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Honouring Lyceum of Greek Women



Among those attending last week's plaque unveiling at the MUHC were Montreal city councillor Mary Deros, Laval city councillors Aglaia Revelakis and Vasilios Karidogiannis, MUHC Foundation President and CEO Marie-Hélène Laramée, Vimy MP Annie Koutrakis, Lyceum of Greek Women of Montreal president Justine Frangouli-Argyris and Saint-Laurent MP Emmanuella Lambropoulos. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Charest: Imperative to protect our arctic regions



Parc-Extension News EXCLUSIVE

Canada has been "derelict" in failing to effectively occupy its Arctic regions, claims former Quebec Premier Jean Charest. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Canada should build two new military bases in the Arctic, says Jean Charest

Sovereignty over the north becoming an 'emergency issue,' claims former Quebec Premier

MARTIN C. BARRY
marty@newsfirst.ca

The federal government should build two new military bases in Canada's Arctic – including one with a deep-seawater port – to boost the country's presence in its farthest northern regions, while also honoring a commitment to help maintain global peace, former Quebec Liberal Premier Jean Charest suggested during a talk at Concordia University last week on Canada's prospects as a "middle-power."

During his wide-ranging address on global economic and security issues hosted by Concordia's Jurist in Residence program, Charest, who is now a partner at Montreal-based McCarthy Tétrault law, concluded that Canada needs to assert its sovereignty over the north – and the Northwest Passage in particular.



Former Quebec Premier Jean Charest is seen here last week at Concordia University where he made the case for Canada's committing to build two new military bases in the Arctic in order to meet growing international security challenges. (Photo: Martin C. Barry, Newsfirst Multimedia)

Arctic bases needed

As well, he said the country needs to take responsibility with respect to national and international defence, and this should especially involve creating new military bases in the Arctic.

In PowerPoint notes, he said Canada "continues to be overly reliant on the U.S. for trade" and needs to diversify in this respect with Europe, Asia and the Indo-Pacific region, while being more affirmative of Canada's interests in relations with the U.S.

"Sovereignty over the north and the Northwest Passage in particular for me is an emerging development and an emergency issue," said Charest, whose Liberal government launched the northern-Quebec-focused Plan Nord in 2008, with an eye to opening up the province's far northern reaches for industrial/economic development.

Canada's 'failure,' he said

He said Canada has been "derelict" in failing to effectively occupy its Arctic regions, while noting that "Russia is a physical neighbour of ours" in the Arctic. "But at the end of the day, if you don't occupy your territories, you're not behaving as a sovereign nation."

He said that if we do build the new bases, "we'd serve our own interests, but we'd also serve the interests of our allies," while honoring a commitment Canada made to its NATO partners to spend at least 2 per cent on military defence.

He noted that in 2019, then-U.S. Secretary of State in the Trump White House Mike Pompeo stated in a speech in Finland that the Northwest Passage did not belong to Canada because it is in international waters. The Canadian government maintains the Northwest Passage is part of Canada's internal waterway system.

Focused on the North

It is not the first time Jean Charest has shown himself keenly interested in the development of Canada's far north. When Plan Nord was first announced by Charest just before the 2008 election which he won, and also just before the 2012 election when he lost, political observers interpreted it as an electoral pitch.

The concept, which has never been abandoned by changing governments and for which a provincial planning office still exists,



Left, Concordia University's Jurist-in-Residence Morton Minc is seen here on Oct. 19 with former Quebec Premier Jean Charest. (Photo: Martin C. Barry, Newsfirst Multimedia)

focused on the development of mineral resources (including nickel, gold, lithium, vanadium, iron, diamonds and rare earths) in the far north over a 25-year period.

Another longer-term aspect would be the completion of a permanent highway extending Quebec Route 389 – which currently runs from Baie Comeau on the St. Lawrence River to Vermont and the Newfoundland/Labrador border – all the way to Nunavik, Quebec's rocky, northernmost subarctic territory.

Sympathetic to China

On other economic and security-related issues, Charest conceded that the People's Republic of China "aren't totally wrong in some ways" with respect to the realignment of superpowers for a new model of global governance that would replace the western-led international order that emerged after the Second World War.

"They're saying to the rest of the world 'we don't to play by those rules anymore,'" Charest said, while adding that some people might find his words shocking, but that the facts add credence to the argument.

