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Registration underway at Sinclair Laird Elementary for next school year

Last English-language school in Park Ex offers a bilingual education



MARTIN C. BARRY
marty@newsfirst.ca

Attention all moms and dads in Park Extension. Have you been looking for a school for your kids that's nearby, has a friendly and open ambience, and can provide a bilingual education?

If so, then look no further than Sinclair Laird Elementary, a public school steeped in history with a fondness for traditions, where your children will be able to broaden their knowledge, skills and experience in a neighbourhood that is close to where they live.

School's historic roots

Located on Wiseman Ave., Sinclair Laird Elementary School was built in 1956 and first opened its doors on January 30 1957. Located in the heart of Park Extension, the school was named after a former Dean at the School for Teachers at McDonald College and McGill University.

"We're the last English-language school in Park Extension," said Derrek Cauchi, Sinclair Laird Elementary's principal, noting that the school is currently accepting applications for up to a hundred new students for the next school year which begins next September.

Sinclair Laird Elementary reflects the multi-cultural flavour of its neighbourhood, providing to all of the students the opportunity to acquire

important skills and knowledge in order to succeed co-operatively in a modern world.

A dedicated staff

A dedicated and experienced team of teachers and support staff work collaboratively with parents to help each child reach his or her greatest potential. One of the fundamental principles of the Sinclair Laird Elementary philosophy is that all children can learn.

Students, teachers and parents bring with them a diverse range of abilities and cultures. The school aims to create a bilingual literacy-rich experience, while encouraging parental involvement in an open public-school environment.

Sinclair Laird Elementary is equipped to provide qualifying students with a Special Needs education. Principal Cauchi pointed out in an interview with Nouvelles Parc Extension News that some students currently receiving Special Needs education at Centre de services scolaire de Montréal schools may qualify to receive those services at Sinclair Laird Elementary.

Special Needs services

While many CSSM schools have become overcrowded, Cauchi said parents in Park Extension with Special Needs kids should be aware they have an option to send them to Sinclair Laird Elementary, where the student population is smaller and there is less stress from crowded classes.

"We want to make sure that everybody who may



Photo: Students at Sinclair Laird Elementary reflect the multi-cultural flavour of the neighbourhood, Park Extension.

be interested in coming to our school or sending their children is able to so," he continued, while pointing out that Sinclair Laird has an exceptionally large and beautiful outdoor play area and park-like campus that is shared with the City of Montreal outside of school hours.

Programs offered

The Sinclair Laird Elementary curriculum includes programs for Bilingual Elementary Education, Robotics and STEAM (science,

technology, engineering and arts). The school also offers daily physical activities, extra-curricular activities, a hot lunch program, a breakfast program and a BASE daycare program.

Registration for the new school year starting in early September begins during the last week of January and continues into the first week of February. For more information about the programs and services, or to book a visit, please contact the school at (514) 279-9026, or by e-mail at sinclairlaird@emsb.qc.ca.

SINCLAIR LAIRD ELEMENTARY SCHOOL

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(514) 279-9026

www.sinclairlaird.emsb.qc.ca

REGISTRATION FOR SIBLINGS OF SINCLAIR LAIRD / 2021-2022
JANUARY 25TH TO 29TH, 2021

REGISTRATION FOR NEW STUDENTS / 2021-2022
FEBRUARY 1ST TO 5TH, 2021

Commission scolaire English Montreal
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Montreal's hospital situation 'extremely tense,' says top official

More beds being added, but staffing issues could limit their utility



Dr. Sonia Bélanger, a senior public health official, says COVID cases are straining Montreal hospitals' capacity

The situation at Montreal's hospitals remains under control but is "extremely tense" as they contend with an onslaught of COVID-19 patients stemming from increased infections over the holiday period, said Sonia Bélanger, a senior public health official.

The same cracks that are appearing in the health-care network across the province are highly visible in the city, said Bélanger, who heads

the CIUSSS du Centre-Sud-de-l'Île-de-Montréal.

Beds are filling up, some surgeries and other activities are being postponed, and staff are being shifted from their usual assignments to help with a growing population of COVID-19 patients, Bélanger said.

