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Remembering our
veteran awarded
columnist "Alcide Borik"
**Alberto
del
Burgo**



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 Alberto del Burgo
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Pages 2,5

Premier
Légault
announces
**new
rules
and
lockdown**



Page 7

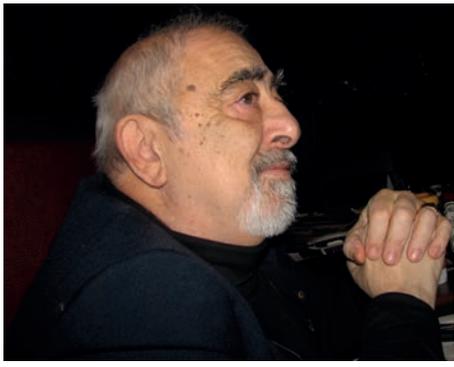
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Remembering OUR VETERAN columnist Alberto del Burgo

A true man of the world, he chose Montreal after leaving Lebanon



MARTIN C. BARRY
Local Journalism Initiative Reporter
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Alberto del Burgo met a lot of people during his long and productive life. And many of those with whom he came into contact will remember him in different ways – depending on the hat he was wearing.

Alberto, who passed away recently, was an actor, a journalist and editor, a writer of books and a newspaper columnist, a photographer, a musician, an artist and a cosmopolitan who decided one day in the late 1960s to come to Montreal from Lebanon.

A loyal contributor

For us at Newsfirst Multimedia and its affiliated publications (Laval News, Nouvelles Parc Extension News, North Shore New and Ta Nea), Alberto was also our longest-serving contributor since the company's founding in 1993.

As it would be no understatement to say that advertising is the lifeblood that keeps newspapers and print publications running, here's a bit of lore about Alberto's first months with us during the early 1990s: He had a key role in selling Nouvelles Parc Extension News's very first block of advertising, which was to a large Montreal-area furniture and household furnishings chain.

A humorist at heart

In most recent years, he was a regular contributor to Nouvelles Parc Extension News's editorial and opinion pages, where his French-language 'Parlez-moi d'humour' column (often written under the pseudonym Alcide Borik) irreverently lampooned everything under the sun, while generally casting all of humanity in a satirical light – and all with his typically Gallic flair.

For example, in a November 2017 column, del Burgo poked fun at the City of Montreal's newly-elected mayor, Valérie Plante, while only alluding vaguely to her. Referring in the title of his piece to "La Mairie de Montréal," del Burgo noted that it was the first time Montreal had elected a woman as mayor, while also taking some playful swipes at outgoing mayor Denis Coderre and former mayor Pierre Bourque.

Gentle political swipes

"So what if Denis made great efforts to clean up outsourced contracts, as well as the finances of the city," del Burgo wrote. "As a matter of course, as a result of cleaning up, room was made for a beautiful Plante! It's Mr. Bourque who must be dreaming now for his Botanical Gardens."

Alberto was also a prolific author of books, and that same issue of NPN carried coverage of the launch of his most recent work at that point – 'Jalons 2 : Beyrouth-Montréal – Un voyage de 50 ans,' at the seniors retirement resi-



Photo: Alberto del Burgo, seen here surrounded by friends during the launch of his book, 'Jalons 2 : Beyrouth-Montréal – Un voyage de 50 ans' in 2017, was notably surrounded by admiring women. Photo: Martin C. Barry.

*"So what if
Denis made great
efforts to clean
up outsourced
contracts, as well
as the finances of
the city"*

Alberto del Burgo

dence in Outremont where he lived. Despite his admittedly diminutive physical stature, Alberto's charisma appeared to charm the ladies considerably, for indeed his book's launch was attended by a mostly female crowd of admirers.

Autobiographical book

An autobiography, it was his fourth published work and it described the various stages of his adventurous life, from Lebanon to his arrival in Montreal. In an interview with Nouvelles Parc Extension News, del Burgo said his hope was that the book would inspire other would-be authors to follow his example and set down their thoughts and experiences into a publishable form.

"It's the greatest legacy that can be left behind for children, and even for others because there is an almost archeological worth," he said, noting that many of the things mentioned in his memoir no longer exist.

Del Burgo spent his life in many parts of the world. He had worked as a correspondent for the French Paris-Match feature and news magazine, and sent them despatches from Iran, Afghanistan, Pakistan, India, Nepal and Tibet.



He had many callings

As a photographer/painter, he held a number of exhibitions of his work under the pseudonym Berty. He was an actor whose stage name was Alcide Borik. He cut a record with the Phillips label in 1963 and was a featured host on Lebanese television. Later, he had a role in the full-length feature film 'Les espions meurent à Beyrouth.'

Around the time of the Israeli Six Day War in the mid-1960s, del Burgo decided it was best for him to leave the Middle East. He was in France for the social upheaval that tore that country apart during the late 1960s, before finally finding his way to Canada in 1969.

In 1980 when Quebec was preparing to hold an independence referendum, del Burgo wrote an open letter, as a newcomer to Quebec, expressing concerns but support at the same time for

sovereignty. To say the least, it went viral.

Also acted in films

In later years, his career in Quebec included supporting roles (as Alcide Borik in) in feature movies, like the Michel Brault film Les Noces de Papier starring Geneviève Bujold, which concerned a woman who agrees to a marriage of convenience with a refugee. The film later became the basis for an American remake film called Green Card starring Gérard Depardieu and Andie MacDowell.

In Montreal, del Burgo was also a columnist for a good number of publications, including Actualités Côte-des-Neiges, the Journal d'Outremont, the Laval News, Mosaïque, the Journal de Mont-Royal, the Journal de Saint-Laurent and Actualité médicale. At the same time, he was a frequent writer of letters-to-the-editor to many other publications.

Legault announces new lockdown measures

'No Boxing day for you'



DIMITRIS ILIAS
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Premier Legault announced supplementary measures on Tuesday December 15th during a press conference at 5pm to lessen the spread of the virus.

Legault announced that although the province is doing well compared with other provinces and countries especially compared with the first wave, the hospitals are being overburdened and hospitalizations are increasing. Taking into consideration that the virus is also spreading quickly in schools, Quebec officials decided to take advantage of the Christmas vacation to impose a mini lockdown.

