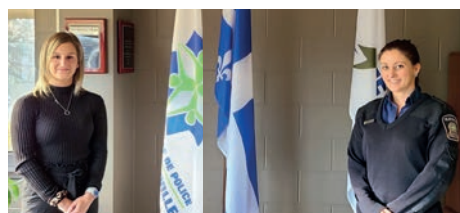
In addition to having a diploma in paralegal techniques, she has a bachelor's degree in law as well as a diploma in notarial law from the University of Montreal and has 14 years of relevant experience in the legal field, mainly in the public sector. Her expertise will certainly be an asset for the Corporate Affairs department.

Ms. Sandra De Cicco, Director of Corporate Affairs, welcoming him this morning.

New temporary telecoms attendant at the RIPTB

The staff at the RIPTD also welcomed Ms. Priscilla Boileau who joined the Telecommunications team.

She was welcomed for her swearing-in by the members of the management committee and Ms. Audrey-Anne Lessard, SCAU / 911 coordinator



Temporary telecoms attendant



Legal Advisor: Ms. Sandra De Cicco, Director of Corporate Affairs, welcoming him this morning.

Trusted care since 1996

Foot pain? WE CAN HELP!

- **BUNION & HAMMERTOE SURGERY** (minimum incision)
- Foot, Ankle and Knee Pain
- Custom high quality plantar orthotics
- Ingrown Toenails
- **EFFECTIVE** treatments for Plantar Warts
- **LASER TECHNOLOGY** (discolored nails)
- Pediatric Foot Problems

24 Years Experience
New York College of Podiatric Medicine (1996)
Clinician at UQTR

podiatrerenord.com
450 979-0303

Dr Martin Scutt,
PODIATRIST & Assoc.

260 Grande Cote,
Rosemere
(near the train station)



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Costa Hovris
Elena Molter
Thomas Bakoyannis

Advertising Consultants:

Peter Stavropoulos
peter@newsfirst.ca

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Domenic Marinelli
Dimitris Ilias
Renata Isopo
Robert Vairo
Alberto del Burgo
Savas Fortis
James Ryan

The views, opinions and positions expressed by
columnists and contributors are the author's alone.
They do not inherently or expressly reflect the
views, opinions and/or positions of our publication

Layout: Media Trek

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation: Project funded in part by



TEL.: 1-800-361-7262 ext 241056



Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association



ISSN number : 1923-0648

Annual subscription : \$97⁹⁸ tax incl. • Per copy : \$1

Publishers' Liability for Error: The publishers shall not be liable for
slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection
with any advertisement is strictly limited to publication of the advertisement in
any subsequent issues or the refund of any monies paid for the advertisement.
Articles published reflect writers' opinions, but not necessarily the opinion of
this newspaper.

ENTIRE CONTENTS COPYRIGHT 2020

OPINION & Editorial



Skepticism over Covid-19 response growing

Science is messy, and its bewilderment as to how to respond to Covid-19 is beginning to wear on people

News that not one but two COVID-19 vaccines have tested 95 per cent effective casts a welcome burst of light into Canada's gloomy COVID-19 narrative, amid signs the pandemic is ripping into the nation's social fabric.

Moderna announced that its vaccine candidate proved 94.5 per cent effective in trials. Meanwhile, Pfizer and its partner BioNTech followed up their earlier announcement by confirming final results are five per cent higher than the 90 per cent originally announced.

Further review and regulatory approvals still await, including here in Canada. But the companies say first doses could ship as early as the end of November.

But hold the rooftop cheering.

According to Angus Reid polling, only 39 per cent of Canadians say they would get an approved vaccine injection right away if one became available. And 23 per cent believe the threat of COVID-19 has been exaggerated, assumedly by distrusted media and public officials.

When you consider that 66 per cent of the population must be vaccinated for the virus to be successfully suppressed, that's a problem.

Such skepticism is growing globally, according to Timothy Caulfield of the University of Alberta. He's a professor of law, research director of its Health Law Institute, and Canada Research Chair in Health Law and Policy.

"We knew that the spread of misinformation was going to be bad, but I was naively optimistic that people would recognize the value of science and the harm of misinformation and it wouldn't deteriorate as badly as it has," Caulfield told CBC.

"People are now watching science unfold ... so they're seeing the uncertainty. They're seeing how studies don't always go in the same direction. That's how science normally happens but people are watching this sausage being made and they don't like what they see."

Nor do they like the idea that – even in a good cause – the state's power over them is being expanded. Rallies by anti-maskers continue to pop up across the country. An alarming number of otherwise sensible people seem convinced Prime Minister Justin Trudeau plans to place thousands of us in COVID-19 concentration camps. The PM's apparent conviction that it's up to him whether Christmas occurs doesn't help.

Tom Sampson, the head of the Calgary Emergency Management Agency, compared the pandemic to a tsunami. He described on Twitter how while some people will stand and watch as the wave approaches, "the enlightened" head for the hills at the first warning.

No doubt well-intended, Sampson seemed oblivious to the fact that bankruptcies

in Canada grew by 20 per cent in September. Many of those on the beach may be among the 700,000 who have lost their jobs this year. They need to pay the rent and have no place else to go.

Then there's Alberta Senator Paula Simons, who recently let the Twitterverse know she isolated herself for the past eight months. A self-described model COVID-19 citizen, she too appeared blind to the reality that her circumstances are profoundly different from those afforded the privilege of delivering her groceries.

How did we – the most highly educated cohort in the history of humanity – get here?

It's worth considering whether it's not so much the message but the messengers who are struggling here.

Maybe it's because the same experts and media who are shouting at us to wear our masks were telling us as recently as April that wearing a mask is not the way to go and might actually increase the risk of transmission.

Or that the very voices who reported it was safe to go back to work are now telling us to work from home again.

