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MIXED RESPONSE on new measures in Parc-Extension bars

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How greening initiatives could also negatively affect Parc-Ex

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Greening and gentrification



A green alley project implemented by residents between Durocher and Querbes. Photo: Matias Brunet-Kirk - NEWSFIRST



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Vert le Nord

The report focuses on *Ville en verts*' practices in its *Vert le Nord* program, claiming that the group has lacked community engagement and does not take into account the gentrifying effects the greening may have on Parc-Extension.

"The actual process by which the project was conceived and is being carried out does not adequately fulfil this stated commitment to community engagement," read the report, citing a lack of links with local organizers and reciprocity and transparency with residents.

The report cites an unnamed community organizer saying that "*Ville en vert* simply wanted to validate their process without actually consulting with them or any other community organizations", and did not believe that "their intentions reflected the actual needs of residents."

Authors also say that *Ville en vert's* approach remains very hierarchical, with no mechanisms to help implement or fund grassroots greening initiatives. "We see initiatives that are legitimized because of relatively vague and kind of hand waving commitments to positive environmental impact," explained Megelas, underlining that a broader range of strategies would have a more meaningful impact.

When contacted to comment on the matter, *Ville en vert* did not respond to the issue prior to the deadline.

in the Park-Extension and is a co-author of the report looking into greening in the neighbourhood.

"The improvements with space aren't going to benefit everyone in the same way," he said of greening initiatives. "It's primarily going to benefit the folks who are likely to stick around in those communities," added Megelas.

As trees are planted and green space is increased in urban areas, Megelas points out that this also increases the attractiveness and quality of life in the area, leading to an increase in property prices.

"If you're someone who's renting your home, and all of a sudden, there's trees that get put up and your alleyway gets cleaned up, your property owner sees a pretty decent bump in his property value, decides to sell, someone buys it and evicts you," explained Megelas.

Although the initial gesture of offering green-space to lower-income residents may seem benevolent, it may result in them having to relocate to a more affordable neighbourhood. "That beautiful alley that your kids were playing in, well it's no longer there because you've had to move up to Montréal-Nord or St-Leonard," he continued.

François Legault says he's ready 'for another four years'

Incumbent Premier addresses CAQ faithful, while courting Quebec's rural regions



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Quebec Premier François Legault all but confirmed at the conclusion of the Coalition Avenir Québec's general council meeting in Trois Rivières last Sunday what most observers had assumed already without knowing for certain.

Legault was hinting around two years into his first mandate which started in October 2018 that he felt the work he'd started a decade ago when he founded the CAQ was done and that he might be stepping away to make room for another leader.

'Ready for another four years'

However, finishing his speech to the CAQ membership just before the end of the two-day Covid-restricted gathering held as a warmup for the provincial election next year, Legault said, "I finish by saying that I need you the activists. Together, we have already made a lot of changes, but have still many changes to make. And so, I think, I have the impression that we are going to need another mandate. It wouldn't be great, it seems to me in any case, to break the momentum. As far as I'm concerned, I'm ready to go for another four years. Do you feel like getting on board with me?"

If the CAQ's gathering was an indicator of what the party has in store leading towards the October 2022 election, Quebecers can expect the party will be repeating the strategy that got

them elected in 2018 – an intense focus on the province's rural regions where their electoral support is strong, with less attention paid to the major urban centres where they have thinner support.

Little focus on Montreal region

Throughout Legault's closing speech summing up the party's accomplishments while offering a glimpse of the future, scant reference was made to Quebec's largest urban centres – including the greater Montreal region. And even then, it was only while referring to the "inter-dependence" of the urban centres with the regions in helping to develop and build up the overall economy of Quebec.

Whether the Premier was consciously trying to emulate the late Canadian Prime Minister Sir Wilfrid Laurier who famously said, "Let me tell you, my fellow countrymen, that all the signs point this way, that the 20th century shall be the century of Canada and Canadian development," Legault confidently proclaimed:

"The 21st century will be the century of the green economy, and the 21st century will be the century of Quebec." Similarly, and invoking the regional theme again, Legault said later, "My dream, as I was saying earlier, is that the 21st century becomes the century of the regions of Quebec."

Legault's economic nationalism

The word "nationalism" loomed at some points during Legault's speech, although mostly in an economic rather than cultural or political context. The Premier said he was proud of how Quebecers went all out to purchase Quebec-



made products so as to encourage the local economy during the pandemic.

