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# Nouvelles

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# News

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# Police lock downed Park-Extension for attack on officer

## Park-Ex resident Mamadi III Fara Camara released from all charges



(PXN-NEWSFIRST) In an unexpected turn of events, Park-Ex resident Mamadi III Fara Camara, the man who was suspected of disarming and hitting a police officer last week was released from all charges at the Montreal courthouse.

Wednesday afternoon at the hearing of his case, the crown announced that it had received new evidence, a video that could "have an influence" on the course of the hearing, without revealing more.

These new elements completely changed the situation, causing his immediate release from Judge Karine Giguère.

The 31-year-old was charged with attempted murder of the police officer, assault causing bodily harm, disarming the patroller and discharging a gun at him.

### The incident

The incident took place on around 4PM on Thursday afternoon January 30th. The police officer - a specialist in traffic violations - stopped Camara's car near 900 Crémazie Boulevard, in



Friday morning Park-Ex streets were blocked by police  
Photo : NEWSFIRST

order to remit him a ticket for talking on the cellphone.

According to the first reports, the driver attacked the police officer with some type of metal object. He then disarmed him somehow, took his gun and fired as the officer was running to escape.

Montreal police had set up a command post on Saturday in the city's Parc-Extension neighbourhood in order to gather more information about the Thursday incident that ended with the Montreal police officer in hospital.

Police combed all streets north of Saint-Roch. Many side streets such as Birnam, Bloomfield and Champagneur were closed to traffic for many hours. Police were visiting all businesses as well talking to all pedestrians, while police dogs were sniffing for clues.

### Released with no charges

The man accused 31 years old Mamadi III Fara Camara, is a specialist engineer in telecommunications systems employed by Huawei Technologies from 2015 to 2017 before coming

to Canada under a student Visa. In spring of 2017 he was admitted as at 'Université Laval de Québec' in order to obtain his doctorate.

Since January 2018, he is a researcher at the Montreal Polytechnic. He is also a UBER driver. Since the incident, his relatives were in the most total incomprehension, not being able to believe that he could have committed such a gesture.

The news of his release and innocence was greeted with relief by his family especially for his pregnant wife.



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# Curfew rules remain But stores will open February 8, even malls

(NEWSFIRST) Last Tuesday, all Quebec was impatient to hear Premier Legault the next step of measures.

Already media outlets were hinting that stores will reopen Monday February 8th.

As expected at 5PM Premier Legault accompanied by Quebec Public Health Director Horacio Arruda and Health Minister Christian Dubé announced that businesses, hair salons even museums and will be allowed to open on Feb. 8, but the curfew will remain in place across the province.

The curfew will stay in effect, banning non-essential travel between 8 p.m. and 5 a.m., in 11 regions, including the Greater Region of Montreal.

The reopening of the province will be done gradually. CEGEP and university students will be allowed to slowly return to class, depending on the situation in each institution.

Also malls will be allowed to reopen across the province as well, but gathering in them will not be tolerated.

"We are going in the right direction, but we still have a lot of efforts to make in order to help our nursing staff and health-care staff. They have been on the front line for 11 months," he said.

On the other hand, the ban on visiting others in their homes remains in effect as does the "work-from-home" order for those who are able.

Gyms will remain closed in the 11 red zones, as well as movie theatres.

"There is more heavy breathing in gyms, creating more of a risk of transmission," explained Quebec Public Health Director Horacio Arruda.

## Protecting the hospitals

Due to the Covid-19 situation at least 34 per

cent of surgeries and other treatments are being delayed.

"The most effective measure we have right now is the curfew," said Legault, attributing the drop in hospitalizations to the measure.

Legault said, even though hospital cases are declining, he is still worried about the situation there and he does not want to put more pressure on medical staff as they are already trying to catch up with delayed surgeries and treatments.

Once more vaccines are delivered to Quebec's seniors, the risk of hospitalization goes down for those under a certain age, Arruda explained.

## Lifting the curfew and its risks

Based on government officials, -nearly a month after the 8 p.m. curfew was imposed and more than six weeks after non-essential stores were ordered closed- the decline of cases and hospitalizations has proven the effectiveness of the curfew. "In fact, hospitalizations decreased by 14% in the last 7 days" said Public Health Minister Christian Dubé.

A recent study by Quebec's public health institute, the INSPQ, found that the curfew had succeeded in reducing the number of home visits by half, though experts say there are other factors at play.

Legault did not indicate when the curfew will be lifted. He hinted though that, a reassessment will be done of the new measures and a news conference will be held on February 22 on the subject.

There are not going to be any roadblocks or fines given, but Legault said he is strongly encouraging people to stay in their own region rather than heading out to other areas.

If people do go out to cottages, they need to

stay within their immediate family bubble rather than gathering with other family members or families, he said.

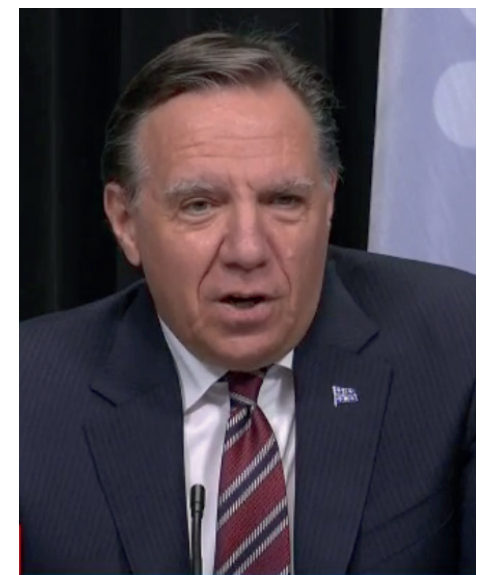
Many epidemiologists believe that the closure of retailers kept more people at home, away from potential contacts but with the reopening of retailers and malls the situation may change to worse if the rate of transmission once again increases.

## More money for businesses

Early Wednesday morning, February 3rd, Quebec Economy Minister Pierre Fitzgibbon, announced that all businesses that closed due to the pandemic they will be able to obtain a reimbursement of their fix expenses during the reopening period.

For businesses closed for 90 days or less, a maximum additional amount payable is \$15 000 per establishment. The additional support must cover the fixed expenses disbursed in the month following the reopening of the businesses targeted.

