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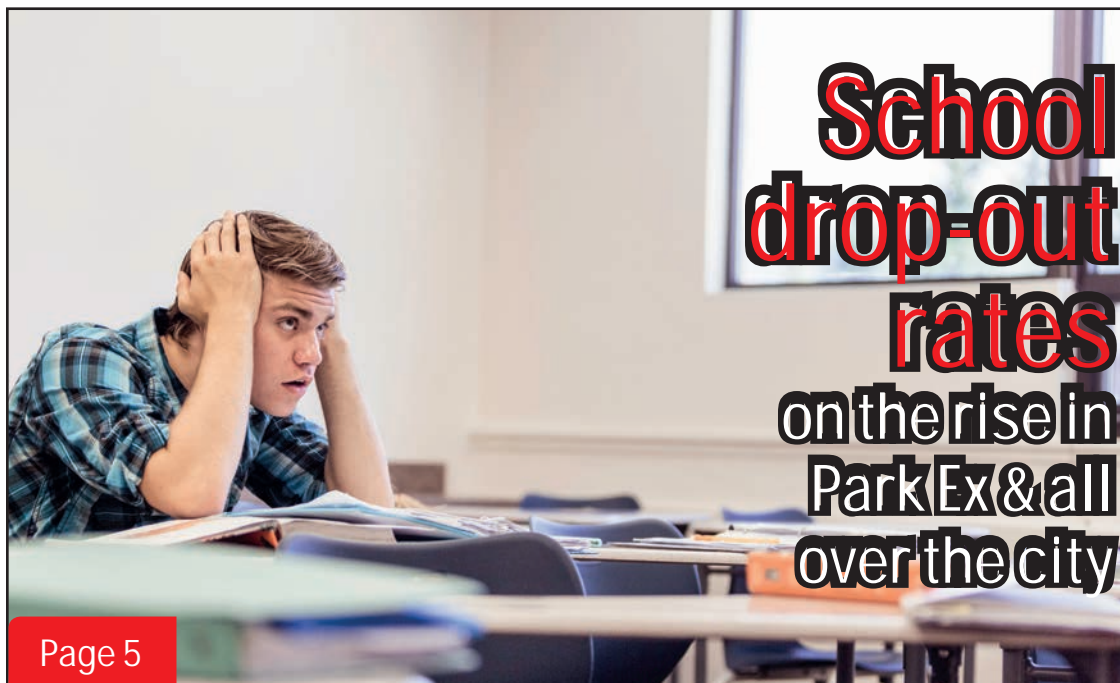
## Imminent Fear

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# Imminent Fear—school closings & testing in Park Ex

## Many parents worry as Premiere Legault announces possible school closings for the winter & Park Ex residents fear getting tested out of fear of losing income



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Despite having an early resolve not to close schools once again as was done in the early portion of the pandemic, Premiere Legault now says that this may be unavoidable. "Schools are a place of transmission. Children have already lost many days of schools last spring, but we have to consider all our options to break the wave," he said.

### A plan to close schools in the works ... and why

When he made his statement earlier this month regarding the school closings for the winter, he stressed that no concrete decision had been made, but they were certainly leaning in that direction. "Closing schools for a month, including the holidays, maybe extended a bit more or less, that is what we are envisioning right now," he also said.

He also stated that he and his officials had been privately planning to close schools and was inclined not to go public with the news, probably in order to not create a panic amongst the people. This is news to many, as he was very adamant just at the start of the month that he and his administration were dedicated to keeping schools open and essential workers at work, seemingly with no plans to close schools. In the end, many feel that the government is simply playing a game of catch-up with an uncontrollable situation.

He was even grilled by one and all at the national assembly because many feel that he and his administration haven't done everything in their power to have proper ventilation in public schools ... a possible reason why schools and children are such able carriers of Covid-19.

