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# Nouvelles PARC-EXTENSION News

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## Volunteers prepare to distribute meals and goodies to the homeless of Montreal



(PXN) For a third year in a row, under the coordination of Alexandra Sevapsidis, a small army of dedicated volunteers will once again be heading to downtown Montréal for the Annual Christmas Mission of "FEED THE HOMELESS".

This year the distribution will be done on the evening of Monday December 23<sup>rd</sup>, 2019 around 6:30pm. This tradition started at Christmas in 2017, and as things show, it will continue for the upcoming years. "It's a way of giving back to the community", Sevapsidis explains..

For her Christmas is a season of giving and sharing. But it's also a time to think about those less fortunate. There is nothing more touching than knowing that a small gesture like this can put a smile on someone's face or warmth in their hearts.

"There are many social causes of homelessness, such as a lack of affordable housing, poverty and unemployment; life events

which cause individuals to become homeless. People can become homeless when they have no home to go to or women may take to the streets after having escaped a violent relationship. The Holidays bring back memories of happiness and sadness all at once. At times the holidays are just a milestone marking the passing of another year of being alone. But a perfect time to show someone you care", she adds.

Volunteers hope to count on your support (by either donating a gift certificate or item donation) NO MONEY PLEASE, to make this year's event one of our best yet!

To donate or to volunteer, contact their office at: (514) 800-0666 so they can set up an appointment to arrange pick-up or you can come by their office at 3700, rue Griffith # 67 (By appointment only) to make your contribution.

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we wish you  
*Merry Christmas*  
*Happy New Year*



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Staff members at Prime Minister Justin Trudeau's Papineau riding office, organised once more a very successful non-perishable food drive to help local needy families and individuals over the upcoming Christmas season.

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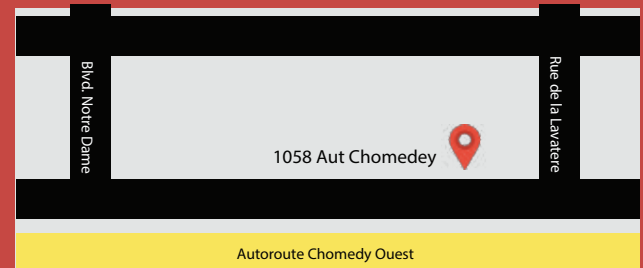
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# City parking contract worries Deros, Ensemble Montréal

## Park Extension will be getting new public parks in 2020



Park Extension city councillor **Mary Deros** and other members of the Ensemble Montréal municipal party are concerned about the future of Stationnement de Montréal, which manages the city's parking. - Photo: Courtesy of Stationnement de Montréal

MARTIN C. BARRY

A plan by Montreal mayor Valérie Plante to transfer responsibility for municipal parking from Stationnement de Montréal to a new but as yet unclear defined agency has Park Extension city councillor Mary Deros and her Ensemble Montréal colleagues worried.

### Reassigning mandate

Since 1995, Stationnement de Montréal, which is overseen by the Montreal Metropolitan Chamber of Commerce, has had a mandate from Montreal to manage the city's parking meters and parking lots.

Last year, according to Stationnement de Montréal, the agency earned the city \$53.4 million in revenues.

"They're giving a contract to this organization

that will not be Stationnement de Montréal – they're taking it away from the Chamber of Commerce," Deros said in an interview this week with Nouvelles Parc Extension News.

### Says transparency lacking

Deros said that she and other city council opposition party colleagues didn't agree with a certain number of points in the plan to transfer authority.

"They want it to be able to control all the parking meters – including not just the main arteries, but also the few on the side streets," she said. "And once they take control of that, we don't know what they're going to be charging."

"The details weren't there. And so we said that they should take this back to the executive-committee and come back when they've got a better description with more transparency on the file."

### In limbo for now

Although the Projet Montréal administration refused to return the issue to the executive-committee, according to Deros a motion to transfer control of parking from one agency to the other failed because it didn't receive support from three-quarters of the city council.

"So it's in limbo now," Deros said, noting the issue will be unresolved into the new year. She said one of the perks that stands to be lost by ending the agreement with Stationnement de Montréal is a youth internship program that was offered by Jeunesse Montréal in conjunction with the Chamber of Commerce.

### Fate of youth program

"They worked with youths in providing them with stages, training, and then to be able to go and find jobs afterwards. It gave them great experience," she said. "This arrangement will no longer be respected because Stationnement Montréal won't be there and the new organization has not set up anything."

"This was a project that was supporting youth through the school boards and now they're planning on stopping it," she added. "We don't know who's going to be financing it from now on. I know that they're now looking for other ways of financing."

### New parks next year

Looking back over the things accomplished in the borough in the past year, Deros recalled that work for several public parks gained approval in 2019 for completion in 2020 in Park Extension.

Firstly, work on Dickie Moore Park is scheduled to be started in a lot at the corner of Beaumont and de l'Épée avenues as soon as

the spring thaw, said Deros.

"It should be finished by the end of the year, to be inaugurated by 2021," she said. And after many years of delays, Centennial Park at the corner of Saint Roch St. and Stuart Ave. is finally scheduled to be completed next year.