Citing an example, he said voting rights at the World Bank do not reflect the size and the

importance of China. "We have not adapted the UN institutions to these emerging countries," he said. "The point is if we're going to have a functioning world, we need to adapt our institutions to every part of the planet."

Need to adapt, said Charest

Commenting on the emerging bloc of developing countries known as the BRICS (Brazil, Russia, India, China and South Africa), Charest noted that after the Second World War, the U.S. created global institutions which were American-led.

"And they have served us well and they served Canada well," he said. "But the world has changed, it has evolved, and we have to be able to adapt to bring these countries in. They're not wrong to say the system is weighed in the direction of the Americans."

Although Charest stated at the beginning that he had little to say about the Legault government's recent decision to double tuition fees paid by international students, he opened up at the end.

"I'm hoping that a lot of people in Quebec will stand up and say that this is a wrong-headed policy and it's the wrong thing to do," said Charest.

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OPINION & Editorial



Canada's Productivity Crisis: A Downward Trend Exacerbating Inflation

Understanding Productivity's Role in the Economy

Productivity, in economic terms, is the efficiency of production. It is the measure of output produced per unit of input, which could include labour, materials, and energy. A high productivity rate indicates that more goods and services can be produced with the same amount of resources, leading to higher economic growth and lower inflation. However, when productivity is low, it means that more resources are needed to produce the same amount of output. This predicament can lead to higher costs, which may then be passed on to consumers in the form of higher prices, thereby contributing to inflation.

Canada's Productivity Problem

Canada is presently grappling with a productivity problem that is worsening its issue with inflation. The productivity of the nation has been on a downward trend for several years, causing a variety of economic troubles and making it harder for the government to manage inflation. This declining trend in productivity is contributing to the nation's economic troubles and making it increasingly difficult for the government to control inflation.

The Relationship with Inflation

Inflation is a general increase in prices and fall in the purchasing value of money. It erodes consumers' purchasing power and can lead to economic instability if not kept under control. As the Canadian government struggles to manage inflation, the productivity problem is making this task even more challenging.

Reasons for Canada's Productivity Decline

The reasons behind Canada's productivity decline are complex and multifaceted. They include issues such as an aging population, lack of investment in technology and infrastructure, and regulatory hurdles. Overcoming these challenges is not easy and will require concerted effort, strategic planning, and a focus on boosting productivity.

Implications for the Canadian Economy

Canada's declining productivity is adding to its inflation problem, making it harder for the government to manage the economy. This is

a serious issue that needs to be addressed if Canada wants to ensure its future economic stability and prosperity. The solution will likely involve a combination of increased investment, regulatory reform, and innovative strategies to boost productivity. If left unaddressed, the productivity problem could further strain the Canadian economy, making it even more challenging for the government to curb inflation and ensure economic stability.

Addressing the problem

Addressing Canada's productivity problem is critical for the country's economic future. While the task is challenging and the solutions complex, it is a necessary endeavour. By increasing investment, reforming regulations, and innovating to boost productivity, Canada can help ensure its future economic stability and prosperity. However, it is clear that without significant changes, the downward trend in productivity will continue to exacerbate the country's inflation issues.

James Ryan

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Armed violence decrease in Montreal

The downward trend continued during the summer season

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The Montreal City Police Service (SPVM) has presented a comprehensive review of its endeavours to address armed violence, including the borough of Park-Extension, during the recent summer season spanning from June 1 to September 30, 2023. Despite initial concerns about a potentially hot summer, these fears did not come to fruition. The positive outcomes affirm that the reduction in armed violence events, which was noted from January to May, has continued throughout the last four months. This progress is of particular significance for Park-Extension, highlighting the effectiveness of local law enforcement strategies in ensuring the safety and well-being of the community during the specified period.

Situation from June 1 to September 30, 2023

According to preliminary data, a total of 35 firearm discharge events were recorded from June 1 to September 30, 2023, compared to 43 for the same period in 2022. There were also 5 murder events and 13 attempted murders by firearms, as opposed to 8 and 20 from June to September 2022. Overall, the statistics demonstrate a decrease in firearm events by 25.4% compared to last year's summer season. Additionally, various units of the SPVM made 133 arrests related to firearm events during the same period, with a total of 258 firearms seized.