### As the numbers stand as this decision is mulled over

As of press time, the numbers that Quebec presents daily show that the cases are surely still on the rise. School closings for the winter seem evident: The most recent data on the evolution of COVID-19 in Québec show 1,207 new cases, bringing the total number of people infected to 128,440. The data also report 34 new deaths, for total of 6,744. Among these 34 deaths, 7 have occurred in the last 24 hours, 19 have occurred between November 12 and November 17, 5 have occurred before November 12 and 3 have occurred at an unknown date. The number of hospitalizations decreased by 1 compared to the previous day, for a cumulative total of 651. Among these, the number of people in intensive care increased by 1, for a total of 101. The samples conducted on November 17 amount to 31,935 for a total of 3,586,364.

### What this means for parents

The discussion amongst parents is as always a



Many nurses at testing clinics around the borough stand twiddling their thumbs as many in the area are afraid to show up to get tested out of fear of a potential loss of income

scale tip back and forth ... many wanting to keep their children and thus the rest of their families as far away from the clutches of Covid-19 as possible. But on the other hand, there are those that the announcement of a possible closing, means a very difficult time ahead, with children at home and nowhere to leave them while they go to work. Many people still need to leave the home for work and for these parents; the prospect of closing may mean serious issues.

### Testing in park Extension ... mounting fears

For many in Park Ex, it is already known that the area is a hotbed for Covid-19. We've covered this, as have many other news outlets all over the city. A few weeks back, we also covered a story on a testing clinic at Howard Park where very few showed up to get tested. Well, as was also reported by Global News, many in Park Ex fear getting tested over the possibility of ultimately losing income. "An employee should not be afraid to go for a test because he fears the economic consequences. Employers should not put pressure on a symptomatic worker to come to work, on the contrary, they should put pressure on them to go for testing, without negative consequences," said Jean-Nicolas Aubé, a public health spokesperson. But despite this awareness, this is how many feel.

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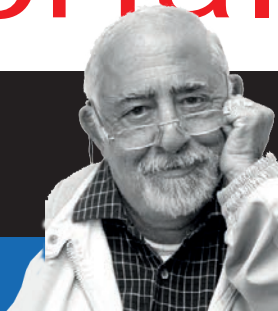
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# OPINION & Editorial



## PARLEZ-MOI D'HUMOUR

Alcide Borik



## LES DANGERS DE LA COVID19

Il est un mal ignoré de presque tout le monde, c'est le  
péril qui nous menace avec cette calamité, la deuxième en  
importance à frapper l'humanité, après le choix de Trump,  
c'est le mal qu'elle cause indirectement au genre humain  
: D'abord, le recul instinctif. Si, au détour d'un couloir  
ou d'un ascenseur, je rencontre une jolie blonde, et que,  
oubliant la balafre bleue qui cache mon beau kiss-her, je  
m'étonne de son manque de réaction je m'approche d'elle,  
elle hurle : Me Too! Me Too!... ce qui vide l'immeuble des  
quelques personnes qui s'y affairaient.

Le pire, c'est quand j'appelle la grande Pharmacie d'en face  
de chez moi en essayant d'avoir ma prescription avec un  
paquet de chips : après m'avoir fait poirotter pendant 45  
minutes par tous les messages pandémiques possibles, je  
raccroche car le répondeur de la conciergerie me signale  
quelqu'un à la porte d'entrée. Rien de spécial, c'est la  
même jeune fille qui vient me rapporter mon masque.

Rappel chez Bharba-prix, qui me fait téter deux heures  
trente en m'assommant de conseils pour la marche à  
suivre au cas où j'aurais des symptômes. À calculer le prix  
pour la livraison de ma prescription gratuite pour aider les  
victimes de la covid19, mais me charger du prix des chips,  
auquel il faut rajouter la livraison de ces frites légères qui  
pèsent si lourd sur ma facture. Je dois sortir ma carte des  
aînés, reposer mon cellulaire qui patine jusqu'à la porte de  
la salle de bains et glisse vers le balcon!

Branle-bas de combat dans la rue, c'est un pro-masque  
et un anti-masque qui se battent pour un cellulaire rouge  
dernier cri tombé du ciel...

Merde!

C'est le mien!

## Skepticism over Covid-19 response growing

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

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

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

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

But hold the rooftop cheering.

