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## It's raining bricks on Querbes Ave



Page 3

Parc-Extension News EXCLUSIVE

## Mulcair denounces François Legault's treatment of minorities



Page 6

Former NDP party leader Tom Mulcair spoke at Concordia University last month. (Photo: Martin C. Barry, Newsfirst Multimedia)

Page 7



## Another one-way street

Page 8



## Black History Month celebrations

Among those seen here on Feb. 15 during the Black History Month event at VSMP borough hall are Saint-Michel city councillor Josué Corvil, Garry Youance, a Montreal-area writer and press commentator from the Black community, certificate recipient Sulza Pierre and Parc Extension city councillor Mary Deros. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

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# Falling brickwork forces evacuation of Querbes Ave. building

*Borough of VSMP pressuring owner to carry out repairs ASAP*

**MARTIN C. BARRY**  
marty@newsfirst.ca

Officials with the Borough of Villeray–St-Michel–Parc Extension hope to compel the owner of a multi-unit residential building on Parc Extension’s Querbes Ave. to carry out emergency repairs after portions of its brick façade fell to the ground, the sidewalk and the street, forcing tenants to be evacuated to safer lodgings.



## Tenants evacuated

Protective barriers were erected by City of Montreal workers last week to close off the sidewalk on the east side of Querbes between St. Roch and Ogilvy because of fallen bricks spilling over the building’s property line.

As there was also a danger of additional brickwork falling, the borough ordered an evacuation of the building to safeguard tenants as well as passing pedestrians from injuries.

“The services found places for the citizens to move into,” said Parc Extension city councillor Mary Deros, referring to the borough’s crisis management personnel.

## Earlier fatal incident

Deros recalled that in November 2019, a strong wind dislodged loose bricks on the façade of a building at the nearby corner of Champagneur and Saint Roch.

A man waiting by a bus shelter who was showered with falling bricks and debris was seriously injured and died after being trans-

ported to hospital. According to Deros, the building on Querbes isn’t safe either.

“And so we need the owner to quickly put some bricks back up and make sure they’re solidly in place so that we don’t have any more incidents,” she said, adding that the borough is putting pressure on the owner to fix the problem as soon as possible.



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# OPINION & Editorial



## Five strategies to address the doctor shortage in Canada

*The Canadian healthcare system is in crisis – here is how we can at least solve the doctor shortage*

Our Canadian healthcare system used to be an object of pride. Everyone had access to health care. No payment was needed to access it. Contrast this with the United States, where people died of curable diseases because they could not pay for care.

Unfortunately, Canada now has too many cases of people dying because of a lack of health care. It is not for the lack of money. Health care is still free to patients here. But in some cases, price does not matter.

A woman in a store buying apples asks the grocer why he is selling them at \$2 a pound when the store across the street sells them for \$1 a pound. When the grocer asks why she did not buy them there, she says they did not have any. Oh, says the grocer, when I don't have any, the price is 50 cents a pound. It does not matter that health care is free. It is not available to you when you need it. We do not have nearly enough healthcare professionals in Canada to meet our needs. The shortage is particularly acute for family doctors who look after many medical issues and are the point of access to other health resources when needed. Millions of Canadians do not have a family physician, and the number is growing as our population increases and retiring doctors are not replaced.

Here are some suggestions for addressing this unfortunate situation. As medicare is government-operated, the responsibility for implementing these suggestions lies with the government itself.

### Increase the supply of doctors

In the short term, we can enable all fully trained doctors currently residing in Canada, who are currently not permitted to provide us with the necessary healthcare. Many of these

doctors are Canadians who trained abroad because they could not get into our medical schools. A quick and easy way to do this would be to treat the graduates of high-quality medical schools in English or French-speaking countries as equivalent to Canadian ones.

In the long term, we can expand the capacity for training doctors in Canada, which could take up to 10 years. The saying that "in the long term, we are all dead" applies here, especially to those who are currently ill and in need of care.