The measures

From December 17th to January 11th

1. All offices except essentials will be working via teleconference and will be required to close.
2. All schools will close as well (Elementary and High School) but tele-education will continue from January 4th to January 11th
3. Daycares will be open, but the premier pleaded for the parents that can, to keep their children at home
4. Parks and the Botanical gardens will open
5. Outdoor activities such as hockey and ski lessons are allowed for a maximum of 8 persons plus the coach
6. People who live alone can visit a single-family bubble
7. A limited number of people can meet outdoors to exercise and walk maintaining a 2 meter distance but meetings in backyards are prohibited.

From December 25th to January 11th

- All non-essential stores will be closed including personal care like hair salons, spas, barbershops etc
- Dentists, chiropractors, optometrists, and other health related services will remain open
- In order to support smaller businesses and create an environment of market equity, large stores like COSTCO and Walmart will not be allowed to sell non-essential goods. For example, a large store like Walmart will be allowed to sell food and drugs but the aisles with toys, appliances, electronics etc. will be closed. The premier confirmed that extra inspectors will be on site to enforce those regulations. He also announced that the possibility of the schools not opening on the 11th of January is very slim. The premier also proudly announced that vaccinations are proceeding at a rapid pace.



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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



The Worst is Yet to Come.

I'm really having mixed feelings about all this. Let's put the brakes on euphoria, because only some vaccines are arriving. I am feeling just a tiny wee bit relieved though. Why just a bit? Because less than half of one percent of the needed vaccines were scheduled to arrive this week. That's the good news, sort of, knowing that we could have, and should have had many more arriving had Canada signed on with pharmaceuticals much sooner. The other half of the story is this. We think we are now seeing the worst of it. Hanukkah, and now Christmas festivities are coming, and too many Quebecers say they will still visit relatives and maintain some sense of season festivities, frankly much like the rest of our countrymen from Newfoundland to BC, to our North. If that's the case, and it most likely is, we are in trouble. Deep trouble. Difficult to imagine but it is feared that January and February will bring a much higher number of infections that we are now witnessing. The worst is yet to come. The Institute for Health Metrics and Evaluation in Canada, projects a worst-case scenario of 34 thousand Covid deaths in Canada, by April 1. That's more than double the current 13 thousand 200.

Our health care facilities are in trouble. Our cherished health care workers, suffering from emotional and physical exhaustion, will somehow have to survive this, because the conclusion is evident. Many more will be needlessly infected and pour into our hospitals. And we've heard this before, and in parts of the world it is happening, choices are being made as to who gets treated, and who does not. Who lives and who does not. It could come to that very sad conclusion, if it has not already.

More vaccines are scheduled to arrive but there is no one we can believe who will tell us with frankness and certainty when and how many. We are told to expect more sometime before March 31. Remember we were promised the first vaccines would arrive in Canada during the first few months of the new year, and suddenly 249 thousand are arriving, in December. How did that happen? Was there face time between Ottawa and Pfizer? And I have to ask whether there was an agreement between the PMO and Pfizer, did we have to blink to this pharma giant so that our government could save face and relieve some political pressure. I did not like Justin Trudeau holding a news conference alone last week in making the announcement. Although encouraging, and a sufficient number to allow provinces to do a dry run of distribution, let's face it the supposed big news announcement of 249 thousand vaccines arriving, means only 125 thousand out of 38 million Canadians will be inoculated. Trying to politically spin that into some huge accomplishment is not the time nor is it right. Remember we bungled and came to the game with no reserved seat. I try, but frankly have little confidence in anyone of these federal governing political leaders.

One person I do believe, and trust more than any other these days, and he is not a politician, but the Allergy and Infectious Disease guru, Dr Anthony Fauci. I'd like to think he speaks for the whole of North America. And I believe him when he says Covid could be under control in the 'back half of 2021' if, and that's a big "if" enough people are vaccinated. Remember that quote, "under control" does not mean eradicated. Some of us can, and will still get it. How many of us have to be inoculated for some kind of progress? According to Fauci "at least 75% have to receive the double vaccine before we start seeing results". And following the second vaccine a week later, it will take seven more days to become fully immune. The first vaccine is estimated to be 52% effective, and one week after the second, over 90%. The US Food and Drug Administration (FDA) says "Immune response begins 10 days after the first dose". Add to that, Pfizer, Moderna and the others, still can not tell us how long this immunity will last. Three months is often mentioned. But some 'experts' don't seem to be concerned. Dr Fauci and others speak of "herd immunity", or population immunity that protects us from the virus.

Wear your mask, wash your hands, keep a hockey stick's length away and stay home as much as possible. Use screen time to communicate with family, and have as merry a Christmas as can be had under our restrictions. We'll chat again in 2021!

That's What I'm Thinking.
Robert Vairo

In the midst of the pandemic, there's Good News for Humanity

For me, the reason for this season is the Birth of Christ. Hollow, superficial, generic greetings of "Happy Holidays" instead of "Merry Christmas" are making me less-happy, less-merry.

Merchants of secularism and atheists have detached Christ from Christmas. "Merry-Christmas" greetings are taboo, because other faiths might be offended. Silent Night and Joy to the World, gone from public places.

All religions should be respected. They promote love, peace, helping others, even if practice differs from preaching. But I'm upset about the push-back against celebrating the birth of Jesus, worshipped by Christians as savior. To 2.2 billion Christians, Jesus remains the-greatest-gift-of-all.

My beliefs aside, let's consider the enormous task we face as these words are written. The 2020 spring-summer of masks, distancing, and marching came and went, giving way to Labour Day's last moments of pool, lake, and barbecue, in anticipation of the delights that come with the Christmas magical time-of-year. Except it's 2020, our through-the-looking-glass year when nothing is as it should be. In case you didn't get the memo, many traditional holiday events and beloved light-shows have been canceled. It's not the year for pictures with Santa, unless he's already in your family-bubble.

Kids might rightfully worry about Santa's trip-around-the-world, after being told they couldn't go to school, summer-camp, friend's house, grandma's place or anywhere else. Now it's no to family visits for Christmas. We have to hunker down against Covid-19. Surely Santa won't be flying around-the-world, potentially infecting everyone, will he?

► Continued on page 13

ANGRY? FRUSTRATED?

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Souvenirs d'Alberto del Burgo chroniqueur pour Newsfirst Multimedia.