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

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


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

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

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

Nor do they like the idea that – even in a good cause – the state's power  
over them is being expanded. Rallies by anti-maskers continue to pop up  
across the country. An alarming number of otherwise sensible people  
seem convinced Prime Minister Justin Trudeau plans to place thousands  
of us in COVID-19 concentration camps. The PM's apparent conviction

► Continued on page 13



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# School drop-out rates on the rise in Park Ex & all over the city

*Drop-outs are actually becoming a bit more common and yeah ... in these modern times—a trend of the past making a return, much like pandemics, essentially an obvious pandemic all its own*



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And it is at a time when our minds are elsewhere that a familiar problem makes its untimely return (if it ever left at all) ... the destruction of education in all its forms. Many say that keeping the children safe is what is at the forefront for many, but it seems like those responsible aren't looking too closely at what the real problems are.

## The numbers

According to Réseau Reussite Montreal, only 82.8 % of students obtain a diploma. Looked at closely enough, that's a staggering number. What's even more staggering is that 21% of those drop-outs are in Montreal. The graduation rate for the province this year of 2020 is actually only at 77%, which in these circumstances is a terrible drop. In Park Ex ... 31.4 %.

## Not enough teachers

This is a statement that has come up many times, even at recent press conferences; the question has been brought up to Premier Legault. Many feel that there are too many children per class and not enough attention is given to those students struggling ... those students that have nowhere else to turn, where the only option is getting a minimum wage job, cutting your losses and moving out of a less than stable home. More teachers would mean fewer students per class and more attention to aforementioned students such as these. But of course all of this looks good on paper. Applying it seems to be the issue. "It takes four years to train a teacher," Legault said at a press conference recently, the meaning clearly taken by one and all to mean ... there's nothing we can do at the moment.

## Shortening teacher training programs

There are also those in favor of shortening programs for teachers, those even suggesting



**For schools all over the city, drop-out rates are on the rise ... Montreal-North, Park Extension and so many more—a persisting problem across the board and seemingly, it's been going this way for quite some time**

that education be considered a trade as opposed to a profession, students wishing to be teachers put through an 1800 hour program at local professional training centers in the province as opposed to the 4 year university degree. This is a possibility many feel, but still, the government hasn't even entertained the motion as of yet.

## The words of a former leader

It was ex-Prime Minister of Canada, Brian Mulroney who once wrote: "It comes as no surprise that only 6 per cent of Westmount

students drop out, in comparison to students in neighborhoods like Point St-Charles or Park Extension, where the dropout rate exceeds 40 per cent. The Léger poll found that 47 per cent of Quebecers would like to see the financial resources that are available to improve student retention and academic success be directed toward the economically underprivileged. We also need to emphasize the importance of students' domestic situations. Many high school students struggle with a negative social environment that impedes their success in

school. We must seek ways to address problems like poor parental guidance/involvement or a lack of mentorship. We will see tangible results if we provide more moral and social support to students who are frustrated academically and are considering dropping out. We are blessed to live in Quebec, with its natural beauty, bountiful resources and bountiful resources and rich cultural fabric. But on a very basic level, Quebec's education system must put new emphasis on the time-tested value that hard work pays off and will be rewarded."



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# The Comité d'Action de Parc-Extension's call for more Social Housing

*Amy Darwish and her troupe gathered at two locations, presenting actions in hopes for a change and a dedication by the municipal and provincial government in favor of providing more social housing for one and all*



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Part of a week of action leading up to Quebec's announcement and economic update, I spoke to Amy Darwish after the event and she said it went well but unfortunately it didn't seem to land with the government just yet, but Amy, who acts as community organizer with the committee remains hopeful. "No announcement by Premiere Legault but the fight continues," Amy said. "We're going to continue to put pressure on the city, the province. The Legault administration hasn't delivered on what he promised, making units available."

## Demonstrations at these sights

Two actions were held last Thursday and at two locations. One site was on Jarry West ... tenants are fighting the demo of a building; construction will create a high end condo, the committee is demanding that this project not go through. It is owned by a private owner.

The 2nd site: 7965 de l'Acadie; it is currently abandoned and up for sale. The city does have right of first refusal; the committee is calling on the city to purchase it for social housing. Actions were held: Thursday morning at 8:30 am before economic update.