### Free doctors of administrative burdens

It is estimated that doctors in Ontario spend 19 hours a week filling out forms and meeting other non-medical requirements. This time commitment could be diminished by eliminating all non-essential tasks, automating processes to the fullest extent possible using technology, including AI, and assigning such responsibilities to non-medical personnel.

### Spread the load

Physicians' assistants, nurse practitioners, and even nurses can do much of what doctors do. Such people should be readily available in accessible clinics for first-line care. This would not only free doctors' time to see more patients in serious need but also relieve the burden on emergency rooms that now struggle to deal with far too many non-emergency situations brought by people who have no other medical help available.

### Allow some private medical care

It is a known fact that when the price is set at zero, the demand becomes virtually limitless.

Given the impossibility of supplying an infinite amount of medical care, some form of rationing becomes necessary. Currently, we rely on wait lists for this purpose. However, some Canadians expedite their access to care by seeking private healthcare options abroad. Ideally, they should not be compelled to leave the country to pursue such care.

Some private medical care is already available in Canada, especially in Quebec. Ontario is now looking at privatizing some services, such as MRIs. Apart from North Korea, Canada is the only country in the world that does not allow a private medical system to supplement the public system.

### Look after our own health

Looking after ourselves is one way to reduce the need for medical attention, and we don't have to wait for the government to do it.

During COVID-19, we learned what we have to do to reduce the incidence of contagious illnesses. Get vaccinated. Wash your hands, avoid crowds, wear masks as needed. These measures taken to combat COVID-19 virtually eradicated the flu during the years of the pandemic.

We are all aware of the steps we need to take to lower the risk of various potential health issues. These include increasing physical activity, consuming more vegetables while moderating our intake of other foods, exercising caution with tobacco, alcohol, and recreational drugs, and ensuring we get sufficient rest.

Doing what we can to look after our own health reduces the demand for doctors. It gives governments more time to solve the doctor shortage.

*Dr. Roslyn Kunin*

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# Ex-NDP party leader Tom Mulcair denounces François Legault's 'mean spiritedness'

*'Unlike anything I've seen in Canada since Duplessis,' he says of Premier's treatment of minorities*

**MARTIN C. BARRY**  
marty@newsfirst.ca

"Values – fundamental values – cannot be withstood away."

With those words – echoing perhaps another politician's assertion in the Quebec National Assembly 36 years earlier that "rights are rights are rights" – former NDP leader Tom Mulcair denounced current Quebec Premier François Legault's endorsement these past few years of various pieces of nationalistic and protectionist legislation.

## Hard times for Anglos

Although the year is still young, already it's shaping up to be a tough one for supporters of English-language Quebecers' rights, Mulcair, currently a political advisor, academic and media commentator, told an audience of lawyers and law students at Concordia University on Jan. 24.

Elected three times to the Quebec National Assembly as the MNA for the Laval-area riding of Chomedey, Mulcair also served four times in the House of Commons in Ottawa, during which he became leader of the NDP and head of the official opposition.

## 'People who discriminate'

During his talk to followers of Concordia's Jurist-in-Residence Conference series, on *Tolerating the Intolerable: Racisms and Discriminations Remain a Societal Challenge Beyond the Charter*, Mulcair described Legault

as a cynical politician caving in to political pressures from Francophone nationalists, while suppressing other people's rights.

"What exactly does that mean? You have people who discriminate, who are intolerant, who want to restrict somebody else's rights. It means you have to finally listen to them," Mulcair said. "Just like that? Just a little bit? But not a lot? That's where we are."

## Neither ethical nor moral

According to Mulcair, Legault's overall stance as the sponsor of laws like Bill 21 (preventing the government from hiring workers who wear religious symbols like head scarves), Bill 96 (adding to linguistic restrictions in Quebec's French Language Charter) – as well as the English universities tuition hikes – reflects "a total lack of ethical and moral" foundation.

"It's not resting on anything other than a political need to move ahead and to come up with an answer," he said.