### Progress in public housing

An already existing park on Birnam Ave. between Jean Talon St. and Beaumont Ave. will be refurbished and equipped with new water games for children. According to Deros, there will be a section for 2 – 5 year olds and another for 5 – 12 year olds.

With regards to public housing, Deros noted that progress is being made in locating new sites the city can develop for this purpose.

"We now have finalized the purchase of the Bétonel building on de l'Épée between Liège and Crémazie," she said, referring to one such site. Deros said the possibility of speculation by potential real estate sellers prevented her from revealing any other sites the city has its eyes on.

### Nick will be missed

Finally, Deros noted the recent passing of long-time Park Ex resident and devotee of the Park Extension Youth Organization (PEYO) Nicholas Skarmountzos. According to an obituary posted on the Urgel Bourgie funeral directors web site, Nick passed away on Friday Dec. 13 at the age of 51 following a courageous battle with cancer.

Nick worked tirelessly for PEYO for more than 27 years. According to his obituary, Nick was happiest in arenas, on soccer and baseball fields, while coaching or cheering on his sons and their teams. He was also known for his sense of humor, compassion and a giving spirit.



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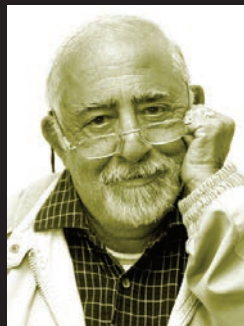
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## Parlez-moi d'humour

Alcide Borik



### GRETA THURBERG PIQUÉE PAR UN MOUSTIQUE :

**N**o me moleste mosquito!  
(chanson sur un air connu)

Décidemment, il est des insectes qui ne doutent de rien!

En consultant les réseaux sociaux, je m'aperçois que ce moustique a fait bien des dégâts, inventé une fausse maladie africaine pour compromettre la légitimité de son prédécesseur, invitant les saltimbanques et illusionnistes des plaines de Sibérie, tricheurs sportifs olympiques et et membres en règle de la mafia russe, à prêter main forte contre des candidats (tes) concurrents (tes), salissant les réputations au gré de son imagination, initiant des contacts avec des adversaires plus retords que lui sans prendre de précautions élémentaires, voyageant de la rouerie coréenne à la rouerie chinoise et pensant que son aiguillon tweeter le protégerait, il a réussi à transformer le respect et l'admiration que le monde avait pour la démocratie de son marécage natal et transformant la maison

blanche en un sanatorium, voire en asile de fous en train de voler partout pour éviter les piqures de ses sautes d'humeur... Pire! Il a même prétendu que Greta Thurberg devait «suivre des traitements pour contrer sa colère...

HOW DARE YOU?  
MISTER MOSQUITO!

Comme son collègue volant, le Monarque, il a papillonné du Canada au Mexique pour les *trumper* successivement, ce moustique ne respectait même pas ses propres complices, les embauchant un jour, les piquant le lendemain, pillant ses meilleurs alliés économiques pour les priver de leur part du butin en noyant les vieux pactes pour écumer ce qui reste grâce à la complicité d'un congrès malhabile ou d'un sénat ...sénile... tout en faisant Tchine Tchine avec ses propres complices...

Et l'on prétend encore que cette malaria vivante n'a pas sa quinine?

## Cadeau de Noël

**A**près avoir raclé mes fonds de tiroirs pour acquérir une nouvelle voiture, mes ennuis ont commencé : Non seulement j'ai payé l'auto, j'ai payé les taxes, le permis de conduire, les enregistrements, le loyer du parking, l'essence, les pneus à neige et les contraventions Je suis si distrait... j'ai ainsi appris qu'il est plus facile au bonhomme Michelin de passer par le trou d'une aiguille que de glisser hors de vue des tonton tickets pour garder une fiche de bonne conduite à Montréal!

Sachez donc qu'il faut regarder vers le haut pour déceler les radars, vers le bas pour ne pas chevaucher les dos d'ânes retardateurs, à droite pour ne pas enjambrer la piste cyclable, la travée réservée aux autobus, celle réservée aux taxis et autres zubers de service, celle de gauche réservée aux pauvres contribuables payeurs de vignettes ; laisser le reste aux cyclistes indisciplinés, éviter de tomber dans le fossé central où l'on est à creuser un jardin communautaire et surtout, surtout, éviter d'en parler aux écolos adeptes de la course à pied, aux joggeurs qui dépassent le bord du trottoir pour se précipiter les premiers dès que le feu est vert, se méfier des inconscients qui traversent en pleine nuit avec un manteau noir dans les coins mal éclairés, des entrepreneurs qui manipulent déviations et interdictions pour mieux parquer leurs engins et vous envoient dans des cul-de-sacs, des vieilles dames qui vous menacent en brandissant leur canne, et de la douce amie, sur le

siège de droite, qui donne raison à tout ce beau monde, oubliant, sans doute, qu'elle occupe la place du mort!

Voici donc mon cadeau de Noël :

Pour éviter de circuler dans cette joyeuse anarchie, offrez-vous une journée à la maison, avec un bol de chocolat chaud (ou un verre de Porto), enrroulez-vous dans une couverture confortable.