Citoyen du monde, Alberto a choisi Montréal après avoir vécu au Liban.

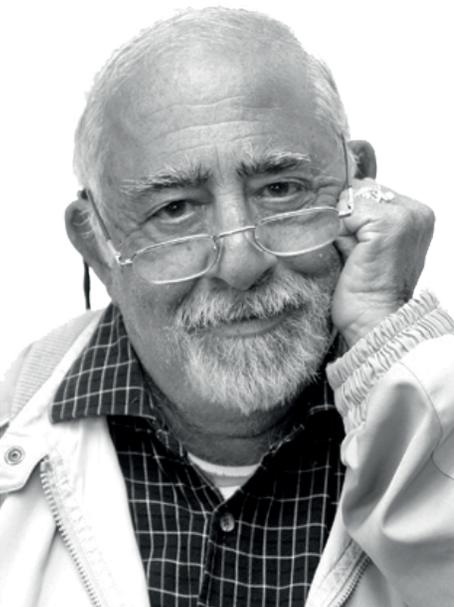


MARTIN C. BARRY
Local Journalism Initiative Reporter
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Alberto del Burgo a rencontré beaucoup de gens au cours de sa longue et productive vie. Et plusieurs de ceux qui l'ont croisé auront un souvenir différent de lui, selon le chapeau qu'il portait pour l'occasion.

Alberto, qui est décédé récemment, était un comédien, un journaliste, un éditeur, un écrivain, un chroniqueur, un photographe, un musicien, un artiste et un individu cosmopolite qui a décidé, un beau jour de la fin des années '60, de venir à Montréal en partance du Liban.

Un collaborateur loyal



Alberto collaborait avec l'équipe de Newsfirst Multimedia et ses publications (Laval News, Nouvelles Park Extension News, North Shore News et Ta Nea), depuis la fondation de l'entreprise en 1993, ce qui lui conférait le titre de doyen des collaborateurs. Ce n'est pas exagéré de dire que la publicité est essentielle pour faire rouler des journaux et imprimés. À son arrivée chez nous, début '90, Alberto avait un rôle clé au journal Nouvelles Park Extension et auprès d'un bloc d'annonceurs dans l'industrie du meuble et accessoires pour la maison.

Un humoriste dans le cœur

Au cours des dernières années, il a collaboré régulièrement aux sections Éditorial et Votre opinion du journal Nouvelles Parc Extension News. On se souviendra de sa chronique «Parlez-moi d'humour» (souvent signée du pseudonyme Alcide Borik) dans laquelle il caricaturait tout ce qui bouge sous le soleil et présentait l'humanité sous un éclairage satyrique.

Par exemple, en novembre 2017, Del Burgo a rédigé une chronique humoristique sur l'élection de la nouvelle mairesse de Montréal, première femme maire de la métropole, tout en faisant très vaguement allusion à Valérie Plante elle-même, et ne manquant pas de faire quelques remarques amusantes sur le maire

sortant Denis Coderre et son prédécesseur Pierre Bourque.

Allusions politiques raffinées

« L'un des résultats du grand nettoyage de Denis qui a fait de gros efforts pour éliminer les contrats externes et nettoyer les finances de la ville », a été de préparer la place pour une merveilleuse Plante! Pierre Bourque doit maintenant en rêver pour ses Jardins Botaniques. »

Alberto était aussi un auteur prolifique et, dans cette même édition du Nouvelles Park Extension News, nous avons couvert la nouvelle du lancement de son plus récent ouvrage «Jalons 2 : Beyrouth-Montréal» - un voyage de 50 ans» à partir de la maison de retraite qu'il habitait à Outremont. Malgré une santé et stature diminuées, le charisme d'Alberto agissait encore auprès des dames présentes qui attendaient le lancement de cette œuvre.

Autobiographie

Cet ouvrage biographique, son quatrième livre, décrit les diverses étapes de sa vie aventureuse, du Liban à Montréal. Dans une entrevue accordée au Nouvelles Park Extension News, del Burgo a déclaré espérer que le livre soit une source d'inspiration pour d'autres auteurs en puissance afin de les inciter à écrire leurs pensées et leurs expériences dans un recueil.

C'est le plus gros héritage à laisser derrière pour les enfants, et les autres pour qui cela représente une valeur quasi-archéologique. Bien des éléments mentionnés dans ses mémoires n'existent plus. Burgo a roulé sa bosse dans plusieurs parties du monde. Il a travaillé comme correspondant pour le magazine français Paris-Match où il a expédié des dépêches de l'Iran, l'Afghanistan, du Pakistan, de l'Inde, du Népal et du Tibet.

L'homme aux multi-vocations

À titre de photographe-peintre, il a présenté des expositions sous le pseudonyme de Berty. Il était aussi connu sous le nom d'Alcide Borik comme comédien. Il a enregistré avec Phillips en 1963 et a été animateur à la télévision libanaise. Il a également tenu un rôle dans le film «Les espions meurent à Beyrouth». C'est à l'époque de la guerre de 6 jours en Israël qu'il a décidé qu'il valait mieux pour lui de quitter le Moyen-Orient pour la France où il a vécu les bouleversements sociaux de la fin des années '60. Finalement, en 1969, il prend la route du Canada.

En 1980, un vote référendaire se préparait au Québec et del Burgo a rédigé une lettre ouverte à titre de nouveau venu dans laquelle il manifestait ses inquiétudes tout en accordant son soutien à la souveraineté. Son texte est devenu viral.

L'acteur Del Burgo

Plus tard, sa carrière au Québec incluait de jouer des rôles de soutien (sous le nom d'Alcide Borik) dans des films comme Les noces de papier de Michel Brault mettant en vedette Geneviève Bujold. Le film relate l'histoire d'une femme qui accepte un mariage de convenance avec un réfugié. Le film a par la suite inspiré une version américaine intitulée Carte Verte,

mettant en vedette Gérard Depardieu et Andie MacDowell.

Chroniqueur populaire

Del Burgo a signé des chroniques pour un bon nombre de publications montréalaises dont Actualités Côte-des-Neiges, le Journal d'Outre-

mont, le Laval News, Mosaïque, le Journal de Mont-Royal, le Journal de Saint-Laurent et Actualité médicale. À la même période, il signait de nombreuses «lettres à l'éditeur» auprès de plusieurs publications.