The network is adding 310 beds to accommodate non-COVID patients who may need to be moved out of hospitals and has also increased intensive care capacity, Bélanger said.

The Jewish General Hospital, the Centre hospitalier de l'Université de Montréal, the McGill University Health Centre and three hospitals grouped within the CIUSSS du Nord-de-l'Île-de-Montréal have added a total of 43 intensive care beds, she said.

But she warned that staffing issues mean those additions can only do so much.

"It's great to have extra beds, but we have to have the ability to staff those beds," Bélanger said, noting that around 1,000 health-care workers are currently absent, either because they have COVID-19 or are awaiting test results.

The majority of new cases have resulted from gatherings in homes, said Dr. Mylène Drouin, Montreal's public health director. She hypothesized that "small transgressions" — rather than big parties — largely account for case counts in the city that reached record highs in recent days.

Numbers have dipped in the last few days, Drouin said, but she said the number of people getting screened had also dipped. "It's too early to say if we've reached a plateau or downward trend," she said.



Dr. Mylène Drouin, Montreal's public health director.

Testing more, sooner

A major issue, Drouin said, is that not enough people are being screened, and many are taking too long to do so. Those who experience flu-like symptoms should get tested immediately, she said, because "there's no other virus in circulation in the community."

Drouin said the average time between someone experiencing symptoms and getting tested was 2.7 days. "This is often the period where you are most contagious," she noted.

Although there have been outbreaks at schools, Drouin said, they have largely been minor, and have typically been the result of community transmission, not the cause.

Furthermore, Drouin said new rules — such as requiring procedural masks — should keep things in school in check.

The hardest hit areas in Montreal right now are Parc-Extension, Saint-Léonard, Saint-Michel, Saint-Laurent and Bordeaux-Cartierville, Drouin said.

CRA sends out paperwork to those who received pandemic benefits

The Canada Revenue Agency began sending out T4a slips to Canadians who have received COVID-19 benefits, reminding them that the money is taxable income and must be recorded on their tax returns.

The department said the T4as are being issued as statements of income and not necessarily as statements of money owed. As with the T4 statements employers provide to employees in advance of tax season, the T4a statement details how much taxable income someone received directly from the federal government in the form of a COVID-19 benefit. Residents of Quebec will get both T4a and RL-1 slips.

The T4a forms list how much money a person received from one or more of the following benefits: the Canada Emergency Response Benefit (CERB), the Canada Emergency Student Benefit (CESB), the Canada Recovery Benefit (CRB), the Canada Recovery Sickness Benefit (CRSB) and the Canada Recovery Caregiving Benefit (CRCB).

Those who received money through one of the benefit programs need to enter the total amount they received last year on line 13000 of their 2020 income tax and benefit return. For those registered for My Account and filing with NETFILE-certified software, this information will be entered automatically into tax returns.

The CRA says that while tax was taken off at source for the CRB, CRSB and CRCB, it wasn't taken off for the CERB or CESB. Once all other sources of income, deductions and credits have been calculated, some people may discover they owe money when they file their returns regardless of whether taxes were taken off at source.

"It's going to be difficult for people and it's going to be complex or complicated for the system," Employment Minister Carla Qualtrough told CBC News last month.

"As people file their taxes, [we] are going to have to figure out what they've been ... what they owe taxes on, what has already been taken taxes off for them. If you claimed both the CERB and CRB, we took taxes off the CRB but we didn't for CERB — it's incredibly complicated," she said.

Concerned about Canadians financially stressed by the pandemic, the CRA says it has expanded the ways in which people can pay back money owed and is urging taxpayers to reach out to the agency to see which options work best for them.

CRA and CERB

The CRA has already sent out 441,000 letters warning people who received the CERB that they may not be eligible for the benefits they have received so far. The letters asked recipients who don't meet income requirements to pay back the money by the end of 2020 so it does not negatively affect their tax returns.

Described as "education letters" by a CRA spokesperson, the letters were sent to those for whom the agency said it was "unable to confirm ... employment and/or self-employment income of at least \$5,000 in 2019, or in the 12 months prior to the date of their application" — one of the key criteria for the CERB program.