"We're going to continue – the idea is to replace other products, including products *made in China* with products made in Quebec," he said, pronouncing the part about China in English.

"Sure, we won't be able to replace all the products. But there are some where we are able to be competitive." Regarding the province's agricultural output, Legault observed, "When you look at what we eat, there's just 50 per cent that comes from Quebec."

Hi-speed Internet for regions

A significant part of the focus over the week-end (dealing again with the province's regions) was a CAQ government plan to make high-speed Internet service available in all isolated

and far-flung sectors of Quebec before the government's mandate ends late next year.

On the issue of employment, Legault again invoked the regions, noting that there are regions of Quebec where unemployment persists in spite of a shortage of workers reported by business owners. "The best way to enrich Quebec is to enrich all the regions," he said, while also emphasizing that job re-orientation and retraining will be made available in the regions.

Perhaps more ominously in terms of what a second CAQ mandate could mean, the Premier suggested that the province's universal health care system could undergo a major "decentralization" comparable to the one that saw Francophone school boards abolished and converted into educational service centres during the CAQ government's first term.

◀ Important for residents

On election day, greening was the number one concern on the mind of resident Arnaud Lafortune. He feels that the area is in dire need of more green space and trees, as he says the summer months in Parc-Extension remain insufferably hot.

"It's a super important issue, it's true for Parc-Extension as well as Villieray," said Lafortune in front of the William-Hingston polling station, adding that "there aren't enough trees."

This is the viewpoint of a large portion of residents in the neighbourhood, as urban heat island effects and the greening initiatives implemented to mitigate them have come to the forefront of political discourse.

"It's not only beautiful but it's also important for air quality and people's mental health," explained Lafortune, outlining that he had voted for a political party that he thought was the most likely to implement greening. "It's more than aesthetic, it's functional," he added.

Need for increased consultation

Megelas recognizes the desire for greening measures among residents and policymakers and acknowledges the positive effects they can have when properly implemented. But Megelas said that greening cannot be seen as purely positive, especially when implemented with minimal community consultation.

"Clearly they didn't know a heck of a lot about what some of the community organizing

dynamics are like," said Megelas, adding that he had noticed the dynamic taking part across the city. "The same thing happened when folks developed the Lachine canal," he added.

The group instead recommends that organizations like *Ville en vert* include residents and community organizations throughout the planning process, both through consultation and staffing. This would tailor greening initia-

tives to the neighbourhoods in which they are implemented.

"It would have been nice to see *Ville en vert* hire some local folks from Parc-Ex to help lead this initiative instead of white francophones without any understanding of the broad range of local cultures that we see in the neighbourhood," explained Megelas.

They also recommend that a broader range of measures be implemented to mitigate the urban heat island effect in the area, instead of just planting more trees. This could include building more underground parking, decreasing heavy vehicle traffic and working with industry to reduce emissions.

"The improvements with space aren't going to benefit everyone in the same way,"



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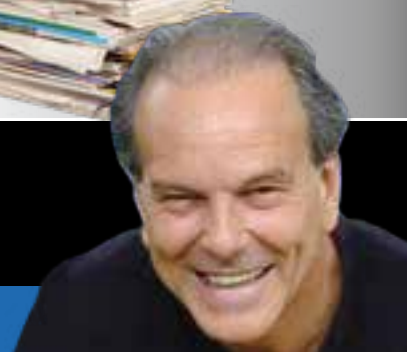
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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo

Stop the Grandiose Promises on Climate Change.

Don't kid yourself. Smiling Joe Biden is no friend of Canada. Other than Trump, he's the first U.S. President not to visit Canada after his election. He is the first President to reach out to Australia, instead of Canada to form a security alliance. He is intervening in Canada's Enbridge number 5 pipeline that runs through Michigan and provides heating and gas to Quebec and Ontario, but only because had that pipeline closed, the state would have to get its propane and other gases elsewhere at a much higher cost, and Joe Biden cannot afford to lose more support, especially from such a vital state like Michigan. It doesn't matter to him what would have happened to Canadian provinces.

Buy U.S. policy completely disregards its largest trading partner, Canada, supplier of water, gas, and oil at less than wholesale prices to our neighbour. Canada to Joe Biden is just another Mexico.

