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# Minister Monsef: "Ottawa is spending \$100 million, as domestic violence spikes."



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
For The North-Shore News  
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For nearly a year since the onset of COVID-19, Ottawa has been boosting funding to organizations dealing with gender-based violence – a phenomenon which has risen drastically during the pandemic, as have the pressures placed on individuals and families.

A statement on the federal Ministry for Women and Gender Equality website says, "The COVID-19 pandemic has created unprecedented challenges for those experiencing gender-based violence and the organizations that provide supports and services to them."

## Demand is up, says Monsef

In May 2020, the ministry announced \$50 million in emergency funding for organizations providing support and services to those experiencing gender-based violence. In October, they announced an additional \$50 million. Then in December, they announced further details on the distribution of additional funding from October.

The measures and investments, according to the government, are supporting shelters and transition housing that provide a safe space for women and their families experiencing violence, while ensuring that anyone facing gender-based violence also has a safe place to turn.

During an exclusive interview this week with Newsfirst Multimedia, Women and Gender Equality Minister Maryam Monsef said the ministry has been in daily contact lately with organizations in Quebec and the rest of the country that are providing support to those who are fleeing abuse and violence.

"We heard in Quebec, as has been the case across the country, that the demand for services has gone up, and that the pandemic has added greater pressures to families, to individuals," said Monsef.

## 'This violence is preventable'

"The rates of violence against women and girls and children are up and this is not acceptable – this violence is preventable. But our government has been there since the beginning of COVID to provide immediate support to front-line organizations across the country."

According to Monsef, the Ministry for Women and Gender Equality has provided funding to more than 1,500 organizations over the past year, allowing the groups to stay open, to pay staff and to provide counselling and support services to families undergoing traumatic strife during the COVID-19 pandemic.

Given the uncertain prospects of a foreseeable end to the pandemic or its wide-ranging and long-term impacts, Monsef did not rule out the possibility that the Trudeau government might continue its support past the current commitments.

"Well, you've heard the Prime Minister say – and I hope Canadians and particularly those vulnerable women and gender non-binary folks who are in abusive homes and abusive relationships hear this too – that we will be there for you – for whatever it takes for as long as it takes," she said.

## Post-pandemic support

Monsef said that even before the onset of the COVID-19 pandemic in Canada early last year, the Liberal government had already begun increasing funding to groups providing services to those enduring gender-based violence.

"We were able to invest \$100 million in emer-

gency COVID funds for frontline organizations to support the most vulnerable in their hour of need," she said. "And we will continue to be there not just for emergency support, but to help recover from the pandemic once we are able to move to the other side of it."

Monsef said officials at the ministry are working proactively and taking their lead from the more than 1,500 organizations across Canada that are receiving assistance during the pandemic.

"They are the experts, they are creative, they are there to care for the most vulnerable, and we care about them. Every step of the way we've been working with them for the emergency response, but also to build better systems to put an end to violence against women and girls once and for all."

## Internet access accelerated

On a separate but related COVID-19 issue, involving Monsef in her capacity as Minister for Rural Economic Development, she said some of the hardships created by the pandemic motivated the government to accelerate deployment of high-speed internet service to 98 per cent of Canada's rural and remote areas by 2026 (rather than 95 per cent by 2030, as previously planned).

"Life without internet access was hard before this pandemic and it is hard to endure during a pandemic," she said. "Before COVID, we were able to provide support and funding so that close to 1,000 communities across the country were closer to getting high-speed internet. And by the end of 2020, tens of thousands of households who didn't have that access before we formed the government had high-speed internet access."

Last November, according to Monsef, the government decided to accelerate the plan to connect all of the country to high-speed inter-



"The pandemic has added greater pressures to families, to individuals," says federal Women and Gender Equality Minister Maryam Monsef.

net. She said the decision was directly related to the situation created by the pandemic. "Having that connectivity is essential right now," she said. "It's about health and safety, it enables online learning and telework, and also it makes sure that Canada is competitive."

# 90% of long-term care residents agreed to receive the initial dose.



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

The doses of the Moderna vaccine received so far have enabled personnel responsible for vaccinations to administer the initial dose of

vaccine to 2,530 consenting residents, a 90% consent rate. The second dose will be given within the time prescribed by the Ministry of Health and Social Services (MSSS) to ensure maximum protection. Regarding the 10% of non-vaccinated residents, it must be stressed that the majority were not able to receive the vaccine due to their experiencing symptoms or having tested positive for COVID-19.

"The successful delivery of the first dose of vaccine to residents in long-term care (CHSLD) is a very important first step in the campaign to ensure these most vulnerable individuals are protected as quickly as possible. Getting the second dose is equally important, primarily to ensure long-term protection," said Ms. Rosemonde Landry, President and Executive

Director of the CISSS des Laurentides. Ms. Landry also stresses the importance of continued compliance with the health measures designed to protect against the virus, despite the progress of vaccinations. "The fact that people are getting vaccinated does not mean we can relax compliance with health measures. I ask the public to remain vigilant and to continue to comply with these very important regulations," said Ms. Landry.

As of January 21, at 1:00 PM, 11 104 doses of the COVID-19 vaccine have been administered in the Laurentians. The Vaccination page of the CISSS des Laurentides website at <http://www.santelaurentides.gouv.qc.ca/english/> has all the details relating to the vaccination campaign in the region.





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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo



### A National Emergency Demands Leadership

I watched with envy as some NBC TV affiliate out of Seattle Washington was telecasting a report on how municipal and state governments, and corporations like Starbucks and Microsoft were lending their people to facilitate distribution of 50 thousand vaccines a day. Microsoft will actually set up a drive by location to help health workers inoculate at the rate of five thousand a day. One location, one day, 5 000 arms! I thought wow, all these vaccines and this amazing cooperation from the corporate sector. Excellent public relations, but still, generous of corporate America to step up in time of crisis. But there was more. The reporter then informs the viewer that two thousand pharmacies are set up to administer additional vaccines pouring into the state. What a fantastic logistical set up. And Washington state last week reached another plateau. They've moved on to the next round of vaccines for the 65 and over.

What the hell happened to Canada? We don't know when we'll be vaccinated, much less where. No need to worry about that this week because we're not receiving any vaccines, at all.

Less than 2%, about 600 thousand Canadians have received at least the first dose, while the US is close to 15%, Israel had 30% of its population done, and the United Arab Emirates 50% by the end of March.

Why the discrepancy? We have an exemplary health care system, but both of the Trudeau government's key ministers in this Covid pandemic, have no experience in their roles that is affecting the lives of 38 million Canadians. Health Minister Patty Hajdu was a graphic designer and event organizer before becoming Health Minister. The person responsible for purchasing our vaccines, our life line during this pandemic, Services and Procurement Minister, Anita Anand, with 12 months in politics, was a professor at U of T. Are you still wondering why vaccines are only trickling in by the few thousands for the millions of us? Are you still wondering why many of us have lost faith in this kind of lame authority? This is a national emergency! Where are the heavy weights? Where is the leadership?

It starts at the top. No corporate experience, no business skills, no economic savvy, no background in law, none in science. What do you expect?