Many of those affected have argued that the federal government never clearly defined how the \$5,000 amount would be calculated. The federal government acknowledged last month that it provided unclear instructions to self-employed Canadians on how to apply for CERB. The CRA said there would be no penalties or interest in cases where CERB needs to be paid back, but it stopped short of saying the payments would be forgiven.

An advertisement for WAGAR Common Core Basic English registration. The background shows a group of diverse people sitting around a table, smiling and looking at documents. The text is overlaid on the image. At the top, it says "REGISTRATION WAGAR" with a logo. Below that, in large white letters, is "COMMON CORE BASIC ENGLISH". A white box contains the registration dates and times: "Dates: January 19, 2021 and January 20, 2021" and "Time: 9am - 3pm and 9am - 3pm & 5pm - 8pm". At the bottom, it says "WAGAR ADULT EDUCATION CENTRE" and includes logos for "Commission scolaire English-Montréal English Montreal School Board" and "AEVS Adult Education & Vocational Services".

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



There is Hope in these bad times.

Well now. That is some beginning to 2021. Unprecedented curfew in Quebec, never before seen violent attempted insurrection at the White House, Covid-19 reaching record levels of infection and showing no sign of slowing down, in fact the virus is mutating, snail pace inoculation with what few vaccines Canada has obtained. The entitled travelling politicians and bureaucrats, who were caught. There are more headlines during these first few days of the year, but enough negativity for now.

And here I was expecting, at least hoping, really hoping to begin the New Year with the Laval News on a high note. You know, a positive commentary. It's tough. Nearly impossible.

They say to remain positive amidst the bombardment of negative news is to watch less of it. But with less screen time news, a phone call or informal chat with a family member or friend will almost always bring up current events. Someone else will undoubtedly inform you, so you're going to find out anyway. And besides, we all want to stay current, especially these days.

Another suggestion is to watch positive news. Where is there positive news? Each medium has a news template that includes stories on chaos, politics, court cases, and often a "live" unfolding shoot out. However, often a more hopeful story ends the news, like a little girl who donates her five-dollar birthday gift to a homeless man, or a human who saves a helpless deer that crashed through thin ice.

Volunteering for an organization that's close to your heart can help a lot.

And there's talk about exercise. Not going to a gym, but just walking regularly (before 8p.m, unless you walk the dog) helps to balance negativity.

Understanding 'duality', meaning accepting that there has to be some negative events for us to appreciate the ones that are positive in our lives - another example of how to find positive energy in your life.

For example, the Prime Minister seems to score political points just by saying, more or less, what we are already thinking. He said, "Canadians are deeply disturbed by violence in Washington." No kidding. We are sad, shocked and angry. The vaccine roll-out has been disgustingly slow. The Prime Minister says, "I share your frustration" with the pace of inoculation. Maybe if his government had ordered sooner, we wouldn't be receiving merely a few hundred thousand at a time, for a nation of 38 million. The positive side is the fact this is

Canada, a huge country dealing with a vaccine that has to be kept ridiculously cold. Working out the logistics or distribution just takes time. The pace will accelerate. Positive.

Remember back when we were hoping for a Canadian vaccine from Halifax's Dalhousie University? They were doing research with China's Sinovac. Had it come to be, not that many of us would have lined up for a China related vaccine anyway. As you know, China, world bullies that they are, pulled out of the Canadian alliance and went on their own. Turns out their vaccine is said to be no more than "78% effective". I'm glad events unfolded as they did. That's positive.

The assault on democracy by domestic terrorists almost led to the destruction of the electoral ballots in Washington. Imagine if that would have happened. Those yahoos would have burned them in public view. But according to some Twitter chatter, the young Senate staff rushed the valises out, full of votes from the 50 states, before the thugs crashed Congress. That's positive.

Our Health Minister Anna Hajdu approved two million faulty Covid test kits for 150 million dollars. Fortunately, someone decided to test them after the first five thousand arrived. I suppose that's positive. I'm trying very hard here. This company Spartan Bioscience was praised by Trudeau and received a near 300-thousand-dollar grant from the National Research Council. Sorry, that's one where I can't find the positive side.