Just as former West Island Liberal MNA Clifford Lincoln stated his position in 1988 while announcing his resignation from the Bourassa cabinet after the Liberals added to Bill 101 with Bill 178, Mulcair also maintained the current CAQ government cannot justify the suppression of fundamental rights by invoking a notwithstanding clause.

## Trudeau's complicity

He said the attacks by Legault on the English-speaking community of Quebec have also



**"Values – fundamental values – cannot be withstood away," said Mulcair. (Photo: Martin C. Barry, Newsfirst Multimedia)**

included attempts to remove Canadian constitutionally-guaranteed English school boards, as well as efforts to do away with the equality of French and English before the courts.

"Oh, did I mention that Trudeau's not done anything about that?" he quipped, taking a shot at the current Prime Minister (against whom Mulcair ran and lost in the 2015 federal election). Back to Legault, he said the Quebec Premier's moves show "a mean spiritedness by Legault that is unlike anything I've seen in Canada since Duplessis."

## Attacking les Anglais

Noting that in recent years Legault had flipped on key issues in the Quebec City area, such as the proposed Québec/Lévis bridge tunnel project, "but never at a complete loss Mr.

Legault, it came to him in a flash, the golden rule of Quebec politics: when you are in desperate trouble, when there is nothing left for you, you attack les Anglais."

He suggested that the CAQ government's legislated move to limit registration of Francophone students at Anglophone CEGEPs by establishing quotas, harkens back to another era when McGill had quotas for the number of Jews it would admit as students.

"And that's not that long ago – that was right into the 1960s – a sad and dark era indeed," he continued. "Here Legault is telling young adults, as I say, that he's going to decide for them what language they use in their post-secondary education ... It's an anathema in a free and democratic society to have that sort of distinction being made."



**According to Mulcair, Legault's overall stance reflects "a total lack of ethical and moral" foundation. (Photo: Martin C. Barry, Newsfirst Multimedia)**

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# Park Extension street direction changes

## Addressing traffic congestion and residential concerns

**DIMITRIS ILIAS**

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In an effort to manage traffic congestion and enhance road safety, the borough administration has implemented significant directional changes on several streets in the Park Extension area.

### Bloomfield street: a shift in direction

Bloomfield street operated as a one-way street heading south. This route became a popular shortcut for drivers attempting to avoid traffic jams on the Metropolitan and Crémazie service road. By taking Bloomfield south to Jarry and then turning left to head east, commuters found a way to bypass the congestion. However, this led to an increase in traffic and speeding concerns among residents living closer to Jarry.

### Community reaction and the borough administration's decision

In response to the residents' complaints, the



borough administration decided to change the direction of Bloomfield from Liege to Crémazie to northbound. This change aimed to prevent Bloomfield from being used as an escape route from traffic jams. Despite a petition signed by 20 residents of Bloomfield between Liege and Crémazie in 2019, expressing their opposition

to the change due to potential inconveniences, the borough administration proceeded with the modification.

### Impact on local residents

Residents living on the affected section of Bloomfield now face the challenge of navigat-

ing through the congested small passage from Bloomfield to Querbes, particularly during peak hours. This change has imposed a significant burden on the daily activities of Park Extension residents, as it aims to discourage through traffic from non-residents.

### Jarry street alteration

In another part of Park Extension, the borough administration addressed a different traffic issue on Jarry Street. Drivers, upon encountering a red light at L'Acadie, often sped towards Birnam, heading north. To counteract this, the borough reversed the traffic direction on Birnam between Liege and Jarry to southbound, aiming to deter such behavior and enhance road safety.

### Balancing traffic flow and residential well-being

The directional changes on Bloomfield and Jarry streets reflect the borough's effort to manage traffic flow and improve safety. However, these changes also highlight the challenges of balancing the needs of commuters with the quality of life of local residents.

# Quebec's red tape reduction: A boon for Park-Ex's aging population

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In a move that promises to enhance the healthcare experience for patients, the Quebec government, under the leadership of Health Minister Christian Dubé, is cutting down on medical paperwork. This initiative, particularly beneficial for the aging population of Park-Extension, is expected to free up 138,000 medical appointments annually.