## The Hutchison building was a good start

She is definitely in favor of the municipal government coming in and buying out a private owner that wanted to make high end condos at the old Johnny Brown building, and she says that this is a good start. She just wants to see more of this and at many other locations in Park Ex. "Fight the gentrification of the neighborhood and keep tenants that have a lower income, immigrants, in it."

## A call to one and all

She took to the page and in hopes of attracting some positive feedback by the government, specifically Legault in this case. This is what she had to say:

"On the day of the economic update, the Comité d'Action de Parc-Extension (CAPE) called on the Legault government to finance the construction of new social housing. Today, they installed oversized posters in front of 690-700 Jarry West and on 7965 de l'Acadie, two buildings at the heart of mobilizations for social housing in the neighbourhood. Around forty of these posters will also be installed by other members of the Front d'action populaire en réaménagement urbain (FRAPRU), in many Montréal neighborhoods and across the province. At a time when the housing crisis continues to unfold, and when the pandemic



**"Eat the rich!" That just says it all right there, doesn't it? A community fatigued with gentrification and those that support it ... alas, the only ones who can benefit from it**

aggravates the problems faced by those who are low-income and poorly housed, CAPE is concerned by the lack of a proactive approach on the part of the Quebec government where social housing is concerned. Currently, the Legault government isn't even doing what is needed to fulfill its election promise to deliver the 15,000 social housing units promised by their predecessors. In the last two years, only 2,500 units have been built. Not only has the Legault government not announced the funding of new social housing since the beginning of his term, which slows down the development of eagerly awaited projects in Parc-Extension, but we have no news about the use of federal funding, more than a month after an agreement with Ottawa was reached. According to CAPE, the government has no choice but to act quickly. Rent constitutes a disproportionate part of tenants' budget, notably at the expense of access to food and other necessities. The public health crisis has only aggravated the situation of many tenants, according to the committee. The significant number of people who found themselves homeless in the last few months in Montreal, often following evictions, highlights the absence of alternatives to make up for the unaffordability of the rental stock. The housing rights organization also noted that beneath the most visible examples of the current crisis, there are thousands of Montrealers who must choose each month between paying an increasingly higher rent or eating. In the last Census in 2016, 44 % of tenant households in Park Extension were already spending more than a third of their revenues to house themselves. The situation has worsened with the rapid gentrification of the neighborhood in the last few years. After a loss of revenue, an eviction or a situation of violence, people often have to wait months, sometimes years to access low-cost housing. The safety net, when it comes to housing, is largely insufficient. The minister of Housing,



**The picture speaks a thousand words and more ... the community needs social housing to thrive .... It cannot be turned into a neighborhood full of high end condos, essentially pushing out the lifeblood of the community—those with lower incomes, feels Darwish**

Andrée Laforest, recently affirmed that housing was a priority for her government. The CAPE is calling Coalition avenir Québec (CAQ) to act accordingly. With the FRAPRU, the CAPE asks the Legault government to use the economic update this Thursday to accelerate the construction of social housing. The organization hopes, on the one hand, more investment that would allow the realization of one part of the new social housing units linked to the agreement with the federal government and, on the other hand, the addition of missing amounts for the delivering of the 13,000 units that were already planned by previous governments, but not delivered yet. Along with FRAPRU, the CAPE is already announcing its demand ahead of the next budget, by urging Quebec to adopt a long-term vision to end the crisis for good. To do so, a multi-year investment strategy must be planned to allow a significant increase in the proportion of housing outside of the private market, by launching a province-wide program for 50,000 social housing units in 5 years, including 22,500 in Montreal."

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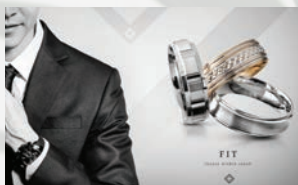
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- Si c'est accessible, allez dans la nature et respirez profondément et lentement.
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- Demandez de l'aide quand vous vous sentez dépassé par les événements. **Ce n'est pas un signe de faiblesse, c'est vous montrer assez fort pour prendre les moyens de vous aider.**
- Contribuez à l'entraide et à la solidarité tout en respectant vos limites personnelles et les consignes de santé publique. Le fait d'aider les autres peut contribuer à votre mieux-être et au leur.
- Prenez le temps de réfléchir à ce qui a un sens ou de la valeur à vos yeux. Pensez aux choses importantes dans votre vie auxquelles vous pouvez vous accrocher quand vous traversez une période difficile.
- Limitez les facteurs qui vous causent du stress.
- Bien qu'il soit important de vous informer adéquatement, limitez le temps passé à chercher de l'information au sujet de la COVID-19 et de ses conséquences, car une surexposition peut contribuer à faire augmenter les réactions de stress, d'anxiété ou de déprime.