And sadly, not a peep from Canada's opposition parties. The NDP is in bed with the Liberals so it's not expected to voice concern, but the Conservatives have not complained about American policy. There has been no outcry over the absurd rise in the cost of groceries due to inflation, expected to reach 5%, in part due to our Prime Minister's "gargantuan and furious spending" over the last year, and no one has voiced concern over the delay in reconvening parliament. Frankly we are devoid of representation. Especially with a new government that was elected with support from fewer than one in three Canadians.

And so, the three amigos are having a sit down in Washington this week. Whatever Joe wants to discuss, Trudeau must not cave in, like he did at the ludicrous and hypocritical COP26 (26th meeting of the Conference of the Parties) in Glasgow Scotland.

Canada sent more delegates than any other country. It included "277 bureaucrats, not including the prime minister's official photographer, official videographer and lead speechwriter, 17 press secretaries and communications directors" with the Canadian aircraft parked next to hundreds from other countries, plus over 100 private jets, and thousands of vehicles in each leader's motorcades. A fine example by world leaders to help curb carbon emissions.

Mr. Trudeau saw fit to make his contribution on the world stage, by boastfully announcing a cap on Canada's oil and gas emissions in a way that would decimate an already beaten and battered Alberta economy, where almost 20% of our GDP is generated. I am stunned that not one of our political leaders complained. Even Conservative Erin O'Toole was only mildly critical, actually gutless.

Why the oil and gas industry? Why not cap Canada's aerospace empire, "one of the biggest growths of global emissions", which happens to be centered in Trudeau's priority electoral province, Quebec? Nor did our Prime Minister single out friendly British Columbia, where the Port of Vancouver is the largest exporter of thermal coal in North America. No, just Canada's gas and oil industry.

Why berate what is so vital to Canada instead of striking a positive note and sighting true Canadian advancements in the climate change debate.

Trudeau could have boasted about Canada's outstanding technological achievements in capturing carbon dioxide. Alberta has two commercial-scale projects reducing greenhouse gas (GHG) emissions by 2.76 million tonnes each year. We have a phenomenal, and growing carbon capture industry, in fact Canada is a leader in carbon capture, utilization and storage.

Like him or hate him, Stephen Harper, has a realistic view, citing political will is not the issue at the COP26 Climate Summit. Harper says that wind mills and sun power cannot yet deliver the power to electrical grids to allow us to operate as we do today. Says Harper "the technological developments simply have not occurred yet, or suffer from resource deficiency". He is right on.

And how about some transparency and accountability from COP26, when billions are donated to countries for the environment, as there were with the Paris Accord, but are often diverted to other sources. Some have called it 'kleptocrat corruption'. None of these leaders has addressed that.

It's easy and popular to shout about the need to reduce carbon emissions, and promise reaching zero carbon emission by 2050. What the rich world does, matters little. We all know that countries like India, the third largest world polluter, will not be able to afford this kind of radical turn around. China, the largest polluter in the world, where 60% of its energy is still produced by coal, did not even attend the Summit. So, let's be realistic about carbon emissions and stop with these grandiose promises.

The Financial Post suggests accelerating "investment into R&D of cheaper, low-CO2 energy, from fusion and fission, solar, wind and batteries to second generation biofuels" and many other brilliant ideas will follow. Strong government incentives to extract lithium from depleted oil and gas reservoirs, and harness geothermal energy.

Wouldn't this be cheaper, and achieve giant step results, rather than carbon taxes that increase every year, adding to the cost of everything.

The reality is, the end result will bring breakthroughs for new and greener energy, without the flowery empty promises, and the brutal cost to all taxpayers.

That's what I'm Thinking.

Robert Vairo

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Back to singing and dancing



George Giannoumis is the owner of the small Bar Cafe Loutraki, which has been in business since 1999. Photo: Matias Brunet-Kirk - NEWSFIRST



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Monday marked the first day bars and cafes could return to standing room capacity and dancing, that venues could host general admission events and karaoke bars could allow people to sing again.

While Parc-Extension is not known for its bustling nightlife or famous clubs, there are still a few bars and cafes that dot the neighbourhood serving a local and very loyal clientele.

According to the new rules, bars, cafes and nightclubs can not only welcome a full capacity of guests but also allow patrons to circulate freely in the bar, given they wear a mask and are fully vaccinated.