January 1 to September 30		
Incidents	Year 2023	Comparison between 2023 and 2022
Murders	8	- 6, a decrease of 43.9%
Attempted murders	28	- 12, a decrease of 30%
Firearm discharges	73	- 28, a decrease of 27.7%
Total	109	- 46, a decrease of 29.7%

Table 1 – Firearm-related events between January 1 and September 30 (comparison between 2023 and 2022)

A 360-Degree Approach

“We believe that the most important measure to consider in terms of armed violence is the number of events that have occurred. We have successfully reduced this number by nearly 30% in Montreal since the beginning of the year, and we are pleased with this significant reduction, while remaining fully aware of the importance of continuing our efforts on multiple fronts,” stated SPVM spokesperson and communications manager Inspector David Shane, emphasizing the significant contribution of community, institutional, and governmental partners to this decrease.

The observed decline in armed violence events in the city is attributed to several factors, including different approaches by

SPVM units: police visibility, criminal investigations, prevention, and intelligence.

“We evolved our strategy by forming collectives at the start of the summer season to carry out targeted deterrence, which was an additional measure that also helped in our efforts to reduce the number of events in our territory. We have decided to continue the collectives’ experience in the coming months,” Inspector Shane added.

It’s worth noting that collectives are teams of SPVM members, including police officers and civilian personnel with various expertise. Operating based on intelligence, these teams focus on individuals exhibiting high-risk behavior regarding armed violence. The collectives also engage with recent or potential victims to prevent acts of retaliation.

The work done by specialized teams in combating armed violence, such as ÉCLIPSE, ARRET, and the Multisectoral Firearm Dedicated Team (EMAF), is also essential. Additionally, locally deployed actions by neighbourhood stations and increased police visibility in certain public spaces have directly

Year	Seized AAF	Voluntarily surrendered AAF	Total Recovered AAF
2023	637	372	1,009
2022	453	314	767

Table 2 – Firearms (AAF) recovered between January 1 and September 30 for 2023 and 2022



contributed to reducing the number of armed violence events.

Together Against Armed Violence

Emphasizing the importance of public collaboration in the fight against armed violence, Inspector Shane reiterated that anyone with information can contact 911 or their local police station. It is also possible to communicate anonymously and confidentially with Info-Crime Montreal at 514 393-1133 or via the reporting form available on the website infocrimemontreal.ca. Info-Crime Montreal may offer rewards of up to \$3,000 for information leading to the arrest of suspects, with certain conditions applying.

It is essential to note that the SPVM closely collaborates with CENTAURE, the Quebec strategy against armed violence implemented by the Ministry of Public Security.



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Improving Healthcare Access: Quebec's Bold Initiative

DIMITRIS ILIAS

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Quebec is taking strides to improve access and coordination of front-line services, promising a substantial impact on the residents of Park-Extension—a borough experiencing the shortcomings of the Quebec medical system, much like other parts of Montreal.

Enter Christian Dubé, the Minister of Health, with a strategic announcement on October 23, 2023. Recognizing the persistent challenges in access and coordination, Dubé introduced a new approach – the appointment of an Access Coordinator. Michel Delamarre, leveraging his experience as the CEO of the Integrated University Health and Social Services Center of the National Capital, has been entrusted with this pivotal role. Delamarre's mission is clear: to respond more effectively to the health needs of the population and address challenges related to emergency and surgical delays.

The key focus of Delamarre's initial mandate is on the Front-Line Access Desk (GAP) as an alternative to the emergency room. This move aims to streamline processes and make healthcare services more accessible to the population.

A New Coordinator for Seamless Access

Mr. Delamarre, in his capacity as the Access Coordinator, has a multifaceted role. His primary responsibility is to ensure that services are seamlessly provided to patients throughout their healthcare journey. Collaborating closely with field teams, he aims to equip them with the necessary tools to reduce access delays for the population.

The broader vision of Delamarre includes:
Timely Consultations: Ensuring patients obtain consultations with the right professionals at the right time, thereby reducing reliance on emergency rooms.

Home-based Care: Redirecting patients from the emergency room to their homes with necessary care, minimizing the need for hospitalization.

Specialist Consultations: Swiftly attending to patients post-emergency room stays when specialist consultations are required, facilitating quicker discharges.

Efficient Bed Management: Accelerating access to beds on floors in case of hospitalization, subsequently freeing up emergency room beds.

Comprehensive Post-Hospitalization Support: Ensuring patients are accompanied by necessary services upon leaving the hospital, with available spaces ready for accommodation if needed.