For businesses closed for a period of more



Quebec Premier Legault

than 90 days, the maximum additional amount payable corresponds to \$30 000 per establishment, i.e., \$15 000 per month. The additional support must cover the fixed expenses disbursed in the two months following the reopening of the businesses targeted.

Since the closure order has been extended until February 7, the AERAM section may apply to the months of October, November, and December 2020 and to the months of January and February 2021. As the enterprise was closed for more than 90 days, the enhancement for the resumption of its activities will apply for the months of March and April.

# New businesses remain ineligible for federal support



CFIB President Dan Kelly

70 per cent of businesses say federal and provincial small business relief programs are crucial for their survival in 2021, but many are still unable to access support, warns the Canadian Federation of Independent Business (CFIB).

"Small business owners are anxious to replace subsidies with sales, but with business lockdowns and restrictions still in place across Canada, programs need to be extended and expanded in order to avoid widespread business failures," said CFIB President Dan Kelly. "Already, one in six business owners is considering permanent closure, and that's on top of the ones who have already gone out of business. As helpful as the programs have been for many, CFIB's offices continue to be flooded with calls from small business owners who are struggling to access many of the critical supports. One of the biggest gaps includes the lack of access to federal programs for new businesses that opened in 2020. This needs to change."

According to CFIB's latest survey results, two thirds of small businesses (65 per cent) have used the Canada Emergency Business Account (CEBA) and 59 per cent have used the Canada Emergency Wage Subsidy (CEWS). In comparison, only a quarter have used the Canada Emergency Rent Subsidy (CERS) and 8 per cent have used a provincial support program.

While CFIB has spent months successfully lobbying for improvements and changes to each of the government programs, many additional fixes are required:

- Create a pathway for new (2020) businesses and those with no business number to access federal support programs
- Allow businesses that rent from a non-arms' length entity to apply for CERS
- Allow tenants to use CERS subsidies for rent bills without requiring full payment
- Immediately process all outstanding applications for expanded CEBA loans and consider a

further expansion (\$80,000/50 per cent forgivable) as the pandemic continues

- Allow small firms with less than \$40,000 in non-deferrable expenses to access CEBA
- Make a portion of the new Highly Affected Sectors Credit Availability Program (HASCAP) loan forgivable
- Immediately announce the CEWS and CERS subsidy rates and loss comparison formula for the spring months and extend programs until all businesses are reopened and physical distancing requirements end
- Defer tax deadlines until the end of 2021

"The reality for large groups of businesses, like those that started in 2020, is that they are left out of any support at all. For others, the help is too little too late. More work needs to be done to close these gaps so the programs can help as many businesses as possible survive the pandemic," added Kelly.

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# OPINION & Editorial



## How to put Canada's post-pandemic recovery on the right track

### Four areas of focus: interprovincial trade, streamlined taxation, immigration and innovation

Social engineers are eager for Canadians to buy into the same madness touted across the globe for post-pandemic recovery: more government spending. Now is precisely when technocrats must take a back seat and let markets take the wheel.

On Nov. 30, Finance Minister Chrystia Freeland presented the 2020 Fall Economic Statement to Parliament. The report highlights Canada's economic toll due to COVID-19 and outlines legislative proposals for economic recovery.

These include stale, ready-made measures found in any bureaucrat's top drawer, such as collecting tax on e-commerce, expanding credit facilities for business and "economic inclusion" for women. These are short-term solutions at best, and they undermine economic growth and resilience in the long run.

With the 2020-21 federal budget deficit expected to reach \$343 billion, with millions of impacted businesses and entire industries in disarray, the Canadian economy is as weak as it was in the 1930s. Rapid recovery needs more than top-down government planning and tweaking.

Rather, Canada needs to look deep at the structural issues hindering growth. Four areas that would yield much larger surpluses – now and in the coming years – are interprovincial trade, taxation, immigration and innovation.

### Open interprovincial trade

This is a no-brainer. The International Monetary Fund has detailed how, if Canada removes internal trade barriers, it can boost economic productivity and increase gross domestic product (GDP) per capita by four per cent.

The best part is provinces don't depend on the federal government. They can either unilaterally reduce barriers or celebrate trade agreements between them, focusing on regulatory harmonization or labour mobility to begin with. The New West Partnership set up in April 2020 between British Columbia, Alberta, Saskatchewan and Manitoba is a leading example.

By opening up interprovincial trade, Canada's GDP can grow by nearly \$50 billion over a decade, according to a 2018 Bank of Montreal study. This more than doubles Canada's annual exports to China, the country's second-largest trading partner.

### Streamline taxation

The pandemic has dramatically accelerated retail e-commerce. According to a study of Brand Spark International, over 4.5 million Canadian households bought groceries online from March to June 2020, and e-commerce penetration grew by more than 50 per cent in most of the assessed product categories.

Under current financial conditions, piling sales taxes on e-commerce would hold back its growth and amount to a punishment for the extra business. Rising prices would lessen the incentives for consumers to purchase online and stay at home.

The Organization for Economic Co-operation and Development (OECD) Regulatory Restrictiveness FDI Index consistently ranks Canada as one of the most unfavourable countries for foreign direct investment. The World Bank also placed Canada well behind its OECD partners in the ease of paying taxes, estimating companies spend 131 hours a year preparing and paying their taxes.

Rather than create new taxes or increase existing ones, Canada should streamline filing and make it simpler for businesses to service the inflow of customers.

### Facilitate targeted immigration

An aging population and a slow-to-adapt workforce are two challenges affecting Canada. While the government, higher education and firms should keep investing in human capital, we need high-skilled immigrants who embrace Canadian values. Fortunately, there is strong demand abroad for the opportunity.

Despite Canada being one of the top destinations for college students and talented migrants, the pandemic has made mobility more difficult. At the same time, online education and remote work have become commonplace.

Ensuring foreign students of select programs can stay in Canada amid the pandemic, and retaining them long-term is one way. Universities should increase partnerships with private industry to boost the skill sets in demand.

A recent study by Statistics Canada found that immigrant workers contribute enormously to business productivity and the exchange of knowledge and ideas. Since Canada can't fill the gap of high-skilled workers and low productivity by itself in the short term, targeted immigration is a vital source for sustained economic growth.