### The changes at a glance

**Empowering physicians:** The first major change allows family doctors to decide the frequency and necessity of follow-ups for patients compensated by the CNESST (Commission des normes, de l'équité, de la santé et de la sécurité du travail). This move is set to recover around 120,000 medical follow-up appointments deemed unnecessary, freeing up more time for doctors to attend to other patients.

**Simplifying long-term care admissions:** The second change eliminates the need for doctors

to fill out long-term care accommodation request forms, a task that previously took up to 50 minutes per form. This step is expected to add another 18,000 appointments to the annual tally and speed up the admission process into CHSLD (long-term care homes).

### Impact on Park-Ex's elderly



The aging community in Park-Extension often faces challenges in accessing timely medical care and long-term care facilities. These reforms are a breath of fresh air, promising quicker and more efficient healthcare services. For many seniors, especially those without a family doctor, these

changes could mean easier access to necessary medical services and faster admissions into long-term care facilities.

### Streamlining for a better tomorrow

This initiative is part of Health Minister

Christian Dubé's broader Health Plan, aimed at reducing the administrative burden on clinical staff. By allowing healthcare professionals to focus more on patient care rather than paperwork, the Quebec government is taking a significant step towards improving the overall efficiency of the healthcare system.

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# VSMP's elected officials observe Black History Month

*Jazzy saxophone sets the mood for poetic celebration of heritage*

**MARTIN C. BARRY**  
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Instead of oratorical flourishes and rising debates between politicians, the soothing sounds of mellow jazz drifted from Villeray-Saint-Michel-Parc Extension's public meeting chamber at borough headquarters on Ogilvy Ave. on Feb. 15 as VSMP officials gathered with a select group of invited guests to celebrate Black History Month.

Once a year during this month dedicated to raising awareness of the historical role and achievements of members of the Black community, Saint-Michel city councillor Josué Corvil sponsors a gathering during which community group representatives are presented with certificates of recognition.

## An annual tradition

"It's always important for me to be able to be here to acknowledge the contributions of

people in the borough to our community – it's a tradition here by now – and it's something that was initiated by Mr. Corvil," said Borough Mayor Laurence Lavigne Lalonde.

Jazz saxophonist Jean Eric Masséna set a warm mood with his stylistic renderings of nostalgic as well as more recent pieces.



**VSMC borough mayor Laurence Lavigne Lalonde. (Photo: Martin C. Barry, Nouvelles Parc Extension News)**



**Local city councillor Mary Deros (right) speaks during the borough council's Black History Month event on Feb. 15. (Photo: Martin C. Barry, Nouvelles Parc Extension News)**



**Jazz saxophonist Jean Eric Masséna set a warm mood with his stylistic renderings of nostalgic as well as more recent pieces. (Photo: Martin C. Barry, Nouvelles Parc Extension News)**

Garry Youance, a Montreal-area writer and press commentator from the Black community, spoke briefly on the state of multiculturalism in Parc Extension and other neighbourhoods in the borough, while saluting the efforts of the officials who have been encouraging it for years.

## A poetic interpretation

David Mézy, a.k.a. "Slameur," a Haiti-born and Montreal-based poet, dramatist stage producer and director, gave an impressive and spontaneous reading of one of his works, commenting on the general state of relations between people, with characteristic flamboyance and an emotional delivery that drew an appreciative ovation.

Parc Extension city councillor Mary Deros praised the leaders of some of the key organizations from the local community, including Afrique au féminin and the Carrefour de Liaison et d'aide multiethnique (CLAM), who have been especially involved to provide services to people of Black heritage.

# Beware of fake immigration lawyers

*Montreal bar association warns against fraudulent immigration lawyers*



**DIMITRIS ILIAS**

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The pursuit of the Canadian dream can swiftly turn into a nightmare for newcomers who fall victim to fraudulent immigration lawyers, warns David Ettegui, President of the Montreal Bar. The Park-Extension borough, known for its diverse immigrant population, is not immune to this issue. Ettegui emphasized the plight of vulnerable populations in the city, often at the mercy of con artists masquerading as legal professionals, extracting exorbitant fees for subpar or nonexistent services.