However, the challenge extends beyond coordination; it's about execution. To address this, the implementation of Health Quebec, under Bill No. 15, aims to provide on-ground managers with the necessary tools. The objective is to replicate successful models from certain hospitals throughout the entire network, breaking down silos and fostering efficiency.

Towards GAP 2.0

One of the initial challenges for Mr. Delamarre is the implementation of an action plan to enhance the functionality and performance of GAP. This plan, based on concrete actions derived from recommendations in Delamarre's report, is set to roll out in December, coinciding with the busier



Dubé introduced a new approach – the appointment of Michel Delamarre as Access Coordinator in order to respond more effectively to the health needs of the population and address challenges related to emergency and surgical delays.

winter period.

Delamarre's recommendations, sourced from a tactical intervention team's mandate, include:

Extended Service Hours: To accommodate a larger number of patients.

Phone Reminders: Implementing a system to avoid prolonged wait times on the line.

Holistic Appointments: Allowing patients to discuss multiple health issues during a single appointment.

Inclusion of More Professionals: Integrating dentists, optometrists, and physiotherapists into the services provided.

Digital Advancements: Accelerating the development of GAP's digital tool to give

patients easier access to their health records and the right professionals through Your Health.

Minister Christian Dubé emphasized the importance of execution in their Health Plan. Drawing parallels with the success of vaccination efforts, he expressed confidence in overcoming challenges related to emergencies and surgeries. He highlighted Mr. Delamarre's role as a pivotal step toward efficient coordination within the network. This innovative approach, outlined in Bill No. 15, is set to make the Quebec healthcare network more responsive and accessible to the diverse needs of its population.

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Safeguarding your Park-Extension property

Navigating regulations year-round



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If you're a property owner in Park-Extension, whether your building is bustling with activity or standing vacant, adhering to regulations governing occupation and maintenance is imperative. The primary objective is to safeguard buildings from deterioration and shield them against the unpredictable impacts of weather conditions.

Municipal regulations, encompassing all buildings and their ancillary structures like sheds, garages, car shelters, and storage spaces, have been designed with the goal of elevating the value of Montreal's architectural landscape while nurturing the quality of our living spaces.

Regulation Update: A New Era for Building Maintenance

In a significant stride toward more effective regulation, the Regulation on the Occupation and Maintenance of Buildings (23-016) was adopted on October 16, 2023. This revision is particularly poignant in addressing issues related to the neglect and vacancy of buildings. Come 2024, owners of vacant buildings face a new obligation—to register their properties with the city. A comprehensive registration form, to be released by the City of Montreal, will require details about the building's condition, especially if it holds heritage status.

Effective Date and Stages of Implementation

The implementation of the new regulatory provisions unfolds in two stages:

October 2023:

- General provisions outlining maintenance standards for all buildings.
- Specific standards, such as temperature requirements, targeting vacant buildings.
- Increased fines, with potential penalties reaching up to \$250,000, particularly stringent for heritage buildings.

2024:

- Mandatory registration for all owners of vacant buildings.
- Standards and Measures for Building Occupation and Maintenance.

The holistic well-being of a building relies on the meticulous upkeep of its various components. The standards include maintaining:

- Exterior envelope (e.g., cornice, terrace, balcony, stairs, gutter).
- Exterior elements (e.g., roof, exterior wall, foundation wall, mortar joint, sealant joint).

- Structural elements (e.g., beam, foundation).
- Openings (e.g., door, window, roof access).
- Backflow preventer.
- Plumbing installations.
- Heating installations.

Specific guidelines for vacant buildings, as per Regulation on the Occupation and Maintenance of Buildings (23-016), cover aspects such as barricading periods, materials used for barricading, outdoor lighting for access, and the maintenance of a minimum temperature of 10°C to prevent deterioration.

These standards are crafted to eradicate issues like building decay, adverse impacts on neighbourhood quality of life, consequences of prolonged barricading, intrusions into vacant buildings, and unsanitary conditions arising from poorly maintained plumbing.

Registration of Vacant Buildings

Details and the registration form for vacant buildings will be available when the new provision comes into effect. This step is crucial in maintaining transparency and accountability in the realm of building ownership.