Écoutez les musiques familières de Noël, puis, épargnez sur votre budget cadeaux et choisissez parmi vos possessions mal aimées les cadeaux que vous emballerez avec un sourire machiavélique pour les donner à ceux que vous n'aimez pas, faisant ainsi de la place dans vos placards en encombrant les leurs!... Vous montrerez ainsi que vous respectez l'environnement.

Pour combattre la pollution, vous sabrez dans le réchauffement climatique en épargnant aussi sur les coûts faramineux des tout-inclus de ce monde, les humiliations des douaniers et douanières qui vous traitent comme des bandits pris la main dans le sac et éviterez de finir otages des gouvernements supposés courir après, et qui sont parfois bien plus mafieux que ceux qu'ils se disent impuissants à combattre...

...Et pour garder votre bonne humeur, évitez de regarder le hockey à la télévision !!!

**Joyeux Noël!**

**ALCIDE**

The opinions on THIS PAGE reflect the consensus of Editorial Board.

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# Celebrating the Light of the world, the reason for Christmas

Remember all those things the child in you always wanted from Santa Claus? Your list may have changed, but not gotten any shorter. Perhaps you shouldn't worry about that. Greed has always motivated men, women, and children, inspired inventors to make better bottle openers, artists to create greater art, scientists to find cures for diseases and pathways to other planets.

Just be sure your greed leads to good ends, like knowledge and success that help you, family, friends, and those in need. Seek love and affection in ways that don't hurt others. Santa Claus will always be first to know if you've been naughty or nice. So be good for goodness sake.

Not surprisingly, in this age of acquisitive comforts and conspicuous consumption, these longer lists favour material things over spiritual, religious, or even social-concern stirrings, fueled by slick advertising that effectively seduces consumers, reducing guilt over the acquisitive greed that pervades today's Christmas.

However, one good look at CHRISTmas engenders or should engender a heart-felt, soul-wrenching, mind-blowing realization that we have lost the way. The story of CHRISTmas centers around the birth of a child, not in a sophisticated maternity ward, but in a manger, because there was no room at the Inn.

Although gifted royally by the Three Kings of the Orient and heralded by a host of angels, it wasn't long before the establishment, King Herod, launched a terrorist attack against the child, ordering the slaying of countless innocent children, all of it provoked in him by the greed of power.

Where do you stand? Are you a Magi, a shepherd, a mother and father humbled by the birth of a child that would turn time and future upside down? Or are you one of Herod's terrorists, wreaking immeasurable havoc, in honour of greed.

CHRISTmas is a time of peace and good will towards all. Even at the worst of times, it provides slivers of light that pierce the darkness of war, as in impromptu cease-fires and exchanging of gifts between warring soldiers. But CHRIST is too quickly deleted from CHRISTmas and the cease-fires are snuffed out and the devastation resumes.

In cleaving CHRIST from CHRISTmas, humanists have created a vacuum needing to be filled, and thus was born the secular major deity of our modern age - Santa Claus, alias St. Nick, Kris Kringle, Père Noël, Father Christmas, Babbo Natale...and many other incarnations revered by men, women, and children world-wide,

So, where is 21<sup>st</sup> Century Christmas at? Literature, music, movies, art and the marketplace have made this seminal event in human history a smorgasbord of pick and choose what strikes your fancy. All these human outlets cover a broad range of interests, beliefs and passions, recognized as both traditional and cynical, some appealing to youth, others aimed at adults. What's the point? Simple. The new-age Christmas package is a contrived kaleidoscope of fleeting magical moments marketed as legitimate sources of enduring positive impact on the earthly journey we are gifted with, from birth to death.

Through Charles Dickens - in *A Christmas Carol*, O'Henry - in *A Gift of the Magi*, and other time-tested holiday narratives of *It's a Wonderful Life*, *Miracle on 34<sup>th</sup> Street*, *The Santa Clause*, and of course - Dr. Seuss's enchanting cautionary tale of *How the Grinch Stole Christmas* - we are treated to a CHRISTmas message worthy of the unchanging human desire to bring trials, tribulations, and

suffering to happy endings.

These traditional/modernized tales don't stray from the happy-ending wish delivered by Dickens, integrating traditional Christmas symbols, describing touching scenes of family, joy, peace, generosity, pure white snow, and nostalgia, often set in the past. To evoke sentiment and emotion, they include the poor, outcasts, and victims of Christmas-time loss - a father, mother, brother, sister. Nothing matters anymore. The celebration of Christmas is the realization that everything that Christmas is about is contained in your home with your loved ones, your people.

These traditional happy ending stories often appear to be dismissed and undermined by cynicism, as in *A Christmas Story*, which represents a street person's view of spending Christmas hustling handouts, perhaps a cynical version of *The Little Matchstick Girl*, lacking uplifting endings of most traditional Christmas stories. But the Christmas message is there: keep Christmas in your heart, that is, sincerely care for people, rather than pocketbook; traditional Christmas values are reinforced. Parties, meals, and acts of kindness help the characters in the story, and the murders serve as shocking counter-points that emphasize the value of these rituals. Violations of the percepts of Christmas works to emphasize the strength of Christmas tradition rather than undermine it.