Or that while it's not safe to be in groups of more than 15, it's just fine for 30 or more people to gather for several hours every day in classrooms.

Or that well-spaced, well-ventilated church services and little kids' hockey are life-threatening when kindergarten and daycare aren't.

Whatever little wedges of mistrust were placed by these and similar events, it's increasingly clear that while, yes, we're all supposed to be in this together, we're actually not. At all.


As the voices of those who will never miss a paycheck or rent payment grow ever louder and more empathetic in demanding that others (but not them) sacrifice their livelihoods, and blame them for rising COVID-19 deaths, the schism of anger and distrust risks widening.

This is an incredibly difficult challenge for public health authorities, who need our support as they work to up their messaging game or suffer an increasing number of people tuning them out.

More and more, after all, are making fun of them. Commenting on restricted alcohol serving hours, one social media wit noted "last call is now at 10 p.m. because that's what time the COVID comes out." A father, responding to the suspension of team sports, tweeted: "Hockey is cancelled so this afternoon I'm taking my son's U9 team to the bar."

Mockery is a poor foundation for stability, which we need to truly absorb even great news. Surely even the enlightened will see that.

Peter Menzies



You've got a place to vent

ANGRY? FRUSTRATED? ANNOYED?

Send a letter to the editor
and get your opinion heard
loud and clear.

editor@newsfirst.ca

New support programs are available for those who need them

A stronger, more accessible EI and new recovery benefits

- Canada Recovery Benefit
- Canada Recovery Sickness Benefit
- Canada Recovery Caregiving Benefit

Learn more at canada.ca/coronavirus



Government
of Canada

Gouvernement
du Canada

Canada

Rosemère, winner of the Mayors' Challenge!



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

Rosemerites and elected officials were all full of pride last week as the Town of Rosemère was the winner of the Mayors' Challenge!

Over the past month, Rosemère participants completed a total of 102,802 minutes of activities (11 minutes / resident) compared to 82,401

minutes of activities (8.8 minutes / resident) for the Town of Lorraine.

The city announced: We would like to thank all the participants who moved and filled out the form! Regardless of the winning town, we can all say that our goal has been achieved. We succeeded in getting a lot of citizens moving! Keep up the good work, there is no better way to take your mind off things in this time of pandemic.

Mr. Ronald Bédard is the lucky Rosemérois who wins the \$400 grocery store prize.

Christmas in Blainville



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

Contest

As part of World Children's Day on November 20, the City wishes to celebrate the little Blainvilloises and Blainvillois aged 0 to 5 years old. Thus, by participating in the contest, parents have the chance to win one of 10 sets of books by Quebec authors (personalized according to the child's age) worth \$ 50!

Giving reading as a gift also means giving yourself quality time with your child!

Residents can participate by filling out the registration form between 20 and 29 November 2020

From December 1st a door of the Advent calendar opens each morning to bring some Christmas spirit in the Blainville houses! Several surprises await toddlers, young people and parents alike: Crafts, Draws, Family quiz, Online games and Capsules for family activity

Calendar

Naturally, an Advent calendar, also must include Christmas characters! The naughty elves and Santa Claus have many surprises in store for the little Blainvilloises and the little Blainvillois!

The calendar will be available, as of December 1 st 7 am. Blainville citizen cards are required

Disposing of Christmas trees

There are two options for disposing of the Christmas trees: via targeted collection or via the ecocentre.

Targeted collection - Mandatory online request

Citizens must make an online request to have their tree picked up. Only requests made by January 10, 2021, will be processed. The collec-



tion begins the second week of January and extends over two weeks throughout the territory. However, it is impossible to determine the precise day of the collection given the quantity of trees and the variable climatic conditions from one year to another.

The trees must be dropped off at the curb before 7 a.m. on January 11, 2021 (collection start date), otherwise they may not be picked up. Trees should be stripped of all decorations (hooks, icicles, etc.). The tree should not be placed in a plastic bag. In bad weather or to facilitate snow removal and snow loading operations, the tree must be removed momentarily, then, as soon as possible, replace it so that it is easily accessible when collecting it.

Écocentre: Residents trees can drop off their tree free of charge at the ecocentre, located at 302 rue Omer-DeSerres (open Saturdays from 8 a.m. to 4:45 p.m.).



CHOMEDEY

MLS: 21937168

Split situated in a quiet crescent in high demand area. With 3 bedrooms, 1½ baths, living room, dining room, cathedral ceilings. Finished playroom with fireplace, central heating and A/C. Close to all amenities.

Easy to visit.
Call me for appointment.



CHOMEDEY

OPEN CONCEPT SPLIT

MLS: 11345391

Situated in great area of Chome-dey. Offering 3 good size bedrooms, family room, playroom. Very bright, high ceilings, huge backyard. Close to all schools, shopping and highways.

Call me for more info.

VOULA KOTTARIDIS REAL ESTATE BROKER
514 993.5010
AGENTVK@GMAIL.COM

SOLD IN 5 days!

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

HUMANIA CENTRE Agence immobilière 450.682.2121

PROTECTION ROYALE

- Delays and Withdrawals
- Special assessments for co-ownerships
- Legal Assistance
- Latent Defects

RATE-MY-AGENT 2018
1st of 55 Laval Real Estate Agents
Voula Kottaridis
Awarded on 10/04/2018



Assessment of the mobile COVID-19 screening unit in the Laurentians

Mobile COVID-19 screening unit ceases its activities in the Laurentians



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

The Public Health Department of Integrated Health and Social Services Center (CISSS) confirms the cessation of activities of the mobile COVID-19 screening unit due to the arrival of the winter season and shares the results of the operations of this initiative put in place since the first wave of the pandemic.

The mobile unit is a bus that has been transformed into a vaccination clinic. It crisscrossed the municipalities of the Laurentians by temporarily settling in different places, thus allowing the car screening of citizens wishing to obtain a test to find out if they were infected with COVID-19.