Likewise, karaoke venues will let people sing without a mask, as long as they are at least one metre away from other people. The new measures also do away with the mandatory guest registry that had been implemented.

While many in the restaurant and hospitality industry welcomed the news, the reception in Parc-Extension seemed lukewarm. Some businesses felt it would make things seem more normal and bring back customers while others said it wouldn't make a lasting difference to their business.

Welcome change

Angela Meonja has been working as a bartender at Le Grand Chapeau, a sports bar on Jarry and de l'Épée, for over four years now. She is dedicated to her craft and knows her clientele well. She feels that the new measures will bring the bar where she works a little bit closer to what it was before.

"When we start again, it's going to be more fun for them," said Meonja of how she feels customers will be more comfortable coming back. "If they have fun, they're gonna come back for sure," she added, explaining that this would be good for the business.

"Even though people try to have fun, it's not that fun to stay away from your friends," Meonja noted of how the bar experience feels with many of the previous restrictions. "There were literally only four chairs at the bar, so they never had the chance to talk," said Meonja. "When you have two drinks, you want to talk to your friend have fun and laugh," she added.

Meonja also thinks this may encourage some

new clients to come in more regularly. She works both Friday and Saturday nights and has noticed younger people and more students coming into the bar for a game of pool and some drinks.

Local clientele

While some see the new measures as a breath of fresh air for their business, others don't see it as affecting them as much. George Giannoumis is the owner of the small bar Cafe Loutraki further down Jarry.

Open since 1999, the intimate bar is well established in the neighbourhood and has accumulated a loyal clientele over the years. Giannoumis does not think the new measures will help him all that much.

"This is a local bar, so full capacity or not doesn't really make a difference," said Giannoumis, pointing to the small parlour

"This is a local bar, so full capacity or not doesn't really make a difference,"

with only a few tables. "We work on local guys. We're not bringing in karaoke, we're not bringing dancing, we're bringing in whoever here knows each other," he noted.

No lasting change

Giannoumis says that what is hurting his business most is the government mandate to be doubly vaccinated, with many of his clients having not gotten the shot.

"A lot of the locals have this paranoia that there's something wrong with the vaccine, which I don't believe in," said the owner, adding that the vaccine passport has taken away nearly 50 percent of his client base.

Nonetheless, he recognizes the new measures could somewhat help him during large events such as sports games. "Now if I show the Greek soccer game, yeah it'll change because now I'm gonna have as many people as I can," said Giannoumis, but underlined that these didn't happen often enough to make a lasting difference.

Even with some restrictions continuing, the small business owner remains positive for the future and feels he will be able to bounce back from what has been a difficult 20 months for bar and restaurant owners. "It's in our DNA," said Giannoumis on a hopeful note.

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Verdissement et gentrification

Comment les initiatives de verdissement peuvent nuire à ceux qu'elles tentent d'aider



MATIAS BRUNET-KIRK
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Le manque d'espaces verts à Parc-Extension devient un enjeu de plus en plus important pour les résidents du quartier. Les dernières élections ont clairement démontré que le manque d'espaces verts était au cœur des préoccupations de nombreux électeurs et des partis politiques, tant pour des raisons environnementales que sociales et économiques.

Bien que bénéfiques, certains chercheurs commencent à souligner que certains efforts de verdissement peuvent également avoir des effets négatifs, affirmant qu'ils peuvent entraîner une augmentation des prix de l'immobilier tout en exacerbant les effets de l'embourgeoisement des quartiers et le déplacement des résidents à faible revenu.

Un groupe de chercheurs ont récemment publié un rapport portant sur le programme de verdissement Vert le Nord de Ville en verts. Le rapport porte sur la façon dont ses activités, payées par des fonds municipaux, contribuent à une augmentation des prix de l'immobilier dans Parc-Extension et exacerbent les effets de l'embourgeoisement dans le quartier.

Comment le verdissement augmente les loyers

Alex Megelas est étudiant au doctorat en études pédagogiques à l'Université McGill et est coordonnateur de programmes au Bureau



Une ruelle verte mise en œuvre par des résidents locaux entre Durocher et Querbes. Photo : Matias Brunet-Kirk - NEWSFIRST

de l'engagement communautaire de l'Université Concordia. Il travaille au sein d'un réseau de recherche communautaire dans Parc-Extension et est coauteur du rapport sur le verdissement dans le quartier.