### Disruptive innovation

The Fortune Global 500 ranking of corporate revenue listed only 13 Canadian companies in 2020. Scaling Canadian firms to a global reach is a persistent challenge and throwing easy money at them is not enough. Instead, it favours complacency.

As former Bank of Canada deputy governor Paul Jenkins said, "The most durable source of funding is sustained economic growth, not a reliance on low interest rates."

Canada needs more entrepreneurship and innovation, which are the engines of wealth creation. Embracing new industries, such as blockchain technology, and reducing legal costs for startups can create hubs for growth.

There's no mystery to this path, as our neighbours in California's Silicon Valley can attest. The government should stay out of the way, and focus on ensuring businesses a safe environment to invest, expand, innovate and create good jobs.

Contrary to the prevailing view, central planning from the federal government is the lazy, unimaginative path for an uncertain recovery.

The COVID-19 pandemic and lockdowns have decimated the economy. Canada must reinvent large swaths of it and no government recipe is stronger than profit-driven enterprise.

Paz Gómez

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# Sarker Hope Foundation study finds faults in COVID-19 response in Park Extension

*Students lack their own computers for virtual classes, Foundation concludes*



**MARTIN C. BARRY**  
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A study conducted by the Park Ex-based Sarker Hope Foundation on the impact COVID-19 is having on the Park Extension population concludes, among other things, that most residents are living on only one source of income, which was hard hit by the pandemic and isn't sustainable enough to cope with aftershocks.

The SHF said the purpose of the study was to assess the ability of parents and communities specially children, seniors, and persons with disabilities to protect themselves from the short and long-term impacts of COVID-19.

## Study conclusions

The study, which according to the SHF could serve as a springboard for it and other groups to deal with current and future problems, also reaches the following major conclusions:

- Despite the availability of a dozen non-profit organizations in the target area other than Sarker Hope Foundation, the others are not delivering as much as needed. "Even during the pandemic when things are tough, they do not react and reach the needy ones," says the study.

- During the pandemic, some students were unable to attend the virtual classes and considering how tough the pandemic was by itself for their mental health issue, it is simple to understand how their challenges were exacerbated by not attending the virtual classes.

- One of the highest impacts of the pandemic is mental health problems and despite its 57% impact on the community only 8% have accessed a medical clinic CLSC in the same period.

- Income and expenditure capability results are crucial to the project as they clearly verify not only how much successful the project is but also depict how the main target beneficiaries of the project are benefited.

## Study recommendations

Based on the findings of the study, it also makes the following recommendations:

- There are dozens of non-profit organizations at Park Extension and the majority are not delivering as much as needed and even most of the community is not aware about their existence. It is recommended Sarker Hope Foundation take the leading role by pushing the local government to strengthen Non-profit Organizations coordination. This can help in mobilizing the limited resources and focus on the problems causing COVID-19 impacts.

- Advocate and Implement a program to support children for their virtual classes with adequate technology for low-income families and those who need this most.

- The majority of those who are getting the social assistance are age brackets from 18-54 old. Such



supports are vital for needy people irrespective of their demographics; but when such working age groups are dependent on the assistance, the effect is multifaceted. "One thing, it hampers their expected contributions to the economy and it also creates dependency syndrome," says the study. The Sarker Hope Foundation can advocate about reviewing the implementation of the social assistance platform. And advocate to create employment opportunity for them for smoothly and productive phase out from social assistance.

- Even if the project is intended to support the prevention of COVID-19 pandemic, the services like hygiene and PPE provided are limited as per the respondents who accessed community organizations. Coordinate with donor/institutions and inform them about necessity of residents.

- One of the highlights of the achievements of Sarker Hope Foundation is facilitating access to transport. This is more than just a single service as it has a positive multiplier effect; especially, for seniors who have other health issues and are vulnerable to the pandemic if they use public transport. Promote for replication by others to reach more residents.

- Another success is mental health well-being by native language. As residents reported, current mental health well-being service provided by government and other institutions are not enough. Long waiting time and no response is a major

problem. Official Language minority community suffers a lot even to get an appointment. It is recommended to COVID-19 IMPACT STUDY, JANUARY 2021 41 advocate with institutions to provide counselling with native language specially for official language minority community. Enable easily accessible healthcare service for refugee claimant.

- It is well known Canada is the most welcoming country to immigrants that come from different cultural backgrounds. One of the services provided to the community is food bank; a place where stocks of food, typically basic provisions, and non-perishable items, are supplied free of charge to people in need. It will be ideal to ensure the food stuffs are inclusive of the cultures residing in the area.

- Share study finding with community institutions and donors to address the problems where needs to bring attention and solve to create a better Park Extension together.

## Method and other findings

The survey was conducted with data collection questionnaires. Enumerators collected data on paper questionnaires through phone calls and collected and entered it on a daily basis into a Kobo computerized data entry system.

Regarding the impact of COVID-19 on children and on their education, the study found that more

than half of children attending computerized virtual classes have no computers of their own or are forced to share a computer or laptop.

"The main technology used by students is parents' mobile phone," said the study. However, on a more positive note, the study found that access to the internet wasn't a problem as virtually all who responded in the study said they had internet access.

The study also concluded that for elementary school aged children who are still in the learning stage of computers work, a tablet is the best bet. The study maintains that a tablet is easier to navigate and children can still access their online learning service and keep up with messages from their teacher or classmates.

For students in middle school, high school or college, the study says a laptop is better equipped to answer all their coursework needs. Laptops can do all the basics, like access their online learning service, message their teacher, and submit class work, but will also be better for writing papers and building presentations.

The study notes that laptops come with built-in keyboards and make it easy to type, research and quickly take notes while their teacher is talking. While a laptop tends to be more expensive than a tablet, it has more storage space to save assignments and important documents, and, if they take care of it, it will last for years to come.



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## Conseil d'arrondissement

# Plus de verdissement, de souplesse et de représentativité

Lors de la première séance de l'année, les membres du conseil de l'arrondissement de Villery-Saint-Michel-Parc-Extension ont autorisé, entre autres, l'octroi d'un contrat destiné à augmenter le verdissement du territoire et la modification de règlements pour l'aménagement de patinoires en ruelles. Les membres du conseil ont également entériné la nomination de nouveaux membres au Comité Consultatif d'urbanisme.