Add animated *Charlie Brown*, *Garfield*, *Dennis the Menace*, and more, based on Christmas themes, but limited in scope because these cartoons have to be brief, their humor confined to one-liners, usually the most vicious form of humor, reflecting the least flattering view of Christmas of any media, a view most commonly presented as selfishness triumphing over altruism. At first emphasizing the worst of Scrooge-like traits rather than the best of Cratchit-like values, in the end, goodness does trump malice.

The inconsistent mix of gift-giving rituals, sanctity of home and family, and emphasis on hedonism and youth is pervasive. It's the child-like flaw of greed that is perhaps most forgivable, particularly among children and cartoon characters. In fact, the Christmas of comics is almost all secular; religious themes are rare. *Donald Duck*, *Frosty the Snowman*, *Rudolph*, *Bugs Bunny*, and *Betty and Veronica* in *Never Trust a Shiny Santa*, and many more, seldom have religious themes, but freely assign Santa Christ-like powers to heal and raise the dead, respectful of justice and supportive of charity toward the poor and the handicapped. Sadly, they also subtly promote hedonism, greed, and other less redeeming Dickensian characterizations.

Most of the literature cited contributes to sustaining a mythology of Christmas as a time of love, family, generosity. However, these mythical themes depict Christ as the hero of traditional religious CHRISTmas; Santa is the hero of the traditional/modern secular Christmas, the god of self-centered humanism, fostering materialism in modern consumer culture. Still, most of the media seem comfortable with modern Christmas, presenting it in a way that evokes almost exclusively warm and positive emotional reactions to their rendition.

In the hope of putting CHRIST back into Christmas, The Laval News wishes you and your family and friends a Christmas filled with love, peace, and good will towards all. Happy New Year!

- Renata Isopo



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## Christmas without the cooking: how to hang your apron for the holidays

If the thought of creating a holiday spread from scratch doesn't excite you, then give yourself the gift of not cooking this year. Here's where you can get meals made by someone else.

### RESTAURANTS

There are plenty of eateries that remain open over the holidays. Book a table at one nearby for your holiday feast. Or better yet, order some takeout and eat in the comfort of your own home.

### CATERERS

If you're hosting a party, consider hiring a caterer. Not only will this professional work with you to come up with the perfect menu, but they'll also do all the work.

### GROCERS

Many businesses, including grocery stores, butcher shops and local restaurants, offer pre-made meals that are perfect for nights you want to eat in.

### PERSONAL CHEFS

For a real treat, hire a personal chef to come to your home and create an intimate meal for you and your loved ones.

It's the perfect no-cook solution for a small gathering with friends or even a New Year's Eve party.

This year, simplify your holiday season by letting someone else do the cooking. Don't be surprised if you love this hands-off approach to the holidays so much that you do it again next Christmas.



## 3 games to play at the office holiday party

Are you looking for a way to energize your holiday office party? If so, here are three fun games that virtually anyone can enjoy.

### 1. OFFICE TRIVIA

Before the day of the event, send a questionnaire to all employees asking them about their interests, pet peeves and preferred foods, books, movies and travel destinations. Collect the answers and use them to create an office trivia game.

### 2. GUESS THE WORD

Write words on individual strips of paper and then fold and place them in bowls. Each team chooses a player who will have

to guess the word based on clues from their teammates.

### 3. GIFT WRAP CHALLENGE

Put players in teams of two. Tie one person's right hand to the other's left and have them attempt to wrap a gift with their free hands. The pair that does the nicest job wins.

If you play your office games in teams, assemble the groups randomly. A fun way to do this is to cut up old Christmas cards and hand out the pieces. Teams can then be formed by those who have pieces from the same card.



# Wishing you a Blessed Holiday Season and a New Year Filled with Peace and Happiness.



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## 5 tips for maintaining kids' routines during the holidays



Over the holiday season, it's all too easy for your children's routine to get thrown off track. Here are five tips to help you stick to a schedule and hopefully keep meltdowns to a minimum.

### PRIORITIZE SLEEP

Tired kids tend to get cranky, hyper and easily flustered. While a late night or two are almost inevitable at this time of year, overall, it's best to maintain their regular sleep schedule.

### EAT HEALTHY

Make sure the entire family gets a healthy breakfast and lunch every day. Fill the kids up on fruits, vegetables and other healthy snacks before heading to a party. This way, they'll have less room to gorge on cookies, cakes and other treats.

### ENTERTAIN AT HOME — OR DON'T

Some parents find it easier to host during

the holidays, while others can't imagine planning a party. Don't be shy to let your loved ones know what works for your family.

### GET EXERCISE

Make sure your kids remain active over the holidays, and that they have sufficient time to run around. Consider visiting an indoor play park or indulging in some outdoor fun.

### MAKE TIME FOR PLAY

Avoid filling every free moment with a planned activity. Set aside time for playing at home and relaxing.

While sticking to a routine is beneficial for kids, doing so isn't always feasible. Remember to be flexible and not worry too much if things don't go as planned.

## 4 ways to fight holiday fatigue



The holidays are a busy time of year and many people push themselves to the point of exhaustion in an effort to try and keep up. If this sounds a little too familiar, here are some tips for enjoying the season without running yourself into the ground.