The mobile screening unit will therefore have traveled from May 25 to October 29. A total of 29 municipalities were visited and some were visited several times. This represents 107 outings that will have enabled more than 9,500 screenings among the population of the Laurentians.

The project not only made it possible to significantly increase the number of tests for COVID-19 in the region, but it also improved the accessibility of the screening service to the population in different sectors of the region.

"All these screenings were carried out thanks to the charity of people from here and elsewhere



who reached out to us. I would like to thank all the people and teams who, through their mobilization and solidarity, have contributed to the success of this service," declared the director of public health for the Laurentians, Dr. Éric Goyer.

The partners involved are as follows: Mr. Pierre Lavoie, the City of Saguenay; the Société de transport du Saguenay; the CISSS of Center-Sud-de-l'Île-de-Montréal; the Rivière-du-Nord School Services Center; the Saint-Jérôme Road Transport Training Center and their team of drivers assigned to the mobile unit, and above all, the staff of the CISSS des Laurentides.

The Laurentian Public Health Department is evaluating the feasibility of different scenarios in order to continue improving its service offering for COVID-19 screening in the region.

| Compilation of mobile screening unit activities for the period May 25 to October 29, 2020 | | | | |
|---|--------------------------|-----------------------|----------------------|----------------------------|
| MRC | Cities | Number of visits/city | Number of tests/city | Number of positive results |
| MRC Lac-des-Deux-Montagnes | Kanata | 11 | 717 | 1 |
| | Oka | 3 | 147 | 2 |
| | Pointe-Calumet | 1 | 21 | 0 |
| | St-Eustache | 6 | 768 | 3 |
| | Ste-Marthe | 3 | 315 | 13 |
| | | 24 | 1968 | 19 |
| MRC Thérèse-de-Blainville | Blainville | 6 | 549 | 9 |
| | Boisbriand (District 7)* | 1 | 3 | 0 |
| | Bois-des-Filion | 4 | 505 | 4 |
| | Ste-Anne-des-Plaines | 4 | 232 | 1 |
| | Ste-Thérèse | 8 | 1010 | 19 |
| | | 23 | 2299 | 33 |
| Mirabel | Sector St-Janvier | 6 | 848 | 7 |
| | | 6 | 848 | 7 |
| MRC Rivière-du-Nord | St-Colomban | 3 | 266 | 1 |
| | St-Jérôme | 10 | 907 | 20 |
| | Ste-Sophie | 3 | 279 | 1 |
| | | 16 | 1452 | 22 |
| MRC d'Argenteuil | Brownsburg-Chatam | 2 | 65 | 0 |
| | Grenville | 1 | 61 | 1 |
| | Lachute | 9 | 807 | 8 |
| | Wenworth | 2 | 127 | 0 |
| | | 14 | 1060 | 9 |
| MRC Pays-d'En-Haut | St-Adolphe d'Howard | 1 | 96 | 0 |
| | St-Sauveur | 1 | 46 | 0 |
| | Ste-Adèle | 7 | 630 | 9 |
| | Ste-Anne-des-Lacs | 2 | 230 | 3 |
| | | 11 | 1002 | 12 |
| MRC des Laurentides | Amherst | 2 | 87 | 0 |
| | La Conception | 1 | 71 | 0 |
| | Lanthier | 1 | 24 | 0 |
| | Mont-Tremblant | 3 | 275 | 0 |
| | St-Rémi | 1 | 51 | 0 |
| | Val David | 2 | 184 | 6 |
| | | 10 | 692 | 6 |
| MRC Antoine-Labelle | Rivière-Rouge | 1 | 18 | 0 |
| | | 1 | 18 | 0 |
| TOTAL | | 105 | 9339 | 108 |
| Added PAB Lachute screenings with the bus | | 2 | 179 | 0 |
| GRAND TOTAL | | 107 | 9518 | 108 |

*Only the visit with the bus is counted for District 7

A tribute to three Lorraine athletes



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

On November 16, the Lorraine municipal council paid tribute to three citizens who distinguished themselves in sports in 2020. As gatherings are still prohibited by the Public Health Department, Mayor Jean Comtois and municipal councilors went directly to the recipients to give them their scholarship. In total, \$1,250 was distributed in support of these young enthusiasts.

The scholarship recipients are: Gabrielle Deslauriers (gymnastics), Laurie-Ann Desormes (athletics) and Édouard Theriault (freestyle skiing - slopestyle).

"The fact that we only received three scholarship applications for 2020 shows how difficult it has been for the fields of sport and culture. I want to congratulate our three recipients, and I invite the athletes, musicians, chess players and others to stay positive. We hope that activities can resume normally as soon as possible so that you can live your passion again. Rest assured that the City will be there and that it will continue to support you," promised Mayor Jean Comtois.

Any scholarship application must be sent to Recreation and culture between January 1st and October 31st of the current year. For more information, visit ville.lorraine.qc.ca/loisirs-et-culture/partenaires--organismes-et-reconnaissance or contact the Recreation and Culture Department at 450 621-8550, extension 275.

At your service since 1987!

Bijouterie GÉMEAU inc.

450 625-4744

199C Curé-Labelle blvd, Ste-Rose, Laval H7L 2Z9
Next to the Greco Restaurant. 3 minutes from Highway 15.

WE BUY GOLD, DIAMONDS, SILVER, COINS, CURRENCY AND WATCHES. BEST PRICE GUARANTEE!

FREE!

Shine and polish one piece of your jewellery for FREE.

UPON PRESENTATION OF THIS COUPON. EXPIRATION FEBRUARY 28 2021.

FREE!

With the purchase of \$300 or more, receive a set of freshwater pearls.

UPON PRESENTATION OF THIS COUPON. EXPIRATION FEBRUARY 28 2021.

WITH OVER 33 YEARS OF EXPERIENCE. BUY OR SELL IN CONFIDENCE!