## Outil numérique *Aller mieux à ma façon*

*Aller mieux à ma façon* est un outil numérique d'autogestion de la santé émotionnelle. Si vous vivez des difficultés liées au stress, à l'anxiété ou à la détresse, cet outil peut contribuer à votre mieux-être puisqu'il permet de mettre en place des actions concrètes et adaptées à votre situation. Pour en savoir plus, consultez [Québec.ca/allermieux](https://quebec.ca/allermieux)





## Laissez vos émotions s'exprimer

- Gardez en tête que toutes les émotions sont normales, qu'elles ont une fonction et qu'il faut se permettre de les vivre sans jugement.
- Verbalisez ce que vous vivez. Vous vous sentez seul? Vous avez des préoccupations?
- Donnez-vous la permission d'exprimer vos émotions à une personne de confiance ou de les exprimer par le moyen de l'écriture, en appelant une ligne d'écoute téléphonique ou autrement.
- Ne vous attendez pas nécessairement à ce que votre entourage soit capable de lire en vous. Exprimez vos besoins.
- Faites de la place à vos émotions et aussi à celles de vos proches.



## Utilisez judicieusement les médias sociaux

- Ne partagez pas n'importe quoi sur les réseaux sociaux. Les mauvaises informations peuvent avoir des effets néfastes et nuire aux efforts de tous.
- Utilisez les réseaux sociaux pour diffuser des actions positives.
- Regardez des vidéos qui vous feront sourire.



## Adoptez de saines habitudes de vie

- Tentez de maintenir une certaine routine en ce qui concerne les repas, le repos, le sommeil et les autres activités de la vie quotidienne.
- Prenez le temps de bien manger.
- Couchez-vous à une heure qui vous permet de dormir suffisamment.
- Pratiquez des activités physiques régulièrement, tout en respectant les consignes de santé publique.
- Réduisez votre consommation de stimulants : café, thé, boissons gazeuses ou énergisantes, chocolat, etc.
- Buvez beaucoup d'eau.
- Diminuez ou cessez votre consommation d'alcool, de drogues, de tabac ou votre pratique des jeux de hasard et d'argent.

## Aide et ressources

Le prolongement de cette situation inhabituelle pourrait intensifier vos réactions émotionnelles. Vous pourriez par exemple ressentir une plus grande fatigue ou des peurs envahissantes, ou encore avoir de la difficulté à accomplir vos tâches quotidiennes. Portez attention à ces signes et communiquez dès que possible avec les ressources vous permettant d'obtenir de l'aide. Cela pourrait vous aider à gérer vos émotions ou à développer de nouvelles stratégies.

- **Info-Social 811**  
Service de consultation téléphonique psychosociale 24/7
- **Regroupement des services d'intervention de crise du Québec**  
Offre des services 24/7 pour la population en détresse : [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres)
- **Service d'intervention téléphonique**  
Service de consultation téléphonique 24/7 en prévention du suicide : 1 866 APPELLE (277-3553)

**De nombreuses autres ressources existent pour vous accompagner, consultez : [Quebec.ca/allermieux](http://Quebec.ca/allermieux)**

**[Quebec.ca/allermieux](http://Quebec.ca/allermieux)**

 **Info-Social 811**

**Québec** 



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



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

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

## Take care of yourself

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



### The *Getting Better My Way* digital tool

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





## Give voice to your feelings

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



## Make judicious use of social media

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



## Choose healthy living habits

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

## Help and resources

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

### • Info-Social 811

Info-Social 811 is a free and confidential telephone consultation service available 24/7

### • Regroupement des services d'intervention de crise du Québec

Provides 24/7 referral services for people in distress (French): [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres)

