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# What is or is not considered a dental emergency during Covid-19

A growing number of people experiencing dental prob-



By Bonnie Wurst

mtltimes.ca



lems during the COVID-19 pandemic have found themselves struggling with what to do. As part of the emergency measures, dentists in Quebec were told to cancel all non-urgent appointments, leaving many struggling, especially those with some pain or discomfort. Dental clinics are allowed to be open, but only for emergencies. However, patients need to contact their dentists first so that their problem can be assessed before being seen.

You can reach your dentist by telephone to be evaluated, a practice now being called telemedicine. You will

be asked questions about the problem - and if it is not considered an emergency, you will be advised about what you should do until you can be seen. Some dentists are also using technology to help them make better assessments, such as having patients take pictures of their tooth in question or the area where they are experiencing problems - and then sending them through text messaging.

So what is considered a dental emergency or what is not?

### EMERGENCY

Although it is ultimately up to the dentist to decide if your problem is considered an emergency, it can include (but not limited to):

- oral-facial trauma (injury to the mouth and face) not just a broken tooth
- significant infection (such as a serious abscess or swelling)
- bleeding that contin-

ues for a prolonged period of time

- acute orthodontic procedures (such as pain, infection, trauma, wire cutting into the gum/cheek)
- problems causing excruciating pain not being relieved by over-the-counter pain medications

### NON-EMERGENCY

Although it is ultimately up to the dentist to decide if your problem is considered a non-emergency, it can in-

clude (but not limited to):

- removal of asymptomatic teeth (no pain/no swelling/no discomfort)
- restorative dentistry, such as replacement of damaged dental fillings, crowns (caps), bridges and implants
- orthodontic procedures (other than those to address acute issues)
- replacement of teeth with implants or bridges
- routine dental cleaning (scaling, polishing)

- initial or periodic oral examinations and recall visits, including routine dental radiographs

If you your dentist advises you to go to their office or clinic, please make sure they are wearing personal protective equipment such as gloves, protective eyewear, masks and protective clothing - and that their hands have been washed with plain or antimicrobial soap and running water.

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# Does opening schools early make any sense?

Although Premier Francois Legault had announced the



By Bonnie Wurst  
miltimes.ca

government's intention to reopen schools and

daycare centres in Quebec by May 4th, a public outcry from teachers and parents made him quickly rethink the plans. During his April 16th news conference, Legault said the decision to reopen schools 'is out of the question for now', reiterating the decision he announced last Saturday April 12th. "I think that even in the next few months, when we will reopen the school, it's clear that some parents will be scared to send their children to school,"

Legault had said and added, "But what I want to be clear about the reopening of schools, is that it will not be done until we have, first, the agreement of the public health, and second, that I have personally the assurance that there's no risk for the children and for the teachers... maybe the way I said it scared some people and I'm sorry about that, but the facts are that we have some scenarios before May 4th." The Quebec government was concerned

about what parents would do with their children if they needed to go back to work - when economic activities slowly resume, once the peak of COVID-19 cases is reached. However, worries over the two metres physical distancing rules were prominently voiced by those opposed to the idea, as it would be difficult at best to enforce. There are still many unknowns with this new virus and although there have been very few cases of children reported with COVID-19, a disconcerting possibility remains of them being infected. Children can be asymptomatic and pass the virus on to other children and teachers, many who are over 60 years old and more vulnerable - and in turn, it can spread outside of the schools, into their homes and

beyond. Nevertheless, Quebec's director of public health, Dr. Horacio Aruda, said the reopening schools would mean that children, who are not considered 'high risk' of developing complications from COVID-19, would participate in what he called 'the natural immunization of the population'. The scientific term for it is 'herd immunity'. Herd immunity is a 'form of indirect protection from infectious disease that occurs when a large percentage of a population has become immune to an infection, whether through previous infections or vaccination, providing a measure of protection for individuals who are not immune'. The chains of the virus are disrupted and less likely to spread on its own, either stopping or significantly slowing down

the reproduction rate of the disease. The more people become immune, the probability of those without immunity becoming infected drops sharply - much like the way a vaccine works in the greater population. In the case of vaccines, there are still many people who refuse to have one. Herd immunity needs to reach at least a majority of a population for it really to be effective. There are still unknowns about COVID-19, making the risk of using our children questionable. It is extremely rare for children to die or develop complications from COVID-19 - but is it reasonable to consider reopening schools when there are still so many questions? Or does it make sense?

