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T. 514.274.5793  
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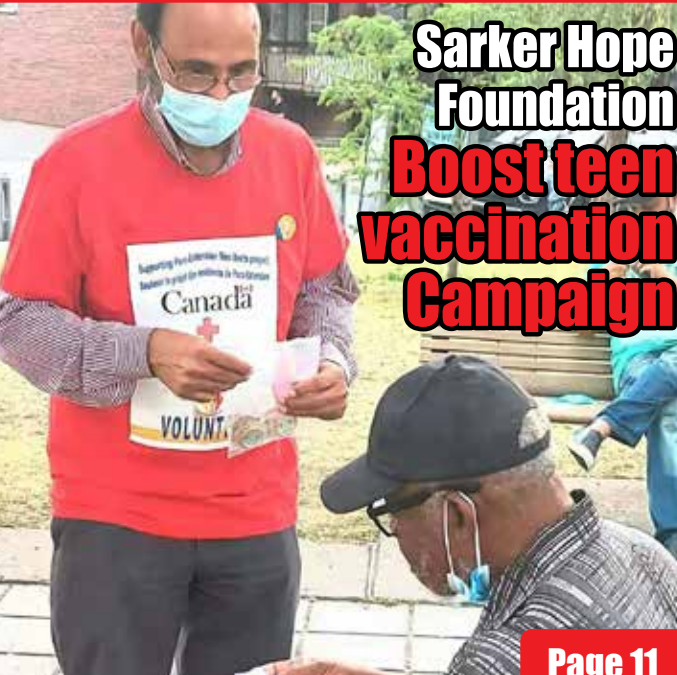
## Park-Ex ambivalent about vaccination passport system



Anti-passport graffiti. Joe Bongiorno NEWSFIRST

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## Sarker Hope Foundation Boost teen vaccination Campaign



**Page 11**

# Vaccination passport now mandatory



Vaccination Certificate  
 COVID - 19

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# ELECTIONS 2021

## Federal Election - Premier François Legault calls on federal political party leaders to make firm commitments on health and immigration

CNW Telbec/ - In view of the federal election scheduled for September 20, The Premier of Quebec, François Legault, has sent a letter to the various leaders of the federal parties asking them to commit to responding to the various priority requests of Quebec.

First, the Premier of Quebec is demanding that the next federal government bear its fair share of the costs for the health of Quebecers. Currently, Canadian provinces absorb nearly 80% of the health bill, and their ability to pay is gradually decreasing. However, the federal government continues to disengage despite the availability of the financial resources required to restore balance. Quebec therefore joins other provinces in calling for a recurring increase in the federal health contribution, which should represent 35% of total spending.

"We need this increase of 22 to 35% as quickly as possible," said François Legault. "These transfers must be unconditional and continue to increase thereafter. Moreover, there is no justification for the federal government to invade an area of jurisdiction of the Government of Quebec. Let's be clear: Ottawa is not going to hire a single doctor or nurse! And we will not accept in Quebec to have conditions dictated to us by Ottawa in our areas of jurisdiction," warned the Premier of Quebec.

It also calls for Quebec to be given more power over immigration, in order to fill labour short-

ages and to ensure the successful integration of newcomers. To these ends, Quebec should, among other things, obtain full control over immigration resulting from family reunification.

"Quebec cannot operate under a multiculturalism regime like the rest of Canada. It is essential to integrate immigrants into the Francophone majority. This is an existential question for the Quebec nation. And, since there is no greater duty for a Premier of Quebec than to ensure the future of French, I ask the federal leaders to make a commitment to transfer the management of the family class of immigrants to the responsibility of the Government of Quebec," said the Prime Minister, adding that "immigration is a crucial issue for the future of our nation."

In addition to these two top priorities, the Prime Minister's letter addresses several other issues that he wishes to resolve with the cooperation of federal authorities:

- The application of the Charter of the French Language to businesses under federal jurisdiction, in accordance with the request made unanimously by the National Assembly of Quebec in November 2021;
- Respect for the autonomy of the Quebec people and their democratic choices in matters of secularism. The Government of Quebec is thus asking the federal parties to respect the State Secularism Act and not to



Quebec Premier, François Legault.

the investments provided for in the Quebec Infrastructure Plan. The Government of Quebec thus wishes federal funds to be transferred en bloc, rather than under several agreements, and to be reserved for priority projects for Quebec rather than on the basis of unilateral criteria determined by the Government of Canada;