### 1. EAT WELL

With treats and sweets readily available everywhere you go, it's all too easy to overindulge. When you're home, make healthy, balanced meals. Avoid overeating by chewing slowly during holiday feasts. And be sure to drink plenty of water.

### 2. MOVE OFTEN

Regular exercise gives you more energy and helps you get the sleep you need. If the weather permits, head out for a jog or try your hand at winter sports like skiing or snowshoeing. If you don't enjoy outdoor activities, head to a yoga class or to the gym.

### 3. SLEEP SOUNDLY

While it may seem unfeasible, do try to go to bed and wake up at the same times as you normally do. If necessary, take afternoon naps, just not too late in the day or for more than an hour.

### 4. PACE YOURSELF

Instead of running around doing everything at the last minute, start early this year. Shop in November, decorate during the first week of December and gather the groceries well before your guests are due to arrive. You can even make and freeze some of your holiday dishes in advance.

Remember, you don't have to accept every invitation you receive. Do what brings you the most joy and say no to things that aren't worthwhile. Lastly, don't be afraid to ask for help or to delegate some tasks to family members.

« À toutes et à tous un très joyeux Noël.  
Puisse la nouvelle année vous apporter  
bonheur, santé et succès »

"We wish you all a very Merry Christmas.  
May the New Year bring you happiness, health and success"

Villeray  
Saint-Michel  
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514 872-0483

## Gifts for 5 types of enthusiast

Finding the perfect gift isn't always easy, especially when the person you're shopping for is passionate about things you don't know much about. Here are some gift ideas for five types of enthusiast.

### COFFEE LOVERS

An insulated travel mug, beans from a local roaster, an espresso maker, a conical burr grinder, coffee flavoured chocolates, double-walled coffee glasses, travel coffee press or coffee-scented candles.

### YARN CRAFTERS

Books or magazines with knitting and crocheting patterns, a row counter, a yarn bowl, a set of needles or hooks, a project bag, a tool case, personalized stitch markers, high quality yarn or a gift certificate to a yarn store.

### ASPIRING WRITERS

A mechanical keyboard, a laptop tray, noise-cancelling headphones, a fountain pen, personalized notebooks, a Bluetooth keyboard for their tablet, an external hard drive, books about writing or a printer.

### TABLETOP GAMERS

A dice bag, a wooden card holder, plastic card protectors, a board game bag, cus-

tom game organizers, a play mat, a component organizer, new dice, a custom character figurine or an expansion pack for their favourite game.

### ENVIRONMENTALISTS

Reusable stainless steel or silicone straws, reusable produce bags, silicone snack and sandwich bags, a reusable water bottle, jewelry made from recycled materials, beeswax food wraps for leftovers or a vegan cookbook.



Buying a gift that speaks to your loved one's interests will show them that you care.

## Amazing Christmas world records

Do you love Christmas? If so, you're not alone. In fact, every year, the spirit of the season drives holiday enthusiasts to perform impressive feats. Here are some particularly remarkable Guinness World Records that are on theme.

### TALLEST CHOCOLATE SANTA

Displayed in a mall in Cantù, Italy in 2011, this giant Santa was 5 metres tall, 2.5 metres in diameter and weighed just over 1,700 kilograms. That's a lot of chocolate!

### MOST CHRISTMAS LIGHTS ON A HOME

In 2014, the Gay family from LaGrangeville, New York decorated their home with over 600,000 individual lights. The display took two months to build and was set to more than 200 different songs, which passersby could hear when tuned in to a special AM radio station.

### LARGEST ARTIFICIAL CHRISTMAS TREE

Built by the Arjuna Ranatunga Social Services in Colombo, Sri Lanka in 2016, this tree measured more than 72 metres high. It was erected during a three-day Christmas carnival and was topped by a 6-metre star.

### LARGEST CHRISTMAS ORNAMENT

In 2018, a Christmas ornament more than 4.5 metres in diameter was displayed in Dubai Mall, Dubai, United Arab Emirates.

If you're hoping to set your own holiday record this year, you better get started. Christmas will be here sooner than you think.





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## Games to liven up your gift exchange



Are you tired of the same old holiday gift exchange? If so, here are some fun games to enliven this year's gift giving.

### DICE

Every number on the dice comes with an instruction (pass to the left or steal a gift). Take turns rolling the dice until everyone has a present.

### HOT POTATO

This childhood favourite is just as fun to play as an adult. Turn on a holiday song and pass a present from person to person until the music stops. The person left holding the gift is out of the game but keeps the gift.

### PERSONAL TRIVIA

Everyone writes a little-known fact about themselves on the gift they contributed. The others must guess who the informa-

tion is about in order to win the right to open the present.

### CARDS

Cut some regular playing cards in half and distribute card halves to all participants. Draw the other card halves from a bowl or hat to determine who gets to choose or steal a gift next.

### STORY

Rewrite a well-known Christmas story to include the words right, left and across numerous times. To start the game, everyone holds the gift they brought as someone reads the story aloud. Every time an instruction word is said, the presents get passed in that direction.

To make sure that everyone receives a gift they'll enjoy, be sure to decide on a budget and theme beforehand.

## Stairway to Christmas: how to decorate stairs for the holidays

The stairway in your house is the perfect place to show off your Christmas spirit. Here's how to dress up this oft overlooked part of your home.