«Les améliorations apportées à l'espace ne profiteront pas à tout le monde de la même

façon», dit-il à propos des initiatives de verdissement. «Elles profiteront surtout aux personnes qui sont susceptibles de rester dans ces communautés», a-t-il ajouté.

En plantant des arbres et en augmentant les espaces verts dans les zones urbaines, M. Megelas souligne que cela augmente égale-

ment l'attrait et la qualité de vie du quartier, ce qui entraîne aussi une hausse des prix de l'immobilier.

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La construction de nouveaux parcs, comme celui de Dickie-Moore sur Beaumont, a tendance à faire augmenter les prix de l'immobilier à proximité. Photo : Matias Brunet-Kirk - NEWSFIRST

de vendre, quelqu'un peut l'acheter et vous évincer», explique Megelas.

Bien qu'offrir des espaces verts aux résidents à faible revenu puisse sembler bienveillant, il peut aussi les mener à devoir déménager dans des quartiers plus abordables. «Cette belle ruelle dans laquelle vos enfants jouaient, eh bien elle n'est plus là parce que vous avez dû déménager à Montréal-Nord ou à Saint-Léonard», a-t-il poursuivi.

Vert le Nord

Le rapport se concentre sur les pratiques de *Ville en vert* et son programme Vert le Nord, affirmant que l'organisme a manqué d'engagement communautaire et ne tient pas compte des effets de gentrification que le verdissement peut avoir sur Parc-Extension.

«Le processus par lequel le projet a été conçu et est en cours d'exécution ne répond pas de manière adéquate à leurs promesses envers l'engagement communautaire», peut-on lire dans le rapport, qui affirme un manque de liens avec les organisateurs locaux et de réciprocité et de transparence avec les résidents.

Le rapport cite un organisateur communautaire anonyme qui a déclaré que «Ville en vert voulait simplement valider son processus sans vraiment consulter d'autres organismes communautaires», et qu'il ne croyait pas que «ses intentions reflétaient les besoins réels des résidents.»

Les auteurs affirment également que l'approche de Ville en vert reste très hiérarchisée, sans aucun mécanisme pour aider à la mise en œuvre ou au financement des initiatives de verdissement communautaire. «Nous voyons des initiatives qui sont légitimées par un impact environnemental positif, mais d'engagements relativement vagues», a expliqué Megelas, soulignant qu'un plus large éventail de stratégies aurait un plus gros impact.

Ville en vert n'a pas répondu à nos demandes de commentaires sur le sujet avant la date de publication.

Important pour les résidents

Le verdissement était la préoccupation numéro un du résident Arnaud Lafortune le jour de l'élection. Il estime que le quartier a besoin de plus d'espaces verts et d'arbres, notant que les mois estivaux demeurent insupportablement chauds à Parc-Extension.

«C'est une question super importante, c'est vrai pour Parc-Extension comme pour Villieray», a déclaré M. Lafortune devant le bureau de

vote William-Hingston, ajoutant qu'«il n'y a pas assez d'arbres».

C'est le point de vue d'une grande partie des résidents du quartier, alors que les effets des îlots de chaleur urbains et les initiatives de verdissement sont passés au premier plan du discours politique.

«Ce n'est pas seulement beau, mais c'est aussi important pour la qualité de l'air et la santé mentale des gens», a expliqué Lafortune, soulignant qu'il avait voté pour le parti politique qui, selon lui, était le plus sûr de mettre en œuvre le verdissement. «C'est plus qu'esthétique, c'est fonctionnel», a-t-il ajouté.

Plus de consultation

M. Megelas reconnaît le désir des mesures de verdissement parmi les résidents et admet les effets positifs qu'elles peuvent avoir lorsqu'elles sont correctement mises en œuvre. Mais M. Megelas a déclaré que l'écologisation ne peut être considérée comme un élément purement positif, en particulier lorsqu'elle est mise en œuvre avec une consultation minimale de la communauté.

«Il est clair qu'ils ne savaient pas grand-chose de la dynamique de l'organisation communautaire», a déclaré M. Megelas, ajoutant qu'il avait remarqué cette dynamique avec d'autres efforts dans de différents quartiers. «La même chose s'est produite lorsque les gens ont développé le canal de Lachine», a-t-il ajouté.