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# Parks Canada suspends camping, group activities across the country



**P**arks Canada is committed to protecting the health and safety of Canadians, visitors, and its employees. The Agency is calling on Canadians to stay home and help limit the spread of COVID-19. Camping, group activities and events at all national parks, national historic sites, heritage canals and national marine conservation areas are suspended until at least May 31, 2020. The current suspension of visitor services and vehicle access by visitors, as well as the temporary closure of visitor facilities, will remain in place until further notice.

*This means:*

- All visitor services, including reception, information, lockage and mooring are suspended until further notice;
- All visitor facilities, including parking lots, washrooms, day use areas and visitor centres are closed until further notice;
- All camping facilities including backcountry camping, oTENTiks, and other roofed accommodations remain closed until further notice;
- All events, group and interpretive activities are cancelled until at least May 31, 2020;
- Parks Canada will not be taking new reservations until at

least June 1, 2020. All existing reservations set to take place prior to May 31, 2020, will be automatically cancelled and refunded in full.

"The Government of Canada is asking Canadians to stay home and help limit the spread of COVID-19. Parks Canada is taking these additional measures to help keep people safe. Like all Canadians, I love our national parks and historic sites, but at this time we must all continue to do our part to flatten the curve, look out for one another, and make choices that will help reduce the pressure on our health care system." The Honourable Jonathan Wilkinson, Minister of Environment and Climate Change and Minister responsible for Parks Canada.

These measures are necessary to support the national effort to limit the spread of COVID-19 and reduce health and safety risks to all Canadians. While the Agency looks forward to resuming services, anyone planning a visit should be aware that these measures may extend beyond May 2020 and any resumption of services will take time or be incremental in nature.

Parks Canada will continue to deliver

services critical for Canadians, including highway maintenance, fire response, dam operations and water management on historic waterways, avalanche control, among others.

Detailed information on Parks Canada places and the measures the Agency is taking to limit the spread of COVID-19 can be found at [pc.gc.ca](http://pc.gc.ca). Please check regularly for updates.

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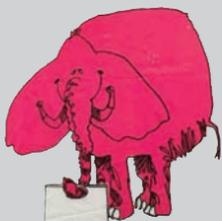
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# On COVID-19: Politicians flout their own rules on self-isolation, social distancing

It's a truism that politicians speak out of both sides of their mouths. The tone-