- Respect for Quebec's housing jurisdiction through federal investments that support the priorities and programs of the Government of Quebec;
- The amendment of the legislative framework for environmental assessments to provide that only the Québec environmental impact assessment and review procedure must apply to projects under Québec's jurisdiction;
- Funding for Quebec initiatives to combat climate change. Federal funding dedicated to the fight against climate change, and aimed at sectors under Quebec's jurisdiction, should be the subject of a block transfer to support the deployment of the 2030 Green Economy Plan;
- The conclusion of an agreement recognizing Québec's unconditional right of withdrawal, with full financial compensation, for any federal expenditure in its fields of jurisdiction;
- The implementation of a single tax return administered by the Quebec authorities to simplify the administrative procedures for citizens.

engage in any legal challenge concerning it;

- Changing the structure of federal payments so that they are complementary to

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# Vaccination passport now mandatory

*Quebecers must present their vaccination passports in restaurants, bars and many other places, such as sports facilities and casinos.*

You will need the VaxiCode application to download the passport to your cell phone. It is also possible to print your QR code of the proof of vaccination.

If you have not yet installed the VaxiCode application on your cell phone, you must go to the App Store for iPhone owners or To Google Play for those who own a phone using the Android operating system.

The passport will be mandatory for all people aged 13 and over, but a buffer period is provided until September 15.

Proof of vaccination containing a QR code can be presented in three ways:

- in paper format;
- in PDF format on a mobile device;
- from the VaxiCode application.

Proof of photo identification, such as a driver's license or health insurance card, must also be presented. For people aged 75 and over, the ID will be required, but it does not have to include a photo.

**The activities and locations targeted for the use of the vaccination passport are:**

- Events and festivals taking place outdoors and whose number of participants exceeds that allowed in the context of gatherings in an outdoor public place (50 people).

- Theatres, cinemas, halls where sporting events take place

- Bars and restaurants, including terraces
- Casinos and gambling houses;
- Arcades, billiard rooms, bowling alleys;
- Indoor and outdoor activities of the thematic sites;

- Amusement centres and parks, amusement centres, recreation centres, water parks, zoos;

- Cruises;
- conventions;

- Team sports or physical activities involving frequent or prolonged contact, practiced outdoors, including during an extracurricular activity, with the exception of:

- professional and high-level sports or those practiced in an academic setting;

- people who reside at the same street address;
- outdoor free practice facilities for team sports or physical activities even if they involve frequent or prolonged contact (e.g. tennis courts for free use and ice rinks).

The vaccination passport will be required also in the following activities and locations:

- basketball, football, rugby, baseball, soccer, hockey, dek hockey, handball, kinball, volleyball, ringette, softball, water polo, lacrosse;

- karate, judo, Olympic boxing, kick boxing, Olympic wrestling, taekwondo;

- squash, spikeball, ball on the wall, racquetball;

- tennis, badminton, pickle ball and table tennis doubles;

- double rowing, canoeing for 2 and +, dragon boat, rafting;

- artistic swimming duo and team;
- torque and synchro figure skating;
- cheerleading;
- curling;
- ultimate frisbee;
- crossfit;
- speed skating;
- fencing.

The vaccination passport will be required in the following activities and locations, when practiced indoors:

- climbing;



- weightlifting;
- swimming;
- individual artistic swimming;
- figure skating;
- diving
- gymnastics;
- training rooms;
- dance;
- trampoline;
- all sports activities offered in the form of classes or group training: spinning, pilates or yoga, swimming lessons, etc.

**The vaccination passport will not be required in the following activities and locations:**

- Libraries;
- Museums
- Private gatherings;
- Ceremonies (weddings, funerals);
- Places of worship;
- Spas and saunas;
- Businesses and businesses offering personal and aesthetic care;
- Massage therapy;
- Dog training courses;
- Driving lessons;
- Accommodation;
- Hunting and fishing activities.

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**Back to school**

As the start of the school year is in full swing across Quebec, special attention will be paid to ensure the safety of students and staff.

Over the next two weeks, school-based immunization efforts will be the priority to ensure an adequate overall immunization rate in all settings.

Additional screening options will be offered, continuing to focus on the accessibility, performance and effectiveness of tests available in the laboratory. As previously announced, the strategy deployed this fall will minimize exclusions (isolation) from the school.

To support efforts to contain the spread in schools, a phased roll-out of the use of rapid tests will be done shortly. Schools have been targeted for the first phase and these projects will test the process envisaged. The deployment will then be studied to all elementary schools in Quebec, then secondary schools. Training tools and information sessions will be offered to support staff.