Adapting to Regulations

The role of a building owner is pivotal in ensuring compliance with occupation and maintenance regulations. If fulfilling these responsibilities becomes a challenge, it is advisable to appoint a responsible person to act on your behalf and manage the building in your absence.

Maintenance Tips for Building Longevity

To prevent major refurbishment work and extend the life of your building, consider the following tips:

Regular Inspection:

Undertake regular and thorough inspections of all observable components, preferably by a qualified professional.

Protection Against Water and Moisture:

Regardless of building materials, guard against structural degradation by addressing issues such as aging sealant or mortar joints, cleaning roof and gutter drains, and repairing foundation cracks.

Maintaining Vacant Buildings:

Recognize the vulnerability of vacant buildings to accelerated deterioration. Take measures such as barricading damaged openings, regular monitoring, and providing outdoor lighting to mitigate risks of intrusions and vandalism.

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'Melina's Room' pays homage to Lyceum of Greek Women's generosity towards MUHC

Montreal Hellenic community group strongly supports Dr. Lucy Gilbert's cancer research

MARTIN C. BARRY
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More than 100 guests gathered on Oct. 17 in the Elspeth McConnell Atrium at the Research Institute of the McGill University Health Centre to celebrate the Lyceum of Greek Women of Montreal's many generous donations to the MUHC Foundation since 2019.

The Montreal-based Hellenic community group's members have established themselves as strong supporters of women's health while championing the work of gynecologic oncologist Dr. Lucy Gilbert, whose first-of-its-kind DOvEEgene test can detect ovarian and endometrial cancers early.

'Melina's Room'

In recognition of their efforts, a plaque unveiling took place to name a room in the MUHC's surgical oncology unit. And to recognize the strength of Greek women in Montreal and around the world, the Lyceum members chose to adorn the plaque with the words "Melina's Room."

The event was attended by Lyceum members as well as dignitaries with Greek roots, including Lyceum of Greek Women of Montreal president Justine Frangouli-Argyris, Consul General of Greece in Montreal Katerina Varvarigou, Vimy MP Annie Koutrakis, Saint-Laurent MP Emmanuella Lambropoulos, Montreal city councillor Mary Deros, and Laval city councillors Aglaia Revelakis and Vasilios Karidogiannis.

Two Melinas honoured

The tribute recognized two strong Greek women. Melina Mercouri (1920–1994) was the Minister of Culture and Sport of Greece and a widely-revered actress who lost her life to lung cancer. Closer to home, Melina Tsagaropoulos, a member of the Lyceum of Greek Women of Montreal, is a young mother who is currently fighting ovarian cancer while receiving treatment at the MUHC.

Speeches were given by Consul General Varvarigou, MUHC Foundation President and CEO Marie-Hélène Laramée, Lyceum of Greek Women of Montreal president Justine Frangouli-Argyris and Dr. Gilbert.

Finding cancer early

"I cannot put into words how much this effort by the Lyceum of Greek Women and their supporters means to the DOvEE Project," said Dr. Gilbert. "It not only gives us the funds that we need to work, but the inspiration and the feeling that we are supported by women, to help women. It means so much to us."

DOvEEgene is a pap smear-like test that uses a



The Lyceum of Greek Women of Montreal has established itself as a strong supporter of women's health with generous donations to the MUHC since 2019. (Photo: Martin C. Barry, Newsfirst Multimedia)



From the left, MUHC Foundation President and CEO Marie-Hélène Laramée, Lyceum of Greek Women of Montreal president Justine Frangouli-Argyris and Dr. Lucy Gilbert are seen here outside the MUHC surgical oncology unit room where a plaque (above them) has been placed in recognition of the Lyceum of Greek Women of Montreal's fundraising efforts. (Photo: Martin C. Barry, Newsfirst Multimedia)

specially designed brush to collect cells from the uterus. The sample undergoes genetic testing, allowing the DOvEE team to detect the presence of ovarian cancer in its earliest stages.

Finding the cancer early is critically important because once it has spread, it is essentially a death sentence. Worse, ovarian and endometrial cancers do not present symptoms until they are advanced, meaning the majority of women who develop the disease die from it.

Final clinical trial

The DOvEEgene test must go through several important steps before it can be made available to women across Canada and around the world. It is currently undergoing a final clinical trial for effectiveness. Over 4,000 women have been tested as part of the trial, and the Greek community is proud that over 1,000 of its members have taken part.