Our public affairs minister Bill Blair had to make an about turn after Doug Ford told him 63 thousand people were pouring into Pearson airport every week, unchecked. Canada's Border Services estimates seven to ten thousand per day fly into Canada, on the honour system to quarantine. Many do not. Finally, a pre-boarding testing policy was quickly put together by Ottawa effective Jan 7th. The airlines wanted it six months ago. But it's now in effect. That's positive.

What about these entitled politicians flying off to the sun while their constituents are told to not even see family? Fired, resigned, demoted. They won't do it again. Positive.

I know you've heard this before but it's worth repeating. We can't control events around us, but we can control how we react to them. Stay safe.

That's what I'm thinking.
Robert Vairo

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Letters to the Editor



We must protect French – but not at the expense of English-speaking communities

At the dawn of 2021, English-speaking Quebecers are witnessing the relative language peace we have enjoyed for many years fade.

In Ottawa, Official Languages Minister Mélanie Joly has promised to table a white paper as the basis for protecting and promoting French not only outside of Quebec, but also within. Meanwhile in Quebec City, Language Minister Simon Jolin-Barrette will reinforce the Charter of the French Language (Bill 101).

The Quebec Community Groups Network (QCGN) and many English-speaking Quebecers are determined to serve as crucial and constructive voices throughout upcoming debates that are bound to prove emotional and sometimes acrimonious. We believe that English-speaking Quebecers are uniquely placed to nurture understanding between English and French – and to communicate Quebec's unique character and concerns as well as the needs of Francophone minorities to Canada's English-speaking majority.

The governments of Quebec and Canada are responsible for protecting and promoting both the French language and our linguistic minority community. As proud Quebecers with deep attachments to this province, we understand that Francophones are concerned about the future of their language within a sea of English across North America. We believe that French can and must be protected without diminishing the vitality and viability of Quebec's English-speaking communities – which are increasingly fragile. All must understand this troubling reality.

Linguistic duality is a sustaining pillar of Canada. The QCGN advocates the equality of language rights and obligations in all areas of federal jurisdiction. We are disappointed some in Quebec are turning inward; one leading opinion-maker in French Quebec has even counselled that embattled minority communities outside Quebec simply be written off.

Not us! No matter where Canada's French-speaking minorities live, English-speaking Quebecers share their minority perspective and make common cause with them. We are staunch allies. We intervene in legal cases and other battles that threaten to diminish their – and thus our – official language rights. Like them, we insist that our institutions that we have built and sustained over many generations be maintained and properly funded.

We remind Minister Joly of her government's pledge in September's Throne Speech "that the defence of the rights of Francophones outside Quebec, and the defence of the rights of the Anglophone minority within Quebec, is a priority." Any legislative change must ensure Canadians living in minority language communities continue to receive constitutionally protected services in their own language.

English-speaking Quebecers understand that the policies and programs of the Quebec government have the greatest impact on our daily lives and our continued vitality. Any amendments to language legislation must respect the principle of the Charter of the French Language which specifies that French should be protected and promoted "...in a spirit of fairness and open-mindedness, respectful of the institutions of the English-speaking community of Québec, and respectful of the ethnic minorities, whose valuable contribution to the development of Québec it readily acknowledges."

As debate over language is rekindled, it is critical that the dialogue be evidence-based and that it steers clear of outdated stereotypes about our community which continue to be propagated in some Quebec media and elsewhere. Our community has changed immensely in recent decades. We are more ethnically, racially, and culturally diverse. We are the English-speaking community with the highest levels of French-language proficiency in Canada. More than three quarters of our youth are bilingual. We have built world-class institutions that enrich all of Quebec society. Our schools have led the world in developing bilingual education. Meanwhile we have lower levels of income and higher levels of unemployment than our French-speaking compatriots.

As Quebec and Canada construct parallel language-policy frameworks for a new era, we urge all participants to be inspired by the example Canada has long provided the world – that distinct linguistic communities can learn and build upon the others' strengths and cultures, and thus thrive and prosper with mutual respect and cooperation.

This is the vision that QCGN will be upholding in 2021 and beyond. We invite our community and political leaders to embrace this unifying vision.

By Marlene Jennings

Marlene Jennings is President of the Quebec Community Groups Network.