"Nous commençons cette nouvelle année en force : la planification de nombreuses plantations pour le printemps à venir ou encore l'assouplissement de règlements afin d'autoriser l'aménagement de patinoires dans les ruelles non déneigées illustrent notre volonté de continuer à avancer pour le bien-être de toutes et tous. Ce premier conseil fut également l'occasion d'honorer notre engagement en faveur de la diversité en accueillant de nouveaux membres, issus des communautés de notre population, au sein de notre Comité consultatif d'urbanisme", a précisé Mme Giuliana Fumagalli, mairesse de l'arrondissement de Villery-Saint-Michel-Parc-Extension.

Verdir l'espace urbain, toujours une priorité. Une somme de plus de 650 000 \$, puisée à même l'enveloppe budgétaire de programmes de réfection routière de la Ville de Montréal, viendra bonifier les efforts déjà consentis par l'Arrondissement pour accroître le couvert de la canopée urbaine.

Le montant servira à l'achat, la plantation et l'entretien de 270 arbres et de 600 m<sup>2</sup> d'arbustes, de vivaces et de graminées. Ces derniers seront plantés dans les fosses, saillies de trottoir et îlots construits - ou en voie de l'être - par la Ville, dans le cadre de travaux de réfection de plusieurs rues et chaussées de l'arrondissement. Ces nouvelles plantations contribueront à améliorer la qualité de l'air, à réduire les îlots de chaleur tout en rendant l'environnement des résidentes et résidents plus agréable et convivial. Les plantations se dérouleront entre avril et

juillet 2021 et viendront s'ajouter aux 644 arbres plantés l'an dernier.

Ce programme de plantation fait partie de la stratégie déployée dans le cadre du Plan climat 2020-2030 qui vise, entre autres, la plantation de 500 000 arbres sur le territoire de la Ville d'ici 2030.

### Allègement de la réglementation pour des patinoires dans les ruelles

Considérant la pandémie et voulant inciter sa population à jouer dehors, l'Arrondissement propose de modifier ses règlements afin d'autoriser et faciliter l'aménagement de patinoires dans les ruelles non déneigées en période hivernale. Les modifications permettront à l'Arrondissement de régulariser ces installations temporaires qui étaient jusqu'à présent tolérées. Les patinoires, préalablement autorisées par l'Arrondissement, devront être plus sécuritaires et respecter les consignes sanitaires en lien avec la COVID-19.

### De nouveaux membres au CCU

Quatre nouveaux membres se joignent au Comité consultatif d'urbanisme de l'Arrondissement. Grâce à leur nomination, le comité atteint dorénavant la parité hommes-femmes et représente avec fierté les diverses communautés culturelles présentes au sein de sa population. À la suite d'un rigoureux processus de sélection amorcé en octobre 2020, deux membres réguliers et deux membres suppléants ont été sélectionnés et amorceront leur mandat dès février. Les nouveaux membres sont : Mme Daniela Manan et M. Karim Guirguis en tant que membres réguliers ainsi que Mme Mathilde Prud'Homme et M. Jonathan Bourque Vacaro en tant que membres suppléants.

Source : Ville de Montréal Arrondissement de Villery-Saint-Michel-Parc-Extension

## VSP borough council holds first webcast meeting in 2021

# Trees to be planted this spring, new members on CCU for urban planning



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During the Parc Extension/Villery/St-Michel borough council's first webcast meeting of the year, the council members awarded a contract for the "greening" of the area, and voted to modify a by-law for the management of skating rinks and alleyways.

At the same time, the councillors approved the appointment of new members to the Consultative Committee on Urban Planning (CCU).

### New year, strong start

"We are beginning this year with a strong start," said Borough Mayor Giuliana Fumagalli, noting that the planting of a good many trees in time for spring and the streamlining of rules to clear snow from rinks and alleys "illustrate our determination to continue to advance for the well-being of everyone."

She said the year's first council was also an opportunity for the council members to honor their commitment to diversity by welcoming new members, who are borough residents, onto the CCU.

A sum of more than \$650,000, taken from the City of Montreal's budgetary envelope for road maintenance and repairs, will be added to the efforts already approved by the borough to increase the tree canopy in the borough.

### Tree and plant purchase

According to the borough, the amount will serve to buy, plant and maintain 270 trees and 600 square metres of shrubbery and other plants. They will be planted around and alongside sidewalk and median areas when sidewalks and streets are undergoing maintenance and repairs.

The borough says the new greenery will help improve the air quality in VSP, reduce heat islands, while also improving the overall environment for all residents to make the borough friendlier and more agreeable. The planting is scheduled to take place between April and July, and will add to the 644 trees planted last year. The planting program is part of a strategy deployed from the City of Montreal's 2020-2030 Climate Plan, which aims, among other things, to plant 500,000 trees on the city's territory by 2030.

### Skating rinks and alleys

Taking into account the COVID-19 pandemic and seeking to encourage the population to spend more time outdoors, the borough council is modifying its by-law regulations in order to facilitate the operation of skating rinks and alleyways which are not cleared of snow during the winter.

The modifications will the borough to regularize temporary installations which were up to now tolerated. The new rinks are expected to be more secure and will respect sanitary rules and regulations made necessary during the COVID-19 pandemic.

### Four new CCU members

Four new members are joining the CCU committee. With their addition, the committee has now achieved gender-parity and is also more representative of the cultural diversity in the borough. Following a rigorous selection process that started in October 2020, two regular members and two alternates were chosen who will begin their mandates in February.

The new members are: Daniela Manan and Karim Guirguis as regulars. The others are Mathilde Prud'Homme and Jonathan Bourque Vacaro as alternates.

5 février 2021

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Grenier  
recrutement

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# Le Québec en confinement

**Un confinement et un couvre-feu sont en vigueur du 9 janvier au 8 février 2021 inclusivement\* dans tout le Québec, sauf les Terres-Cries-de-la-Baie-James et le Nunavik.**

Ces mesures sont en place afin de freiner la propagation du virus et protéger la population, dont les aînés, les personnes vulnérables et les travailleurs de la santé.