Le groupe recommande plutôt que des organismes comme Ville en vert incluent les résidents et les organismes communautaires tout au long du processus de planification, tant par la consultation que par le recrutement de personnel. Cela permettrait d'adapter les initiatives de verdissement aux quartiers dans lesquels elles sont mises en œuvre.

«Il aurait été agréable de voir Ville en vert embaucher des gens de Parc-Ex pour aider à diriger cette initiative, plutôt que juste des francophones blancs qui ne comprennent rien aux cultures locales que nous avons dans le quartier», explique M. Megelas.

Ils recommandent également de mettre en œuvre des mesures plus variées pour atténuer l'effet des îlots de chaleur dans le quartier, au lieu de simplement planter plus d'arbres. Il pourrait s'agir de construire davantage de stationnements souterrains, de réduire la circulation des poids lourds et de collaborer avec l'industrie lourde pour réduire les émissions.

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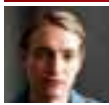
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Votre
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How to avoid food waste?

Free workshop hosted by Parc-Extension library



MATIAS BRUNET-KIRK
matias@newsfirst.ca

Food waste and how to avoid it will be front and centre during a virtual workshop organized by the Parc-Extension library and set to be held next week. On Nov. 23, Florence-Léa Siry, an expert on the matter, will host a workshop open to the public that will tackle issues, around food, health and the environment.

Siry is behind the project *Chic Frigo Sans Fric*, a zero-waste and environmental educational platform that revolves around cooking and food, offering tips and tricks in food management and how to run your home kitchen in a way that avoids waste.

"The zero waste lifestyle is proving difficult to implement on a daily basis for many people," said Siry, but added that much could be done to make it easier and "find your own way to go green, without disrupting your life."

Food self-sufficiency

Domestic food waste has become a major issue for many people in recent years. According to the National Zero Waste Council's research on household food waste in Canada, nearly 2.2 million tonnes of edible food is wasted each year. This costs consumers over \$17 billion annually.

Siry works to counter this by helping "contribute to the food self-sufficiency of people who wish to take action to reduce consumer food waste, while not compromising on the quality of the meals," she said.

As an author and speaker, Siry wishes to offer

"healthy, practical and economical solutions to develop creative reflexes in the kitchen."

During the conference, the food waste expert will offer tips and tricks on how to do more with less, while using the food already in your fridge to the maximum extent.

Some tips

On her website, Siry stresses the importance of properly storing ingredients and cooked meals or leftovers. Experts say hermetically sealed containers do a better job at keeping food fresh and conserving it for longer periods. Glass containers are even better as their lifespans last much longer than plastic.

Organizing your fridge properly and doing an inventory before going to the grocery store will also prevent making unnecessary purchases. By keeping food on rotation and only buying what you need, you can significantly reduce the food that needs to be thrown out.

Most importantly, creativity is what is most important in the kitchen. Experts say that learning to work with what is already in the fridge instead of buying specific ingredients for recipes will allow you to reuse ingredients and use less food. For example, leftover white rice can be quickly combined with some vegetables and spices to make a fried rice dish, giving it a second life.

Saving money and the environment

The motivations for wasting less food are both environmental and economic. According to Recyc-Québec, each Canadian wastes about \$1100 worth of food every year. Anyone can make a few simple adjustments to reduce this by a significant amount.

The same organization also stated that unnecessary food waste in North America accounted for an additional 193 million tons of greenhouse gases released annually. That is the equivalent of nearly 41 million more cars on the road.

The event is free to the public but requires that attendees sign up beforehand. The workshop is scheduled for Nov. 23 at 7 PM. It is organized by the Parc-Extension library, in association with les Bibliothèques de Montréal.

Those who are interested in attending the workshop can visit either the borough or library website and sign up for the virtual meeting. Workshop links will then be sent out.

Among other recommendations, Siry said that making an inventory of food before going to the grocery store helps reduce waste.
Photo: Florence-Léa Siry



Florence-Léa Siry
is an expert on food waste reduction and runs the *Chic Frigo Sans Fric* project.

Photo: Florence-Léa Siry



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Losing a loved one can be an overwhelming ordeal. Nevertheless, the deceased's family typically must oversee a variety of administrative tasks and make numerous decisions to organize the funeral service. To ensure your loved ones don't have to deal with these burdens while grieving your passing, make the necessary after-life arrangements without delay.