Victims come from various backgrounds, ranging from deep-pocketed investors to

asylum seekers arriving with nothing but the clothes on their backs. Despite their differences, they share a common goal: to start a new life in Canada. Instead, they find themselves trapped in a web of deception spun by unscrupulous individuals posing as immigration lawyers.

In response to the growing prevalence of immigration-related frauds, the Montreal Bar has launched an awareness campaign urging the public to verify the credentials of immigration lawyers practicing in Quebec. The campaign highlights the importance of vigilance, warning against red flags such as secret meetings, promises of rapid results, and the absence of official contracts.

Ettegui noted a significant rise in immigration fraud complaints received by the Bar in

recent years. Although specific details were not revealed, the Bar Association disclosed that reports of fake lawyers tripled between 2018 and 2022, accounting for nearly 40% of all complaints in the last year.

This increase in complaints reflects not only the vulnerable position of immigrants but also the audacity of perpetrators exploiting their desperation for personal gain. Many victims, Ettegui noted, are former clients of legitimate lawyers who have been deceived by fraudulent professionals operating outside the law.

Identifying fake lawyers can be challenging, especially for immigrants unfamiliar with the legal landscape. However, resources such as the online directory of the Barreau du Québec members provide a means to verify a lawyer's

qualifications. Furthermore, the Montreal Bar's campaign offers a list of accredited resources to help individuals secure legal representation.

Rose Ndjel, director of Montreal's Africa au Féminin Immigrant Services Center, reiterated Ettegui's concerns, noting several cases of individuals misled by fake lawyers. She recounted the distress of clients who, unaware of the deception, faced deportation orders believing their immigration applications were being processed. Despite the prevalence of such cases, Ndjel noted the victims' reluctance to file formal complaints, fearing repercussions on their immigration status. She praised the Montreal Bar campaign as a positive step towards addressing the issue and urged its continuation and expansion.

8 • Nouvelles Parc-Extension News • 23 février 2024 / February 23, 2024



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# DIRECT ANSWERS

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## ULTERIOR MOTIVE

**Q** Life was not this complicated a year ago--said laughing while banging head on keyboard. I can make this short, but there is so much and I want to be fair.

*Stage one: friends. A friend decides our relationship needs to be advanced to a sexual/dating level. This was probably his objective when we first started hanging out, however, I could not picture us together. He was not my type, the age difference was huge (15 years), and I just couldn't see an "us."*

*Stage two: friends plus. Imagine my surprise when I fell head over heels in love. He quickly and effortlessly became my favorite person in the whole world. Once we started sleeping together, well, he's the best I ever had, and he's said the same about me. Regardless, it's been a huge headache.*

*He's got this nice little routine that works for him, and I never once worried about losing my independence because he was so dead set against losing his. It didn't take long to realize I adore this man, and we fit great together. The beginning of the end was saying this aloud to him.*

*I know the rules: always hang up first, leave them wanting more, never give details, blah, blah, blah. But I made the decision to love him and that negated the Barbie and Ken mating ritual in my mind. Not in his. The chase was the most exciting part to him.*

*Stage three: stage fright. He "loves me but is not in love with me." (What does that mean, anyway?) We started the cycle of break up, just friends,*

*get together, have sex, break up, etc. We finally stopped dating, again, two months ago. I've been heartbroken since.*

Valerie

**A** Valerie, in one of P.G. Wodehouse's novels, Bertie Wooster says, "It's like Shakespeare. It sounds well enough, but it doesn't actually mean anything." That is what we think of "I love you, but I'm not in love with you." It sounds well enough, but it doesn't actually mean anything good. What does it mean? It means "I don't love you."

One line of your note jumped out at us. "He's got this nice little routine that works for him." That's the situation in a nutshell. He's got this nice little routine that works for him. Not for both of you, but for him. And he doesn't want to change. You believed his objective from the start was to advance your friendship to a sexual level. Friendship was never his objective.