### DECORATE THE HANDRAIL

Wrap the handrail with evergreen garlands and decorate them with either berries, pinecones and burlap ribbons for a rustic look, or with Christmas baubles for a more whimsical take. Wrap a string of white or coloured lights around the garlands to add some sparkle.

Alternatively, you can decorate the handrails with ribbons instead of greenery. Depending on the look you want, you can choose to use either one type of ribbon or a mix of different kinds in an assortment of colours and sizes.

### DECORATE THE STAIRS

If they're wide enough, put decorations directly on the stairs. Pillar candles (battery-operated ones are safest), wooden decorations and festive figurines can help create the holiday ambience you're after.

### DECORATE THE WALLS AND CEILING

Ask the kids to make paper snowflakes



and use them to decorate the wall along the stairway. You can also display holiday photos from Christmases past. As a final touch, consider suspending large ornaments from the ceiling. Make sure to hang them high enough so that no one bumps their head.

If you follow these tips, your stairway aesthetic is sure to please visitors and earn their praise all season long.

*Joyeuses Fêtes !*  
Je souhaite à tous une excellente année !  
*Season's Greetings !*  
I wish you all an excellent year !




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À toutes les Québécoises et tous les Québécois de toutes les saisons et de tous les horizons que j'ai l'honneur de représenter, je souhaite un joyeux Noël et un très beau temps des fêtes !

Merry Christmas and Happy Holidays to all the citizens I have the honour to represent, and to all Quebecers from all seasons!



*Andrés Fontecilla*  
**Andrés Fontecilla**  
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**MITSUBISHI RVR - 2019**  
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Ask for Pierre Olivier Tanguay: 450-419-4929 | ptanguay@boisvertmitsubishi.com

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# In Memoriam & Obituaries

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**HANDFIELD, Gilles**  
1931 – 2019

In Lachine, on December 13, 2019, at the age of 88 years passed away Mr. Gilles Handfield son of the late Antonin Handfield and the late Helena Noiseux. He is survived by his sisters Thérèse and Gertrude, his brother Jean-Marc (Lise), as well as several nephews and nieces and friends.



**DESROCHERS, Denise**  
1939 – 2019

In Montreal, on Sunday December 8, 2019 passed away, at the age of 80, Denise Desrochers, spouse of Roland Vaillancourt. Besides her husband, she leaves to mourn her children Danielle (Michel), André (Francine), Manon (Jacques), Claude and Michel, her grandchildren Annie, Marc, Véronique, Alex, Mélanie, Bobby, Karolane and Bernard, her great-grandchildren, her sisters Francine and Nicole, her nephews and nieces as well as many other relatives and friends.



**SALAZAR, Luis Fernando**  
1993 – 2019

In Montreal, on Monday, December 16, 2019, Luis Fernando Salazar, a native of Cali (Colombia), died at the age of 26. He is survived by his mother Yaneth Sanchez Londono, his stepfather Diego Aranzales Quiroz, his brother Jose Manuel, his sister Katherine, his grandmother Maria Olga, his uncles and aunts, his cousins and cousins, many other relatives and friends.



**GAUTHIER, Adrienne**  
1942 – 2019

In Laval, surrounded by his family, on December 16, 2019, at the age of 77 years passed away Mrs. Adrienne Gauthier. She is survived by her daughter Maryse Bérubé, her son-in-law Patrick Robitaille, her adored granddaughter Raphaëlle (Nick), her brothers and sisters, especially her twin brother Adrien, her brothers-in-law and sisters-in-law, her nephews and her nieces and her circle of friends so precious to her.



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# In Memoriam & Obituaries



**TIMSIT, David**  
1954 – 2019

Peacefully, on Wednesday, December 11, 2019, in his sixty-fifth year. Loving son of Allegria and the late Emile Timsit. Father of Sean (Jess Mender) and Brad (Emily Kaufer). Grandfather of Liv, Joey and Cyrus. Brother of Bobby (Janet), Gaby and Marc (Grace). David will be sadly missed by his many nieces, nephews, friends and all those whose lives he touched.



**BRUNETTE, Ines**  
1924 – 2019

In Laval, on December 15, 2019, at the age of 95 years, passed away Mrs. Ines Brunette, beloved wife of the late Mr. Jean-Noël Quessy. She is survived by her daughter Zita and her late son Daniel, granddaughter H  l  ne (Boris), great-grandchildren Jad and Lucy as well as many relatives and friends.



**SCHEINFELD, Marcel**  
1925 – 2019

Peacefully, on Wednesday, December 11, 2019, passed away Marcel Scheinfeld at 94. Dear husband of Diana Tipris. Beloved father and father-in-law of Noemi Scheinfeld and David Herscovici, Ben and Pamela Scheinfeld. Proud 'Opa' of Raquel, and Lara; Alex, Hannah, and Dylan. Predeceased by his sister and brother-in-law, Mary and Iancu Rosman; and by Diana's brother and sister-in-law, Fred and Nina Tzipris. He will be lovingly remembered by his nieces, nephews, family and friends.