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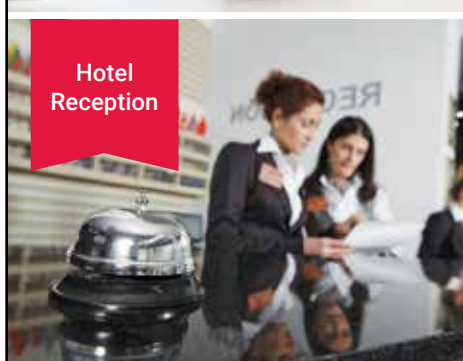
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## Publishers:

George Bakoyannis  
George S. Guzman

## General Director:

George Bakoyannis

## VP Sales & Marketing:

George S. Guzman  
sales@newsfirst.ca

## Graphic Design:

Costa Hovris  
Elena Molter  
Thomas Bakoyannis

## Advertising Consultants:

Peter Stavropoulos  
peter@newsfirst.ca

Jean Paul Chamberland

## Editorial Staff:

Matias Brunet-Kirk  
Martin C. Barry  
Maria Diamantis  
Renata Isopo  
Robert Vairo

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# OPINION & Editorial



## Between a rock and a hard place...

*The vaccine conundrum, to vax or not to vax*

Lucky me, I tested positive for covid-19, 72 hours pre-departure from Rome to Montreal.

Here's the story. Prior to departure, I underwent in Laval where I reside, the obligatory molecular test for the meagre (ha, ha, lol) cost of only \$120. At Trudeau Airport, at check-in, I wasn't requested any documentations of my test.

Here's more of this pandemic soap-opera that appears to be more fiction than science. Oh, yes, science – the new false God that has reduced the whole issue of truth to - "It's what we say, when we say it, where we say it, and always open to contradicting ourselves whenever we feel (not think) in flip-flops that are more numerous than legitimate scientific theory and practice should condone.

Arrive Rome, another Covid test, for only 60 euros (\$75 CND). No one was present for the test nor was there a covid-19 testing station set up as stated. Walked right through. Great! Gets better. Rome to Nice by car, again no one to check for vaccination documents, drove right through. 22 euros (\$28 CND) for this test from Italy for Nice.

Another sham. From Nice to Monaco, another test required for entry; I decided not to take. I drove right through, noting only four police officers in Monte Carlo, no questions asked. The only difference? Mandatory masks were everywhere, without exception. Everyone took it seriously. On the other hand, Nice was a free-for-all. No masks anywhere except in stores, restaurants, and hospitals of course. Beaches were over-crowded with residents, and tourists mainly from Eastern countries. No masks. "I went to Spain by plane and was not checked upon arrival," confided a Nice resident.

What's going on? Do governments make up rules as they go along? Hot and cold, one day to next. There is absolutely no credibility in their demands world-wide. They're definitely not on the same page, chapter, or book. In the meantime, since I tested positive, there's no medication for me. Re-scheduled my flight, hoping I'm no longer positive. I have no symptoms, I walk and run like a gazelle.

Although I'm fully vaccinated with AstraZeneca (Covishield), I contracted Covid - a curse since I had to postpone my flight back to Montreal, isolate for 10 days, risk being jailed if I step out of my residence, get called four times a day by Italian Santé Public. Positive tests are shooting up like wild fire in Italy. The question is how was I afflicted so quickly when I'm vaccinated? I've met Individuals who haven't been vaccinated and don't intend to be, who haven't been infected. They don't wear masks; I do. This leads me to believe that there's something definitely ineffective or bogus about vaccines, at least the one I submitted to.

The Green Pass/Vaccine Passport is now necessary in Italy for visiting restaurants and bars, cinemas, theaters, museums and exhibitions. The pass has been extended to staffs at schools and universities. Its introduction, following the French model (unique in the European panorama), is causing doubts, discussions and protests, in Canada as well. It's been reported that 125,000 protesters turned out in Montreal.

Escalated intensity of governments and pro-vaccine media towards vax or else measures, might well mobilize the millions of doubters who will proclaim that enough is enough. And the two solitudes will be driven further apart.

The political/social divide will widen an already systemic ideological chasm; the allegedly subversive right invoking respect for constitutional freedoms while the left, perceived as naïve lambs to the slaughter uncritically applauding governments and their slogans, propped up by major mainstream media columnists denouncing dissenters (anti-vaxers) with the solemn misguided affirmation that "freedom is not arbitrary".

To date, there's no obligation to be jabbed. Not yet, anyway. Proposals and trial balloons abound. But the door is open to possibilities, even probabilities, within Constitutional prerogatives under certain conditions, for both sides of the fence.

Vaccines may be imposed by law in support of the public good. But since the available jabs are still classified experimental with only emergency approval by the Federal Drug Administration (FDA) in the U.S. and by Health Canada, if the vaccine poses risks to the health of the person subjected to vaccination the Court is likely to grant exemptions to the law, if and when it passes.

Uncertainty persists, despite implementation of very extensive vaccination blitzes. Vaccine efficacy, presently questionable at best in preventing transmission, needs a substantial upgrade to render it legitimately protective of public health and sufficiently beneficial to the vaccinated, things on which the jury is still deliberating.