It might help you to think of this man as a confirmed bachelor who keeps women on a shelf until he needs them. Or think of him as a married man, married to himself. It is futile to pursue a confirmed bachelor or a married man.

What is in your heart? That there is a purpose to dating. There is a goal. You want someone you love, who loves you, in a mutually exclusive relationship leading to marriage. Once you realize you cannot go there with this man, you can move on.

Wayne & Tamara

## SCIENCE FICTION

**Q** I recently had sex with a girl from work. It was only a bit of fun, and it only happened once, but now she says she is pregnant. I made it quite clear I do not want this baby, but she has not even considered what I have to say. She is keeping the baby.

*Now, it's like I have been used in some way. My head is in bits. Is there some way of dealing with*

*this so she cannot come to me in the future asking for money?*

Earl

**A** Earl, if H.G Wells' time machine actually existed, you could go back in time and wear a condom while you are having your "bit of fun." That is no less a fantasy than believing you are not financially responsible for your child.

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com))

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964

or email: [GetInTouch@WayneAndTamara.com](mailto:GetInTouch@WayneAndTamara.com)

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# Park Extension's potential role in Montreal's innovative waste-to-fertilizer initiative

**DIMITRIS ILIAS**

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

Montreal's journey in transforming its wastewater byproducts into agricultural gold has taken an innovative turn, with the city's ambitious goal to convert 80% of its sewage ash into fertilizer by 2030. This initiative, which turned 26% of the city's 47,000 annual tons of sewage ash into agricultural fertilizer in 2022, presents a unique opportunity for boroughs like Park Extension.

## From sewage to fertilizer: the process

The process begins at the Jean-R.-Marcotte wastewater treatment plant in eastern Montreal, where sewage is decanted to remove organic matter, forming sludge. This sludge is then dehydrated and incinerated at 840°C, eliminating organic matter, microorganisms, and partially, hormone and medication residues. Notably, preliminary studies indicate that the resulting ash is free from perfluorinated compounds (PFAS), persistent environmental pollutants.

## Fertili ashes: a safe agricultural boost

Dubbed 'fertili ashes,' this byproduct is certified by the Canadian Food Inspection Agency for use in cultivating animal feed crops like maize. Monitored for quality, these ashes are distributed mostly across farmlands, replacing chemical fertilizers and reducing environmental impact. Non-usable ash is sent to landfills.

## Park Extension: a strategic player

Park Extension, a borough with a growing interest in sustainable living, can play a crucial role in this project. While the borough itself may not have extensive farmlands, it could become a pivotal point in the logistic chain for fertili ash distribution. With its strategic location and community engagement, Park Extension can support this green initiative in multiple ways:

**Education and awareness:** Hosting workshops and information sessions about sustainable waste management and the benefits of fertili ashes.

**Community gardening:** Utilizing fertili ashes in local community gardens, demonstrating their effectiveness and safety.

**Logistic support:** Serving as a collection and distribution hub for fertili ashes to nearby agricultural areas, thanks to its central location.

**Research and development:** Collaborating with local universities and research institutions to study the long-term impacts of fertili ashes on soil and crop quality.



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**THIS WEEK'S BASKET:**

- Asparagus
- Lettuce (Romaine)
- Green Cabbage
- Tomatoes (2)
- Broccoli
- Cucumber
- Brussel Sprouts
- Avocados (2 small)
- Carrots (2lbs)
- Lychees (7-10)
- Onions (2lbs)
- Oranges (3)
- Potatoes (~2.5lbs)
- Bananas (4)
- Lemons (2)
- Pineapple
- Mushrooms
- Blueberries