The firing, oops, resignation of the Governor General starts with the person who hired her. Justin Trudeau single handedly hired the ex-astronaut to be Canada's representative. There was a much better

way. But he disbanded the nonpartisan committee that provided choices for such a function.

This Prime Minister does not lead, but seems to simply react to how Canadians feel. When we learned vaccines would stop this week from a mere trickle in the last few weeks, Canadians were enraged, and left helpless. Where was our Prime Minister? While other world leaders are constantly in contact with Pfizer, pressuring the pharma giant to speed up delivery, our PM was silent. It took the Premier of Ontario, so often criticized by Trudeau's minister, to light a fire. "I'd be sticking a ying yang up." Ford says he doesn't accept Pfizer's explanation for delays. "We have a contract. Deliver".

Five days after the Pfizer announcement, Trudeau finally tweeted he had called Pfizer CEO Dr Albert Bourla. "I have been promised..." We've heard that before.

Which brings me to the new American President Joe Biden cancelling our Keystone XL pipeline. This is a blow not only to Alberta. Biden has taken away jobs and income from Canada. Biden paid a debt by penalizing Canada. He promised to appease his left-wing Democrats, at Canada's expense.


Keystone XL is a politically symbolic pipeline, and it's hypocritical to stop it. Forbes reports "we track nearly 40 pipelines covering 11,000 miles either being built or in pre-construction development in the U.S." since 2008 when Trans Canada applied for a permit.

And our Canadian reaction is pathetic. While the US has taken away a chunk of our income our Transport Minister Marc Garneau responds with "I respect their decision". That's really sad. Some Premiers were more realistic "a gut punch" and "you don't do that to a friend".

On Canada's west coast, BC's John Horgan promised to make things better if elected with a majority in the snap election last Sept. Since his majority win, Covid infections in BC have increased 667%, sadly, deaths up 393%. (thebreaker.news) Leadership?

And so it goes my friends. Mr. Trudeau may not take the lead but let's hope he at least reacts to Francois Legault and other Premiers' demand to close our borders to vacationers, or have snow birds pay their hotel to guarantee their quarantine for two weeks. Beau travail Me Legault!

That's What I'm Thinking  
Robert Vairo



## You've got a place to vent

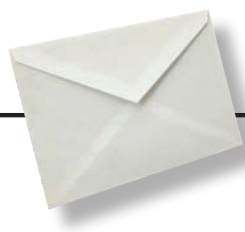
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[editor@newsfirst.ca](mailto:editor@newsfirst.ca)



## Letters to the Editor



# The web giants' disinformation campaign



Last fall, Canada's local news publishers came together to urge the federal government – and MPs of all parties – to join with democracies around the world in fighting the monopoly positions of Google and Facebook.

News Media Canada, which represents the digital and print media industry in Quebec and elsewhere in Canada, outlined a list of actions to counter the stranglehold of these foreign web giants, which deny local newspapers the revenues that pay for real journalism, in a report entitled "Levelling the Digital Playing Field."

Since then, Google and Facebook, already in hot water for problems with spreading disinformation on their platforms, have responded with some disinformation of their own.

### Google's misleading omissions

The latest illustration is a letter sent by Google to every MP in Ottawa as part of a high-priced global lobby campaign. As the American company seeks to fight all restraints on its wealth and power, the letter contains statements and claims that are as important for what they omit as what they purport. Contrary to Google's claims that "Not all publishers agree with News Media Canada," we point out that our group represents the publishers of the daily, regional, community and ethnocultural news publications that account for more than 90 per cent of news media readership in Canada. Google claims that it did not cause "the disruption of the newspaper business model," implying that what it dismissively refers to as "legacy media" have not kept up with changing technology. In fact, Canadian newspaper publishers, large and small, have been in the forefront of adapting to the digital world, rapidly developing products for their readers tailored to the various digital platforms available on the market.

Google also states that it "does not earn meaningful revenues from news." We will leave it to you to decide what constitutes "meaningful revenues" for a company that earned more than C\$200 billion in revenues in 2019.

Google also neglects to acknowledge that it and Facebook combined collect 80 per cent of all online advertising revenues in Canada.

Google's omissions of facts in its letter are deliberate – and deliberately misleading. For example, it states that it "does not set ad prices... (they) are driven by real time auctions." In fact, Google uses its immense size and wealth and its uncontested market domination to control every step of buying and selling digital advertising and thus lay claim to the lion's share of all advertising.

Since 2001, Google has aggressively acquired digital display advertising technology companies that posed any threat. Google technology now powers the ad systems used to display ads on publisher websites; is used to offer those placements to the market for purchase (bidding), is the base for bidding on the placement of those ads; and is used for targeting consumers and tracking how those ads perform. Google is the auction, the auctioneer, the product, the buyer and the seller.

### Putting an end to the abuse of power

The rejection of Google's abuse of power is growing in democracies around the world. The alarm we raised in our report has been subsequently echoed in recent reports in the United States Senate and the British House of Lords.

Australia is also taking decisive action to ensure a fair online market for media in that country.

We believe – given our similar legal and federal political systems – that same approach should be adopted by the Government of Canada. That is the key recommendation of our report. It requires no government funding or new or increased taxes or user fees.

All it requires is for our MPs to quickly exercise their responsibilities to protect Canadians and Canadian businesses from the predatory and destructive practice of this powerful monopoly and thus ensure fair competition.

Interests as powerful as Google and Facebook won't allow this to happen without a fight. Based on their behaviour in other jurisdictions, like Australia and Europe for example, we can expect bare-knuckled lobbying and outright threats to follow.

As media publishers in Canada and Quebec, we will continue to champion the interests of local news and the communities we serve. We will continue to fight for women and men in newsrooms across Canada. Real journalists, reporting real news and using new, innovative ways of reaching their readers. We hope that by taking the legislative action we outlined in our report, MPs from all parties and all regions of Quebec and Canada will stand with us.

**John Hinds**  
President and CEO of News Media Canada

## Presentation of the five Prestige partners



The Thérèse-De Blainville Chamber of Commerce and Industry (CCITB) presented its five Prestige partners. The CCIBT was grateful to be able to count on the support of companies committed to their community.

1. Ali Mustafa - Ralik
2. Francis Charron - EMD / BATIMO
3. Gabrielle Bédard - Conagra Brands
4. Luc Daigle, Robert Daigle and Charles Gingras - Supermarkets IGA Daigle
5. Tommy Pelletier - Desjardins Entreprises - Laval-Laurentides

Since last September, everyone had the chance to discover these Prestige partners thanks to the Business Leaders series. Over the next few

months, one can rediscover them through video clips and articles highlighting their strengths. Each in their own way, these business leaders are both sources of inspiration and role models for the business community.

- Ralik, Business leader recognized for his management of opportunities.
- EMD / BATIMO, Business leader recognized for its innovation in times of crisis.
- Conagra Brand, Business leader recognized for its employer brand.
- IGA Daigle, Business leader in employee and customer health and safety.
- Desjardins Entreprises - Laval-Laurentides, Socioeconomic leader in recovery for entrepreneurs.