Already, the test is saving lives. According to officials at the MUHC, it has helped Dr. Gilbert and her team identify cancer and pre-cancer in numerous trial participants. With the generous and ongoing support of the Lyceum of Greek Women of Montreal, Dr. Gilbert and her team will be able to continue on the path to making the DOvEEgene test a standard part of women's health care.

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Installation of Temporary Vehicle Shelters now possible in Park-Ex

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

For individuals contemplating the installation of a temporary shelter for their vehicles in Park-Extension, the encouraging news is that no permit is required anymore. However, specific regulations must be adhered to for this type of winter shelter. Uncover the necessary steps to ensure a smooth and compliant installation process in your borough. Temporary vehicle shelters play a pivotal role in safeguarding automobiles during harsh winter conditions. With a focus on ensuring the safety of all, these shelters, equipped with windows on each side, prioritize visibility for both drivers and pedestrians.

The Guidelines for Parc-Extension

Within the dynamic borough of Villeray–Saint-Michel–Parc-Extension, guidelines for installing temporary vehicle shelters are crafted to strike a balance between convenience and safety. Residents are granted the authority to install temporary vehicle shelters from October 15 to April 15. It's imperative to note that beyond this period, the metal structure must undergo complete dismantling. To ensure compliance and safety, the shelter must adhere to specific criteria:

- Maximum height of 3 meters.
- Maximum width of 6.5 meters.
- Must be anchored to the ground by anchors

or counterweights. The shelter should be strategically placed in the residence's parking space, adhering to the following distances:

- 0.75 meters from the sidewalk or public road if there is no sidewalk.
- 1.5 meters from a fire hydrant.
- 5 meters from the intersection if the house is located at the corner of two streets. Residents are allowed to install only one temporary shelter for vehicles on their property.
- Accepted materials for the shelter encompass: synthetic, white, and translucent canvas, metal and demountable structure as well as windows for enhanced visibility



For shelters installed within 3 meters of the sidewalk or public road:

- The shelter must have a window of at least 0.5 square meters on each of its sides.
- These windows must be located at least 2 meters from the shelter's access opening.

It's crucial to be cognisant that the installation of temporary shelters is forbidden in heritage districts. If uncertain about its applicability to your address, contacting the borough for verification is recommended. By adhering to these guidelines, residents can effectively protect their vehicles while contributing to the safety and aesthetics of the community throughout the winter months.

Protecting Tree Squares in Park-Extension

A call for community action

DIMITRIS ILIAS

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As the crisp air of autumn heralds the approach of winter, the Borough extends an invitation to its citizens to participate in safeguarding the



beauty of tree squares. The VSP Eco-District program, a cornerstone of environmental initiatives, provides protection stakes to those who wish to contribute to the preservation of these green spaces.

Preserving Community Efforts

The initiative ensures the swift reinstallation of protective equipment, preserving the collective efforts invested during the warmer months to enhance the aesthetics of tree squares. This collaborative approach underscores the community's commitment to maintaining the natural beauty that defines our neighbourhoods.

Stakes for Winter Resilience

Protection stakes play a crucial role in shielding tree squares during snow removal operations. Strategically placed, these stakes serve as guardians of vegetated tree squares, preventing inadvertent damage during winter maintenance.

Installation Guidelines

Timing Matters: Install stakes in the fall before the severe cold sets in, taking advantage of the soil's malleability.

Strategic Placement: Plant stakes on the sidewalk side to effectively signal the presence of vegetated tree squares during snow removal operations.

Removal Guidelines

Spring Unveiling: Exercise patience and wait for the ground to thaw in early spring before removing the stakes.

Where to Access Protection Stakes

For those without protective stakes but eager to contribute, the VSP Eco-District program,

managed by the esteemed organization "Ville en vert," provides a solution. Stake distribution is available on Tuesdays and Thursdays between 9 a.m. and 5 p.m. at the following service point in Park-Extension:

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DIRECT ANSWERS

FROM WAYNE & TAMARA

FLIGHT DELAY

Q It took me eight years after my husband died to try a relationship, and now I am thinking maybe I should never have tried.

Over a year ago I met Jay. I always felt we had the perfect relationship. We like the same things, have the same type personality, and talked things through when there was a misunderstanding. A few days ago Jay came over, and after dinner he said he doesn't want to see me anymore.