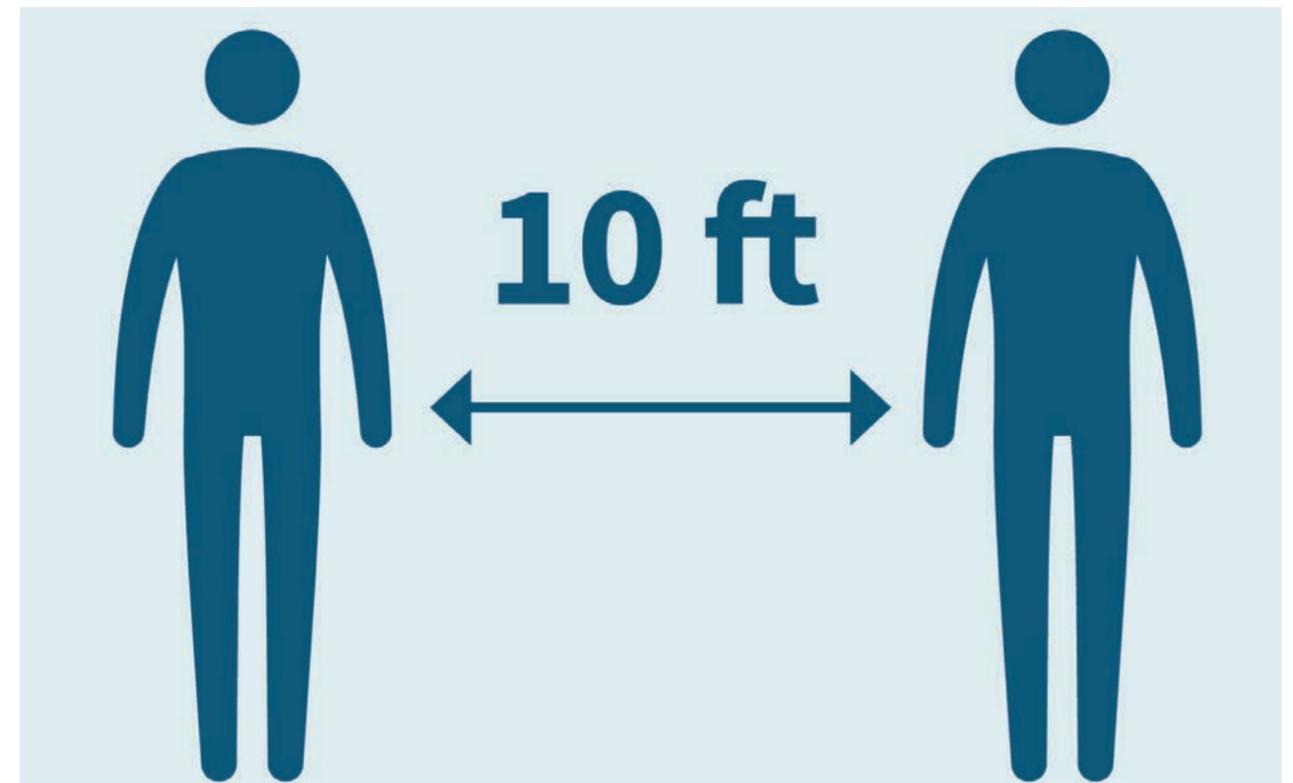


By Deborah Rankin  
mtltimes.ca

deaf politician who upends their own message is a staple of stand-up comedy. Nowhere is this proving to be more true than in the rhetoric-reality divide on COVID-19 except that there is nothing funny about it. For over a month, the public has listened to endless exhortations from government officials to practice social distancing and self-isolation. The problem is, they don't seem to be doing it themselves. What happens then, when politicians don't practice what they preach?

Pauline Orr, a clinical social worker and therapist in the West Island says she is in full agreement with current social distancing policies. "I think they are protecting the vulnerable. However, yes, there is a cost," she says. She hopes that there will be lessons learned from this crisis. "Once the pandemic is over, I hope what we will have learned from this will promote changes." She says it's all about the way we think about and especially treat others, in our family and in society. "I hope it makes us stop and consider our impact on one another and our need for one another," she says, stressing that we are interconnected. "But for now, the important thing is to reduce the number of people getting sick and dying. And this means social distancing."

From the onset of news that Canada had



confirmed cases of COVID-19 the public has been inundated with images of political leaders and public health officials seated at close range at press conferences instructing the public to stay at least 2 metres apart. This was the case until recently when Canada's Chief Public Health Officer Theresa Tam began to appear on television alone without Canada's Health Minister Patty Hajdu and other ministers by her side. Provincial premiers soon followed suit. Quebec Premier Francois Legault's televised appearances are now sans Public Health Director Horacio Arruda while Ontario Premier Doug Ford's daily briefings model social distancing with two ministers on either side standing well behind him. Lately, the focus has shifted to masks. To wear, or not to wear: that is the question. However, in all the hand-wringing over whether a mask actually protects against the potentially deadly disease, how many politicians or health officials are actually wearing them?

Another blind spot in the COVID-19 public health direction was evident last week. Parliament had been recalled for a rare Saturday session to pass the COVID-19 wage subsidy bill. This was the

second emergency parliamentary sitting, this time to study and pass an expansion to the wage subsidy program. A small plane was dispatched to pick up outgoing Conservative leader Andrew Scheer and his family, Green Parliamentarian Elizabeth May, and Liberal Employment Minister Carla Qualtrough to bring them back to Ottawa from western Canada. The problem was that the 9-seater Challenger jet didn't have enough room for social distancing. Apparently, nobody caught the logistical oversight in time. Later Scheer was criticized by some people for not giving his fellow passengers a heads-up that he would be bringing his wife Jill and their five children back to Stornoway, the official residence of Canada's leader of the Opposition where Scheer and his family reside when Parliament is sitting.

May said she was "extraordinarily grateful" to have been offered the flight. She said that she wore a mask and tried to keep as much distance as possible under the circumstances, but wasn't fazed by the presence of Scheer's family. She said that she totally understood where Scheer was coming from. "I'm not going to try and

walk in his shoes," she said. "It's a family matter."