**SISK, Rita**  
1946 – 2019

In Pointe-Claire, on December 15, 2019, at the age of 73, passed away Mrs. Rita Sisk, beloved spouse of the late Mr. Jean-Guy Wilson. She leaves to mourn her daughter of heart Angela (late Mario Marando), her brother Bill, her sisters Clara, Marguerite and Dorothy, her nephews and nieces as well as several relatives and friends.



**PISANU, Tullio**  
1942 – 2019

It is with deep sadness that the family announces the passing of Tullio Pisanu on Saturday, December 14, 2019 at the age of 77. He will be sadly missed by his beloved wife Maria Panaroni Pisanu, his loving children Cinzia (David) and Diana, his cherished grandchildren Mirko, Diego and Leo, his sister Peppina, his brothers' Francesco (Clara), Giovanni (Natalina), Beniamino (Lise) and Orfeo (Monique) as well as nephews, nieces relatives and friends.



**SHORE, Isreal**  
1931 – 2019

Peacefully, surrounded by his family, passed away Isreal Shore on December 12, 2019. Beloved husband of Anita. Son of the late Isaac and the late Malka. Loving father of Allan, Pamela, and Lori. Cherished grandfather of Monica, Adam, Brandon, Brittany, Zachary, Alexandra, David, and Rachel. Dear brother and brother-in-law of Nathan and Agnes, Jack and Frances, Norma Rohr, the late Lou and the late Dorothy, the late Joseph and the late Toby, Marilyn and the late Dr. Ben Shore. Loved by many of his nephews, nieces, friends, and all those whose lives he touched.



**RODRIGUE, Lucienne**  
1928 – 2019

Friday, December 13, 2019, at the age of 91 years, passed away Mrs. Lucienne "Lulu" Rodrigue, of Dorval, beloved wife of the late Fernand LeBeau. She is survived by her eleven children Yves (Sandrine), Michel (Micheline), Lyse (Yves), Ga  tan, Jocelyn, Beno  t, Johanne (Alain), C  line, Linda (Benoit), Martin (Carole) and Bernard, her twenty – three grandchildren, his twenty-two great grandchildren, his sister-in-law Evelyne (Ronald Bertrand), as well as all his nephews and nieces.

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**BOMBSHELL**

R | 1h 48min | Biography/Drama



DEC. 20

A group of women decide to take on Fox News head Roger Ailes and the toxic atmosphere he presided over at the network.

**CATS**

PG | 2h | Comedy/Family



DEC. 20

A tribe of cats called the Jellicles must decide yearly which one will ascend to the Heaviside Layer and come back to a new Jellicle life.

**STAR WARS:  
THE RISE OF SKYWALKER**

PG-13 | 2h 21min | Action/Fantasy



DEC. 20

The surviving Resistance faces the First Order once more in the final chapter of the Skywalker saga.

**JUST MERCY**

PG-13 | 2h 16min | Drama



DEC. 25

Just Mercy shadows world-renowned civil rights defense attorney Bryan Stevenson as he recounts his experiences and details the case of a condemned death row prisoner whom he fought to free.

**LITTLE WOMEN**

PG | 2h 14min | Drama/Romance



DEC. 25

Four sisters come of age in America in the aftermath of the Civil War.

**SPIES IN DISGUISE**

PG | 1h 41min | Animation/Adventure



DEC. 25

When the world's best spy is turned into a pigeon, he must rely on his nerdy tech officer to save the world.

**1917**

R | 1h 58min | Drama/War

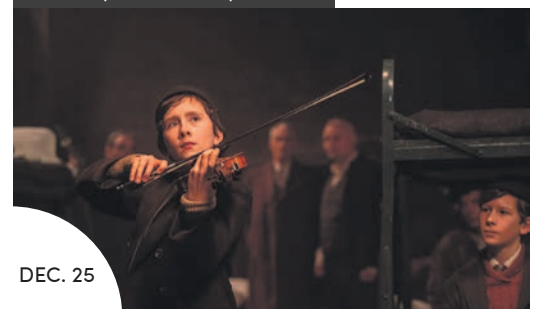


DEC. 25

Two young British privates during the First World War are given an impossible mission: deliver a message deep in enemy territory that will stop 1,600 men, and one of the soldier's brothers, from walking straight into a deadly trap.

**THE SONG OF NAMES**

PG-13 | 1h 53min | Drama



DEC. 25

Tim Roth and Clive Owen star in an emotional detective story spread over two continents and a half century. Beneath the film's stunning and pulsing musical revelations burn the horror of a war and the lost souls extinguished from history.

# YOUR HOROSCOPE

Week of Dec. 22 to 28, 2019

The luckiest signs this week:  
AQUARIUS, PISCES AND ARIES

**ARIES**  
With the holidays just around the corner, you'll decide to concentrate on your relationship. Take time between obligations to put your worries to rest. Try to have some fun and maybe even take off on an adventure.

**TAURUS**  
Unexpectedly, your boss will give you new responsibilities that look strangely like a promotion and a generous pay increase to match. Venturing into the unknown could mean personal and professional success.

**GEMINI**  
If you're single, you'll be pleasantly surprised to meet someone interesting. Your interpersonal skills will help you find a solution to a family conflict and ensure a harmonious holiday season.

**CANCER**  
Even if it wasn't the plan, almost all the holiday festivities will take place at your home, so get ready. You'll need to approach certain family members with sensitivity.