The next day he left a phone message saying he knows we have a relationship most people spend a lifetime searching for. He said he loves me and still wants me in his life, but to think of this as a break from each other and not a breakup.

I spent the last week crying and upset. Do I sit around and wait for him to call, and if he does, start the relationship over? Does this mean every time there is a difficult situation in his life he will push me out of it? Is there a chance there is more to this than he is saying?

Caitlin

A Caitlin, a relationship people spend a lifetime searching for is not a relationship one walks away from without giving a reason. Jay broke up with you in a way which makes it easy on himself and hard on you. Then he put you in a holding pattern while leaving all his options open.

As I waited for Tamara outside a shop today, I thought I saw a few falling leaves. Then I realized they were not leaves, but Monarch butterflies. The Monarchs' flight is a bit erratic anyway, and the wind blew them around like leaves.

These butterflies are on their long migration from Canada to central Mexico. The Monarchs know when it is time for their journey to begin, and that is why you started dating again. It was time. Like the Monarchs, your flight may be a little erratic before you reach your true destination. Jay was just a little turbulence along the way.

Wayne

THIS OR THAT

Q I truly felt I found Mr. Right. He's one of the few men I know who are considerate, open, and willing to make a difference in the world.

He says he has chosen a lifestyle which is not the typical American one of over-consumption, designer brands, and expensive things.

I've moved to the city where he lives, staying with him until I find a room and a job. He says he wants for us to be in the same city, for me to be working and living my own life so he knows what we are like as a couple.

Recently I saw an email he sent a friend. I know I broke the trust tenet by reading it, and I don't know why I chose to read this particular email, but it sounds like he wants to keep an open channel with her for possible future opportunities.

I felt love for him before I found out. Now I don't know if I love him or not. I feel lucky to

have found someone, but I don't know if love will ever grow in his heart for me.

Beryl

A Beryl, you don't sound like someone who normally snoops. Something in his demeanor caused you to look, and in looking you have exchanged one old saying for another. You have lost "ignorance is bliss" and gained "knowledge is power." But knowledge is power only if you act on it.

You attempted to verify one of two statements: he loves me, or he loves me not. Now you have the answer. If you allow him to determine the course of your relationship, he has all the power. He will do what he will do. That will not lead him to treat you with respect because you are not treating yourself with respect.

Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

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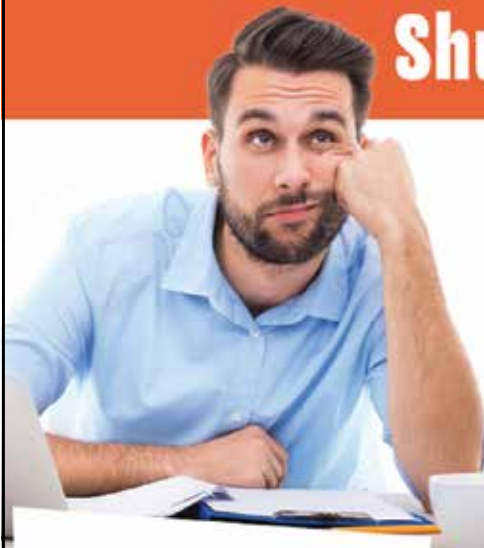
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- Lemons
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OCTOBER 29 TO NOVEMBER 4, 2023

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

Make sure you have your smartphone and GPS fully charged and programmed before hitting the road. You'll avoid confusion and be able to keep in touch with important people.



TAURUS

You'll finally receive a sum of money that's due to you. What's more, you'll receive a refund or insurance payout. Justice will be on your side.



GEMINI

You'll have the opportunity to be at the forefront of an exciting experience. Your actions will help move things forward. At work, you'll have all the tools you need to obtain financing or get a raise.



CANCER

The week will start off chaotic. You'll probably need a second cup of coffee to avoid procrastinating. However, a little daydreaming could help boost your creativity.



LEO

Your colleagues or friends could ask you to organize most of the plans when you'd rather take a back seat. You'll impress others by trusting your skills.



VIRGO

If your company is undergoing structural changes, you could be worried about your future within it. However, you have a good chance of being promoted to an upper management position.



LIBRA

You could suddenly be inspired by a training program, which will lead to an exciting new career. If you're a spiritual person, you'll feel the need to deepen your convictions.



SCORPIO

You'll be more sensitive and easily moved than usual this week. Although change can induce anxiety, it can also be liberating. You'll take the necessary steps to purchase a property.