- On site repairs of jewellery, watches, clocks and glasses
- Jewellers and watchmakers on site, with more than 30 years of experience
- Free estimate on all repairs.
- Free complete revision of your ring claws.
- Watch water-resistance testing
- Repair of watches, clocks and eyeglass welding.
- Exclusive creations
- Manufacturing & remodeling of your jewellery
- Jewelry or 10k, 14k, 18k, platinum silver and stainless steel
- Jewellery appraisal
- Necklace restringing
- Ear Piercing
- Lay away plan (3 months)

MADE IN QUEBEC CERTIFIED

BIJOUTERIES DU QUÉBEC

Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



The *Getting Better My Way* digital tool

Getting Better My Way is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)



Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**
Provides 24/7 referral services for people in distress (French): centredecrise.ca/listecentres
- **Suicide prevention crisis helpline**
Crisis helpline that provides suicide prevention services 24/7:
1 866 APPELLE (277-3553)

For a host of other helpful resources, visit Quebec.ca/gettingbetter

Quebec.ca/Gettingbetter

 **Info-Social 811**

Québec 



Sword and Shield

When I was in high school, I was bullied (although that hardly seems to describe what happened to me). A few of the mean kids would see me in the hall and yell, "Hey, ugly! You're so ugly you should kill yourself!"

This happened daily for over a year. Some of these people have reappeared on Facebook (friends of friends), and the feelings came rushing back. I occasionally see one of them in church and make very sure to slip away before they see me—just like high school, becoming invisible.

I'm 69. I've had a great career and lovely family.

But why does it still hurt?

Jessica

Jessica, Bit-O-Honey is the candy bar with six pieces of taffy individually wrapped one after the other.

The people who harm, who have that in their nature—whether it's physical, verbal, or psychological—think it is just a bit of fun, like the candy. They don't understand it from your point of view. They popped a piece of cruelty into their mouth, sucked on it, and enjoyed it.

If you confronted them today, they would probably deny it. It was only one of thousands of their bits-o-fun. And of course they would pull out the "that was then, I'm a different person now" routine. But the vestige of what they did is still in them.

There are more people without empathy than you realize, like the young men who steal cars for a joy ride. They don't think about the owner and that she might not be able to get to work. They only keep track of their own pleasure. Remember the car we dumped in the lake? Remember the car we set on fire?

If you could force an apology from them, it would not be genuine, and an apology would not fix the kick to your sense of self.

If you think there is accounting to a higher power, there will be an accounting for this. But trying to understand them is like trying to understand what your hamster thinks when you pick it up.

There are many clichés that cover this situation. "What doesn't kill us makes us stronger." "Sticks and stones will break my bones, but names will never hurt me." "You need to grow a thicker skin." "Forgive."

But these clichés are either false, or they put the burden back on the victim.

There is another saying which is actually meaningful. "Justice delayed is justice denied." That is what you are the victim of. That's why justice must be timely.

Today there are widespread anti-bullying campaigns, which work only on people who don't

bully. The campaign should be: Here is exactly what we do to anyone who bullies.

Anti-bullying campaigns often address the problem without dealing with it. And how does such a campaign work on a kid who is being shown and taught something else at home?

Jessica, the only fix is within you. It has nothing to do with other people.

Imagine you were savaged by a dog as a child. You can't rid the world of dogs. So how do you handle it. You have to decide how to handle it.

A parent loses a child. What is the fix for that? There is no fix. The parent must find a way to deal with it in their own mind.

The standard advice for getting over trauma is to remove yourself from the source of the trauma. But that won't work in your case. The sources of the trauma have reappeared.

You could cordon this off in your mind, perhaps with a mantra, meditation, or yoga. In your off hours, you could redirect your attention to a fidget spinner, a complicated puzzle, or an advanced embroidery pattern. You could put this somewhere so that you don't live with it every second of the day.

But we think of it this way.

Soldiers instinctively flinch when a bullet whizzes by. You flinch when you see or think of these people. But once the bullet has passed, the danger has passed. The harm from these people has also passed. You went on to lead a successful life.

Stand proud on your achievements. Carry yourself like a woman who had a great career and parented children who found strength in her values.

With this person at church, stand your ground. Do not avoid them.

Think what you might do if this person came up to you after church and hugged you, as if you are long-lost friends. Be prepared for that. What are you going to do?

Don't trust yourself in the moment to do something which preserves your dignity. Think of possible scenarios and prepare for them. "If they do this, I will do that." What you decide to do may range from looking right through them to a simple nod of acknowledgement.

Or pick a white lie and tuck it away ready for use. The simplest and best one is saying, "I don't remember you." And if they admit to teasing and torturing you, be astonished. "You did that to child! What's wrong with you?"

But don't live in fear of confrontation...what if it happens this Sunday...what if it happens next Sunday.

We think of it this way. The bullet whizzed past. The danger is over. You triumphed. The power is in your hands.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of **YOUR OTHER HALF** (www.yourotherhalf.com) • Send letters to: **Direct Answers**, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@WayneAndTamara.com

A Rosemère take on Christmas



DIMITRIS ILIA
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

The Town of Rosemère is offering residents an array of innovative and diverse activities in the lead-up to the holidays. First and foremost, the Mayor would like to reassure Santa's fans, young and old alike, that he will still find his way to Rosemère this year, despite the current circumstances.

Raindeer with GPS!

"In the past year, our team has shown extraordinary ingenuity in coming up with a virtual lineup of programs and support services for residents," said Mayor Eric Westram. "For the holidays, they have outdone themselves. This year, instead of you going to Santa, he'll be coming to you! He will be travelling through the streets of Rosemère, tracked by GPS so you can follow him as he goes. We will also take advantage of Santa's time with us to collect non-perishable food items and donations for our traditional Guignolée food drive. This small gesture makes all the difference for lower-income families in the area. I encourage you to give generously."