Could the strategy of persuasion include obligatory vaccination passports? By allowing access to certain, or eventually, all services and activities only to those in possession, will the strategy incentivize the uncertain rebellious skeptics to vax or to entrench in denial? Are there any contradictions to the use of this tool? In this regard, there is an unavoidable point of principle.

Strengthening the vaccination campaign is important, but shouldn't be dictatorial. Presently, having tested positive while being fully-vaccinated, I deeply question the impact of the vaccine, not certain of its effects. I'm not on board, with the so-called experts, most of whom are not medical practitioners, who stray not a whit from the tiresome narrative that the benefits far outweigh the risks. The way it's pushed is alarmingly reminiscent of far too many past missteps of science, governments, and medical practice.

Freedom must not lead to individual arbitrariness and selfishness, but it is equally true that public institutions and powers must operate with rationality, far-sightedness and respect for human rights, rights granted to individuals not by the establishment, but simply by the truth of being human, that's why we call them human rights.

Especially in difficult moments, it's necessary to establish a pact with the citizens on both sides of the divide, and not fuel discordant opposition, that would sow the seeds of social disintegration.

Renata Isopo  
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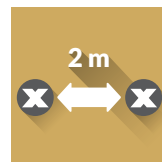
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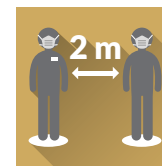
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If you have tested positive for or have symptoms of COVID-19, or if you have been in contact with someone who has the virus, visit [elections.ca](https://elections.ca) to apply to vote by mail. You have until Tuesday, September 14, 6:00 p.m., to apply.

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Thursday, August 19, 2021	9:00 to 3:00
Wednesday, September 8, 2021	9:00 to 3:00 and 5:00 to 8:00 pm

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ENDING DATE	Friday, January 28, 2022	Friday, January 28, 2022
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#### EVENING COURSES

PROGRAMS	English	French Second Language
STARTING DATE	Tuesday, September 7, 2021	Tuesday, September 7, 2021
ENDING DATE	Wednesday, January 26, 2022	Wednesday, January 26, 2022
DAYS OFFERED	Monday, Tuesday & Wednesday (10.5 hours/week)	Monday, Tuesday & Wednesday (10.5 hours/week)
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# Park-Ex businesses and non-profits ambivalent about applying vaccination passport system

JOE BONGIORNO  
LOCAL JOURNALISM INITIATIVE REPORTER

Park-Extension has expressed mixed feelings as the implementation of a vaccine passport system draws nearer. Business owners have voiced both hope for a pandemic recovery and concern about possible negative effects on their businesses. Meanwhile, some community groups are worried about possible pitfalls for marginalized groups.

Quebec's vaccination passport system comes into effect on Sept 1, requiring Quebecers over the age of 13 to show proof of vaccination to enter a variety of high-risk non-essential businesses and services ranging from restaurants to bars. Other activities unvaccinated Quebecers will also be barred from going to the zoos, casinos, bingo halls, amusement parks, music festivals, and marathons.

The passport system will be implemented via VaxiCode app, which displays a scannable QR code, but printed versions will be accepted as well.

Lucie Tremblay, director of nursing and vaccination for CIUSSS West-Central Montreal, says that the purpose of the vaccine passport system is to increase the vaccination rate across the province and slowly return to normalcy.

"I think that the intent is to invite everybody to make sure that they're going to get their vaccine and to make sure that those that got their vaccine will be able to continue a normal life if ever there's a fourth wave," says Tremblay.

#### Hope, concern, frustration

While Park-Extension does not boast a casino or bowling alley, the neighbourhood hosts plenty of restaurants.

Gurnam Malhi, owner of Malhi Sweets, prays for the end of COVID-19. He and his employees are vaccinated, and he is happy to do his part in verifying vaccine passports.

"It's good if everybody gets vaccinated," he says. "It's good for all the public."

Safety and public health, he says, should be the top priority, even if his restaurant sees fewer customers. He also feels confident that the restaurant will be able to successfully verify clients' QR codes.

However, not all restauranters are as optimistic. Days before Sep 1, Jay Singh, owner of an Indian restaurant on Jean-Talon, says he has not received enough information about how the system will work other than what he has read in the news.

"We're not too sure about how it's going to work, but it would be easier if we got more information."

Although Singh says that he understands

the purpose of mandating passports, he is not pleased from a business point of view. It is already a challenge to get customers to follow the current guidelines mandating mask-wearing and leaving contact information, he says.

"It's definitely going to affect business negatively," Singh says. "A lot of customers are going to ask about having to show their passports, or they can't find it. Obviously, if they're not vaccinated, they're going to have issues, too."

Rotisserie Panama manager Tina Koukoutsis is expecting the worst. Although customers have been compliant with health regulations, she thinks that business will fall significantly.