Prime Minister Justin Trudeau got into trouble when he left one of his official residences in Ottawa to visit with his family over the Easter weekend. Social media has been abuzz for days since Trudeau's wife Sophie Grégoire posted photos of herself, the PM, and their children at Harrington Lake in Gatineau, Québec. "Even though families across the country are having to get a little creative and celebrate a bit differently this year, we're all in this together. So whether you're able to be with your loved ones or you're staying connected from afar, we're thinking of you and keeping you in our hearts...." Grégoire wrote in her Facebook post on Easter Sunday.

The post stirred controversy because public health authorities have been warning people not to travel unless they absolutely have to. By April 1st, the Sûreté du Québec had set up roadblocks on bridges between Ottawa and Gatineau and were stopping people heading into Quebec and turning them away if their visit was for recreational purposes. On March 30th Trudeau announced that Grégoire, who had tested positive for coronavirus

had been given a clean bill of health but that he would continue to self-isolate at Rideau Cottage in Ottawa while his wife and children were at Harrington Lake.

The Prime Minister has three official residences and two of these are in Ottawa. The first property at 24 Sussex Drive is a sprawling complex that includes five buildings. The main building has 35 rooms and the vacant 24 Sussex property which is in need of repair is costing taxpayers millions to maintain. Since 2015 Prime Minister Justin Trudeau and his family have been staying at Rideau Cottage a Georgian Revival mansion with 22 rooms located on the grounds of Rideau Hall. The third summer residence and all-season retreat is at Harrington Lake in Gatineau Park. According to the National Capital Commission which manages the 5.4 hectare country property, there are four recreational buildings: the main house, the staff cottage, the upper guest cottage, and the lower guest cottage. The land, which formerly consisted of cultivated fields, has reverted to a forest. The main house overlooks Harrington Lake a.k.a. Lac Mousseau in French.

continued on Page 8

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continued from Page 6

The fact that Grégoire and the children left Ottawa - by some accounts with the nannies (and the inevitable security detail) - was news to most folks. In mid-March Trudeau said that he and his children were self-isolating at Rideau Cottage while Sophie was quarantining in another part of the house. At some point Grégoire crossed the Ontario/Quebec border although Trudeau didn't specify a date. It isn't clear when the children left. Calculating 14 days for quarantine from March 13th when news broke that Grégoire was sick this would have brought her departure date to sometime in late March.

In any case, the public wasn't informed by health authorities of this fact or any possible ramifications. Instead, it was presented by the PM as a fait accompli. Regardless of when Sophie Grégoire or the Trudeau children left Ottawa it didn't mesh with expectations around COVID-19, the prerogative of the prime minister aside. The relocation of Trudeau's family to Harrington Lake wasn't work-related or necessary. The PM has two stately residences in Ottawa and presumably he will continue to manage the national response to the COVID-19 outbreak from the nation's capital.

Then there are the optics. In March, as images of young people partying at beaches and in parks during spring break began to flood the Internet, Trudeau took to the podium in front of Rideau Cottage to tell them in no uncertain terms to stay home, threatening use of the police for those who didn't comply with social distancing regulations legislated by the provinces. Rural mayors have implored city-dwellers not to go to

their summer residences in unaffected areas for fear of spreading the virus. Some city mayors like Montreal's Mayor Valérie Plante have even considered restricting the movement of persons between boroughs while Quebec Premier François Legault has banned or restricted travel to several regions in Quebec.

Politicians aren't the only ones making light of COVID-19 precautions. The New York Post has reported that Chris Cuomo, best known as the presenter of Cuomo Prime Time, a weeknight news analysis show on CNN was caught out in East Hampton on Easter Sunday after testing positive for coronavirus. The CNN host was supposed to be self-isolating in the basement of his home in Southampton when a cyclist spotted him with his wife, another woman and three children in front of a new property Cuomo had purchased that was still under development. The Long Island resident and Cuomo argued when the man challenged the journalist for being out of quarantine and violating social distancing and travel restrictions, calling attention to the fact that Cuomo's brother Gov. Andrew Cuomo is New York's "coronavirus czar". Cuomo later ranted about the incident on his Sirius XM Radio show prompting

the 65 year old man to file a complaint against Cuomo with the East Hampton police claiming that the CNN star had threatened him.