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# The Thérèse-De Blainville PD reminds...

The RIPTB regularly carries out operations aimed at identifying and sanctioning drivers whose vehicles are poorly cleared of snow. These operations make drivers aware of the dangers of a vehicle covered in snow or ice. Those found in violation are obliged to comply on the spot.

## Highlights:

Article 498.1 of the Highway Safety Code provides for the prohibition of driving with a vehicle covered in snow, ice or any other material that could come loose and that could pose a danger to drivers. The fine is \$ 60 to \$ 100 plus certain fees. Snow covering the headlights, lights and windows reduces the driver's field of vision. A snow-covered vehicle is also less visible to other road users. The presence of snow or ice, particularly on a heavy vehicle, can present a danger to other drivers.

Powdered snow falling off a vehicle dramatically reduces visibility for vehicles behind, while loose pieces of ice can injure pedestrians, damage cars and even cause accidents.



Photo: SNOW ON CARS

The municipal libraries are happy to be able to offer a space to the students to accompany them in their school course.

The RIPTB reminds citizens that it is important to respect the sanitary measures in place during their visit and to reserve their study post in advance. The police invite everyone to consult the catalog of their municipal library to find out how to register.



Photo: POLICE LIBRARY

There they are! The RIPTB was present at the slides located in Charbonneau Park in Boisbriand in order to interact with citizens. The Thérèse-De Blainville PD encourages physical activity. These activities must be carried out in compliance with the regulations in force and with respect to each other.



Photo: POLICE PARK

# Five types of digestive cancer have been linked to tobacco use

## Quebec Council for Tobacco and Health observes Tobacco-Free Week



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When most people think of the harm to health caused by tobacco smoking, what's perhaps more likely than anything else to come to mind are breathing-related health problems such as emphysema and lung cancer.

But how many are aware that smoking, as well as secondary smoke, can also cause five different types of cancers affecting the body's digestive system?

According to the Quebec Council for Tobacco and Health (CQTS), which marked Quebec Tobacco-Free Week recently, tobacco smoking and secondary smoke account for up to 44 per cent of the development of digestive system cancers, including cancers of the liver, rectum, pancreas, stomach and esophagus.

## Digestive system cancers

"In Quebec, a significant proportion of digestive system cancers are linked to tobacco smoking," Annie Papageorgiou, executive-director of the CQTS, said during an online webcast. "These cancers have serious consequences. When you think about it, the risk is high, especially since these cancers can be avoided. We must inform and protect people from the harm done by tobacco."

According to the CQTS, one liver cancer in four, one pancreas cancer in five, more than one colorectal cancer in 10, one stomach cancer in five and nearly half the cancers of the esophagus are caused by tobacco smoking.

In addition to this, digestive system cancers are associated with low survival rates. Generally speaking, these types of cancer aren't detected early enough because symptoms are usually not very apparent.

## Quality of life impacted

"Blood in the stool and cancerous masses only appear during late stages of digestive system cancers," said Dr. Nicolas Benoit, a Montérégie-based gastroenterologist who took part in the webcast. When such cancers don't prove fatal, they often lead to other consequences that limit living life to the fullest.

For those who've smoked for years and don't think they can quit, the message from the CQTS is that giving up tobacco has long-lasting benefits that safeguard you from digestive system cancers.

Quebec film, TV and stage star Patrice Godin, who was the CQTS's official spokesperson for the anti-smoking campaign for a second consecutive year, delivered a personal testimonial on his own struggles to quit smoking.

## Shortens the lifespan

"On average, smoking reduces a lifespan by 10 years," he noted. "That's a lot. That's why I was looking forward to being back for a second year as spokesperson. There is still so much work to be done to control tobacco abuse in Quebec. It can be through quitting tobacco, helping someone else to stop or raising the awareness of a young person to the importance of not starting to smoke."

"Effectively under the current circumstances, it is more important than ever to watch out for one's health," added Annie Papageorgiou, noting the risks of other types of cancer in conjunction with the ongoing COVID-19 pandemic.

Smoking and COVID-19

"Apart from digestive system cancers, tobacco abuse also affects the respiratory system and smokers are at a greater risk of coming down with a more severe form of COVID-19 than non-smokers," she said.

According to the CQTS, last year in Quebec 17 per cent of the population 12 years of age and older smoked, for a total of 1.2 million persons. That represents more than one person in six. In this respect, Quebec ranks higher than the Canadian average, which stands at 15.8 per cent of Canadians who are smokers.

Want to speak with a specialist to help you quit smoking? Call the I QUIT NOW helpline. It's free. Telephone support to quit smoking is available from the CQTS at 1-866-527-7383. Monday to Thursday: 8 A.M. to 9 P.M. Friday: 8 A.M. to 8 P.M.

**TLN2902AntiTobacco1:** In Quebec, a significant proportion of digestive system cancers are linked to tobacco smoking," Annie Papageorgiou, executive-director of the CQTS, said during the online webcast.

**TLN2902AntiTobacco2:** According to Dr. Nicolas Benoit, when digestive system cancers don't prove fatal, they often lead to other consequences that limit living life to the fullest.

**TLN2902AntiTobacco3:** "On average, smoking reduces a lifespan by 10 years," noted Quebec film, TV and stage star Patrice Godin, who was the CQTS's official spokesperson for the anti-smoking campaign for a second consecutive year.

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# Dogs now trained to sniff out the coronavirus

*Most have a 100% success rate*

**What does a pandemic smell like? If dogs could talk, they might be able to tell us.**

Led by Dominique Grandjean, an international research team, at France's National Veterinary School of Alfort, has been training detector dogs to sniff out traces of the novel coronavirus (SARS-CoV-2) since March.

These detector dogs are trained using sweat samples from people infected with COVID-19. When introduced to a line of sweat samples, most dogs can detect a positive one from a line of negative ones with 100% accuracy.

Across the globe, coronavirus detector dogs are being trained in the United Arab Emirates (UAE), Chile, Argentina, Brazil and Belgium. In the UAE, detector dogs – stationed at various airports – have already started helping efforts to control COVID-19's spread.

## A keen nose

Detector dogs were able to detect SARS-CoV-2 in infected people when they were still asymptomatic, before later testing positive.

When it comes to SARS-CoV-2 detection, we don't know for sure what the dogs are smelling. On average, dogs have about 220 million scent receptors.

The volatile organic compounds (VOCs) given off in the sweat samples are a complex mix. So it's likely the dogs are detecting a particular profile rather than individual compounds.

Sweat is used for tests as it's not considered infectious for COVID-19. This means it presents less risk when handling samples.

COVID-19 sniffing dogs in Australia

In Australia, the most common breed used for this work so far has been the German shepherd, with various other breeds also involved.

Once operational, detector dogs in Australia could be hugely valuable in many scenarios, such as screening people at airports and state borders, or monitoring staff working in aged care facilities and hospitals daily (so they don't need repeat testing).

## To properly train a dog to detect SARS-CoV-2, it takes:

6-8 weeks for a dog that is already trained to detect other scents, or

3-6 months for a dog that has never been trained.