"We've lost so much already, and this is another handicap for us because not everybody is vaccinated," says Koukoutsis.

The restaurant has struggled to keep hold of staff amid lockdowns. "I can't even open on Mondays and Tuesdays because I don't have employees," she says.

Koukoutsis also sees contradictions in the application of passport systems in her workplace.

"I think it's ridiculous. Our children are not vaccinated, and they're allowed to come in here, [yet], as an employee, I'm allowed to come in here non-vaccinated. I am not vaccinated. It doesn't make any sense."

#### Effect on the most vulnerable

According to Ève Torres, coordinator of the Park-Extension Round Table, mandating vaccine passports may have unintended consequences on Park-Extension citizens who are already marginalized.

"We already have difficulties vaccinating vulnerable people," she says. "Strangely, instead of removing obstacles, they are adding other ones. It's certain that this adds additional problems for the most vulnerable people."

People looking to get vaccinated still face shortages of shots while vaccine-hesitant people are more difficult to reach, she says.

"If there is a requirement by certain employers, it's certain that it will add obstacles," says Torres. "Vulnerable people don't trust the health system. They don't trust the police. It's difficult with all the racism and systemic discrimination to have trust in these institutions."

The pitfalls of vaccine passports also depend on whether they will be applied to essential activities at a later point, she says.

"If you're talking about going to a dance club or a restaurant, people who live here have problems and don't frequent these places, so that's not really an obstacle, but if it prevents people from working, from eating, that's what you have to look at and that's what worries us."



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A close-up photograph of a mechanic with a large afro hairstyle, wearing a blue surgical mask and clear safety glasses. He is focused on working on the engine of a car with its hood open. He is wearing blue work clothes and blue gloves. The background is slightly blurred, showing an outdoor setting with trees and a building. The text is overlaid in the center of the image.

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A close-up photograph of a mechanic with a large afro hairstyle, wearing a blue surgical mask and clear safety glasses. He is focused on working on the engine of a car with its hood open. He is wearing blue work gloves and a blue apron over a blue shirt. The background is softly blurred, showing an outdoor setting with trees and a bright sky. The overall tone is professional and resilient.

**Getting through  
a pandemic  
takes a good  
dose of resilience.**





## And above all, a 2nd dose of vaccine.

The combined effect of two doses ensures  
longer-lasting and better protection  
against COVID-19.

Getting your 2nd dose  
of vaccine is a must.



# Sarker Hope Foundation debuts campaign to boost teen vaccination

**JOE BONGIORNO**  
LOCAL JOURNALISM INITIATIVE REPORTER

The Sarker Hope Foundation launched a three-month campaign from August to October in order to boost Park-Extension's vaccination rate of adolescents between the ages of 12 and 19. The campaign includes promotional events, distribution of informative materials, and rewards including a contest.

According to client support lead Vanessa Viel, the idea is to vaccinate Park-Extension's 12 to 19 population, which is the currently the most vulnerable age group because it is the least vaccinated.

"Our volunteers are going to be around Park-Extension, mainly on the weekend, and [they] are going to be speaking to mainly the youth," said Viel. "They're going to be handing out flyers with important information, [masks], pins, and chocolates to the kids who have been vaccinated."

Posters will be put up on storefronts of shops where staff is vaccinated. "We know that this will spread a positive message to all their clients who visit their place of business by reassuring them that the place is safe to visit as they are protected," said Viel. "This initiative will also encourage other business owners and clients to do the same and book their Covid-19 shot."

But in addition to posters, pins, and chocolates, the foundation will be also rewarding vaccinated teens with monetary prizes. Participating teens will have the chance to win \$100 gift cards.

"There's going to be different draws where winners will be chosen at random," said Viel. "We're going to be inviting the winners to live shows that are going to be on our Facebook page. We're just going to chat with them, discuss with them how their experience was with a vaccine, why is it important to them, why they decided to take it, and what message they would have for other teens who are skeptical about taking the vaccine."

## Concern as school year draws closer

With the start of the school year just around the corner, many are calling for increased vaccination of children and adolescents, especially for students between the ages of 12 to 17.

"We are trying to help the government and residents motivate children's vaccination before return to school to create a healthy Park-Ex and a safe environment for everyone," said Asad Rahman, director of programs at the Sarker Hope Foundation. "[We are] focusing more on adolescents to create a safe school environment."

Lucie Tremblay, director of nursing and vaccination for CIUSSS West-Central Montreal, is concerned about a fourth wave hitting on the cusp of the new school year while large numbers of students remain unvaccinated. "We're going to go to some of the schools to make sure that they're vaccinated, but the best strategy is to go get the vaccine right now," said Tremblay. "It takes a few days before it becomes effective."