Obviously, Cuomo wanted to enjoy Easter Sunday with his family. Of course, the PM wanted to be with his family on the holiday weekend but this didn't require his entire household decamping to another province. Most likely the move to Harrington Lake is about securing a summer getaway for the PM's family and entourage in the event that beaches and terraces are closed this summer and travel becomes untenable or politically incorrect in the midst of a crisis brought on by a global pandemic. The "we" are all in this together - the mantra for fighting the global pandemic - has got to include decision-makers. Politicians have to walk their talk. They can't reasonably ask people to make sacrifices that they are not willing to make themselves. The message to stay at home won't fly if politicians or media personalities slip away to their chalets and yacht clubs to enjoy the bounty of summer while everyone else has to hunker down in an urban wasteland where the economy and social life have all but ground to a halt. It just won't stick, no matter how much money is doled out in emergency benefits.



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# Police investigate Residence Herron in Dorval after 31 deaths

It is horrifying, unacceptable and also inconceivable that 31 senior residents in the care of Maison Herron, a long-term care facility in Dorval, have died due to neglect. Reports of residents not receiving basic care for days, with diapers not being changed leaving them lying in their own excrement and others not being fed regularly, have recently come to light in one of the darkest moments during the COVID-19 pandemic. How could this have happened?

At a news briefing on April 11th, Premier Francois Legault said that of the 31 deaths at least five were COVID-19 cases. He further explained that a patient

had been sent from the residence to the Jewish General Hospital on March 26th with the COVID-19 virus and later died. Then on March 29th, health authorities visited the home and found that staff had abandoned it. "It is not acceptable how our elderly are treated in this province," he said and added the facility's owner kept information from the government that had 'serious problems in its care and conditions' - and 40 private long-term care facilities will be investigated by police and public health.

Earlier on in the afternoon, Lynne McVey, CEO of the West Island



regional health board said they did not receive cooperation from the private residence when they offered assistance. "We reached out to Maison Herron, we knew they were having difficulty staffing. We

had little collaboration with the owners, unfortunately. These are extraordinary circumstances." She said it was only when a team from the health board was able to enter the private facility that

health workers wearing protective gear ensured residents were fed, changed and able to go to sleep. The regional health board took over the residence on March 29th, but it was only after a public health

order was obtained on April 8th that they were able to access the residents' files and contact information for their family members. It was then they learned of the 31 deaths and are now investigating the circumstances around them. Maison Herron is owned by Katasa Groupe Developers since 2015 and they also own other seniors' homes in Quebec. Family members who need information about residents can call the Montreal West Island Integrated University Health and Social Services Centre at 514-630-2123 from 8:00am to 8:00pm.

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| <b>BREADS</b><br>Rye Bread    \$4 <sup>25</sup><br>1 Dozen Bagels    \$9 <sup>95</sup><br>1/2 Dozen Bagels    \$5 <sup>50</sup> |  | <b>FAMILY FRIES</b><br>Small    \$4 <sup>25</sup><br>Medium To Go Only    \$10 <sup>30</sup><br>Large To Go Only    \$12 <sup>75</sup> |  | <b>INDIVIDUAL PACKAGES TO GO ONLY</b><br>\$7 <sup>00</sup> Smoke Meat & Smoked Turkey<br>\$4 <sup>45</sup> Salami, Stuffed Chicken & Club roll<br>\$9 <sup>95</sup> Smoked Salmon (Lox) 3oz  |  |  |  |   |  |



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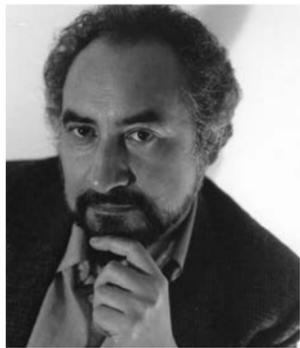
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# African Film Festival goes online

The situation created by COVID-19 has forced the cancellation of all public events, among them of course, all



By Sergio Martinez  
mtltimes.ca

those festivals for which Montreal is famous. However, with some dose of ingenuity, the organizers of Vues d'Afrique, an annual showcase of African films now in its 36th edition, have managed to stage their event resorting to technology. Instead of screening the movies at a theatre (the Cinemathèque Québécoise was the initially intended venue) the 64 titles selected will be available free of charge, at the website www.tv5unis.ca according to a schedule avail-

able at that same address and at www.vuesdafrique.org. The festival will run from April 17 to 26.