## LE CONFINEMENT EN BREF



### Rassemblements interdits

- Les rassemblements privés à domicile (maison et chalet) à l'intérieur ou à l'extérieur sont interdits.
- Il y a quelques exceptions :
  - un seul visiteur d'une autre adresse pour les personnes seules (il est demandé de toujours recevoir la même personne afin de limiter les contacts sociaux);
  - une personne proche aidante;
  - une personne offrant un service ou du soutien;
  - main-d'œuvre pour travaux prévus.



### Déplacements non recommandés

- Les déplacements entre les régions et les villes sont non recommandés (sauf certains déplacements essentiels permettant aux étudiants, aux travailleurs, aux parents en garde partagée et aux marchandises de circuler).



### Activités sportives et récréatives avec sa bulle familiale seulement

- Les activités sportives et récréatives doivent désormais se limiter à une même bulle familiale. Les activités telles que la marche et la pratique du ski alpin ou du ski de fond sont tolérées, à condition qu'elles soient pratiquées en bulle familiale ou en solo et qu'elles respectent le couvre-feu en vigueur.
- Une exception est également permise pour une personne habitant seule, qui peut alors pratiquer une activité avec une autre personne (idéalement toujours la même). Dans ce cas, une distance minimale de deux mètres doit être maintenue en tout temps.



### Commerces ouverts pour les produits essentiels seulement

- Les commerces considérés comme non prioritaires doivent fermer leurs portes jusqu'à la fin du confinement. Ceux ayant l'autorisation d'exercer leurs activités doivent quant à eux offrir seulement des biens et services considérés comme essentiels.
- La cueillette à la porte est toutefois permise. Ainsi, il est possible d'acheter un produit en ligne ou par téléphone et de se le faire livrer ou d'aller le chercher sur place, sans entrer dans le commerce, en respectant les consignes sanitaires.
- Les salles à manger des restaurants demeurent fermées. La livraison, les commandes pour emporter et les commandes à l'auto sont permises. Durant toute la période du couvre-feu, seule la livraison demeure possible.
- Afin de s'arrimer avec le couvre-feu de 20 h, tous les commerces doivent fermer leurs portes au plus tard à 19 h 30.
- Durant la période du couvre-feu, les pharmacies et les stations-service demeureront ouvertes selon leur horaire habituel. Les pharmacies ne pourront vendre que des médicaments et des produits essentiels comme des produits pharmaceutiques, hygiéniques ou sanitaires. Les stations-service ne pourront vendre que de la nourriture, des boissons non alcoolisées, de l'essence et des produits pour véhicules routiers. Les stations-service ne sont donc pas autorisées à vendre du tabac et des produits alcoolisés durant la période du couvre-feu.



### Télétravail obligatoire et réduction des activités

- Le télétravail est obligatoire pour les personnes qui travaillent dans les édifices à bureaux.
- Dans les secteurs manufacturiers et la construction, les activités sont réduites au minimum pour assurer la réalisation des engagements. Le télétravail est obligatoire lorsque possible et l'ajustement des quarts de travail doit être fait pour limiter les présences sur les sites de production et de construction au même moment.

*Consultez [Québec.ca/confinement](https://quebec.ca/confinement) pour obtenir plus de détails sur l'ensemble des mesures en vigueur.*





## LE COUVRE-FEU EN BREF

### On reste chez soi de 20h à 5h du matin

Durant le confinement, un couvre-feu est en vigueur de **20h à 5h du matin**. Pendant cette période, il est formellement interdit à quiconque de se trouver hors de son lieu de résidence ou du terrain de celle-ci, hormis dans les cas d'exception.

#### Exceptions permises

- Une personne dont la présence est essentielle sur les lieux de son travail ou qui doit assurer le transport de biens nécessaires à la poursuite des activités de son entreprise;
- Une personne qui se rend dans une pharmacie pour obtenir des médicaments ou des produits pharmaceutiques, hygiéniques ou sanitaires;
- Une personne qui doit se rendre à l'hôpital ou à la clinique, chez le dentiste, l'optométriste, ou en revenir;
- Une personne qui doit se rendre au chevet d'un parent malade ou blessé;
- Un étudiant qui doit participer à un cours du soir en présentiel ou à un laboratoire dans une école reconnue;
- Un parent qui doit reconduire ses enfants chez l'autre parent qui en a la garde;
- Une personne qui doit prendre un autobus assurant un service interrégional ou interprovincial, un train ou un avion pour se rendre, à la suite de son trajet, à sa destination;
- Une personne qui doit sortir pour que son chien puisse faire « ses besoins », dans un rayon maximal d'un kilomètre autour de sa résidence;
- Une personne qui se déplace pour se conformer à un jugement rendu par un tribunal, pour répondre à une assignation à comparaître devant un tribunal ou pour permettre l'exercice des droits de garde ou d'accès parentaux;
- Une personne qui doit accompagner une autre personne incapable de conduire pour se rendre à un rendez-vous médical;
- Un parent qui doit accompagner un enfant malade à l'hôpital;
- Une personne qui se déplace pour faire un don de sang à Héma-Québec;
- Une personne qui doit accompagner une autre ayant besoin d'assistance dans l'une des situations mentionnées ci-dessus (ex. : un parent qui doit reconduire son enfant adolescent au travail).

#### Une surveillance accrue et des amendes pour les contrevenants

- Les policiers continueront d'assurer le respect des mesures sanitaires et pourront intervenir si une personne se trouve à l'extérieur de sa résidence lors des heures non permises.
- Les contrevenants s'exposent à des amendes de 1 000 \$ à 6 000 \$ s'ils ne sont pas en mesure de justifier adéquatement la raison de leur sortie. Les jeunes de 14 ans et plus sont passibles de recevoir une amende de 500 \$.

Pour en savoir plus sur le couvre-feu, consultez [Québec.ca/confinement](https://quebec.ca/confinement)

#### Soyez là pour vous comme vous l'êtes pour vos proches

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.



Des solutions existent. Visitez [Québec.ca/allermieux](https://quebec.ca/allermieux) pour en savoir plus.