### • Suicide prevention crisis helpline

Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)

For a host of other helpful resources, visit [Quebec.ca/gettingbetter](http://Quebec.ca/gettingbetter)

[Quebec.ca/Gettingbetter](http://Quebec.ca/Gettingbetter)

 Info-Social 811

Québec 



# Pandémie de la COVID-19 -

## Le gouvernement propose un contrat moral aux Québécois pour le temps des Fêtes

CNW Telbec/ - À la suite de longues discussions avec les experts de la santé publique, le premier ministre du Québec, François Legault, a annoncé, que si la situation épidémiologique actuelle se maintient d'ici la mi-décembre, les rassemblements privés seront autorisés à l'occasion de la période des Fêtes, soit du jeudi 24 au dimanche 27 décembre inclusivement, afin de permettre aux Québécois et aux Québécoises de passer des moments privilégiés avec leurs proches.

L'objectif est clair : assouplir les règles pour le temps des Fêtes, mais sans relancer la transmission et la contagion. Pour ce faire, le premier ministre a proposé aux Québécois un contrat moral, qui se décline en quatre temps :

1. **Ensemble, maintenir la situation actuelle jusqu'aux Fêtes, et au-delà;**
2. **Participer à un confinement volontaire, une semaine avant et une semaine après la période autorisée pour les rassemblements privés;**
3. **Se limiter à des rassemblements composés d'un maximum de dix personnes sur une période de quatre jours, soit du 24 au 27 décembre;**
4. **Surtout, continuer à se protéger les uns et les autres, en particulier les personnes plus âgées.**

C'est en respectant ce contrat moral que les Québécois pourront se rassembler, malgré la deuxième vague qui sévit, sans pour autant compromettre tous les efforts déployés et réalisés ces derniers mois. Notons par ailleurs que les activités telles que les fêtes de bureau ne sont pas autorisées.

### Milieus éducatif et scolaire

Accompagné également du ministre de l'Éducation, Jean-François Roberge, le premier ministre a annoncé que les établissements scolaires du primaire seront fermés du 17 décembre au 3 janvier inclusivement, pour un retour en classe le 4 janvier 2021. L'enseignement continue, puisque les élèves du primaire poursuivront leurs apprentissages à distance entre le 17 décembre et la fin des classes.

Quant aux établissements scolaires du secondaire, ils seront fermés du 17 décembre au 10 janvier inclusivement. Les élèves suivront un enseignement à distance également, selon le calendrier scolaire établi.

À noter que les services de garde éducatifs à l'enfance demeureront ouverts. Les services de garde en milieu scolaire n'accueilleront, quant à eux, que les enfants du personnel de la santé, des services sociaux et des services prioritaires.

De plus, il est par ailleurs important de mentionner que les écoles spécialisées pour les enfants qui ont des besoins de services particuliers demeureront ouvertes.

### Télétravail recommandé pour les entreprises et fermetures de certains secteurs jusqu'au 11 janvier

Le premier ministre a également demandé aux entreprises de maximiser le télétravail pour leur personnel et de réduire leurs activités, dans la mesure du possible. Le gouvernement du Québec entend mettre tous ses employés qui peuvent le faire en télétravail à partir du 17 décembre.

Par ailleurs, M. Legault a annoncé que, dans les zones rouges, les restaurants, les salles de spectacles et les gyms, vont rester fermés jusqu'au

11 janvier prochain. De fait, le prolongement de tous les programmes d'aide pour les entreprises fermées en raison des mesures sanitaires en place dans les zones rouges se prolongera jusqu'à cette date. La situation sera réévaluée d'ici là.