<p><b>VSL (Action Sport Physio)</b> 3300 Boul. de la Côte-Vertu Local 110, H4R 2B7</p> <p><b>Pointe-aux-Trembles (Aux p'tits bœux)</b> 12522 Sherbrooke Est, H1B 2Y7</p> <p><b>St-Michel (Dépanneur Les DS du coin)</b> 3350 rue Belair, H2A 2A4</p>	<p><b>MTL-Ouest (Action Sport Physio)</b> 14 Westminster Ave N, Local A, H4X 1Y9</p> <p><b>MTL-Est (Action Sport Physio)</b> 6072 Sherbrooke St E, H1N 1C1</p> <p><b>Rivière-des-Prairies (Boucherie la petite Italie)</b> 8278 Maurice-Duplessis, H1E 3A3</p>
--	--

**2 EASY STEPS:**

- 1** Book your basket online or by phone from Monday to Thursday
- 2** Pickup Thursday, Friday or Saturday. Delivery available

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# HOROSCOPE

Week of FEBRUARY 25 TO MARCH 2, 2024

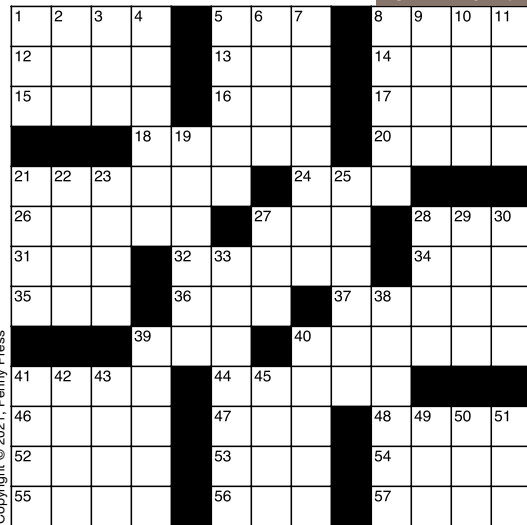
The luckiest signs this week:  
SCORPIO, SAGITTARIUS AND CAPRICORN

- 
**ARIES**  
 You may spontaneously decide to take a training course to improve your job prospects. A revelation will illuminate your path to satisfaction but will also require considerable effort.
- 
**TAURUS**  
 You could obtain the necessary financing for a project close to your heart. A consultation with your financial adviser should enable you to consolidate your debts and live your life as intended.
- 
**GEMINI**  
 Tidying up at home could help you clear your head. Before talking about separation, take the time to discuss certain subjects. Deciding on impulse could leave you with bitter regrets.
- 
**CANCER**  
 Before presenting any files and proposals at work, make sure you refine them to ensure they get accepted. You'll inevitably want to renew your wardrobe to reward yourself for your success.
- 
**LEO**  
 You'll suggest interesting projects to your friends. Dedicate time to developing your creative skills in a field you're passionate about. Self-confidence is the key to achieving success and accomplishing great things in the near future.
- 
**VIRGO**  
 You'll meet inspiring people who will enrich your social circle and deepen your spirituality. A professional or personal opportunity could make you consider moving.
- 
**LIBRA**  
 A dose of sensitivity and affection will be crucial in your relationship to avoid misunderstandings. Open communication will help improve things, but financial confusion could arise.
- 
**SCORPIO**  
 An action-packed week is on the horizon! If you love to travel, now might be the perfect time to revive a plan that was previously postponed due to circumstances that no longer apply. Even a short solo getaway could create some unforgettable memories.
- 
**SAGITTARIUS**  
 If you have an artistic soul, your overflowing imagination will enable you to create an exceptional piece of art. Adopting a lifestyle that aligns with your aspirations will bring balance to your life. When you go with the flow, everything will fall into place.
- 
**CAPRICORN**  
 A moment of relaxation and rejuvenation would be welcome. Explore your artistic or spiritual talents that seem to want to emerge. Getting involved with those who are less fortunate could also be an inspiring option.
- 
**AQUARIUS**  
 You'll expand your circle of friends by having a more active social life, even if it's just through social media. Joining a gym with friends to try out a new sport could also be a great option.
- 
**PISCES**  
 You'll be full of joy and optimism this week. This contagious state of mind will spread to those around you. At work, you'll complete your tasks more quickly and support those who need help. Your extra efforts will be rewarded.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 167