**LEO**  
You'll probably make a spectacle of yourself in one way or another. At work, your efforts will be recognized before the end of the year. In love, this is a magical time for marriage proposals.

**VRIGO**  
You'll try to stick to a budget, but your generosity will get the better of you as you spoil your loved ones. You may also be faced with an unexpected expense. Luckily, you'll be generously compensated for working overtime.

**LIBRA**  
You may be the one to try to make everyone smile. You may consider buying yourself a new car for Christmas. Be careful on the road.

**SCORPIO**  
As we reach the end of the year, you may start to feel exhausted. Eating well will help and give you the energy you'll need to celebrate properly.

**SAGITTARIUS**  
An adventurer at heart, you'll inspire your family to try new activities during the holidays. Sparing no expense, you'll spontaneously book a plane ticket, hotel room or something else to bring your loved ones together in an enchanting environment.

**CAPRICORN**  
Don't wait until your guests arrive to decorate and prepare for the party. It would be good to learn to let go in order to appreciate the moment and accept that things aren't always perfect.

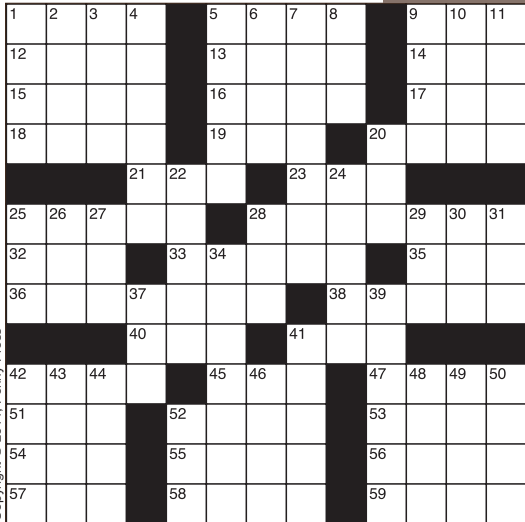
**AQUARIUS**  
Your social nature helps you bring a record number of people to your next bash. Likewise, you'll be surprised when everyone in your family accepts your invitation, meaning there will be more people than ever at your holiday dinner.

**PISCES**  
You'll find yourself with more responsibility than expected when certain people who were supposed to help don't show up. Your boss may need you when you're trying to spend time with your family.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 975



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### ACROSS

1. Data
5. Woe is me!
9. Sheep's call
12. Applaud
13. Gee whiz!
14. Coffee server
15. Granny or square
16. "\_\_\_ Breaky Heart"
17. Ushered
18. Cola
19. Cook's item
20. Give approval to
21. Tiny
23. Talk over
25. Thin-shelled nut
28. Soup cracker
32. Numero \_\_\_

33. Japanese city
35. Jar top
36. Hot-tasting
38. Corridors
40. Rainbow
41. Rowboat requirement
42. Hollow
45. Pork product
47. Special skills
51. Inventor
52. Masking or duct
53. Fish lure
54. Inquire
55. Songbird
56. Bit of land
57. Retainer
58. \_\_\_ and ends
59. Gnaw

### DOWN

1. Bothers
2. Taboo
3. Nourishment
4. Capital of Canada
5. Yawning
6. Loony
7. Smoker's need
8. Timid
9. Volume
10. Precinct
11. Gibb or Williams
20. Make a choice
22. Go inside
24. Hawaiian greeting
25. Little dog
26. Compass direction
27. Patrolman
28. Heavens
29. \_\_\_-advised
30. None
31. Asner and Sullivan
34. Grove
37. Sidekick
39. Language of Egypt
41. Prophetic signs
42. Fall on \_\_\_ ears
43. Otherwise
44. Care for
46. Parodied
48. Impulsive
49. Flooring material
50. Mulligan or Irish
52. "Tea for \_\_\_"

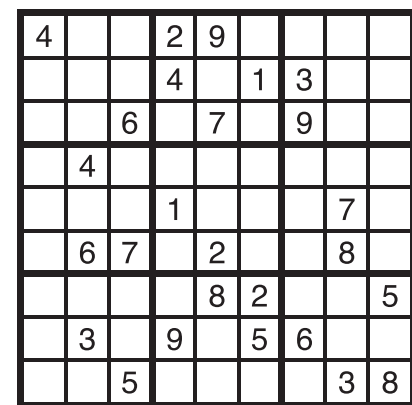
# Sudoku

PUZZLE NO. 700

### 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.**

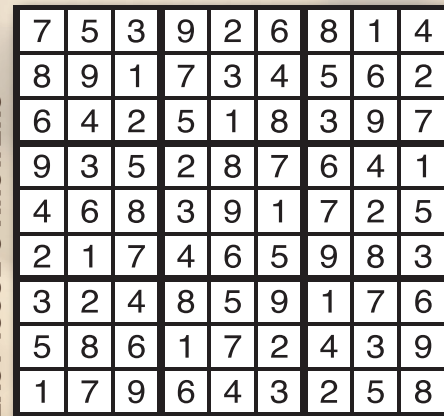


## CROSSWORDS



LAST ISSUE'S ANSWERS

## Sudoku



LAST ISSUE'S ANSWERS

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