### François Legault, premier ministre du Québec

« Aujourd'hui, je veux proposer aux Québécois un contrat moral pour le Temps des Fêtes. On propose de permettre les rassemblements durant 4 jours : le 24, 25, 26 et 27 décembre, avec un nombre maximal de 10 personnes. Mais, il y a une contrepartie au contrat. On demande à tout le monde d'essayer de ne pas avoir de contacts, une semaine avant et une semaine après, donc un confinement volontaire pour minimiser les risques de propager le virus chez vos proches. La famille, c'est à la base de notre nation. Si on veut avoir des forces pour se rendre jusqu'à la fin de cette pandémie, on a besoin de l'énergie de nos familles. Les Fêtes de Noël sont un moment précieux. »

### Christian Dubé, ministre de la Santé et des Services sociaux

« Comme pour l'ensemble des décisions que nous avons prises jusqu'à maintenant, nous avons essayé de trouver un juste équilibre entre les risques que ces rassemblements représentent et les bienfaits pour la population. D'ici là, il est primordial de redoubler de vigilance afin de réussir à diminuer le nombre de nouveaux cas quotidiens. Il faudra porter une attention particulière aux personnes vulnérables; il n'y aurait rien de plus triste que des grands-parents infectés à la suite de rassemblements familiaux. »

### Jean-François Roberge, ministre de l'Éducation

« La solution retenue, au terme de plusieurs discussions, autant avec nos experts de la santé publique qu'avec nos partenaires du réseau scolaire, nous permettra à la fois de réduire les contacts sociaux, avant et après les rassemblements des Fêtes, et aussi, ce qui est particulièrement important, de poursuivre les apprentissages, ce dont nos élèves ont grandement besoin. Je tiens à remercier du fond du cœur l'ensemble du personnel scolaire pour les efforts incroyables des derniers mois. Il faut le dire, c'est grâce à ces gens que nos écoles sont demeurées ouvertes, depuis septembre, et qu'elles rouvriront en janvier. D'ici là, j'appelle tous les Québécois à redoubler de vigilance et à continuer de respecter fidèlement les consignes sanitaires. Chaque geste compte. »

### Horacio Arruda, directeur national de la santé publique

« Plusieurs scénarios ont été analysés, et diverses considérations ont motivé nos recommandations pour passer un temps des Fêtes en famille et en santé. L'élément le plus important qui nous permettra de célébrer le temps des Fêtes et d'éviter une détérioration de la situation épidémiologique, en janvier, est le respect des mesures de base et des règles dans les différents milieux. J'invite les gens à passer du bon temps durant cette période, à profiter de la présence de leurs êtres chers et à prendre part aux activités qui seront accessibles dans le respect des mesures de protection. »



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 Cinémas 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





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# Skepticism...

◀ Continued from page 4

that it's up to him whether Christmas occurs doesn't help.

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

No doubt well-intended, Sampson seemed oblivious to the fact that bankruptcies in Canada grew by 20 per cent in September. Many of those on the beach may be among the 700,000 who have lost their jobs this year. They need to pay the rent and have no place else to go.

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

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

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

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

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

work from home again.

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

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

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

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

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

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

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

*Peter Menzies*

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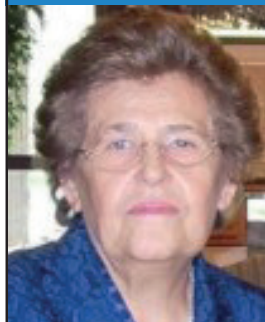
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**NICOLOPOULOS, Dina Drivas**  
1929 - 2020



In CHSLD Saint-Vincent-Marie, passed away on November 21, 2020 Mrs. Dina Drivas Nicolopoulos, wife of late Athanasios Nicolopoulos.

**GILMOUR, Howard (Howie)**  
1954 - 2020



On Saturday November 21, 2020. Husband of the late Norma Lifshitz for sixty-six years. Father and father-in-law of Hal Gilmour and Leena Tomi, David and Sandra Gilmour, Allan Gilmour and Elyse Gasco. Devoted brother and brother-in-law of Suzanne and the late Bill Herscovitch. Grandfather of Kira and Maya; Daniel and Jesse. Howard will be remembered by his many nieces, nephews, dear friends and colleagues.

**VAVREK, Robert**  
1965 - 2020



It is with deep sadness that the family announces the death of Mr. Robert Vavrek, on November 21, 2020 in Gatineau. He is survived by his parents Madame Pauline Vavrek née Prévost and Mr. Istvan Vavrek, his sister Véronique (Benoît), his brothers Jean (Carole) and Stéphane, his nephew Miguel, his nieces Caroline, Émilie, Stéphanie and Mélynda as well as several parents. and friends.