To further reduce any potential risk of transmission to both people and dogs, the apparatus used to train the dogs doesn't allow any direct contact between the dog's nose and the sweat sample.

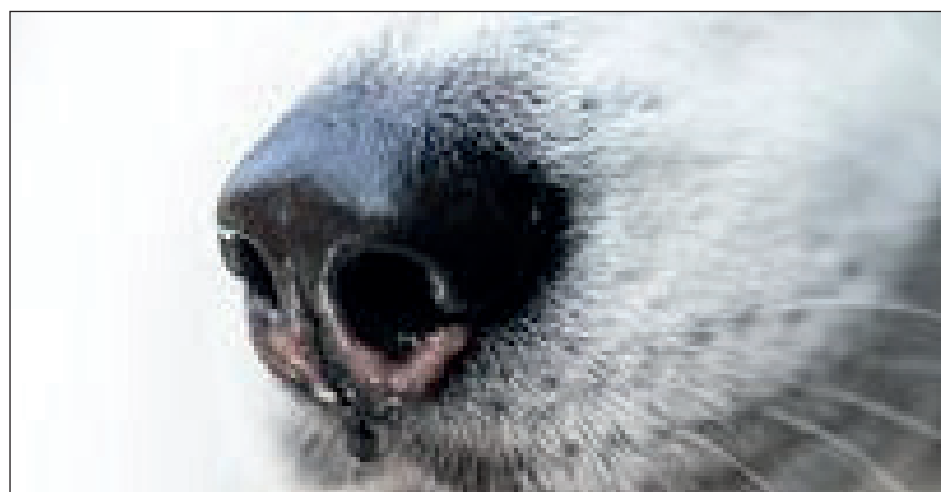
The dog's nose goes into a stainless steel cone, with the sweat sample in a receptacle behind. This allows free access to the volatile olfactory compounds but no physical contact.

Furthermore, all the dogs trained to detect COVID-19 are regularly checked by nasal swab tests, rectal swab tests and blood tests to identify antibodies. So far, none of the detector dogs has been found to be infected.

Dogs are not susceptible to the negative effects of the novel coronavirus.

## Hurdles to jump

Now and in the future, it will be important to identify any instances where detector dogs may present false positives (signalling a sample is positive when it's negative) or false negatives



(signalling the sample is negative when it's positive).

We're also hoping our work can reveal exactly which volatile olfactory compound(s) is/are specific to COVID-19 infection.

This knowledge might help us understand the disease process resulting from COVID-19 infection – and in detecting other diseases using detector dogs.

This pandemic has been a huge challenge for everyone. Being able to find asymptomatic people infected with the coronavirus would be a game-changer – and that's what we need right now.

## A friend to us (and science)

Perhaps we shouldn't be surprised about dogs'

ability to detect COVID-19, as we already know their noses are amazing.

Dogs can help detect hypoglycaemia in diabetics, warn people who are about to have an epileptic seizure and have been used to sniff out some cancers.

Just recently the Miami Heat basketball team is using these special dogs to sniff out fans that have COVID-19.

The coronavirus-sniffing dog idea has been put into place at airports in Dubai, United Arab Emirates, and Helsinki in recent months. At Heat games, fans arriving for the game will be brought to a screening area and the detection dogs will walk past. If the dog keeps going, the fan is cleared; if the dog sits, that's a sign it detects the virus and the fan will be denied entry.



# Confinement in Québec

**A confinement and a curfew are in effect across Québec from January 9 to February 8, 2021, inclusively,\* with the exception of the Cree Territory of James Bay and Nunavik.**

These measures are in place to slow the spread of the virus and protect the population, which includes seniors, at-risk individuals and healthcare workers.

## THE CONFINEMENT AT A GLANCE



### Gatherings are prohibited

- Private indoor and outdoor gatherings at homes and cottages are prohibited.
- There are a few exceptions:
  - One visitor from another address for people living alone (ideally, always the same person to limit social contacts)
  - One informal caregiver
  - Individuals offering services or support
  - Labourers for planned work



### Travel is not recommended

- Travel between cities or regions is not recommended (except for essential travel for students, workers, shared custody and freight transportation).



### Sports and recreational activities with members of the same household only

- Sports and recreational activities must be limited to members of the same household. Activities such as walking, downhill skiing and cross-country skiing are permitted, provided they are carried out individually or with members of the same household, and that the curfew is respected.
- An exception is also permitted for individuals who live alone, who may carry out an activity with another individual (ideally, always the same person). In this case, a minimum distance of two metres must be maintained at all times.



### Commercial establishments open for essential goods only

- Non-priority businesses must close until the end of the confinement. Businesses authorized to continue their activities must offer only essential goods and services.
- Curbside pickup is still allowed. Products can be purchased online and delivered or picked up on site without entering the premises, in accordance with the health recommendations.
- Restaurant dining rooms remain closed. Delivery, takeout and drive-through orders are permitted. Only delivery will be possible during the curfew.
- To comply with the 8 p.m. curfew, all businesses must close their doors no later than 7:30 p.m.
- Exceptionally, during the curfew, pharmacies and service stations will remain open on the same schedule as usual. Pharmacies will only be allowed to sell medication and essential products such as pharmaceutical, hygiene and cleaning products. Service stations will only be allowed to sell food, non-alcoholic drinks, fuel and products for road vehicles. In other words, service stations are not authorized to sell tobacco or alcohol products during the curfew.



### Mandatory teleworking and reduced activities

- Teleworking is mandatory for people who work in office buildings.
- In the manufacturing and construction sectors, activities must be reduced to a minimum to meet commitments. Teleworking is mandatory when possible and shifts must be adjusted to limit the staff present at any time on production and construction sites.

*Visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement) for more information about the measures in force.*





## THE CURFEW AT A GLANCE

**Stay home from 8 p.m. to 5 a.m.**

During the confinement, a curfew is in effect from **8 p.m. to 5 a.m.** Quebecers must not leave their homes or property during this period, save for the exceptions below.

### Valid exceptions

- A person whose presence is required at their place of work or who is transporting goods needed for the ongoing activities of their business.
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygiene or cleaning products.
- A person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office.
- A person who must visit a sick or injured relative.
- A student who must attend an in-person evening class or go to a laboratory in a recognized school.
- A parent who must accompany their child/children to the home of the other parent who has custody of them.
- A person who is going to take an inter-regional or inter-provincial bus, train or plane to their final destination.
- A person who must take their dog out to do its business, within a radius of no more than one kilometre from their place of residence.
- A person who must travel in order to comply with a court judgment, to respond to a summons to appear before a court, or to exercise custody or access rights as a parent.
- A person who must accompany another individual to a medical appointment if they are unable to drive themselves there.
- A parent who must accompany a sick child to the hospital.
- A person travelling to give blood at a Héma-Québec donor centre.
- A person who must accompany another person who requires assistance in one of the situations listed above (e.g. a parent who must drive an adolescent to their workplace).