There are two contracts you'll need to sign off on: one for the funeral arrangements and one for the burial.

The former specifies the services that will be afforded upon your death, which may include cremation, embalming and a ceremony. This document also outlines the purchase of associated items such as the coffin, urn, monument and/or flowers.

The burial contract, on the other hand, has to do with the purchase and maintenance of your final resting place.

This may pertain to a cemetery plot, a mausoleum or a space in a columbarium.

Advantages

When you pre-arrange your funeral, you ensure that your after-life services will unfold according to your personal preferences and beliefs. Additionally, you'll be doing your loved ones a kindness by preventing them from undertaking on such a trying task at a time when they're already grieving.

Making pre-arrangements for your funeral also has many financial benefits. For example, given that you'll pay for all goods and services at their current price, and that no additional amounts can be charged after your death (even if your coffin costs twice as much by then), you'll avoid the costs associated with inflation.

For all of the above reasons, making pre-arrangements for your funeral is the wise and compassionate thing to do.



FOUNTAS Alexandra
1934 - 2021

It is with heavy hearts that we announce the passing of Alexandra MARINOPOULOS FOUNTAS at the age of 87.



XENOS BAFFIS Stella
1937 - 2021

Stella passed away Monday, November 15th 2021. Her fight with Alzheimer's finally came to an end. Beloved wife of Denis Baffis (passed), devoted mother to Zoe (Angelo Mylonakis), Vicky (Dennis Kaloyannis), and Mary (Giuseppe Frenza). Sister to now deceased Magdalene Dimitriou and Spiros Xenos. Loving grandmother to Peter, Denise, Irene, small Peter, Alex, Matteo and little Denise.



KANAVAROS Panayotis
1941 - 2021

In Montreal passed away on November 15, 2021, at the age of 80, Mr. Panayotis Kanavaros, husband of the late Vassiliki Rallis. He is survived by many relatives and friends.



RINALDI PERUGINI Giovanna
1921 - 2021

It is with deep sadness that the family announces the passing of GIOVANNA RINALDI PERUGINI at the age of 100. Wife of the late Amedeo Perugini. She will be sadly missed by her loving daughters Livia and Vittoria (Giuseppe), her cherished grandchildren Nicola (Piera) and Maria Luisa, her great grandchildren Matthew, Gabriella, Bianca, Talia and Stefania as well as other relatives and friends.



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HOROSCOPE

Week of **NOVEMBER 14 TO 20, 2021**

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO



ARIES

You'll be a chatterbox this week, but luckily there will always be someone around who wants to talk. At work, you'll expand your clientele considerably, and you might even make some new friends.



TAURUS

You'll find some money tucked away, perhaps in the pocket of an old ski jacket that you forgot about last year. In your love life, you need to communicate more openly, if only to receive the affection you desire.



GEMINI

You'll start to plan various events that you need to attend in the near future. If you're feeling a heavy emotional weight on your shoulders, some self-reflection would probably do you good.



CANCER

Silence can often be worth more than words. You have an extraordinary well of creativity to draw upon. The comfort you feel at home will allow you to create a work of art or open yourself up to a spiritual practice.



LEO

Some friendships don't deserve your attention, so you may need to clean up your social circle. You'll take a liking to some of your colleagues as you collaborate on a project and take on a leadership role.



VIRGO

It's normal to want to celebrate after accomplishing a feat or completing a major project. That's why you won't hesitate to join in on any festivities organized by your co-workers or loved ones.



LIBRA

You need to have fun, and procrastination is in the air. Remember that relaxation is necessary at times. Afterward, you'll be able to move forward with more determination and avoid any kind of delays or distractions.



SCORPIO

If your family is scattered across the country, you'll start to plan a wonderful holiday tour to visit everyone. Alternatively, you'll consider going on vacation with your loved ones.



SAGITTARIUS

You're a master in the art of negotiation. At work or elsewhere, you'll successfully reach an agreement on the financing for a project. You might find yourself afraid to disappoint those around you.



CAPRICORN

You'll have a successful week, especially if you work in sales. You'll see an increase in customers to the point where management will have no choice but to promote you. You'll also be good at managing the little details.



AQUARIUS

At work, it's important to have a put-together look so you can present yourself in the best light. Being able to joke around will also be well received by your superiors. In love, passion leads to commitment.