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Pandémie de la COVID-19 –

Plus de la moitié des résidents des CHSLD du Québec ont été vaccinés

CNW Telbec/ - Le premier ministre du Québec, M. François Legault, et le ministre de la Santé et des Services sociaux, M. Christian Dubé, ont annoncé que la vaccination contre la COVID-19 auprès des clientèles prioritaires continue de s'accélérer au Québec. Plus de la moitié (53,7 %) des résidents en CHSLD ont été vaccinés jusqu'à maintenant, pour un total de 21 478 personnes.

Un total de 92 452. Sur 115 375 doses reçues jusqu'à maintenant, 80 % ont déjà été administrées.

Situation critique dans les hôpitaux du Québec Par ailleurs, la hausse constante des cas et des hospitalisations au cours des dernières semaines impose une pression énorme sur le réseau de la santé et des services sociaux et ses travailleurs, de sorte que plusieurs hôpitaux se situent actuellement à un niveau maximal de délestage et réussissent avec difficulté à réaliser les chirurgies urgentes et oncologiques. Si la tendance se maintient, il pourrait y avoir un dépassement des capacités de lits d'hospitalisation et de soins intensifs pour les patients, autant ceux atteints de la COVID-19 que ceux ayant d'autres maladies.

On dénombre 1 436 patients COVID dans nos hôpitaux. Il faut comprendre que les patients COVID ne nécessitent pas seulement des lits, mais ils sollicitent aussi le personnel. Une infirmière qui est auprès d'un patient atteint de la COVID ne peut pas être auprès d'un autre patient. La première raison pour laquelle on doit faire des efforts et limiter nos contacts, c'est pour aider le personnel de la santé.

Devant la gravité de la situation, le ministère de la Santé et des Services sociaux a donc demandé à plusieurs établissements des régions de Montréal, de Laval, de Lanaudière, des Laurentides et de la Montérégie de se préparer à un dépassement de leur capacité de lits de soins intensifs. La situation est particulièrement critique dans la grande région de Montréal, alors que le nombre d'hospitalisations a plus que doublé au cours du dernier mois.

Bilan des premiers jours du couvre-feu François Legault est revenu sur le déroulement de la fin de la semaine, alors que le couvre-feu est entré en application. Le



premier ministre a été impressionné et touché par la solidarité des Québécois qui, dans la grande majorité, ont respecté le couvre-feu. Il a également remercié les policiers qui ont fait un excellent travail et qui, au cours des deux derniers jours, ont remis 740 amendes, y compris pour des rassemblements dans des maisons. Grâce à leurs interventions, des comportements irresponsables mettant à risque la santé des citoyens sont évités.

Protéger d'abord les 65 ans et plus

Enfin, le premier ministre a tenu à rappeler que les personnes de 65 ans et plus représentent 80 % des patients COVID hospitalisés et 95 % des décès. Conséquemment, les Québécois devraient limiter le plus possible les contacts avec les personnes de 65 ans et plus. Même si cela est difficile, c'est la meilleure façon de protéger nos proches les plus vulnérables, dans un contexte où le virus est partout.

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Vous êtes là quand les gens que vous aimez vivent un mauvais moment. Ne vous oubliez pas. Des solutions existent pour aller mieux.

Il est possible que la situation actuelle suscite des émotions difficiles ou de la détresse. Il est normal de vivre un certain déséquilibre dans différentes sphères de sa vie. La gestion de ses pensées, de ses émotions, de ses comportements et de ses relations avec les autres peut devenir plus ardue. La plupart des gens arriveront à s'adapter à la situation, mais il demeure important que vous restiez à l'écoute de vos besoins. **N'hésitez pas à prendre les moyens nécessaires pour vous aider.**

Prenez soin de vous

- Mettez sur vos forces personnelles et ayez confiance en vos capacités.
- Rappelez-vous les stratégies gagnantes que vous avez utilisées par le passé pour traverser une période difficile. Il n'y a pas de recette unique, chaque personne doit trouver ce qui lui fait du bien.
- Accordez-vous de petits plaisirs (écouter de la musique, prendre un bain chaud, lire, pratiquer une activité physique, etc.).
- Si c'est accessible, allez dans la nature et respirez profondément et lentement.
- Apprenez à déléguer et à accepter l'aide des autres.
- 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
- **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

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

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

Quebec.ca/Gettingbetter

 **Info-Social 811**

Québec 



by Maria Diamantis



Cheesecake à la melomakarona

When my good friend and neighbour posted her genius recipe of a Greek cookie inspired cheesecake, my "spidey-senses" started to tingle!