### Broader policing and fines for offenders

- Police will continue to ensure compliance with health measures and can intervene when individuals are outside their homes during curfew hours.
- Offenders can face fines ranging from \$1,000 to \$6,000 if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

*To learn more about the curfew, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).*

### Be there for yourself like you're there for your loved ones

The current situation may cause emotions that are distressful or difficult to handle. Experiencing an imbalance in various facets of everyday life is a normal reaction. Managing your thoughts, emotions, behaviours and relationships with others may become more challenging. While most people will adapt to the situation, it is important that you listen to your needs. Take the necessary steps to get help if you need it.

There are solutions. Visit [Québec.ca/gettingbetter](https://quebec.ca/gettingbetter) to learn more.



\*This article contains information valid as of January 12, 2021. For the most up-to-date information, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).

**Québec.ca/coronavirus**

**1 877 644-4545**

**Québec** 





## The Deep End

**Q** I have been engaged three months. For that entire time I have been absolutely terrified I might be making a mistake. My fiancée and I are in the process of setting a date, and every step forward makes me more and more nervous.

She is a wonderful person and treats me with so much love. She calls me her "dream guy." She also said, after dating a few months, she was sure I was "the one."

She is my best friend and I love her very much. We have been caring to each other throughout our three year relationship. We met each other's families and they approve.

There is only one problem—my physical attraction to her is low. It isn't that I have a low libido. It isn't that one of us wants to 'experiment' or anything like that. It's just there isn't much raw physical attraction. I don't miss sex with her or look forward to it when she's not around.

I think she is pretty, and I like hugging her and holding her. I just don't find her sexy. I try to put this aside by reminding myself she is probably a better person than the other women I've met. Although my experience is pretty limited for someone my age, this has not been an issue in any previous relationship.

We are both 35, and she really wants to have kids soon, so I felt pressure to propose and get on with it. I wasn't sure I really loved her. Because she was so sure and insistent, I kept thinking my doubts would fade away.

I thought maybe getting past the proposal would make me feel better. When I tried a couple of times to tell her my fears, she was understanding (another of her great qualities), but she thinks I have "commitment phobia" and my parents' divorce made me scared of marriage.

She says everything will be fine once we are married, and I should just relax and enjoy the wedding. Maybe she is right—I can often find fault with myself and get nervous about big decisions.

I always thought I would get married and have kids someday. If I knew this is "as good as it gets," or knew for sure my expectations are unrealistic, I would happily marry her because she is a good person and I like her.

I just keep having this nagging feeling there might be something more out there for me. I'm scared if I go ahead with the wedding, then a few years down the road I'll feel frustrated, or worse, be tempted to have an affair.

But I also am afraid if I break things off, she will be absolutely crushed. It will be too late for her to meet someone else in time to have children. Besides, will I ever find someone who is as good a person as her?

I want to make the right decision, the one that will make both of us happiest in the long run. How can I tell whether this is an attack of prewedding nerves, or a sign we should break it off?

**Dominic**

**A** Dominic, you climbed the ladder to the high dive. You're nearing the top. Your friends and family are watching. It would be embarrassing to turn around now, but you are afraid of the water.

Your fiancée is below, blocking your path of escape. You won't be able to back out without a fight. She will block, parry, and argue with anything that stops the wedding. Worse still, you know it will crush her.

That's pretty much the story, isn't it?

What you told us is you love her as a friend, you respect her as a person, and you don't want to wound her.

Perhaps when you dated, you kept thinking, "It's not an engagement." Perhaps when you gave into the engagement, you thought, "It's not a marriage." Now you understand the error in that line of reasoning. After the wedding, her problems will be solved, but not yours.

Some might pooh-pooh this and say you are being shallow. But that's not it. If you were absolutely and completely in love with her, you wouldn't be speculating about other women.

The real story is how you ended up in an intimate relationship with someone you only see as a friend. The blame may be evenly distributed.

She acts as if the problem is wedding day jitters, your parents' marital history, or your unrealistic fears. But on your side the issue is deeper. When you see a car you can afford but don't want to buy, it's not commitment phobia. You don't want to buy that car.

**Her arguments don't refute your feelings.**

She wants you to close your eyes and take the plunge. We're afraid there is no water in the pool.

**Wayne & Tamara**

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



## A Valentine's Day That Makes Good

If there is one thing we all need right now, it's kindness and love. Therefore, the **City of Sainte-Thérèse** is launching the **A Valentine's Day that Makes Good contest**, which will allow Teresians to create a true chain of love.

The concept is simple: citizens are invited to send their most beautiful, sweet words or their poem by email to [saint-valentin@sainte-therese.ca](mailto:saint-valentin@sainte-therese.ca) by February 7. Whether addressed to a specific person or to the whole community, all messages of love are accepted!

Ten messages will be drawn at random and their authors will win one of ten gourmet and comforting prizes from Teresian traders, such as a three-course meal from the 425° F restaurant, a floral arrangement designed by Jardin Dion or fine chocolates from chez Mathilde Fays. The winning love-words will then be posted on the City's website and Facebook page to share all this love with the Teresians.

"The winter activities usually organized in Sainte-Thérèse such as Winter Pleasures or FluoFest unfortunately had to be canceled due to COVID-19. It was therefore important to find a comforting alternative for the population. This competition is a happy mixture of creativity and solidarity. Take part in large numbers in this competition where the inspiration that comes from the heart will be your best asset! », declared the mayoress of Sainte-Thérèse, Mrs. Sylvie Surprenant.

### The full list of prizes:

#### Home delivery February 14

**1st prize:** Delivery of a 3 course meal from the restaurant 425F for two people (\$ 100 value)

**2nd prize:** An arrangement Delivery green plants and flowering garden Dion (\$ 75 value)

**3rd prize:** Chocolates Packaging Fays Terroir chocolate (\$ 55 value)

**4th prize:** Packaging chocolates Fays Terroir chocolate (\$ 45 value)

**5th prize:** Chocolates Packaging Fays Terroir chocolate (\$ 45 value)

**6th prize:** 1 pair of tickets to a show at the Cabaret BMO Sainte-Thérèse (\$ 60 value)

**Prices to be picked up**  
(venue to be confirmed with the Department of culture and recreation)

**7th prize:** 1 gift certificate at Librairie Ste-Thérèse (\$ 50 value)

**8th prize:** 1 gift certificate at Librairie Ste-Thérèse (\$ 50 value)

**9th prize:** 1 gift certificate Jardin Dion (\$ 50 value)

**10th prize:** 1 check-cad Eau de Jardin Dion (value of \$ 50)

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# Deux-Montagnes January Council meeting



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

It was a quiet and short meeting on the 21st of January at Deux Montagnes. Held virtually for covid reasons the meeting started with the adoption of the agenda and mayor Denis Martin announced a particularly important virtual meeting of the REM discussing construction in Deux-Montagnes territory on the 24th of February. At the moment, the Deux Montagnes station is being demolished and the mayor reminded everyone that 2021 will be an intense year because of the REM construction.

The council approved the budget for the Police Department of Lac des deux Montagnes coming up to an amount of \$9,432,135 for the year 2021. The new police budget shows no increase from last year.