Adaptation du texte en français France Mercier

Je vous souhaite de Joyeuses fêtes!
En cette période de distanciation sociale, je vous souhaite de profiter de ce temps des fêtes et de célébrer avec prudence.

I wish you Happy Holidays!
In this time of sociale distancing, I wish you a safe and enjoyable holiday.

Le très hon. / The Rt. Hon.
Justin P. J. Trudeau
Député / MP Papineau

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ASSEMBLÉE NATIONALE DU QUÉBEC

À toutes les citoyennes et tous les citoyens que j'ai l'honneur de représenter, à tous les groupes, organismes communautaires et commerces avec lesquels j'ai le plaisir de collaborer ainsi qu'à toutes les Québécoises et tous les Québécois de tous les horizons, **je vous souhaite de joyeuses fêtes!**

En cette fin d'année qui a mis à rude épreuve notre santé physique, mentale et économique et qui a testé notre sens de la solidarité, je vous souhaite de bons moments de répit pendant cette période des Fêtes de fin d'année et une nouvelle année remplie de santé, de paix et que nous continuions à faire preuve de solidarité au sein de notre communauté!

...
To all the citizens that I have the honor to represent, to all the groups, community organizations and businesses with which I have the pleasure to collaborate as well as to all Quebecers of all horizons, **I wish you happy holidays!**

At the end of the year which has severely tested our physical, mental and economic health and as well our sense of solidarity, I wish you good moments of rest during this holiday season and a new year filled with health, peace and that we continue to show solidarity within our community!

- Andrés Fontecilla
Député de Laurier-Dorion



Happy Holidays!

When's the best time to exchange Christmas gifts?

If you're celebrating Christmas with young children this year, it's a good idea to plan out when you'll open the presents. Although your kids may want to open gifts first thing Christmas morning, there are advantages to putting this off till later in the day. Here are a few options to consider before deciding when to open the Christmas presents.

BEFORE BREAKFAST

most kids want to leap out of bed and start opening their presents straight away. By letting them open their gifts as soon as everyone's up, you won't have to hold them back from rushing through breakfast. Afterwards, you can have a more leisurely Christmas brunch. Plus, they'll have new toys to entertain them for the rest of the day.

AFTER BREAKFAST

tell children before they go to bed Christmas Eve that they'll only be able to open gifts after breakfast. Making sure everyone eats and fully wakes up before opening presents can be a good way to avoid meltdowns later in the morning.

WHEN GUESTS ARRIVE

If you have grandparents or other extended family coming over, they may want to be there



to give your kids gifts and watch them open their other presents. Consider putting off the gift exchange until they arrive.

Another possibility? Allow kids to open one gift — or their Christmas stocking — on Christmas Eve. This can be a good way to help them settle down the night before and maybe you'll even get to sleep in a little in the morning.

Decking your halls: holiday decorating ideas for the enthusiast

Ready to take your Christmas decorating to the next level? Here are some pro tips that can elevate your holiday embellishments from merely so-so to full out sublime.

CHOOSE YOUR PALETTE

The pro-decorator's cardinal rule? Choose a palette and stick to it. Make sure your ornaments, ribbons, lights, stockings, gift-wrapping and more are made up of hues from your chosen palette. Here are a few colour combinations to try:

Traditional: Tried-and-true, red, green and gold make up the classic Christmas colour scheme.

Icy: A more modern option, this palette is made up of periwinkle, teal and silver.

Jewel: A vibrant palette of green, purple, orange and red.

Metallic: A glittering and regal palette of silver and gold.

Monochrome: If simple and elegant is more your style, consider a colour scheme made up solely of whites.

CHOOSE YOUR THEME

Next to palette, the most important decorating decision you'll make is in regards to theme.



The idea is to take an evocative word or phrase and let your imagination go to work. Here are a few examples:

Winter wonderland: Think white and lots of it. Include elements like snowflakes, tinsel and wintry animals such as reindeer and moose.

Rustic farmhouse: Use logs, sticks, pinecones, greenery and other natural materials. Plaid patterns are a fitting accompaniment.

Christmas cheer: Combine festive colours like red, green and gold with classic Christmas imagery.

West coast Christmas: Bring the charm of the seaside indoors with shells and starfish and a colour palette of soft pink, blue and beige.

Once you've found your starting point — whether it's a colour palette, a theme or both — you'll find that your ideas start to flow. Happy decorating!

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Joyeux temps des fêtes!



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T 514 872-0755

S'isoler, c'est sérieux!

Nous vous demandons de suivre les consignes d'isolement pour éviter de transmettre la COVID-19 à d'autres personnes.

S'isoler, c'est rester à la maison ou dans son appartement



- ✓ N'allez pas à l'école, au travail, au CPE, à la garderie ni dans aucun endroit public (ex.: magasin, épicerie, pharmacie).
- ✓ Si vous demeurez dans une résidence privée pour aînés, ne vous déplacez pas dans la résidence; demeurez dans votre unité locative. Nous vous recommandons de faire monter vos repas à votre chambre pour éviter les déplacements au maximum dans la résidence.
- ✓ Ne sortez pas faire une marche.
- ✓ N'empruntez pas les transports publics.
- ✓ Si vous n'avez pas d'aide pour votre épicerie ou vos médicaments, vous pouvez utiliser les services de livraison à domicile de l'épicerie ou de la pharmacie. Évitez tout contact à moins de deux mètres avec le livreur.
- ✓ N'accueillez pas de visiteurs à la maison.
- ✓ Si vous habitez avec d'autres personnes qui n'ont pas la COVID-19:
 - Demeurez seul dans une pièce de la maison le plus souvent possible.
 - Évitez d'être en contact avec les autres occupants de la maison. Gardez une distance d'au moins deux mètres avec eux. Couvrez votre nez et votre bouche si vous devez vous approcher à moins de deux mètres.
 - Si possible, mangez et dormez seul dans une pièce de la maison.
 - Si possible, utilisez une salle de bain qui vous est réservée. Sinon, désinfectez-la après chaque utilisation.
 - Aérez souvent la maison et votre chambre en ouvrant une fenêtre (si la météo le permet).
- ✓ Vous pouvez sortir sur votre balcon ou dans votre cour privée en vous assurant d'être à deux mètres de toute autre personne.
- ✓ Si vous devez quitter la maison pour des raisons médicales, utilisez un masque ou un couvre-visage.