A few issues ago I posted a recipe of this Greek cookie called melomakarona (which still I cannot say it without pausing in between syllables). It's a traditional Christmas cookie. Of course, it's only normal to make tons of it, when being the custom to share or do a cookie exchange during the Christmas holidays. So, Christmas is over and there is still lots of these honey dipped germs lingering. One would wonder why they would be still lingering. But we all overindulge during the holidays and having that New Years resolution in back of your mind, has you thinking twice before that hand goes digging into the cookie bin. But who am I kidding?

This is why I found my friend's recipe genius, (she's a smart cookie!). I happened to have cream cheese. Oh no! So much for the New Years resolution! I rejected the cookie so I can make another dessert? Oh well, this is for another discussion, so I am just going to dive into the recipe.

Let me introduce my friend Billie Bitzas and her sister Helen. They have this amazing food blog called Mia Kouppa (which means 1 cup), mostly recipes passed down to them from their parents. I say mostly because they have wonderful ideas of their own like this recipe called Melomakarona Cheesecake! So I mentioned I had the cream cheese and the cookies but there's more ingredients needed to make it properly. I made the mistake of diving into a recipe without necessarily having all the ingredients and this is what happened to me. So, the recipe I'm going to post is a slightly different one. After all my friends did mention in their recipe to experiment "Let your creativity run wild! The cake is your canvas!" And so, I took their advice!

...but if you want to do the actual recipe, it is well worth going to their website and checking it out (miakouppa.com). Of course, this will work if you have the cookies. This is where you would approach your friend of Greek heritage and ask them, "do you have any melomakarona left over and possibly donate them to me?" If you have the nerve that is, haha!

If you're really curious about this cookie crust you can visit the previous issue recipe, I posted in North Shore News December 2020. I am being out on a limb here and you can try it from scratch!

As for the basic cheesecake, following some simple tips, will bring you a crackless, and chunkless cake!

Here is what I did:

1. A water bath for the actual cheesecake to be baked in
2. The cheeses and eggs should be at room temperature (leave out for at least 1 hour)

Ingredients

- 6-7 crumbled melomakarona cookies
- 2 packages of cream cheese (450 grams) (Room temperature)
- 1 log soft type goat cheese (fresh chèvre) 300 grams (room temperature)
- 3 large eggs (room temperature)
- 3/4 cup (180 ml) granulated white sugar
- For the topping:
- Mixed berry sauce (add 1/4 cup sugar to 2 cups frozen berries and simmer in a small saucepan, just until the sugar dissolves)

Instructions

1. Adjust the oven rack to the lower-middle position and preheat oven to 350°F
2. Make the crust: Using your fingers, crumble the cookies into a bowl, (You can also pulse it all together in the food processor.) Press firmly into the bottom and slightly up the sides of a 9-inch or 10-inch springform pan. No need to prebake, the cookies are already baked!
3. Make the filling: Using a handheld or stand

mixer fitted with a paddle attachment, beat the cheeses and granulated sugar together on medium-high speed in a large bowl until the mixture is smooth and creamy, about 2 minutes. On medium speed, add the eggs one at a time, beating after each addition until just blended. After the final egg is incorporated into the batter, stop mixing. Another useful tip: To help prevent the cheesecake from deflating and cracking as it cools, avoid over-mixing the batter as best you can.

4. Prepare the simple water bath: You need 1 inch of water in your roasting pan for the water bath. Wrap aluminum foil around the springform pan. Pour the cheesecake batter on top of the crust. Use a rubber spatula or spoon to smooth it into an even layer. Place first the roasting pan directly into the oven, then place cheesecake pan inside the large roasting pan. Carefully pour water (I used my tea kettle) inside the pan.

5. Bake cheesecake for 55-70 minutes or until the center is almost set. When it is done, the center of the cheesecake will slightly wobble if you gently shake the pan. Turn the oven off and open the oven door slightly. Let the cheesecake sit in the oven in the water bath as it cools and down for 1 hour. Remove from the oven and water bath, then cool cheesecake completely uncovered and still in the spring pan at room temperature. Then cover and refrigerate the cheesecake for at least 4 hours or overnight.