Following a request from the charity organization Agapé Deux-Montagnes, the council allocated \$1800 so that Agapé Deux-Montagnes could purchase bus tickets for underprivileged residents of the territory for the 2021-2022.

There were 2 notices of motions: one for amend-

ing by-law no. 1671 concerning traffic, signage and parking and one for the by-law concerning the adhesion of the MRC de Deux Montagnes to the agreement relating to the Common Municipal Court of the City of Deux-Montagnes 3 by-laws were adopted ranging from the imposition of taxes, tariffs, and compensations for the year 2021 which include relief for Deux Montagnes residents during the pandemic to the by-law providing for the increase the amount for the issuance of permits and the imposition of certain standards on snow removal contractors working on the territory of the City including an insurance of \$2,000,000.

There were 2 requests for minor exemptions for 2301, ch. d'Oka concerning the building of a condo complex of 18 units and a triplex on 130, 8e Avenue and 9 Requests for approval of permits of architectural implantation and integration were also approved (plans d'implantation et d'intégration architecturale).

The council also voted on continuing the tradition of the Deux-Montagnes time capsule which is opened every 25 years. The new time capsule created will be buried in the future site of the Deux-Montagnes centennial park.

# The City of Lorraine interests French newspapers.

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

In the article Une si belle Lorraine, one quotes Frédéric Hoen, in charge of international relations and heritage promotion missions in Saint-Dié-des-Vosges, who visited the municipality in 2019, as part of the musical cultural exchange En passant par les Lorraine: "In the fall, during the famous Indian summer, it's magnificent. The forest is all red. The city really has charm."

"In 2018, a journalist from the television channel France 3 was visiting Lorraine to discover the other Lorraine. This report is available on the City's channel You Tube.

As the twin city of Saint-Dié-des-Vosges, the



city of Lorraine maintains a link with this distant region from which it derives its surnames.

# A new friend for electric cars in Boisbriand



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

The City of Boisbriand is welcoming a new charging station for electric cars on its territory. The double terminal was installed in the parking lot of the creation center, previously the Notre-Dame-de-Fatima church, at 305, ch. of the Grande-Côte. It is in addition to the many terminals already in service in Boisbriand.

"In 2012, the City undertook a major shift towards the electrification of transportation. Over the years, we have noticed and appreciated the availability of our facilities. We believe that these numerous terminals help to encourage our citizens, our employees and our visitors to take this turn as well," says the mayoress of Boisbriand, Marlene Cordato.

In the wake of this shift, and over the years, the City of Boisbriand has acquired several hybrid or electric vehicles used by various municipal services. Since last summer, the City has also had four mobipods (electric scooters) used by preventionists from the Recreation Department, as well as three electric golf carts intended for public works employees, for maintenance in parks.

## Electric Circuit\* charging stations with which the City is a partner:

**City Hall - 940, boul. de la Grande-Allée**  
**Library - 901, boul. de la Grande-Allée**  
**Creation Center - 305, ch. de la Grande-Côte**



**Municipal arena - 999, boul. de la Grande-Allée**  
**Parc Pellerin - 65, rue Péladeau**  
**Parc Wilfrid-Dion - 3180, boul. de la Grande-Allée**

## Fast charging stations:

**Faubourg Boisbriand (near the Toys 'R' Us store)**

\* The Electric Circuit is the first network of public charging stations for electric vehicles in Canada, with more than 2,850 charging stations in service, including 450 fast terminals.

 <b>Soula Tellides</b> 514-927-3721 Chartered Real Estate Broker	 <b>George Tellides</b> 514-258-1829 Real Estate Broker	 <b>Carol Deros</b> 514-258-8845 Real Estate Broker
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**Excellent Location!**

**Pierrefonds Large 6 1/2 for rent** newer construction (2004) available immediately excellent location just steps from Pierrefonds Blvd renovated kitchen with granite countertops parquet floors master bedroom with ensuite bathroom and walk in closet 2 full baths and 1 powder/laundry room in basement 2 car garage and 2 car exterior parking included





Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

## L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinémas Guzzo Team

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention

# We can't wait another 100 years to End Diabetes



(GLOBE NEWSWIRE) -- This year marks the 100th anniversary since the revolutionary Canadian discovery of insulin, but it is not a cure. Diabetes continues to take the lives of Canadians and the prevalence rates are alarming with one in three Canadians living with or at risk of diabetes and our youth aged 20 years old have a 50 per cent chance of being diagnosed with type 2 diabetes in their lifetime.

The COVID-19 pandemic is hindering care, heightening consequences, and putting people with diabetes at a three times higher risk of dying from COVID-19. With a sense of urgency and the understanding that despite the help of insulin, diabetes is successful at taking over the country, Diabetes Canada is launching a bold fundraising and awareness campaign, We Can't Wait Another 100 Years to End Diabetes.

"The discovery of insulin in Canada ranks among the leading achievements of medical research," says Laura Syron, President and CEO of Diabetes Canada. "Although insulin has enabled an incredible change in life expectancy and quality of life for millions of people around the world, it isn't a cure. It is a treatment. More than ever, the millions of Canadians with or at risk of diabetes need our support. We can't wait another 100 years and we hope Canadians will support us and help to end diabetes."

Beginning in January 2021 and running until 2022, the campaign will recognize the 100th anniversary of the Nobel Prize winning scientific achievement by Sir Frederick Banting, Charles Best, JJR Macleod and James Collip, while also reminding Canadians about the serious and sometimes deadly consequences of the disease and the success it continues to have in leading to other chronic illness including blindness, heart attack and stroke, amputation and kidney failure. Through the campaign, Diabetes Canada will engage in a national conversation: although the 100th anniversary is an incredible discovery; insulin is not enough. It's the starting line, not the finish line for diabetes.

As Canada's largest charitable organization dedicated to supporting people living with all forms of diabetes, which was started by Charles Best in 1940, Diabetes Canada is looking to mobilize other healthcare, research and community partners, industry, government, and all Canadians to finally end diabetes.

Banting House—the National Historic Site of Canada (owned and operated by Diabetes Canada)—is among the many engaging in the campaign. "While we have better insulin today than we did 100 years ago when it was first discovered, we still don't have anything better than insulin," says Grant Maltman, Curator of Banting House. "People living with diabetes from across the globe have visited the birthplace of insulin on a pilgrimage to see where the idea for their life-saving treatment was conceived and reminded us that the discovery itself is not the end of the story."

"The discovery of insulin has enabled me to live with diabetes for the last 20 years, but our country has done too little to maintain its position as a global leader in diabetes care as Canada ranks among the worst countries in the Organisation for Economic Co-operation and Development for the number of diabetes cases per capita," says Brooks Roche who is living with type 1 diabetes and who is a member of the Prime Minister's Youth Council from Charlottetown, PEI. "We owe it to our history and to our country to invest in a major systemic change to help End Diabetes."