**VINCENT, Jocelyne**  
1947 - 2020



In Montreal, on November 18, 2020, at the age of 73, passed away Mrs. Jocelyne Vincent, wife of Mr. Raynald Bourque. Besides her husband, she is survived by her children, Nathalie (Jude) and Martin (Julie), her grandchildren, Marie-Eve, Rachel, Étienne and Antonin, her brothers and sisters, Christiane (Ronald), Yves and Chantal (Jacques), his nephews and nieces, as well as several relatives and friends.



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# HOROSCOPE

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

The luckiest signs this week:  
**LEO, VIRGO AND LIBRA**



## ARIES

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



## TAURUS

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



## GEMINI

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



## CANCER

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



## LEO

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



## VIRGO

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



## LIBRA

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



## SCORPIO

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



## SAGITTARIUS

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



## CAPRICORN

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



## AQUARIUS

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



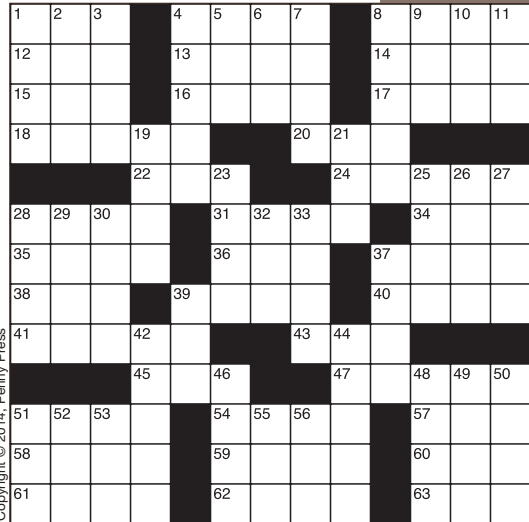
## PISCES

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

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1009



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### ACROSS

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

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

### DOWN

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

# Sudoku

## HOW TO PLAY:

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

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

PUZZLE NO. 733

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

## Last Issues' Answers

## CROSSWORDS

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

## Sudoku

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

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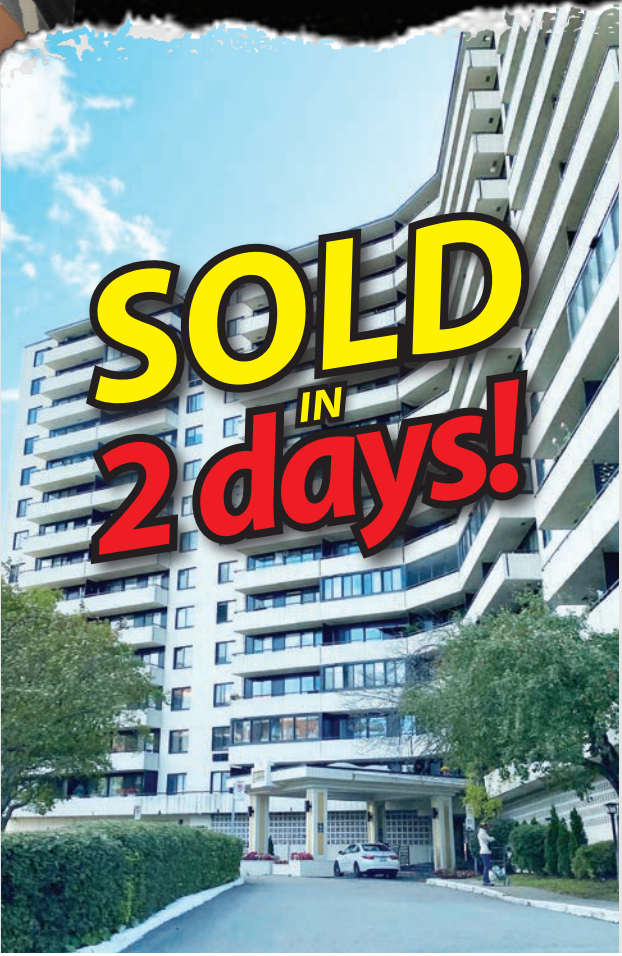
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