\* Ce publiereportage contient l'information valable en date du 12 janvier 2021. Pour les dernières informations, consultez [Québec.ca/confinement](https://quebec.ca/confinement).

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

☎ 1 877 644-4545

Québec 



# Confinement in Québec

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

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

## THE CONFINEMENT AT A GLANCE



### Gatherings are prohibited

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



### Travel is not recommended

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



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

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



### Commercial establishments open for essential goods only

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



### Mandatory teleworking and reduced activities

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

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





## THE CURFEW AT A GLANCE

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

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

#### Valid exceptions

- A person whose presence is required at their place of work or who is transporting goods needed for the ongoing activities of their business.
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygiene or cleaning products.
- A person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office.
- A person who must visit a sick or injured relative.
- A student who must attend an in-person evening class or go to a laboratory in a recognized school.
- A parent who must accompany their child/children to the home of the other parent who has custody of them.

- A person who is going to take an inter-regional or inter-provincial bus, train or plane to their final destination.
- A person who must take their dog out to do its business, within a radius of no more than one kilometre from their place of residence.
- A person who must travel in order to comply with a court judgment, to respond to a summons to appear before a court, or to exercise custody or access rights as a parent.
- A person who must accompany another individual to a medical appointment if they are unable to drive themselves there.
- A parent who must accompany a sick child to the hospital.
- A person travelling to give blood at a Héma-Québec donor centre.

- A person who must accompany another person who requires assistance in one of the situations listed above (e.g. a parent who must drive an adolescent to their workplace).

#### Broader policing and fines for offenders

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

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

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

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



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

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

[Québec.ca/coronavirus](https://Quebec.ca/coronavirus)

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Québec 



# To Put Our Minds at Ease

BRIANNA FASOLI

In tough times the fragility of one's mental health is brought to the forefront. This statement rings truest in times such as these when fear and anxiety are constantly at play within our minds. Not only do we have to worry about the persistent threat of a possibly deadly virus infecting us and our loved ones, but our lives and our habits have changed drastically. While these many changes are surely necessary evils to preserve our physical health, our mental health has not taken well to our new way of life. Continually being cooped up in our homes, not being able to see loved ones, friends and coworkers, not to mention the toll this has taken on many people's livelihoods. The total oppressing isolation of the situation is exacerbating problems new and old and is causing many to be in a very dark state of mind. With that in mind it is obviously no doubt that all of these factors have weighed heavily upon our shoulders and increased our collective anxiety and stress a hundred-fold. With this lovely reminder of how our lives have changed so unbelievably in mind, I would like to focus your attention instead, dear reader, on the valiant efforts of Bell Media to combat our society's continual battle with mental health issues and conditions.

This past Thursday, January 28, was Bell Let's Talk Day; a day in which Bell Media offered every citizen a chance in which they could make a difference and support Canadian mental health programs. You may have seen or heard their advertisements on the television or the radio or any of the many social media platforms. The ways in which the Canadian population could participate and contribute to this noble cause were very simple. Among some of those ways there was, Bell's pledge to donate 5 cents for every call, or text on the Bell service provider. They also promised 5 cents for every

*"We must do our part to aid our society's ongoing battle with mental health."*

view of the official 2021 Bell Let's Talk video (this year starring Michael Bublé) on all of the mainstream social media platforms. This year through all of these means of support Bell was able to raise \$7 958 671.75 to support Canadian mental health organizations.

However, it is not just on days of charitable recognition that we must do our part to aid our society's ongoing battle with mental health. It's not like a teenager's social anxiety or somebody's debilitating depression disappears for the rest of the year. That is one of the worst parts about struggles with mental health; it is something that cannot be seen and does not always have obvious signs, thus people can end up suffering in silence. Even before the unprecedented emergence of the Coronavirus, according to the Canadian Mental Health Association from an article written in 2018, approximately 3% of Canadian children were suffering from some kind of anxiety disorder. In my personal opinion I believe that number has most likely doubled, if not tripled in the past year due to the newly added stress of online schooling and children's possible separation from their friends and important support systems.

The subject of mental health is a very delicate one to broach as it affects everyone differently



and sometimes is followed by a dark cloud of stigma. However, it is in times like these when it is most important for us to open our minds and our hearts to those around us. We must be willing to offer and ask for support whenever it is needed and continue this healthy dialogue, not just on special days of recognition. I do realize though that for people suffering in silence sometimes it's very hard to ask for help, especially for those suffering from anxiety for fear

of rejection and dismissal of their feelings. That is why it is so important for us to keep an eye out for signs of mental health struggles in those we care for, parents especially considering this situation. Check up on your friends and keep in touch, as sometimes it just takes one kind word to remind someone that they aren't alone and unloved. We don't always know what is going on inside someone's head.