SAGITTARIUS

It's important to gather all the necessary information before making a decision, even if you're under pressure to act quickly. Take the time to consider your choice carefully before making it public.



CAPRICORN

You'll have a lot of work to do this week. However, you may come down with a cold that could compromise your productivity. Be sure to take better care of your health, and don't neglect your sleep.



AQUARIUS

You'll draw attention to yourself for a particular reason. Fortunately, you'll use your playful side to lighten the mood. You may be told a secret that leaves you perplexed.



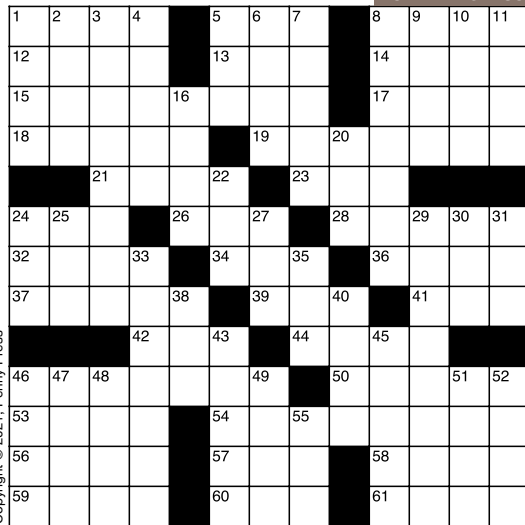
PISCES

You may need to perform some home repairs before winter. If you're thinking about moving, make a plan to ease the transition. A family member may cause you concern.

Coffee Break

CROSSWORDS

PUZZLE NO. 159



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ACROSS

1. Arrests
5. Automotive fuel
8. Derive
12. Shaped like an egg
13. Make a choice
14. Roof feature
15. Menacing
17. London drinks
18. Decree
19. Wave riders
21. Type of milk
23. As well
24. Frequently, to Keats
26. Deserter
28. Actor Karloff
32. Sector
34. Entertainer's job
36. Opera star
37. "Ali Baba and the Thieves"
39. Situate
41. Vigor

42. Chicken
44. Domino piece
46. Praise
50. Refusals
53. Exclusive
54. Sweat
56. Parcel
57. Not amateur
58. Bad mood
59. Kitchen herb
60. Longbow wood
61. Psychology topics

16. Fuss
20. Steal
22. Periodical, for short
24. Blockhead
25. To's associate
27. Incline
29. Mellowing
30. "___ Always Loved You"
31. Sucker
33. Sports figure
35. Stomach

DOWN

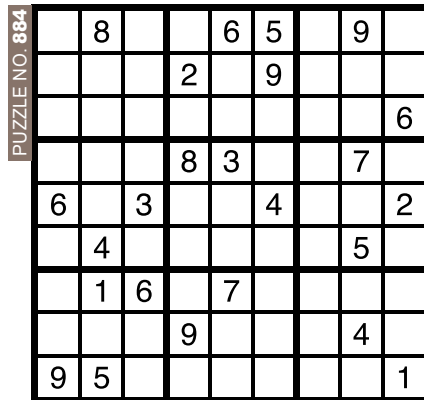
1. Organ of smell
2. Raring to go
3. Railing
4. Slippery
5. Obtained
6. Gorillas, e.g.
7. Prance
8. Cookbook section
9. "A Bronx ___"
10. At all
11. Military cafeteria
38. Vote in favor
40. Muscle twitches
43. Cold and damp
45. Backslide
46. Deadly vipers
47. Soda choice
48. Wooden shoe
49. Mother, in Paris
51. Duo plus one
52. Establishes
55. Quarrel

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.**

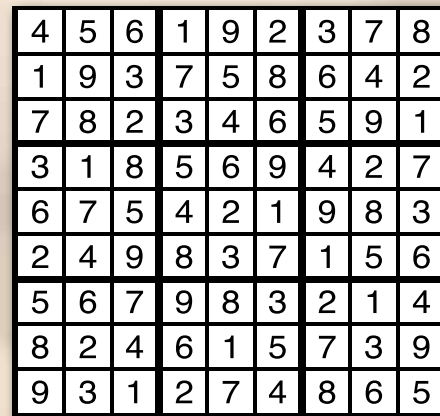


Last Issues' Answers

CROSSWORDS



Sudoku



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