Les personnes qui vivent avec vous peuvent poursuivre leurs activités habituelles (travail, école, garderie, etc.) si elles ne sont pas elles-mêmes visées par une consigne d'isolement (ex.: en attente de résultat de test, contact de cas confirmé, retour de voyage, etc.).

Quand faut-il s'isoler ?



Vous avez obtenu un résultat de test positif

Si vous ne développez pas de symptômes, vous devez vous isoler **pendant les 10 jours suivant votre test de dépistage**.

Si vous développez des symptômes, vous devez vous isoler jusqu'à ce que **toutes** les conditions suivantes soient réunies :

- 10 jours se sont écoulés depuis le début de vos symptômes.
- Vous n'avez plus de fièvre depuis au moins 48 heures (sans avoir pris un médicament contre la fièvre).
- Vos symptômes se sont améliorés depuis au moins 24 heures (excluant la toux ou la perte de l'odorat, qui peuvent durer plus longtemps).



Vous êtes en attente d'un test ou d'un résultat

Vous devez vous isoler en attendant votre résultat de test si :

- Vous présentez des symptômes de la COVID-19, ou en avez présenté dans les 10 derniers jours;
- Vous avez été identifié par la santé publique comme un contact d'un cas de COVID-19;
- Vous êtes de retour d'un voyage à l'étranger.

Si vous ne répondez à aucun de ces critères, vous n'avez pas à vous isoler. Nous vous recommandons de respecter les mesures sanitaires générales jusqu'à l'obtention de votre résultat. Si votre résultat de test est positif, vous recevrez des consignes de la direction de santé publique.



Vous présentez des symptômes

Si vous présentez des symptômes tels que la fièvre, l'apparition ou l'aggravation d'une toux, une difficulté à respirer ou une perte subite de l'odorat sans congestion nasale avec ou sans perte de goût, vous devez vous isoler et aller passer un test de dépistage. L'outil d'autoévaluation des symptômes de la COVID-19 vous permettra d'obtenir une recommandation sur la marche à suivre, selon votre condition. Rendez-vous sur [Québec.ca/decisioncovid19](https://quebec.ca/decisioncovid19) pour faire l'évaluation de vos symptômes.



Vous avez été en contact avec un cas confirmé

Si vous ne développez pas de symptômes, vous devez vous isoler **14 jours après votre dernier contact** avec le cas confirmé de COVID-19, même si vous avez subi un test pour la COVID-19 et que le résultat est négatif.

Si vous développez des symptômes, vous devez vous isoler jusqu'à ce que **toutes** les conditions suivantes soient réunies :

- 10 jours se sont écoulés depuis le début de vos symptômes.
- Vous n'avez plus de fièvre depuis au moins 48 heures (sans avoir pris un médicament contre la fièvre).
- Vos symptômes se sont améliorés depuis au moins 24 heures (excluant la toux ou la perte de l'odorat, qui peuvent durer plus longtemps).



Vous êtes de retour de voyage

Tous les voyageurs qui entrent au Canada doivent s'isoler obligatoirement pendant une période de 14 jours, même s'ils ont subi un test pour la COVID-19 et que le résultat est négatif.

Pour prendre les meilleures décisions possibles pour votre santé et celle de vos proches durant la pandémie de la COVID-19, consultez les Guides autosoins. Ils permettent de connaître les meilleurs moyens de se protéger de la COVID-19, de prendre soin de soi, de donner les soins de base à son entourage et de savoir où et quand consulter si on a besoin de soins ou de services.

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

☎ 1 877 644-4545

Québec 

Take self-isolation seriously

Please follow self-isolation instructions to avoid transmitting COVID-19 to others.

Self-isolation means stay at home



- ✓ Do not go to school or work, to an early childhood or daycare centre, or to any public place such as a stores, supermarkets or pharmacies.
- ✓ If you live in a private home for seniors, remain in your own unit and do not walk around the building. We recommend that you have your meals delivered to you, thus avoiding the need to move around inside the residence.
- ✓ Do not go out for walks.
- ✓ Do not take public transit.
- ✓ If no one can help you with your supermarket or pharmacy purchases, try the home delivery services offered by many stores. Stay at least two metres away from the delivery person.
- ✓ Don't allow any visitors into your home.
- ✓ If you live with other people who don't have COVID-19:
 - If possible, remain alone in one room of your home.
 - Avoid contact with the other occupants of the home. Stay at least two metres away from them. If you need to get closer, cover your nose and mouth.
 - If possible, eat and sleep alone in one room of your home.
 - If possible, use a bathroom that is reserved for you. Otherwise, disinfect after each use.
 - Air out the house and your room often by opening a window if the weather permits.
- ✓ You can go out on your balcony or in your private yard while remaining at least two metres away from anyone else.
- ✓ If you need to leave your home for medical reasons, wear a mask or face covering.

The people living with you can continue with their usual activities (work, school, daycare, etc.) as long as they themselves are not under a self-isolation order, such as while awaiting test results, after having been in contact with a confirmed case of COVID-19, or after returning from a trip abroad, etc.).

When should you self-isolate



You tested positive

If you don't develop any symptoms, you need to self-isolate for **10 days from the date of your screening test**.

If you do develop symptoms, you need to self-isolate until **all** of the following conditions are met:

- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)



You are waiting to take the test or find out your results

While awaiting your test results, you'll need to self-isolate if:

- You have symptoms of COVID-19 or had them in the last 10 days
- You have been flagged by public health authorities as having been in contact with a COVID-19 case
- You have returned from a trip abroad

If you meet none of these criteria, you do not need to self-isolate. We do recommend that you follow general health measures until you get your results. If you test positive for COVID-19, you will receive instructions from the public health authorities.



You have COVID-19 symptoms

If you have symptoms such as fever, the onset or worsening of a cough, difficulty breathing or a sudden loss of smell without nasal congestion (with or without loss of taste), you need to self-isolate and get tested. The COVID-19 Symptom Self-Assessment Tool provides recommendations on what steps to take based of your condition. Go to [Québec.ca/decisioncovid19](https://Quebec.ca/decisioncovid19) to evaluate your symptoms.