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### ACROSS

1. Terrifies
5. Sort of resort
8. Diner
12. Painful
13. Lubricate
14. Ship's bottom
15. That woman's
16. Voyage part
17. Element
18. In flames
20. Head gestures
21. Foamed
24. Tropical snake
26. Sultan's group of wives
27. Not damp
28. Cereal grass
31. \_\_\_\_\_ up (confess)
32. Assumed name
34. Compete
35. Road bend
36. Linger
37. Barter
39. Small gardening plot

40. Removed the coating of
41. Top-billed player
44. Desire
46. Cab
47. Prohibit
48. Trickle
52. Made cold
53. Put into service
54. Little songbird
55. Popular flower
56. Hairstyling help
57. Urgent want

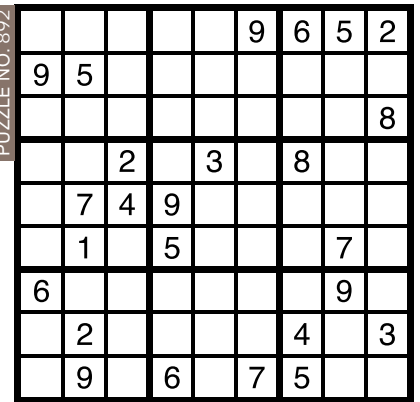
10. Ran
11. "Desire Under the \_\_\_\_\_"
19. Mare or hen
21. Footwear
22. Some animal feet
23. Coffee containers
25. Pearl source
27. Remove sand
28. Racetrack shape
29. Deputy
30. Prepared a golf ball
33. Spotted beetle
38. Fame
39. Groom's partner
40. Wall section
41. Fuss
42. Mexican fare
43. Tomahawks
45. Lighten
49. Raw metal
50. Final letter
51. Conclude

### DOWN

1. Fire leftover
2. Deep sorrow
3. Take a wrong turn
4. Bagel seed
5. Well-built
6. Sailor's landing
7. Branch of math
8. Great Wall site
9. Mobile or biography starter

# Sudoku

PUZZLE NO. 892



### 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.

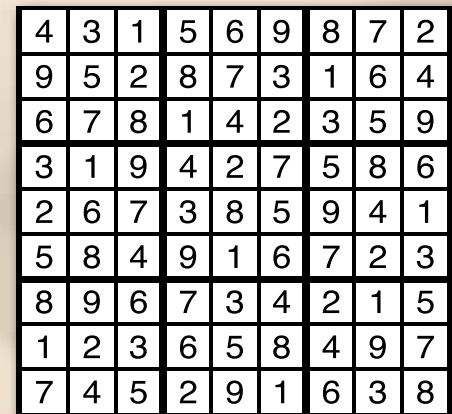
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

### Last Issues' Answers

## CROSSWORDS



## Sudoku



Doctor Dan Munteanu

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Upper or lower maxillary  
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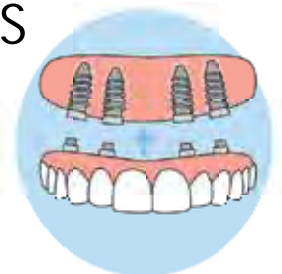
Exceptional price: \$8464 and \$389/month for 24 months for a total of \$17800. Regular price \$28000.

\*Included: Minimally invasive guided procedure, temporary restoration, Straumann implants, lab fees, final restoration in zirconia or porcelain on metal for fixed and milled acrylic for Snap-on. Not included: Extractions, Bone or gum grafts if necessary.

Conditional to financing and case approval. Exceptional price ends May 5, 2024

Upper or lower maxillary  
**Snap-on removable (Novaloc)**

Exceptional price: \$7800 and \$250/month for 12 months for a total of \$10,800. Regular price \$15000.



**Dr. Dan Munteanu**  
DMD, General Dentist  
More info at [www.blancdentaire.ca](http://www.blancdentaire.ca)





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