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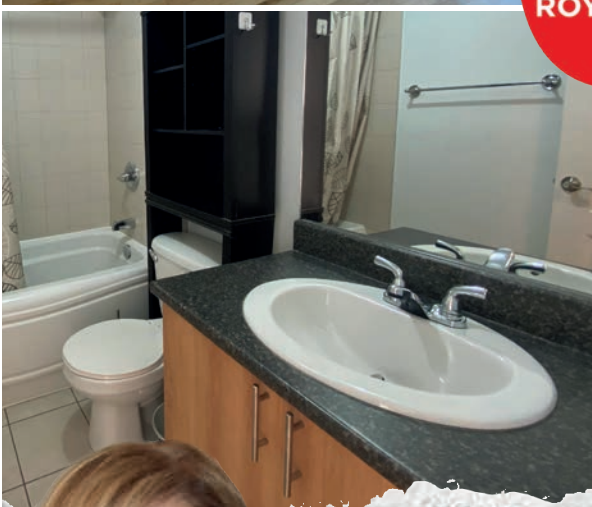
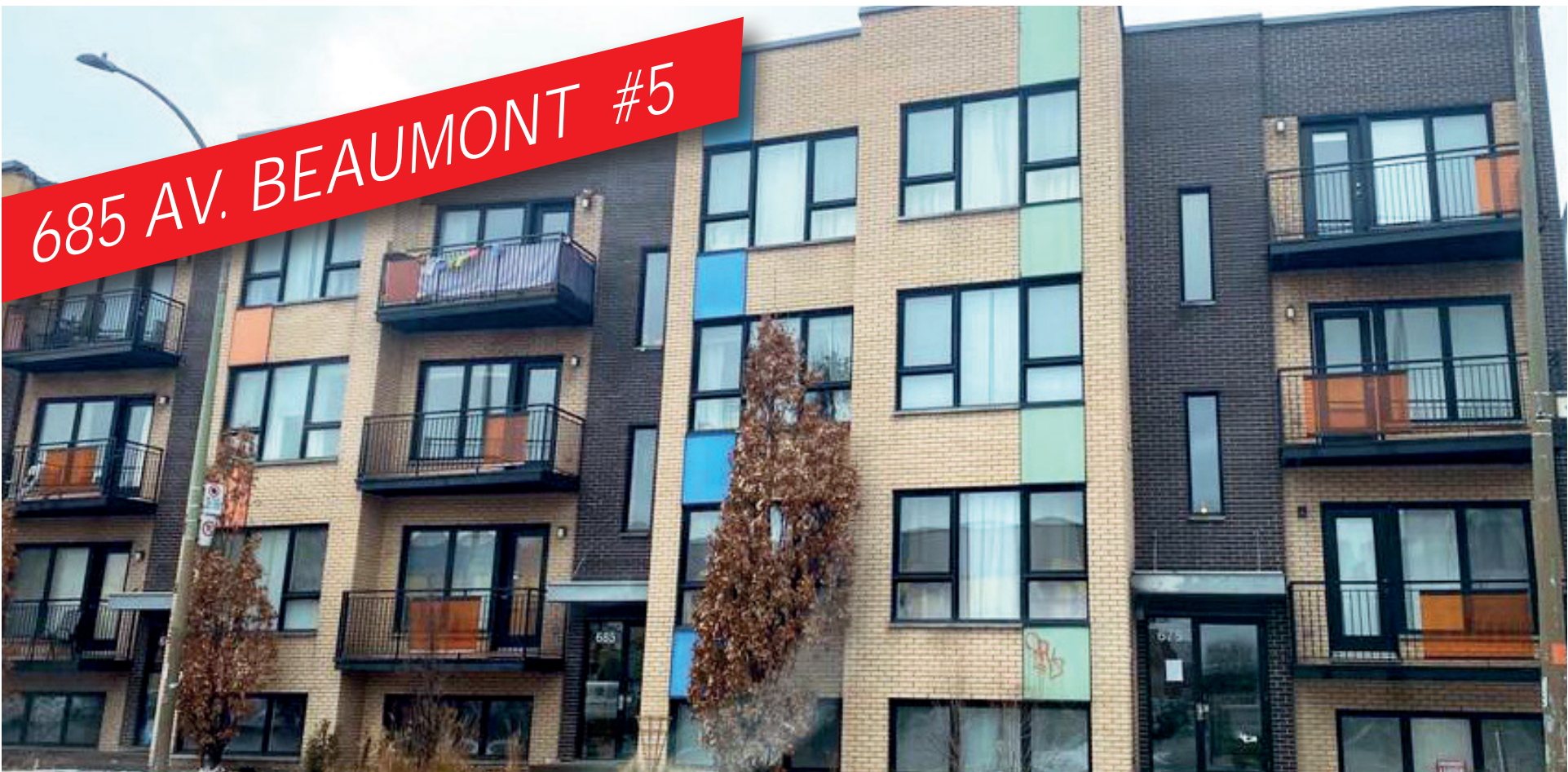
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Bonjour,

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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# Deadline: **Classifieds**

WEDNESDAY before publication at 1 p.m.

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# In Memoriam & Obituaries

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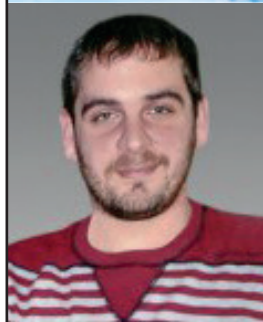
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### CHIASSON, Arthur 1941 - 2021



At Fleury Hospital, on January 28, 2021, passed away at the age of 79, Mr. Arthur Chiasson. He was the son of the late Alfred Chiasson and the late Lucienne Thériault. He is survived by his daughters Sonia, Lison (Pascal Bruneau), Rosie (Raymond Jepson), the mother of his daughters Ms. Denise Bouchard, his grandchildren Noémie, Sara, Lionel and Daphné, his brothers and sisters, nephews and nieces, as well as several relatives and friends.

### LEMAY, Jean-Sébastien 1980 - 2021



At his home on January 4, 2021, passed away at the age of 40 years and 4 months Mr. Jean-Sébastien Lemay, residing in Montréal (Lachine) and formerly of Rimouski, son of Mr. Jacques Lemay and of Mrs. Renelle Dubé. He is survived by his father Jacques Lemay and his mother Renelle Dubé. He will also be sadly missed by his grandmother Marguerite Brideau, his uncles and aunts, his cousins and cousins, his co-workers as well as many friends. He went to join his grandparents, the late Laurent (Laurenzo) Lemay, Ida Laroche of Québec, (Saint-Édouard-de-Lotbinière) and Eddy Dubé.

### TANGUAY, Thérèse 1924 - 2021



In memory of Thérèse Tanguay Cloutier (1924-2021) She is survived by her only son Jean-Marc Cloutier. Her parents, Dr. Rodolphe Tanguay and her mother Adrienne Coderre, Hubert (Françoise Roy), Thérèse (Yvon Cloutier), Agnès (Paul Desautels), Julienne, Jacques (Solange Melancon), Claude, Suzanne (Normand Gagnon), Jean (Shirley Miron). Of all these beautiful people, there remain Suzanne, Julienne, Solange, Normand and many nieces and nephews.

### CHIAZZESE, Ignazio 1944 - 2021



On Friday 29 January 2021, Mr. IGNAZIO CHIAZZESE passed away from the affection of his loved ones. The gentleman IGNAZIO CHIAZZESE leaves his wife Giuseppina Fasulo in the deepest pain, The Lord Ignazio Chiazzese also leaves his children, Rosalia (Claudio) and Maria (Francesco) in pain, not forgetting his grandchildren Alessia, Luca, Briana and Anthony. he will also be missed by his relatives and friends.