Visit from Santa Claus and food drive – December 5 and 6

Santa will make his way through the streets of Rosemère on December 5 and 6. Children

are invited to come out and cheer him on, and residents are asked to leave a bag of food drive donations at the curb for the mayor and councillors to pick up while they walk alongside his sleigh. If the procession route doesn't go directly pasta residents house, the city is asking for a nearby street to be chosen to watch from in order to comply with physical distancing rules and avoid having too many people gather in one spot. The Town's website will track the sleigh in real time: www.ville.rosemere.qc.ca.

Family visits with Santa online — December 12 and 13

On December 12 and 13, families can meet Santa virtually over Zoom. Children will be able to tell him what they want for Christmas without leaving the comfort of their own home. To sign up for a virtual visit, email loisirs@ville.rosemere.qc.ca. Also Pioneers Park will be turned into a winter wonderland as of November 27.

In the library

For every Rosemerite's enjoyment, a short light show will be projected onto the front of the municipal library from December 14 to 21 between 5 p.m. and 9 p.m. Also, residents are invited to visit the town library's website for the latest on all the various seasonal activities. There will be storytimes, activity sheets for kids to take home, DVDs to borrow (popcorn included!), holiday craft suggestions and much more.

SAVE MONEY

Print your cheques
with us with confidence



Full Banking Security Features

We print all
kinds of cheques:
Business,
Canada or USA
Fast Delivery!

Amazing Prices!

250 for **\$87**
500 for **\$127**
1000 for **\$187**

Call us for more information **450.978.9999**

MEDIA-TREK®
Communications - Promotions - Marketing

Doggie Daycare

- Boarding/Home Environment
- No cages
- Interacts with our family and pets

\$16/day Just

Julie's Pet Sitting Services

Will walk your dog or take care of your animals in your home while you are away.

\$12-22/visit Just*

(*Price may vary on location and pet)

Call Julie Laver
450.491.7637

What's up in Sainte-Thérèse



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

The city of Sainte-Thérèse seems vibrant despite covid. A slew of activities is organized through its public library, its website and via its elected officials.

Tax freeze for 2021

The Teresians will be happy to learn that the mayoress of Sainte-Thérèse, Mrs. Sylvie Surprenant, announced a real estate tax freeze for next year. The city's 2021 budget will be officially tabled at the special meeting of the city council scheduled for December 7 but the tax freeze represents a welcome respite from extra financial obligations during these difficult times.

"The two levels of government have announced the granting of financial assistance to the City which will allow us to give taxpayers a break in 2021, the latter being already shaken by the difficult economic context surrounding COVID-19. In a period of budget preparation, one of our concerns is not to increase the tax burden on the population and this announcement is concrete proof of this," said the mayor.

At this time, public meetings of the municipal council take place behind closed doors in accordance with the instructions issued by Public Health.

Free online computer workshops for Teresians

One could say the public libraries of the different municipalities have become hubs of much desired activities for residents. Through their online programs and children-oriented activities libraries take the edge off of anxiety related to lockdowns and the cancellations of after-school programs. Learning how to use technology to keep people close to each other and give them the opportunity to take advantage of online activities is also crucial. For that reason, this fall, subscribers to the Sainte-Thérèse library will be able to attend computer workshops completely free of charge thanks to AlphaNumérique. In the comfort of their own home, they will be able to connect to the Zoom platform and follow these workshops which will allow them to perfect their computer knowledge.

For residents using tablets the city has workshops as well. For iPad tablet users it will take place on Thursday, November 26, 2 p.m. to 3 p.m. For Android tablet users: Friday, December 4, 2 p.m. to 3 p.m. This workshop will teach residents how to navigate and use their tablet's settings for an experience tailored to their needs. They will learn to: Identify the most used parameters, understand the structure of the drop-down menus, use the search bar and use the control center.

Also, in a workshop called To click or not to click? Teresians will be able to recognize and protect themselves from phishing on Monday,



the Sainte-Thérèse library will be able to attend computer workshops completely free of charge thanks to AlphaNumérique

December 14, 2 p.m. to 3 p.m. No one is safe from fraudulent emails and this workshop will help them identify phishing and counterfeits in order to protect themselves on the web. Residents will learn to understand the objectives of phishing, know the legal remedies, identify fraudulent emails and identify counterfeit websites.

All the details and the Zoom connection procedure are available at biblio.sainte-therese.ca.

Turgeon Street open to traffic from November 20, 7 p.m.

The City of Sainte-Thérèse is pleased to announce that after several months of major work, Turgeon Street will be reopened to traffic as of Friday, 20 November 19h. It will thus be possible to cross the railway line. Saint-Alphonse and Napoléon streets, which were also blocked by the construction site, will be accessible.

Some finishing work will be done during the week of November 23, but it will not affect traffic. As of November 20th, citizens and visitors will be able to resume their habits. The buses of the Exo transport network will also resume their usual routes.

The reopening of rue Turgeon allows easy and direct access to the Village of Sainte-Thérèse, where many shops are located. The city asks everyone to take the opportunity to visit them!

Grant program for the renovation of heritage buildings

The City of Sainte-Thérèse is proud to award Maude Brunet-Morand and Jean-Philippe Varin, the owners of 21, rue Morris, an amount of \$ 2,250 for the repair of the brick parapet of their heritage home built in 1920. The grant is just in time to mark the house's 100th anniversary this year! They are the second to take advantage

of the new heritage building renovation grant program.

As the upper part of their house deteriorated over the years, they used this grant to make the necessary repairs and thus refresh the image of their residence. It is important to mention that this financial assistance covers part of the excess costs related to work carried out on a heritage building, which are higher than those of work carried out on a contemporary building.