### Diabetes Facts:

- Close to 11.5 million Canadians are living with diabetes or prediabetes.
- Diabetes is the leading cause of vision loss and blindness in those 20-65 years of age.
- Diabetes contributes to 30% of strokes, 40% of heart attacks, 50% of kidney failure requiring dialysis.
- Diabetes is the cause of 70 per cent of all non-traumatic limb amputations.
- Having diabetes can shorten one's lifespan by five to 15 years.
- Diabetes is successful at taking money out of Canadians' pockets, costing \$30 billion dollars to treat.
- The ongoing pandemic has added to the anxieties around diabetes, with one-third of Canadians saying they are now more concerned about diabetes than they were before.
- Adults living with diabetes who contract COVID-19 are at greater risk of developing serious symptoms and complications, like pneumonia, and they are almost three times more likely to die in hospital.

### About Diabetes Canada

Diabetes Canada is the registered national charitable organization that is making the invisible epidemic of diabetes visible and urgent. Diabetes Canada partners with Canadians to End Diabetes through:

- Resources for health-care professionals on best practices to care for people with diabetes;
- Advocacy to governments, schools, and workplaces; and
- Funding world-leading Canadian research to improve treatments and find a cure.





## Honey dipped golden donut balls!

Donut holes, timbits, puffs...frankly I don't know the name in English so go ahead and say out loud Lou-kou-ma-des!

Loukoumades are little bite-sized airy, light yeast balls, which are deep fried to golden and crispy outside but fluffy in the inside! That's the way you should allow them to pass the golden gate called your lips, and slide down the throat, and reach its final resting place called your tummy.

Loukoumades are traditionally served soaked in hot honey syrup, sprinkled with cinnamon and garnished with chopped walnuts or toasted sesame seeds, but we have accepted that other decadent toppings are a good choice, such as chocolate or caramel syrup and even Nutella!

Loukoumades (the name itself is derived from the Arabic word, Lokma, meaning "mouthful" or "morsel", are a dessert of mixed origin, found in Greece, Turkey, Persia, and Egypt. In Greece, they are considered the oldest recorded dessert and can be traced back to the first Olympic Games of 776 B.C., where deep-fried dough balls covered in honey were served to the winners as "honey tokens." Woohoo...I got the gold!

Loukoumades are extremely popular and a favourite "go to" dessert to Greeks of all ages, which explains the reason why there are many shops serving loukoumades across the city, where people can sit and enjoy. My favourite one which my husband Dimitri introduced me to, is Λουκουμάδες Αιγαίου (Loukoumades Aegean) located in the heart of Athens. It is housed in the neoclassical building built in 1890 at 46 Panepistimiou Street and Charilaou Trikoupi, so if you ever visit Greece, and want to get a quick snack, have it in mind!

It is basically a cafe with other items on their menu and it has become a hangout, unfortunately it is closed nowadays because of COVID, but they are hoping to reopen soon!

### Ingredients

- For the syrup
- 250 ml water
- 200 g granulated sugar
- 1 slice lemon
- 1 tablespoon(s) honey

### For the balls

- 280 ml water, at room temperature
- 9 g yeast
- 1 tablespoon(s) honey
- 1 pinch salt
- 200 g all-purpose flour
- 50 g corn starch
- sunflower or canola oil, for frying
- 1/2 cup of water in a glass for the spoon to rest in (this is used during the frying process)

### To serve

- sesame seeds
- cinnamon
- honey
- Sugar

### Make the Syrup in advance so it's completely cool.

- In a pot, add the sugar, water, lemon, and honey and bring to a boil. Remove from heat and let it sit to cool.
- In a large mixing bowl, add all the ingredients and Mix with a whisk making sure that the water is not too hot
- Cover bowl with plastic wrap and allow it to rise in a warm and dry environment.
- Pour the oil into a pot to medium heat

enough to be ready for frying. If you have a thermometer it should read 160° C (320° F).

- Prepare these 2 things to have close to you for frying. A glass of water with a teaspoon in it and a plate lined with paper towels to soak up the extra oil from the fried balls.
- When the oil is hot enough, place your hand in the bowl with the mixture. Grab hold of some of the mixture in your palm and squeeze. The dough through your hand, it will come out from between your thumb and index finger, creating a small balloon. Holding the teaspoon in your other hand, scoop up the dough that has emerged and drop it into the hot oil.
- Dip the spoon into the glass of water next to you after each scoop.
- Repeat process until there are enough balls in the oil but do not overcrowd the pan. Use a slotted spoon to turn them over so they can cook on the other side too.
- Fry them for a few minutes until they turn a lovely golden. Remove from pan and set onto plate lined with paper towels. Repeat process with the remaining dough.
- Let them strain on the plate for a few minutes.
- Remove from plate and drop them in the cooled syrup. They will soak up as much syrup as they need.
- Sprinkle with ground cinnamon and toasted sesame seeds!

# Deadline: WEDNESDAY before publication at 1 p.m.

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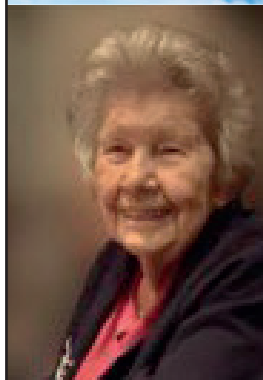
# In Memoriam & Obituaries

## PICHÉ, Jean-Paul 1941 - 2021



In Ste-Thérèse, on January 23, 2021, passed away at the age of 80 Mr. Jean-Paul Piché, husband of the late Chantale Sicotte and father of the late Alexandre Piché. He is survived by his children Annie Piché Prud'Homme (Patrick Dorion) and their daughter Marie-Anne Dorion, Vincent Piché Prud'Homme (Brigitte Mcguire), his sister Claudette (Jean), his brother Claude (Aline), his beautiful -sister Sylvie Sicotte (Ronald Hoskins), her nephews, nieces, other relatives and friends.

## BLONDIN (BOURGUIGNON), Paulette 1926 - 2021



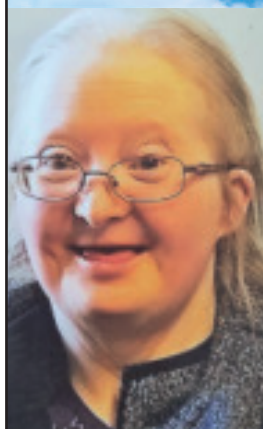
In Sainte-Sophie, on Monday January 25, 2021, passed away at the age of 94, Mrs. PAULETTE BOURGUIGNON. She will be sadly missed by her children Louise (Guy Gagnon), Claire, Gilles (Rachel Grondin), Jean-Pierre (Louise Martel) and François (Rhonda Gold), as well as relatives and friends.

## ALARIE, Maurice 1930 - 2021



In St-Eustache, on January 24, 2021 passed away at the age of 90, Mr. Maurice Alarie, husband of the late Mrs. Thérèse Desjardins. He is survived by his children Line (Jean-Paul), Sylvain (Lydia) and Sylvie. He also leaves his grandchildren Morane, Brice, Charles-Antoine and Mégane M. Alarie also leaves his sister Monique Aubry as well as his nephews, nieces, other relatives and friends.