## Many more jobs to go

According to Rahman, the story of Park-Extension's vaccination rate is one of success. "As of 26th July 2021, 71 per cent of people aged 12 and over have received their first dose," he said. "40.8 per cent have received their second one. Positive cases have also significantly decreased to under one per cent."

Tremblay agrees that progress has been made with the vaccination rate. Although unable to comment on the data the Sarker Hope Foundation presented to Park-Extension News, Tremblay said that the number of vaccinated people aged 12 and over generally hovers at around 70 per cent.

*"We need to be able to go back to our normal life," said Tremblay.*

*"The only way that we can do that is by having everybody vaccinated."*

Yet, despite progress, the vaccinate rate in Park-Extension lags significantly behind other boroughs in the 12 to 34 age group, said Tremblay. "We still need to increase the vaccination rate."

Vaccinate teens has been a challenge for reasons that remain a mystery to health officials. "We're all asking the same question," said Tremblay. "There's probably some difficulty to reach the population. Even though we've gone door to door, we've translated our information in I think 16 different languages, we've had different strategies to reach out to people, there's probably some people that are not reading or hearing what we have to say."

Reaching the youth has required a somewhat



Sarker Hope Foundation distributes pins and educates the community. Joe Bongiorno NEWSFIRST

unconventional approach. "Young people are very often busy, and it might not be the one thing that is on their priority list," said Tremblay. "I think that we need to be very innovative to go meet people where they are, and this is why we have so many strategies that to reach out to people."

Tremblay hopes local vaccination efforts and promotional campaigns will bear fruit that benefit the population as a whole. "We've been in this pandemic for almost 18 months now," she said. "We need to be able to go back to our normal life, and the only way that we can do that is by having everybody vaccinated."

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## Symptoms of burnout

The tell-tale signs that you're approaching burnout include (but aren't limited to) chronic fatigue, increased irritability, lack of motivation, loss of enjoyment, trouble concentrating, anxiety and feelings of isolation or detachment.

## How to avoid work-from-home burnout

Telecommuting has its perks, but it can also make you feel unmotivated, isolated, easily distracted and overwhelmed. Here are six tips to help you stave off burnout.

### 1. Create a morning routine

Wake up 30 to 90 minutes before work, and establish rituals that set a positive tone for your day. Ease into your morning by stretching, taking a shower, listening to a podcast, making a smoothie or reading the newspaper.

### 2. Connect with colleagues

Check in with your coworkers every morning and schedule virtual coffee breaks to keep up morale and maintain a sense of community. If you want to discuss a project, pick up the phone or hop on a video call rather than send an email.

### 3. Take effective breaks

Stepping away from your computer periodically allows you to recharge and renews your motivation. Go for a walk (without your phone), listen to a guided meditation, clean up your desk, read a magazine article or put on some music and dance.

### 4. Exercise every day

Regular physical activity clears your mind and relieves stress. It also helps you sleep

better, gives you more energy and boosts your self-confidence. Make exercise a priority by scheduling a morning run, afternoon spin class or bedtime yoga session the way you would a work meeting.

### 5. Make time to cook

Putting together a snack or meal from scratch is therapeutic because it helps you tap into your creativity and feel productive. Cooking with fresh ingredients will also ensure you're eating nutritious food that gives you the energy you need to get through the day.

### 6. Establish boundaries

Set office hours and stick to them. Don't let your workday bleed into your evenings and weekends, as that free time is crucial to your well-being. Send your coworkers a sign-off email at the end of the day, then transition from work to relaxation by going for a walk or taking your kids to the park.

*If you're struggling to work from home and feel like you might be approaching burnout, don't hesitate to speak with a mental health professional.*

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# In Memoriam & Obituaries

## Dearly departed

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### Three modern funeral trends

There's no one right way to approach a funeral and today's ceremonies are increasingly stepping away from long-held traditions. Given that each individual leads a unique life, it follows that when a person passes away, he or she is commemorated in an equally unique fashion. Here are three ways forward-thinking families are customizing funerals for the modern age.



#### 1. NOT WEARING BLACK

Some families ask guests to forego the traditional garb and instead sport bright colours. This practice encourages people to regard the ceremony as first and foremost a celebration of the deceased's life.

#### 2. THEMED FUNERALS

This is another way of putting the accent on celebration and commemoration. A funeral can be themed around a personal passion, a special achievement, a favourite colour, a choice book or film — you name it.



#### 3. GREEN FUNERALS

Environmentally conscious individuals are increasingly opting for eco-friendly funeral practices. Green funerals may include a burial in the forest, using remains to grow a tree and choosing sustainably sourced wood for the coffin.