Use a knife to loosen the chilled cheesecake from the rim of the springform pan, then remove the rim. Place it on a large serving tray, and top with the mixed berry sauce...enjoy!



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

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DAIGLE, Gaëtane 1939 - 2021



At Lakeshore General Hospital, on January 4, 2021, at the age of 81, passed away Gaëtane Daigle, wife of the late Omer Bisson. She is survived by her children: Jocelyn, Monique, Nicole (Robert), Linda and Daniel; her grandchildren: Naomi, Ludovik and Louka, Marika, Malorie and Mylène as well as Carolane, Derek and Lewis. She is also survived by several relatives and friends.

MASSON, Valérie 1983 - 2021



In Montreal, on Friday December 25, 2020, passed away at the age of 37, VALÉRIE MASSON. Besides her mother Carol Masson, she will be sadly missed by her stepfather Robin Lavictoire, her brother Joey (Léonie), her lover André, her godmothers Diane and Shirley, her best Sophie, her cousin Annie as well as several other parents and her VERY MANY friends. I would also like to offer my most sincere thanks to Dr. Mirabelle Kelly, microbiologist at the CHG of the CIUSSS de l'Estrie for her good care, her dedication and her great empathy.

VALLÉE, Yvon 1933 - 2021



In Montreal, on Thursday, December 24, 2020 passed away, at the age of 87, YVON VALLÉE. He is survived by his children, his grandchildren as well as many other relatives and friends.

LIBISZOWSKI (WIESZTORT), Jozefa 1924 - 2021



Jozefa passed away at home at the age of 96. She was predeceased by her husband Jan (1987) and son Kazimierz (2002). Mourning her passing are her daughter Bogumila (Costantino) of Montreal, grandson Vincenzo K. (Tamera) of Ottawa, daughter-in-law Marilyn (Robert) of St. Catharines, sister Wanda of Bristol, England, as well as many other relatives and friends in Canada, England and Poland.



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HOROSCOPE

Week of **JANUARY 17 TO 23, 2021**

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

You'll display exceptional dynamism and interpersonal skills. Among other things, you'll organize an event that ends up being a major success. All of your initiatives will have a significant impact on your future.



TAURUS

You'll experience a lot of action, with some spectacular twists and turns, and time will feel like it's in short supply. A big dream of yours will become increasingly attainable, even if the path to achieving it remains unclear.



GEMINI

A bit of fatigue is likely to set in after a few stressful days. You'll find yourself in a creative frame of mind, and you'll complete a remarkable masterpiece.



CANCER

Time won't be easy to manage, and you'll find that you can no longer put off certain tasks. At work, you'll be responsible for managing crises and important files that will help advance your career.



LEO

You'll need to be forceful if you want to get that promotion. Give it your all, and you'll be rewarded for your efforts; success is waiting. A getaway with friends will be planned at the last minute.



VIRGO

A change in your family's circumstances will make you consider moving somewhere more convenient. You'll have an important decision to make that'll require a long period of reflection before you jump into action.



LIBRA

The idea of going back to school or signing up for a course will cross your mind. At work or elsewhere, there's a good chance you'll have to negotiate with strangers and converse in another language.



SCORPIO

At work, you'll have a number of detailed tasks that will take a ridiculously long time to complete. In terms of your health, you'll get your hands on the right medication or treatment to deal with a chronic problem.



SAGITTARIUS

You'll end up in the spotlight, in spite of yourself. This anecdote will be a joke at the office for years to come. Needless to say, your pride might get bruised in the process.



CAPRICORN

You'll take care of your family and things around the house, but you'll also need to make time to pamper yourself and have fun. You might also prepare meals ahead of time for all of your loved ones.



AQUARIUS

You'll be doing a lot of running around. Your family and friends will need you to lend a hand as well as an ear. Fortunately, they'll be sure to express their immense gratitude for your support.