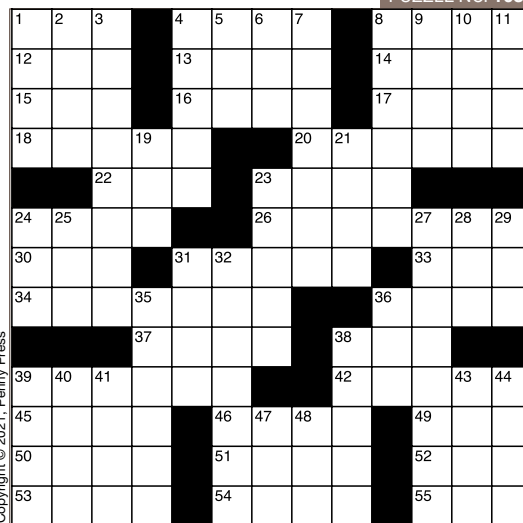
PISCES

You'll have a few small family matters to take care of. Don't hesitate to talk openly about them, as silence can increase the risk of miscommunication at home. You may have to work late into the evening this week.

Coffee Break

CROSSWORDS

PUZZLE NO. 103



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ACROSS

1. Snaky curve
4. Lead actor
8. As well
12. Dove's cry
13. Contend (with)
14. Lived
15. Deli purchase
16. Great Barrier ____
17. Speed competition
18. "Carmen," e.g.
20. Explodes
22. "____ Sawyer"
23. Riding whip
24. Hot and dry
26. Furnaces
30. Jamaican product
31. Sobbed
33. As of now
34. Bent down
36. Tariff
37. Flower receptacle
38. Favorite

39. Spicy sausage
42. Uprisings
45. Cattle stick
46. Large truck
49. Mine shipment
50. Skin affliction
51. Wood source
52. Monkey suit
53. Cast off, as skin
54. Hourglass filler
55. Yo!

19. Lightning ____
21. Path
23. Scold
24. Flood boat
25. Trot
27. Upper canine
28. Accelerate in neutral
29. Swine home
31. Closemouthed person
32. Withstands
35. Avoided
36. Flower garland
38. Used a crowbar
39. Luxury hotels
40. Curve
41. Only
43. Factual
44. Alluring
47. Age of note
48. "Of Mice and ____"

DOWN

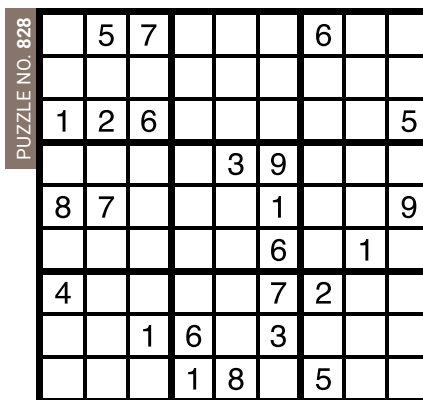
- Repeat
2. Bath bar
 3. At a future date
 4. Vamoose
 5. Foot end
 6. Monkey's cousin
 7. Hockey official
 8. Sudden
 9. Dancer's jump
 10. Religious faction
 11. Small numbers

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.**

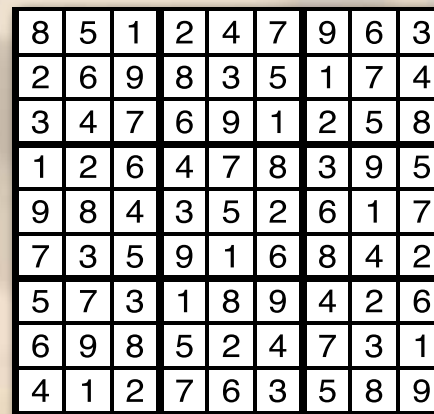


Last Issues' Answers

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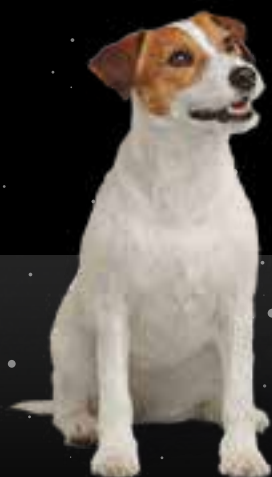
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