"It is a source of pride to have many heritage buildings in Sainte-Thérèse. These are the witnesses of our history; it is therefore essential for the City to contribute to their preservation and to the enhancement of their architecture.

Like Ms. Brunet-Morand and Mr. Varin, I strongly urge owners of heritage buildings to take advantage of this incentive," said the mayor of Sainte-Thérèse, Ms. Sylvie Surprenant.

Last February, the City of Sainte-Thérèse identified the eligible buildings and launched this grant program totaling \$ 300,000, aimed at the preservation and enhancement of heritage buildings and their original characteristics. To date, owners of buildings meeting the criteria can receive between 25% and 50% of the value of the renovations carried out, up to a maximum of \$ 20,000, for work on walls, roofs, doors and windows, and architectural details and projections of their residence.



| | | |
|--|---|---|
|  Soula Tellides 514-927-3721 Chartered Real Estate Broker |  George Tellides 514-258-1829 Real Estate Broker |  Carol Deros 514-258-8845 Real Estate Broker |
|--|---|---|

Consult all our listings at www.tellides.com

EVALUATION GRATUITE / FREE EVALUATION

COMMISSION

2.99 %*

Certaines conditions s'appliquent* / Certain conditions apply*



LOST CAT

"Gyzmo"

Black and white long hair

reward \$2000

Contact info:
450 437-4924
margo9166@gmail.com

REWARD \$2000

PROFESSIONAL AUTO BODY REPAIR & PAINTING

- INSURANCE WORK ACCEPTED
- ALL WORK GUARANTEED
- EXPERT COLOR MATCHING
- FACTORY GENUINE PARTS
- IMPORT CAR SPECIALISTS
- AMERICAN MUSCLE CARS
- TOWING
- MAJOR & MINOR REPAIRS

FREE ESTIMATES!

A2 AUTO

T. 514-476-4565

1385, BOUL. DES LAURENTIDES, LOCAL 103, VIMONT, LAVAL



Snowy Kourabiedes

As we are approaching December (*baby, it's cold outside*, is the current tune looping in my head), I can't help but think of baking cookies! It's Christmas cookie countdown, and my first in my miniseries are **Kourabiedes**! They are so Christmassy, covered with powdered sugar, giving a snowy look (not that we need any more snow to look at), so irresistible, they melt in your mouth!

Kourabiedes are a kind of shortbread with almonds. Like other shortbreads, other ingredients are butter, flour, sugar, salt, and possibly vanilla or brandy. They are popular in Greece, Cyprus, and Greek communities in Anatolia, as well as across the Greek diaspora (in my case, Montreal, we are a big community. I even love how new generations keep up the tradition, taking the recipes from their mothers)

They are also especially popular for special occasions, such as Christmas or baptisms (christenings), though they're seen in Greece year-round, which goes for myself, I crave them all the time, and cannot wait for special holidays!

The most common flavoring is vanilla, but other variants include Greek brandy (Metaxa is the best-known brand), mastic, or rose water. In some regions of Greece, each Christmas kourabies is topped with a clove. In this recipe, I use my favorite flavoring...Almond! You can even substitute partially the flour with almond flour (fine ground almonds) or completely if you want them gluten free!

Kourabiedes are shaped either into circles, crescents or balls, then baked till slightly golden. Immediately after removing the cookies from the oven, the Kourabiedes are rolled in confectioner's sugar (powdered/icing sugar) and left to cool. They are typically then rolled in powdered sugar again once cooled.

Something cool to know, is that even though Kourabiedes come in all shapes and sizes, there's a legend that states that during Ottoman rule, kourabiedes had to be made into the crescent shape, and that is the shape that still predominates. In my recipe I used a cookie cutter, just because I haven't mastered the crescent shape just yet!

Ingredients

- 450 grams salted butter (room temperature)
- 7 cups powdered (confectioners) sugar
- 1 tbsp almond extract
- 1 egg yolk (room temperature)
- 1 tsp baking powder
- 1 tsp baking soda
- 1 cup lightly roasted slivered almonds (or roasted chopped almonds)
- 4 1/2-5 cups all-purpose flour

Instructions

1. Preheat oven to 350 degrees F. Line baking sheets with parchment paper
2. Add butter and 1 cup powdered sugar to bowl of electric mixer. Beat on medium speed with the paddle attachment until very light and fluffy (about 15-20 minutes).

Add egg yolk and almond extract. Beat until well incorporated.

3. Add roasted almonds beat until mixed in.

4. Sift flour and baking powder in a large bowl. Gradually add flour to butter mixture until a dough forms. TIP: When the dough is barely not sticky anymore then it's ready to be shaped. Too much flour will make the cookie tough and dry.

5. Roll the dough into 2 tablespoon-size balls, or roll out dough and cut into crescents, stars, or whatever shape you like. You can use a cookie cutter

6. Place cookies on prepared baking pan and bake 20-25 minutes until light golden, rotating pan half way.

7. Use a sieve to evenly spread about half of the powdered sugar in a large deep baking pan. Once cookies are out of the oven, dust with the powdered sugar. Dip each cookie bottom in the powdered sugar. Dust some more powdered sugar on top of the cookies then Allow to cool before adding the rest of the powdered sugar

Cool completely and transfer to sealable container. Does not require refrigeration

Classifieds

Deadline: WEDNESDAY before publication at 1 p.m.

FOR SALE SERVICES ARTICLES WANTED FINANCIAL SERVICES COURSES EMPLOYMENT & BUSINESS OPPORTUNITIES NOTICES

514 978-9999

THE LAVAL news

THE NORTH SHORE News

Nouvelles PARC-EXTENSION News



WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling elsewhere, come see us!

Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:30pm
Saturday - 9am to noon
Sunday - Closed

solutionrl.com
*No price by phone

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)



WE'RE HIRING

JOIN OUR TEAM

Newsfirst Multimedia is looking for an

ADVERTISING CONSULTANT

- Are you:
- ✓ Self-motivated
 - ✓ Creative
 - ✓ Organized
 - ✓ Bilingual

- We offer:
- ✓ Excellent salary PLUS Commission
 - ✓ Flexible schedule
 - ✓ Safe working environment



newsfirst
MULTIMEDIA

Send us your CV to:
sales@newsfirst.ca

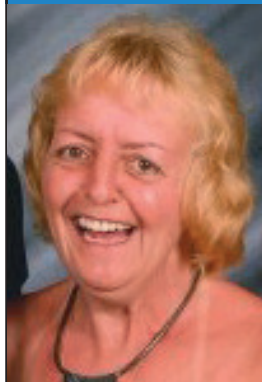
In Memoriam & Obituaries

BROUSSEAU, Clément 1934 - 2020



In Saint-Eustache, on November 21, 2020, at the dawn of his 86 years, passed away Mr. Clément Brousseau, husband of the late Mrs. Thérèse Lafond. He is survived by his daughters Michelle (François), Nicole (Guy) and Elaine, his grandchildren Steve (Valérie), Mathieu (Isabelle) and Benoît, his great grandchildren Felix, Delphine, Émile, Éloi and Henri, her sisters, brothers-in-law, sisters-in-law, nephews and nieces as well as other relatives and friends.

MATHIEU, Lisette 1956 - 2020



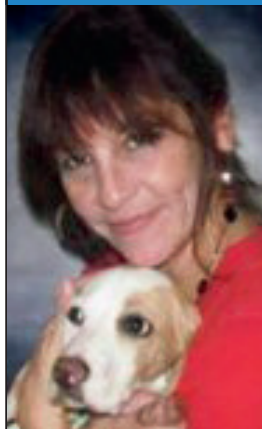
In St-Jérôme, on November 21, at the age of 64, passed away, following a long illness, Mrs. Lisette Mathieu. She is survived by her husband Serge Hamel, her sons Eric and Steve Hamel, her granddaughter Joanie, her brother Pierre and her sister Nicole, her sisters-in-law and brothers-in-law, nephews, nieces as well as relatives and friends.

GIRARD, François 1950 - 2020



In Saint-Jérôme, on November 17, 2020, at the age of 70, passed away Mr. François Girard, spouse of Mrs. Johanne Millier. He is now with his son Jean-François, his parents Mr. Roméo Girard and Mrs. Thérèse Filion, his brothers and sisters Laurent, Christine, Jean-Pierre, Sylvie and Suzanne. Besides his wife, he is survived by his children Patrick (Ashlee) and Yannick as well as their mother Manon, his granddaughters Kassandra, Shalika, Amy and Maïka, his brothers and sisters Jérôme, Michel, Ghislain, Agathe, Pauline, Geneviève, Lucie and Yolaine as well as their spouses, her nephews and nieces, her cousins and cousins, as well as other relatives and friends.

ROUSSEAU, Diane 1958 - 2020



The family regret to announce the passing of Mrs. DIANE ROUSSEAU at home, Wednesday November 18, 2020 surrounded by her relatives. Spouse of Michel Brisebois. Besides her husband, she is survived by her mother Marie Vit, her brothers Jean (Mimi), the late André, her son Alex (Isabelle) as well as many other relatives and friends.

TARDIF, Roland 1928 - 2020



In Sainte-Thérèse, on November 19, 2020, at the age of 92, passed away Mr. Roland Tardif, husband of Mrs. Rachel Girard. Besides his wife, he will be sadly missed by his children Jean-Guy (Andrée), Johanne (Jean-Pierre), Pierre (Annie), Gaétan (Véronique) and Manon, his grandchildren Marie-Eve, Karine, Jean-François, Joanie, Cindy and Marc-Olivier, her great-grandchildren Megan, Laurie, Antoine, William, Emma, Maëva, Olivier and Evan as well as many relatives and friends.

UNITED - THROUGH DISTANCE -



ACCESSIBLE

Our team has adapted to the new reality so you can mourn without added worry. You can now safely interact with your loved ones using the new technology that we've implemented.

We're here to guide you when selecting these new options and we're committed to meeting your needs in a responsible manner.

SERVICES

- Arrangements via telephone or virtual meetings
- Celebration with your family present (according to current recommendations)
- Live webcast of the ceremony (funeraweb.tv)



514 871-2020
12 locations on the North Shore of Montréal



450 463-1900
5 locations on the South Shore of Montréal



514 342-8000
chemin de la Côte-des-Neiges
Montréal

dignitequebec.com

Dignity
LIFE WELL CELEBRATED™

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

HOROSCOPE

Week of **NOVEMBER 29 TO DECEMBER 5, 2020**

The luckiest signs this week:
LEO, VIRGO AND LIBRA



ARIES

You'll discover a new gadget that makes it easier for you to communicate. People will find it easier to get a hold of you. You'll need to run a lot of errands, so make sure your GPS is up to date to avoid going in circles.



TAURUS

You'll go all out to impress people this holiday season. You may even decide to replace some of your furniture. You'll also get rid of certain items that are taking up too much space in your home.



GEMINI

You'll take initiative on a new pro-ject. You want to be in charge so that you can ensure that the work gets done right. New beginnings are on the horizon both in your career and your love life.



CANCER

After a tiring few weeks, it's important to take time to recharge and set new goals. If you haven't been spending enough time with your family and friends, a reunion might be in order. You'll be surprised by how much they've missed you.



LEO

You'll find yourself in a crowded environment, and you'll need to organize a large-scale event. Ac-cept a friend's invitation to go out. You need a night to let loose and relieve some of your stress.



VIRGO

Sometimes you need to take a step back in order to gain the will to move forward. A reprieve will allow you to see things from a new perspective. With more information, you'll be able to analyze the situation and find the best solution.