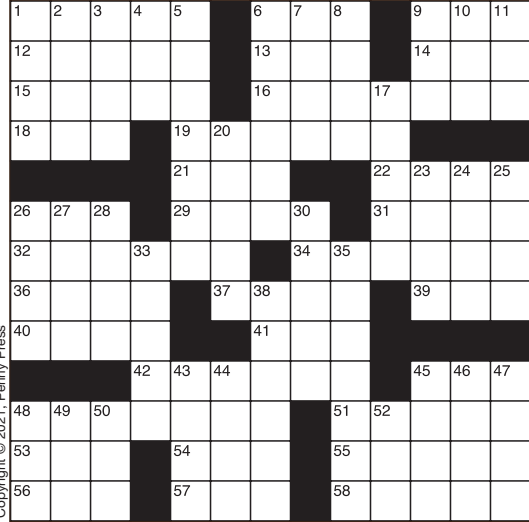
PISCES

Affection will be a major theme this week. If you're single, you'll meet a rare gem who's looking for a serious commitment. If you're in a relationship, you'll make long-term plans that will strengthen your bond.

Coffee Break

CROSSWORDS

PUZZLE NO. 1016



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ACROSS

- 1" ____ We Dance?"
- 6.Hippie's home
- 9."On My ____"
- 12.Chilling
- 13.Previous to, in verse
- 14.Court amorously
- 15.Kind of role
- 16.Snacked
- 18.Make an effort
- 19.Fiesta item
- 21.Citrus quencher
- 22.Curtain holders
- 26.Apprehend
- 29.Frees
- 31.____jerk reaction
- 32.Go to extremes
- 34.Biceps, e.g.
- 36.Ivy
- 37.Skinny
- 39.Nightmare street of film

- 40.Says further
- 41.Plumbing joint
- 42.Diner's choice
- 45.Naughty
- 48.Ungainly
- 51.Pain
- 53.This girl
- 54.Cherry or mince
- 55.Highway
- 56.Pig
- 57.Grass
- 58.Memo taker

- 7.Opera feature
- 8.Red-ink total
- 9.Night bird
- 10.Great distress
- 11.Show sleepiness
- 17.Dog sounds
- 20.Fool
- 23.Previously
- 24.Secluded valley
- 25.Look like
- 26.PBS science show
- 27.Enthusiastic
- 28.Fold
- 30.Happy face
- 33.Darn again
- 35.Forget
- 38.Rounded up
- 43.Afternoon snoozes
- 44.Peter, Paul & Mary, e.g.

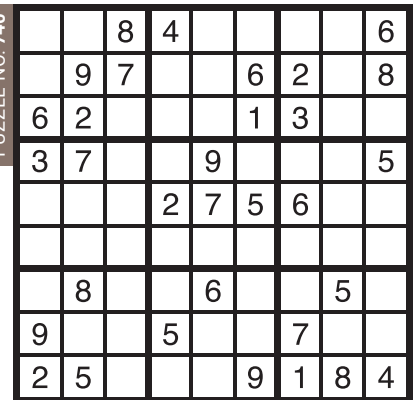
- 45.Boxing contest
- 46.Gambling stake
- 47.Tinter
- 48.Charcoal residue
- 49.Reporter's question
- 50.Minibarrel
- 52.Muck

DOWN

- 1.Religious faction
- 2."I ____ a Symphony"
- 3.Land force
- 4.Tall tale
- 5.Spotted cat
- 6.Wrote

Sudoku

PUZZLE NO. 740



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.

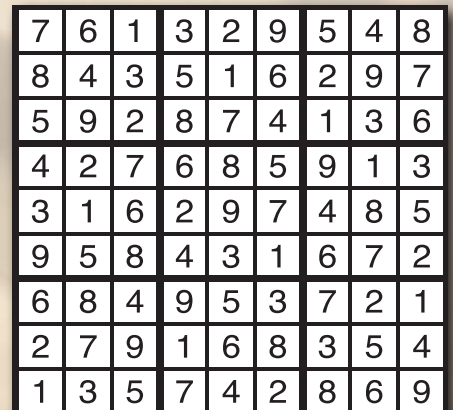
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



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- Bananas
- Garlic
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- Tomatoes
- Cucumber
- Fine Herb
- Lemons
- Onion
- Asian Pear
- Mystery item

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