You have been in contact with a confirmed case of COVID-19

If you don't develop any symptoms, you'll need to self-isolate for **14 days from your last contact** with the confirmed case of COVID-19 even if your COVID-19 test result is negative.

If you do develop symptoms, you'll need to self-isolate until **all** of the following conditions are met:

- 10 days have passed since your symptoms first appeared
- You have had no fever for at least 48 hours (without having taken fever medicine)
- Your symptoms have improved for at least 24 hours (excluding cough or loss of smell, which may last longer)



You are returning from abroad

All travellers entering Canada are required to self-isolate for 14 days, even if their COVID-19 test result is negative.

To make the best possible decisions for your own health and that of your loved ones during the COVID-19 pandemic, consult the Self-Care Guides. They will provide you with the best ways to protect yourself from COVID-19, take care of yourself, provide basic care to family members and friends, and where and when to consult a health professional if you need care or services.

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

☎ 1 877 644-4545

Québec  
 

Pfizer-BioNTech's COVID-19 vaccine accepted by Health Canada



DOMENIC MARINELLI
Local Journalism Initiative Reporter
For The Parc-Extension News
domenic@newsfirst.ca

Since March and the dawn of the Covid-19 pandemic, Canadians have been praying for an end to all the turmoil and panic and perhaps, alas, it has finally arrived

It has been reported by various news outlets in the last few hours, that Health Canada has approved the announced Pfizer vaccine the pharmaceutical company has been working on for months and apparently, there will be just about under 250 000 doses available to Canadians by the end of the year.

Health Canada scientists studied the vaccine in a review that lasted a reported two months and they went through the clinical data with a fine toothed comb ... the result: "The data provided supports favorably the efficacy of Pfizer-BioNTech COVID-19 vaccine as well as its safety." This statement was provided by Health Canada department officials; essentially, authorizing the use of the Pfizer-BioNTech COVID-19 vaccine for Canadians that are 16 and over.

Canada was the third country to approve the vaccine, apparently right after the UK and Bahrain.

Rumored controversies early on

And although this is good and refreshing news to Canadians everywhere, a mere ten hours before reports that Health Canada had approved the vaccine, the United Kingdom released reports saying that those with allergies should steer clear of the Pfizer vaccine. It was in their studies conducted that two (2) individuals suffered "reactions" considered to be "adverse."

"Two people with a history of significant allergic reactions responded adversely yesterday," Stephen Powis, National Health Service medical

director, said. "Both are recovering well."

News of the official vaccine acceptance by Health Canada came—interestingly enough—after an alert was sent out via the Quebec Emergency Alert System, reminding residents in Red Zones to follow the rules and that there would be an increase in Police Presence.

So in the end, perhaps nothing but a wee bit of panic before the light materializing at the end of the dark tunnel turned out to be the saving grace we were all after, instead of the "freight train coming our way," to quote the great James Hetfield.

What this all means

In the end, this means an end to the panic, an end to the suffering, but, what remains to be seen is how the government handles the distribution of this vaccine.

Dany Fortin, the military commander leading vaccination logistics, said: "We expect vaccines to arrive as early as Monday," also saying that it could be "totally possible" that a few Canadians could get their shots even and as soon as mid-week!

30 000 doses will be sent out from a Pfizer plant in Belgium as of Friday—these doses are from the initial run of the vaccine.

In the end, it perhaps seems surreal, even to me a journalist that has been following this pandemic for its tumultuous run, but it truly does seem, as the internet flames up with post after post and the social media train runs wild on screens all over the world, that this nightmare is almost over.

"The efficacy of the vaccine was established to be approximately 95 per cent. The vaccine was well tolerated by participants and has no important safety concerns. The benefit-to-risk assessment for Pfizer-BioNTech COVID-19 vaccine is considered favorable."

Fingers crossed, dear readers, and stay safe



Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinémas Guzzo Team

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In the midst of the pandemic...

Continued on page 13 ▶

Santa's coming, and it's fine. His magic is incredible. He's protected from the virus. Although magically-immune, Santa still sets good example. In-person visits at malls are canceled or minimized, virtual-visits ramped up. Mid surging pandemic, it's not the most wonderful time-of-year to hug Santa.

Nonetheless, malls, hospitals and venues that traditionally dispense holiday cheer are scrambling for new versions of the cherished lucrative holiday, but it won't be typical. Sitting-on-laps? Out! Wish-lists, usually-whispered into Santa's ear, are going online. Jolly Santas will greet children across plexi-glass, lines stretching for social-distancing.

Not just stuff of dreams, Santa is big business. Should we worry? Let's hope that commercialization of history's biggest life-changing event - the birth of Jesus - won't stop him from creating happiness, spreading love, fulfilling fantasies - in the tradition of the perpetually-hopeful Christmas Story.

The birth Christ is Good News, so hands will, as in centuries-past, be raised to God and to all the angelic Santas who fulfilled past dreams, wishes, and hopes, pledging themselves to these principles as descendants of St. Nicholas, Gift-Giver of yore. They'll find ways to honour their oath in 2020, with virtual-visits and extra-careful in-person events.

But, in the proverbial perpetual 'but' - as Christmas approaches, as COVID-19 cases multiply, as chilled-air drives people indoors where viruses more likely spread, will Santa ask: "Am I doing the right thing?" Yes, he is! Santa has brought children the magic of Christmas for centuries. What better way to help people, than spreading joy?

Zooming right along, this year, Santas

upgraded webcams, adding better microphones and lighting. Graphic designers made intricate backdrops of Santa's workshop. Virtual sessions, and small in-person visits were booked.

Then more bad news: most-cases-in-a-day, hospitals filling, winter looming. Santa's internet connection became erratic, couldn't figure out how to fix it, imagined kids staring at blank screens. He couldn't let children down like that? Another fearful thought. Most Santas are older, more susceptible. Deciding they couldn't do it, online and in-person bookings were cancelled. People tried hiring them for gatherings; they said no, and asked for events to be reconsidered. We have to manage without Santa being everywhere this year.

We don't fault the always-respected Santas. Some have reluctantly accepted very-small-gatherings-with-masks-and-distancing, asking the sick not to attend, kids not to sit on laps; they want to give people what's needed, in this bizarre year of widespread-infections, isolation, depression, death, economic difficulty, poverty.