LIBRA

Luck will be on your side at work and in your love life. People will come into your life at the right time and make things easier. Your ability to empathize will conti-nue to be your superpower, and you'll make good use of it.



SCORPIO

A major change may bring up a stream of emotions. Nonetheless, you'll benefit greatly from a new experi-ence. Additionally, you'll reconnect with a family member following an argument.



SAGITTARIUS

At work, you'll reach an agreement that has a positive impact on your career. Since you foster a peaceful and collaborative environment, people will blindly trust you to guide them in the right direction.



CAPRICORN

You won't be taken advantage of this week. At work and in other areas of your life, you'll make changes that improve your efficiency. You'll also become more dexterous after you take on a new creative project.



AQUARIUS

You'll be sensitive and emotional this week. You might bring clarity to a complicated love affair. At work, you'll be deeply moved by an award or some other form of recognition.



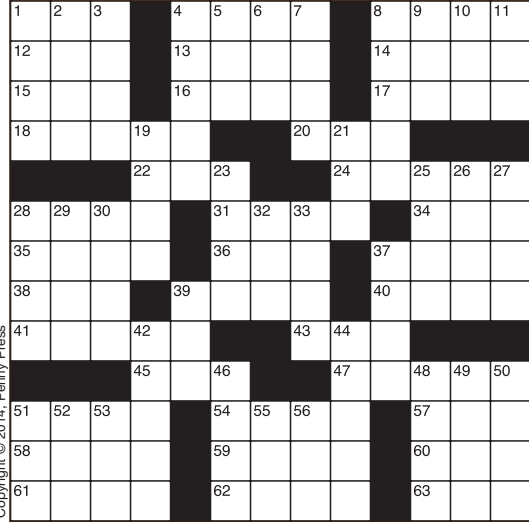
PISCES

You'll be able to get your work done at home. If you have young children, one of them might re-quire a lot of your attention. You'll need to talk to certain people and get a few things off your chest.

Coffee Break

CROSSWORDS

PUZZLE NO. 1009



Copyright © 2014, Penny Press

ACROSS

1. What it takes to tango
4. Prepare for an exam
8. Conform
12. Concealed
13. Not well-done
14. Spur
15. "Night ____ Day"
16. Printing fluids
17. Pranks
18. Quizzes
20. Volcanic residue
22. Increases
24. Tingly
28. Doorway side
31. Over
34. Shade of color
35. Clarinet's cousin
36. Card-game cry
37. Opposite of short

38. High peak
39. Release the pressure on
40. Enfold
41. Poor
43. Descend Mt. Snow
45. Married
47. Put a stop to
51. Teen skin problem
54. Like suntan lotion
57. Amazement
58. In more than one part
59. Shade giver
60. Shirt type
61. Bankruptcy cause
62. Slippery road mishap
63. Horse's relative

DOWN

1. "____ Old Black Magic"
2. Chablis or Chardonnay, e.g.
3. Not evens
4. Brittle
5. Sought office
6. Noah's ship
7. Flat-topped formation
8. Should
9. Women's undergarment
10. Easter edible
11. Word of approval
19. Duct
21. Small swallow
23. Tale
25. Scorch
26. Maui dance
27. Canine's cry
28. Actress Collins
29. Skilled
30. Sulk
32. "____ the season . . ."
33. Singles
37. Identical sibling
39. Drops or chart
42. Lived
44. ____ up (tense)
46. Periods
48. Facts
49. Fleecy females
50. Below-average grades
51. Remark further
52. Guiding suggestion
53. Catch
55. Anger
56. Kauai keepsake

Sudoku

HOW TO PLAY:

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

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

PUZZLE NO. 733

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

Last Issues' Answers

CROSSWORDS

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | H | A | D | | T | A | P | S | | A | Y | E |
| P | U | M | A | | E | P | I | C | | B | E | E |
| A | G | E | D | | P | E | E | R | | E | L | L |
| S | E | N | A | T | E | | | | | O | D | D |
| | | | | | R | E | S | A | L | E | | |
| A | N | T | S | Y | | H | I | L | L | T | O | P |
| R | O | O | T | | Y | A | M | | | T | O | U |
| C | R | E | E | P | E | R | | | | R | A | T |
| | | | | | A | R | T | E | R | Y | | |
| A | W | O | K | E | | | | | | A | E | R |
| D | I | N | | | T | W | I | G | | I | D | L |
| D | R | Y | | | T | O | N | E | | P | E | L |
| S | E | X | | | Y | E | N | S | | S | A | Y |

Sudoku

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

SKIP Uber EATS

Pick up / Delivery:
450.668.0033
Online Orders:
barbiesgrill.com

BARBIES

RESTO • BAR • GRILL

barbiesgrill.com

Suggested presentation.



Fruits and Vegetables

16 to 20 Varieties

Fresh of the day at amazing prices!

Reserve yours today!

No Waste.
Supporting
Responsible
Sustainability.

Read what people are saying about us:
<https://www.facebook.com/PanierDuFermier/>



This week's basket:

- Lettuce
- Asparagus
- Broccoli
- Pineapple
- Mushrooms
- Mango
- Turnip
- Sweet Vanilla Persimmons
- Clementines (Maroc)
- Beets (bag)
- Leek
- Peppers
- Limes
- Coriander
- Tomatoes
- Cucumber
- Bananas

Our weekly customers

Save \$1,200

up to

per year

Now we deliver
at your house!

Ordering is as easy as 1,2,3

- 1 Place your orders online or by phone before 9pm on Thursday.
- 2 or place your order on Facebook (\$5. for delivery) 
- 3 Pick up your baskets on Friday or Saturday

(514) **473-4591**
3151-B boul. DAGENAIS OUEST
(near Curé-Labelle) Laval, Québec H7P 1T8

panierdufermier.ca | panierdufermier@gmail.com

A value of
\$50+
at the supermarket
You pay only
\$30