**These are just a few ways to personalize the funeral of your loved one. There's nothing stopping you from expanding on these ideas or using your own, so long as the wishes of the deceased are taken into account.**



**Alexandra Landry, Vanessa**  
1992 - 2021

It is with a heavy heart that we announce the death of Vanessa Alexandra Landry, following a hard fight against cancer, which occurred at the Hôpital du Sacré Coeur in Montreal, on Sunday August 15, 2021, at the age of 29. years and 4 months. She lived in Montreal but formerly in St-Léolin. Born April 4, 1992, she was the daughter of the late Albanie Landry (April 2020) and Linda Landry. Besides her mother, she is survived by two sisters: Annie (Martial) and Joannie (J.P), both of Terrebonne. She will be sadly missed by her four loves, whom she loved with all her heart.



**Goulakos, Socrates**  
1956-2021

It is with a very heavy heart and immense sadness that we announce the sudden and unexpected death of Socrates Christos Goulakos at only 64 years old. Beloved son of Christos and Connie Goulakos, beloved husband of Julie, adored father of Constance



**Lamer Jodoin, Claudette**  
1939 - 2021

It is with great sadness that the family of Claudette Lamer Jobin, wife of the late Jules Jobin, announces her death. Appreciated by all for her kindness, generosity and gentleness, she devoted herself to teaching several years after her retirement as a remedial teacher. She is survived by her two lovingly educated daughters: Marie-Josée (Stella, Gordon) and Élise (Carl) as well as her beloved grandson Thierry. His sister Jocelyne (Yvon, Christine, Jean-François), his godson François (Bena) as well as her many friends



**Cianci, Giuseppe**  
1930 - 2021

In Montreal, on August 28, 2021, at the age of 91, passed away Giuseppe Cianci. He is survived by his wife Angela Iannuzzi, his sons Francesco (Marie Louise Danese), Domenico, his grandchildren Samantha (Alessandro Guerrera), Cynthia, Matthew, his great grandchildren Arianna, Jonathan, his brother Antonio as well as many relatives and friends.



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# HOROSCOPE

Week of **SEPTEMBER 5 TO 11, 2021**

The luckiest signs this week:

**SCORPIO, SAGITTARIUS AND CAPRICORN**



## ARIES

You'll have a lot on your plate at work and several small tasks to handle. You'll manage to close a deal or settle a dispute that requires great leadership. This will prove quite profitable, and you'll be proud of yourself.



## TAURUS

You're going to showcase yourself in some way and attract attention with your charisma. You'll take the time to spoil yourself, revamp your wardrobe or even get a makeover, either following a promotion or simply because you want to.



## GEMINI

You'll spend time with your family or at home. You might also decide to invest in doing a regular activity with loved ones that brings you joy and helps you unwind. It might take a long time to negotiate with certain people.



## CANCER

You won't hold your tongue, and your words are likely to be misunderstood. You'll inevitably have to lead by example so that people understand what you mean. Affection must be part of a healthy and balanced relationship.



## LEO

A few unexpected expenses will suddenly arise. Fortunately, you'll be able to negotiate a loan with your bank to avoid further tightening your belt. In order to get what you want, sometimes you need to take matters into your own hands.



## VIRGO

There's plenty of action coming up, and you'll soon accomplish an outstanding feat. A decent raise awaits you after a shake-up at your company. Remember, promptness is key in a relationship based on mutual respect.



## LIBRA

Some reflection will be necessary before you put a project into action. You might not always consult others, even if your decisions involve them. Your sense of team spirit needs to be improved, including with your partner.



## SCORPIO

Responsibilities and stress will dominate much of the week, and you'll need to take the time to rest. Otherwise, your health might give you a sign to slow down. A bit of meditation or relaxation would do you good.



## SAGITTARIUS

Even with a demanding schedule and various personal and professional obligations, remember to make time to unwind. Visit loved ones you haven't seen in a while. A lunch with co-workers will be enjoyable.



## CAPRICORN

If you've been neglecting your romantic relationship lately because of work, you'll consider taking a trip to reconnect with your feelings and with each other. A definitive solution will finally arise to deal with a family conflict.



## AQUARIUS

There are a lot of emotions in the air. You might be moved by a particular situation such as a child's achievement, whether it's taking their first steps, graduating or landing their first job.