In How the Grinch Stole Christmas, Mr. Grinch stole the presents. Did it stop the towns-people from gathering in the square to sing? Not! We don't fault Santas for trying to follow traditions, but we ask "What will St. Nick do?" The answer's evident. He knows that loved ones won't be there, some from fear, some because they're gone. But here's where Santa delivers: Christmas-morning 2020, kids will race to the tree for presents. "Santa Claus," Christ said, "has come with Good News for all."

To all a good night. We wish you and your families a very happy, safe, and healthy end-of-2020. Whatever your beliefs, we will pray, with you, for a hopeful 2021.

Renata Isopo
renata@newsfirst.ca

Deadline: Classifieds

WEDNESDAY before publication at 1 p.m.

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Wishing you a Blessed Holiday Season and a New Year Filled with Peace and Happiness.

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In Memoriam & Obituaries

UNITED

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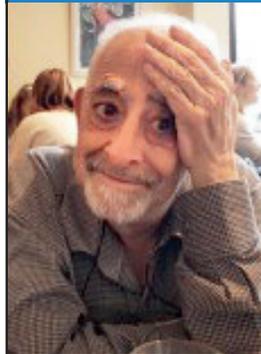
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A real man, with wisdom in his eyes and ardor in his heart. He spent his time discussing, justifying, defending and talking with his friends about how to remake the world. He asserts himself with vigor, a real fighter, a resistance fighter. A man of arts and letters, of travels, of songs and of paintings. Full of humor and always made people laugh. This man who seemed to be immortal. His daughter, Florelle, promises to spread its flavor, its sweetness and all its colors. He is an exemplary dad who has given me the greatest wealth this world has to offer.

BERNARD, Sylvia 1943 - 2020



Sylvia Bernard passed away peacefully, at the MUHC's Royal Victoria Hospital in Montreal. Born in Westmoreland, Jamaica to parents Elaine and James Bernard, she was the third of nine children. Sylvia immigrated to Montreal in 1964. She is survived by her husband, Kenneth Musgrave, her children, Danuba & Gavin Musgrave and her grandson, Maharli Musgrave.

DRESHER, Joan



Peacefully, on Saturday (Shabbos Kodesh), December 12, 2020. Compassionate, caring and devoted to her entire family. A tzadaikas, a woman of pure faith, and a blessing to everyone who knew her. Wife of the late Max. Beloved mother of Debbie Dresher Fischman. Loving Bubbie of Gillit and Yair Manas, Neema and Michael Adler, Betzael Fischman, and Yedidya Fischman.

BIGIO, Lisette 1928 - 2020



Peacefully at home, on Friday, December 11, 2020 in her ninety-second year. Beloved and devoted mother of Maurice Bigio, David Bigio (Ewa Lee Bigio). Proud and loving Nona of Isabelle Bigio (fiancé Fraser Capill), Stefan, and Nicholas Bigio. Predeceased by her siblings Lucie Kronberger, Odette Chonchol, Paula Taltavull, Marcelle Mansour, and Joseph Mansour. Dear sister-in-law of Ernest Chonchol, and cherished aunt of Daniel Chonchol (Murièle Breheret), Claude Taltavull, and Raymond Taltavull.



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HOROSCOPE

Week of **DECEMBER 20 TO 26, 2020**

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

Try not to tire yourself out too much before the holidays begin. You need to rest and recharge your batteries, especially if you want to get rid of a bad cold or prevent it from coming back.



TAURUS

Stress and exhaustion will make you feel like you're in the middle of a tornado, and you won't know which way is up. Luckily, you'll regain your footing just in time for the holiday celebrations.



GEMINI

You'll demonstrate your ability to be organized and efficient both at work and in planning various holiday events. You'll complete all of your tasks on time, which means you'll be able to enjoy your vacation with peace of mind.



CANCER

A few friends might suddenly suggest that you join them on a trip. You won't have to think about it for long before you accept. You'll likely participate in a multicultural holiday celebration with your loved ones.



LEO

The anticipation of the holiday season will fill you with emotions. For one reason or another, parties and get-togethers will be very different this year. As a result, you'll feel a strange sense of nostalgia.



VRIGO

You might receive a marriage proposal from a complete stranger or from your long-time partner while on vacation. Your week will be packed with surprises, and your heart will be filled with joy.



LIBRA

You'll have a lot of projects to finish up at work before the holidays. Luckily, everything will go as planned. You'll end the year on a high note, which will give you a great sense of accomplishment.



SCORPIO

You'll rush to finish decorating your home after you find out at the last minute that you'll be hosting a big holiday party. Since you want to impress your guests, you'll pull out all the stops to make your home feel like a winter wonderland.



SAGITTARIUS

You'll want to take a few days off work this week to focus on matters at home, including your children and several upcoming gatherings. You'll be warmly praised for your involvement in a community activity.



CAPRICORN

You won't keep quiet this week. You'll speak up about issues that others prefer to keep to themselves. You'll also hear a few rumors that you'll want to immediately confirm with the people involved.



AQUARIUS

You'll likely make a few more holiday purchases, and they'll definitely exceed your budget. Fortunately, these gifts will be greatly appreciated by your loved ones and you'll receive a lot of praise.



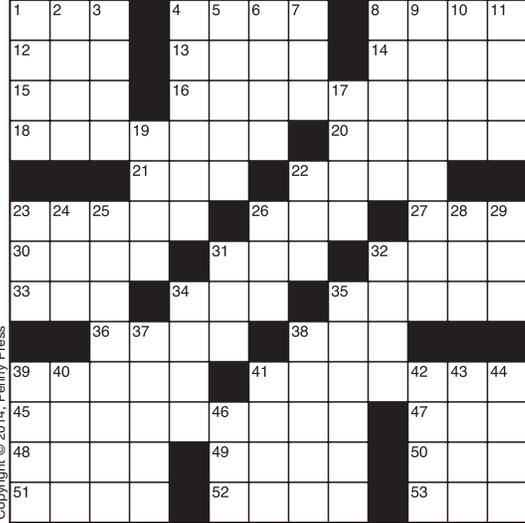
PISCES

This will be a busy week. You'll have a lot of urgent preparations to manage. If you need to go to the office, you'll likely be the first to arrive and the last to leave. This will give your boss more confidence in your work.