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# HOROSCOPE

Week of **FEBRUARY 7 TO 13, 2021**

The luckiest signs this week:  
**ARIES, TAURUS AND PISCES**



## ARIES

Your responsibilities at home and at work will take priority. You'll have very little time for yourself. You'll also have to or-ganize an important business meeting.



## TAURUS

At work, you'll be so successful your boss won't have a choice but to offer you a raise to ensure you don't take an offer else-where. You'll be quite proud of yourself.



## GEMINI

You'll contemplate existential questions, and you'll feel the need to make some big chan-ges in your life. You'll follow through on commitments in your relationship.



## CANCER

You'll be able to come to an understanding with certain peo-ple in your life after an argument. You'll show great wisdom in handling the situation, which should probably be dealt with sooner rather than later.



## LEO

You'll have a very stimulating week at work. However, be careful not to set unrealistically high expectations for yourself, otherwise, success might elude you. Tensions might build among your coworkers.



## VRIGO

You'll be the focus of everyone's attention, so expect to re-ceive some applause and re-cognition for your achie-vements. It'll be a situation that gives you a substantial confidence boost.



## LIBRA

You might have to spend a day at home twiddling your thumbs, perhaps waiting for a delivery. The situation could prompt you to reassess the decor in a few rooms of your home.



## SCORPIO

If you plan to hit the road, make sure you have clear directions to avoid wasting time searching for your destination. Make sure your GPS app is up to date, as it'll prove to be a valuable resource.



## SAGITTARIUS

No one likes having to tighten their belt, and that's exactly what motivates you to correct a bad financial situation. You'll take all the necessary steps as soon as you figure out the best course of action.



## CAPRICORN

In addition to it being a hectic week, you'll have to fill a variety of obligations that take up most of your time. Fortunately, you know how to stay organized in this type of situation.



## AQUARIUS

The arrival of a cold will signal that your body needs time to rest and recharge. You'll worry about many small things. Lear-ning how to meditate or relax another way would do you good.



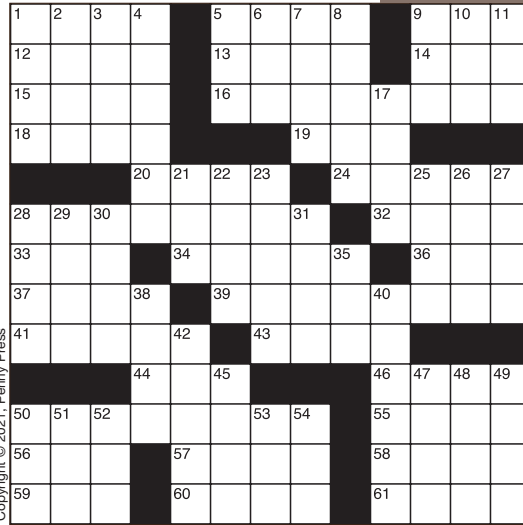
## PISCES

A group of people you're in charge of will expect you to take the lead on everything. You'll have a lot of managing to do. Embrace your role and don't be afraid to assert yourself.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 062



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### ACROSS

- 1. Listening organs
- 5. Brats
- 9. Verbalize
- 12. Ink spot
- 13. Field cover
- 14. Purpose
- 15. Grizzly, e.g.
- 16. Plumpest
- 18. 18-wheeler
- 19. To's partner
- 20. Football throw
- 24. Entice
- 28. Received
- 32. Farm tower
- 33. Guy's date
- 34. Roof overhangs
- 36. Anti's answer
- 37. Legend
- 39. Wiggly desserts
- 41. Bus terminal
- 43. Fishermen's tools

- 44. Soft toss
- 46. Gap
- 50. Donations
- 55. Favorite star
- 56. Pasture mom
- 57. The Stooges, e.g.
- 58. Curtain holders
- 59. Sunday seat
- 60. Song of worship
- 61. Coatrack

### DOWN

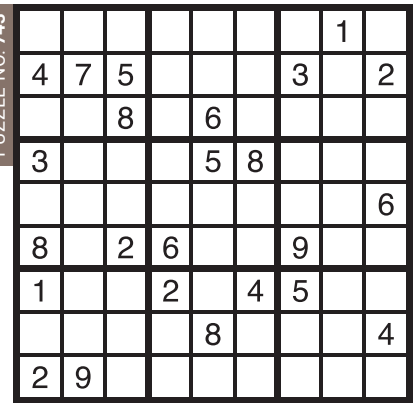
- 1. \_\_\_ and flows
- 2. Aweather's opposite
- 3. Rove
- 4. Band of color
- 5. Part of TGIF

- 6. Tangled mass
- 7. College figure, for short
- 8. Gush suddenly
- 9. Bring legal action
- 10. Burro
- 11. However
- 17. Foot parts
- 21. Chimpanzee
- 22. Bachelor party
- 23. VII
- 25. Kind of skirt
- 26. Think ahead
- 27. Playthings
- 28. Matured
- 29. Cloak
- 30. Paper holder
- 31. Printer's term
- 35. Was located
- 38. Chilly
- 40. Pullover

- 42. Molar, e.g.
- 45. Hide underground
- 47. Fragrance
- 48. Rich deposit
- 49. Or \_\_\_ (threat)
- 50. In the know
- 51. Great respect
- 52. Hot off the press
- 53. Actor/comedian Conway
- 54. Daddy's boy

# Sudoku

PUZZLE NO. 743



### 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.

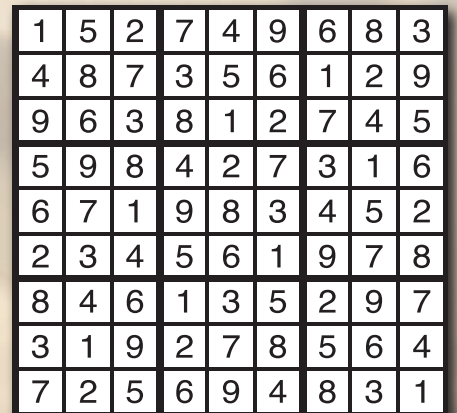
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

### Last Issues' Answers

## CROSSWORDS



## Sudoku



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