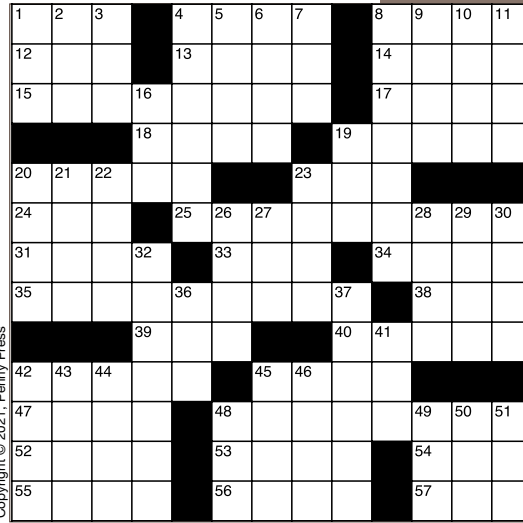
## PISCES

You'll weigh the pros and cons for some time before making a decision. Even if you have all the information you need, your instincts will lead you to the best solution. If you're single, you may receive a marriage proposal.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 092



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### ACROSS

- 1. Bungle
- 4. Steak, e.g.
- 8. Regard
- 12. Farewell, for short
- 13. Beg
- 14. Conform to
- 15. Drink
- 17. Shoe part
- 18. Smaller amount
- 19. Road sign
- 20. Pack animal
- 23. Appropriate
- 24. Cookie grain
- 25. Cover, as a couch
- 31. Potent particle
- 33. Molasses spirit
- 34. Voila!
- 35. Put in the bank
- 38. Flick
- 39. Fade
- 40. Trash
- 42. Soak, as tea
- 45. Does, e.g.

- 47. Verbal
- 48. Billiard parlor: 2 wds.
- 52. Discharge
- 53. Fan's hero
- 54. Little
- 55. Related
- 56. Munches
- 57. Cap

- 16. Shade provider
- 19. Actor Brynner
- 20. Shipment
- 21. Not early
- 22. Above
- 23. Curved roof
- 26. Strait-laced
- 27. Shack
- 28. Bugle call
- 29. Write text
- 30. Derby
- 32. Posed
- 36. Slurp
- 37. Lives
- 41. Burnt wood
- 42. Downy
- 43. Three voices
- 44. Count
- 45. Seltzer
- 46. Holler
- 48. Bakery purchase
- 49. Piercing tool
- 50. Island garland
- 51. Guided

### DOWN

- 1. Subside
- 2. Bread type
- 3. Gun a motor
- 4. Dresser
- 5. Notable periods
- 6. Caviar
- 7. Admission price
- 8. Most curious
- 9. Clarinet's cousin
- 10. Reveal
- 11. Saw

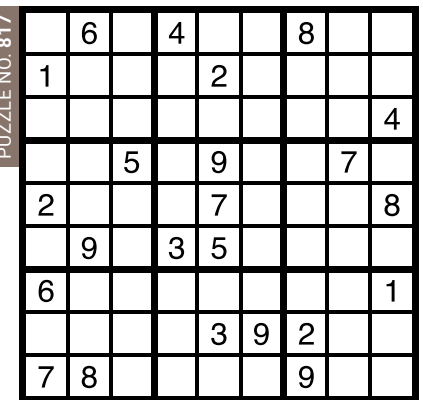
# Sudoku

## HOW TO PLAY:

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

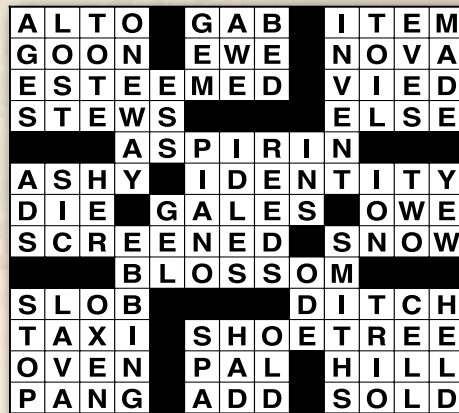
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 817

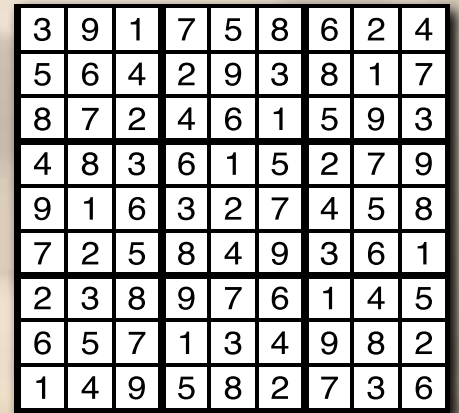


## Last Issues' Answers

### CROSSWORDS



### Sudoku



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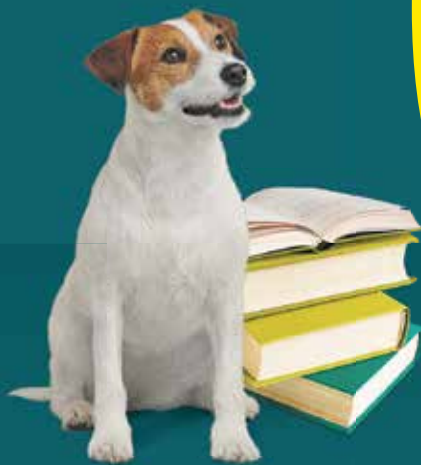


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