Coffee Break

CROSSWORDS

PUZZLE NO. 1012



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ACROSS

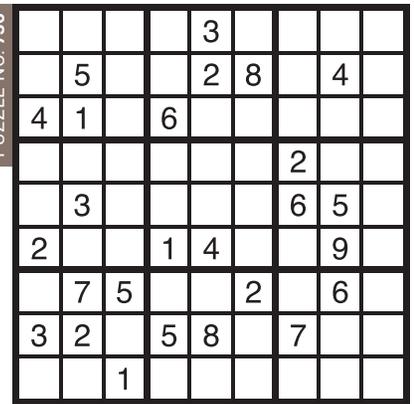
- 1. Deli purchase
- 4. Gambler's town
- 8. Commotion
- 12. Expert person
- 13. Baking box
- 14. In the center of
- 15. ___ and outs
- 16. Conclude
- 18. Harvesting machines
- 20. Affirmative answers
- 21. Some
- 22. Flower sites
- 23. Made holy
- 26. Pupil's transport
- 27. Scamp
- 30. Starfish arms
- 31. Rummy
- 32. Ride the wind
- 33. Lumberjack's implement
- 34. Society lass
- 35. Within reach
- 36. Glide
- 38. Maiden
- 39. Wake up
- 41. Expertise
- 45. What "Taps" means
- 47. Quilting party
- 48. Suffer
- 49. Seep
- 50. Wager
- 51. Groups
- 52. Little bird
- 53. Descend Mt. Snow
- 6. Fishermen's tools
- 7. Billfold item
- 8. Softened
- 9. Oversight
- 10. Eat formally
- 11. Poems
- 17. Cereal grasses
- 19. Overtake
- 22. Hot-dog roll
- 23. Bikini part
- 24. Negligent
- 25. Vision
- 26. Apron part
- 28. Frenzied
- 29. Jimmy
- 31. Mousse alternative
- 32. Pepper's mate
- 34. Daily fare
- 35. Rush
- 37. Cigar remnants
- 38. Sheer fabric
- 39. Woeful expression
- 40. ___ pudding
- 41. Othello, e.g.
- 42. Recedes
- 43. Smell strongly
- 44. Abominable Snowman
- 46. Mama pig

DOWN

- 1. Fur
- 2. Teenager's woe
- 3. Flat-topped formation
- 4. Rat, e.g.
- 5. All

Sudoku

PUZZLE NO. 736



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.

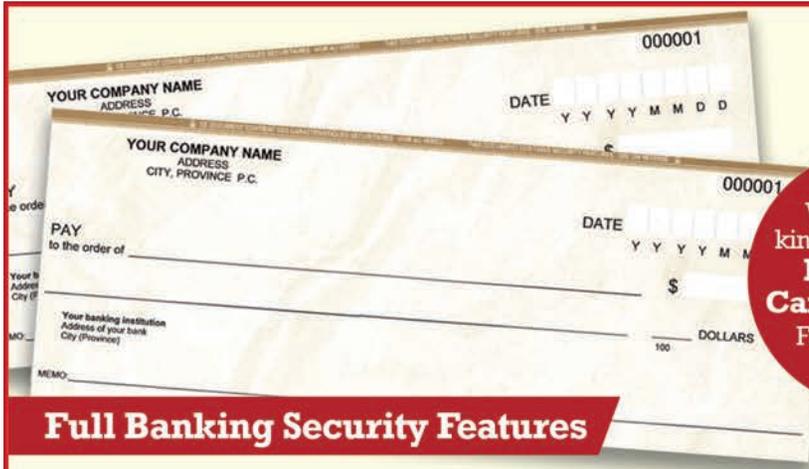
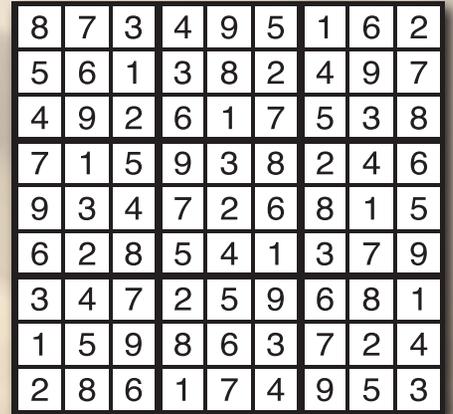
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



SAVE MONEY

Print your cheques with us with confidence

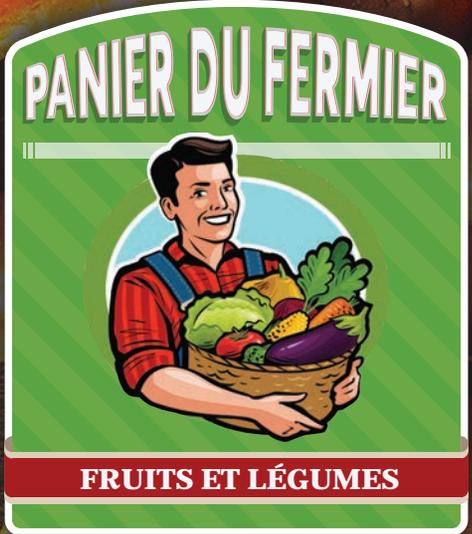
We print all kinds of cheques:
Business, Canada or USA
Fast Delivery!

Amazing Prices!
250 for \$87
500 for \$127
1000 for \$187

MEDIA-TREK
Communications - Promotions - Marketing

Full Banking Security Features

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Fruits and Vegetables

16 to 20 Varieties
Fresh of the day at amazing prices!
Reserve yours today!

No Waste.
Supporting
Responsible
Sustainability.

Read what people are saying about us:
<https://www.facebook.com/PanierDuFermier/>



This week's basket:

- Spinach
- Strawberries
- Blueberries
- Papaye
- Green Beans
- Onions
- Avocados
- Oranges
- Persimmons
- Leek
- Bananas
- Limes
- Lettuce
- Cucumber
- Tomatoes
- Mystery item

Our weekly customers

save \$1,200

up to

per year

We now
deliver to your
home!

Ordering is as easy as 1,2,3

- 1 Place your orders online or by phone before 9pm on Thursday.
- 2 or place your order on Facebook (\$5. for delivery)
- 3 Pick up your baskets on Friday or Saturday

(514) 473-4591
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(near Curé-Labelle) Laval, Québec H7P 1T8

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\$50+
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You pay only
\$30