## DICAIRE, Donna 1970 - 2021



In St-Jérôme, on January 13, 2021, passed away at the age of 51 Mrs. Donna Dicaire. Daughter of the late Mr. Dennis P. Dicaire and Mrs. Marie Turgeon. Besides her mother, she will be sadly missed by her sister Linda Dicaire (Jimmy Vinokuroff), her brother Richard Dicaire (Maryse Boileau), her nephews and nieces, her uncles, aunts, other relatives and friends.

## RODGER A, Howard 1937 - 2021



It is with deep sadness that we announce the peaceful passing of Howard Rodger, at the age of 84, at the Résidence de Lachute on January 24, 2021. He is survived by his beloved wife Eleanor Warwick of 61 years of marriage, her children Jeffery (Cindy Bryson), Noreen (Rocky Renaud) and Julie (Darren Edwards), her cherished grandchildren Ashley Hanton (Drew), Shayne Rodger, Tanya Renaud (Brandon), Christopher Renaud (Maddie), Brenden Dorion and Taylor Edwards, his great-grandchildren Felix and Ellie. He will also be remembered by his extended family and many 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)



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# HOROSCOPE

Week of **JANUARY 31 TO FEBRUARY 6, 2021**

The luckiest signs this week:  
**SAGITTARIUS, CAPRICORN AND AQUARIUS**



## ARIES

Negotiating with people you love is always a delicate matter. You'll be much more vulnerable if you let your emotions get in-volved. Try to take a step back so you can see the situation clearly.



## TAURUS

Professional success is just around the corner. You'll manage to gather a large group of people for a particular event, and you'll benefit from great discounts that'll allow you to in-crease your profits.



## GEMINI

Your passions will be awake-ned, your mind will be filled with great ideas and all eyes will be on you. You'll be enthusiastically applauded, and you'll receive a medal or other type of award.



## CANCER

You'll find yourself spending most of your time at home or in the company of family members. Someone might ask you to take on some pretty hefty responsibilities.



## LEO

Bargaining during your next shop-ping trip could be advantageous. You only need to raise your voice slightly to be heard and respected. Don't hesitate to express your emotions out loud.



## VIRGO

Exercise is great for your health when done in moderation. You'll find people with whom you can enjoy an inspirational activity and discuss your spirituality.



## LIBRA

This will be a hectic week, especially if you have young children or an active social life. As for matters of the heart, you might experience a lot of passion while on a trip or romantic getaway.



## SCORPIO

The harsh winter weather could start to dampen your spirits. Fortunately, now's an excellent time to fire up your imagination and create a work of art.



## SAGITTARIUS

You'll find yourself surroun-ded by many people in situations that might be quite stressful or scary at times. Some down time before the end of the week will be crucial to recharge your batteries.



## CAPRICORN

You'll likely be given some very important new responsibilities at work. You'll be greatly appreciated, and people will go out of their way to do business with you because you're someone who can be trusted.



## AQUARIUS

You'll feel the desire to travel and explore. You'll be inspired by new adventures, each one more fantastic than the last. You might consider signing up for a training course.



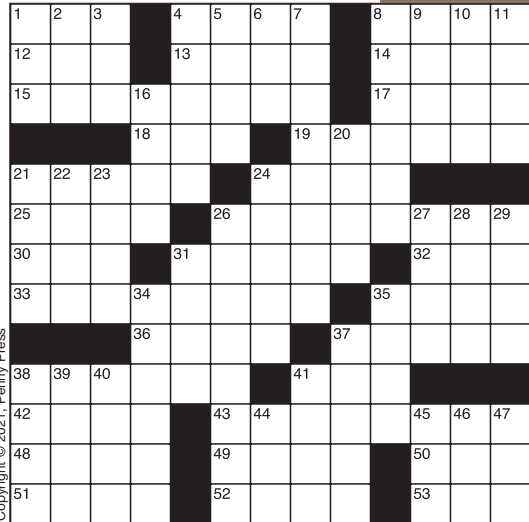
## PISCES

Your emotions might run high if you experience a turbulent financial situation. Fortunately, a solution will quickly present it-self and you'll soon be back on the path to stability and success.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1018



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### ACROSS

1. Likewise
4. Word of lament
8. Sharp hit
12. Chinese sauce
13. Not early
14. Auto for hire
15. Climbing flower
17. Give out
18. Rules to follow
19. Elegant
21. Nonsupporters
24. Aim
25. Run into
26. Conduct, as business
30. Ruin
31. Get up
32. Hem's partner
33. Decoration
35. Mediocre
36. Auto's path
37. Eye ailments

38. Piles
41. Take legal action
42. Country singer Johnny \_\_\_\_
43. Last
48. Feel a dull pain
49. Public brawl
50. Flight record
51. Lads
52. Evergreen plants
53. Chair support

6. Had lunch
7. Shore
8. Swipes
9. Flees
10. Pivot point
11. Compassion
16. Prepare for print
20. Highway section
21. Bullets, e.g.
22. Far's mate
23. Gull-like bird
24. Pulverize
26. Government funds locale
27. Sailor's greeting
28. Brief follower
29. Duos
31. Berserk
34. Bows
35. Flower stalk

37. Hearts, clubs, etc.
38. Wound cover
39. Tex-Mex treat
40. Pale
41. Stash
44. Fib
45. Everything
46. Finger's opposite
47. Easter \_\_\_\_ hunt

### DOWN

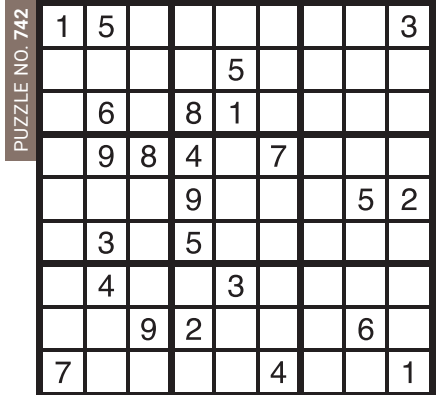
1. Beast of burden
2. Pronto!
3. Hue
4. Singing voices
5. Race units

# 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.**

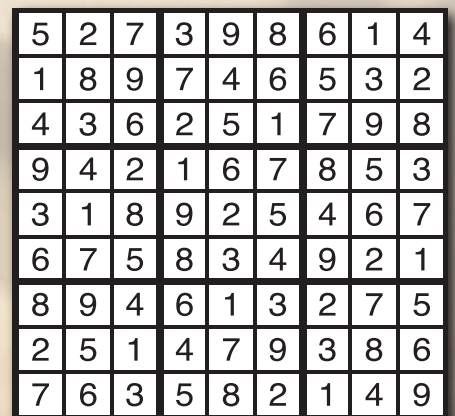


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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## This week's basket:

- Asparagus (white or green)
- Cauliflower
- Broccoli
- Squash
- Oranges
- Potatoes
- Brussel Sprouts
- Lemons
- Leek
- Green Onions
- Lettuce
- Avocados
- Cucumber
- Onions
- Bananas
- Dried figs
- Peppers
- Mystery item

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up to

per year

We now  
deliver to your  
home!

## 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

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