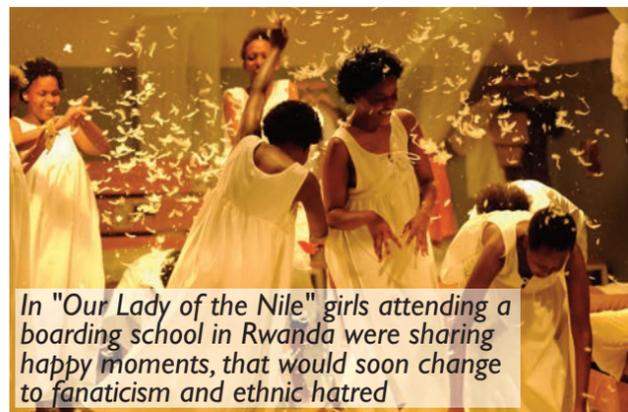
Although perhaps not well-known in Montreal, African films have been present in numerous international festivals. "Le miracle du Saint-Inconnu" ("The Miracle of an Unknown Saint"), a comedy by Morocco's Alaa Eddine Aljem, was presented last year at the Semaine de la critique, at the Cannes Film Festival. Documentaries are also an important part of this year's selection, one of them is "Congo Lucha" ("Lucha" is a contraction of the youth group Lutte pour le changement) directed by Marlène Rabaud. This film won international awards at the Human Rights Film Festival and International Forum on Human Rights in Geneva, and at the Festival International du Grand Reportage d'Actualité et du Documentaire de Société (Saint-Omer, France).

Animation is not ab-

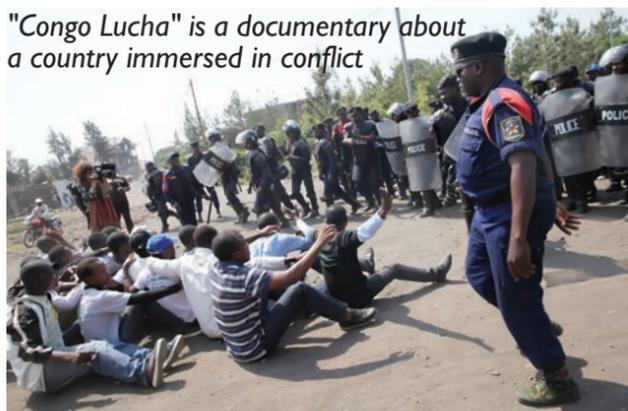
sent from the festival either, revealing an interesting production in this genre: "Bintou mariage précoce," by Mamahadou Kheraba Traore (Senegal), "Fidélité à tout prix" by Boris Kpadenou (Togo), "Machini" by Frank Mukunday and Trésor Tshibangu (Democratic Republic of Congo) and "Speak Brother, Speak" by Dawuud dit Kamun Cérito (Guadeloupe). I strongly recommend the feature film "Notre-Dame du Nil" ("Our Lady of the Nile") by the French-Afghan director Atiq Rahimi. This film won the Crystal Bear Award at the Berlin International Film Festival in 2019. "Our Lady of the Nile"—which I had the opportunity to watch—is based on a novel by Scholastique Mukasonga. The story, set in a Catholic boarding school for girls in Rwanda, in the early 1970s, is a moving warning of the nightmare that Rwanda would have experienced some years later.

In the 1990s, a genocidal campaign resulted in close to a million Tutsis and moderate Hutus being killed. In the movie, girls from the two ethnic groups were studying side by side, until one of them, started a Hutu nationalist campaign that would incite hatred against girls of the minority group. The film portrays the lives of the students in a very poetic fashion, and with some elements of magic realism. All of that until tragedy would unfold, catching everyone in the school. Religious and patriotic fanaticism are also important aspects of the story. This film is in French with English subtitles.

At a time of confinement, Vues d'Afrique offers us the opportunity to explore African movies, perhaps for many, something they have never experienced. This may then be an excellent occasion to discover films from that part of the world.



In "Our Lady of the Nile" girls attending a boarding school in Rwanda were sharing happy moments, that would soon change to fanaticism and ethnic hatred



"Congo Lucha" is a documentary about a country immersed in conflict



Works by some African animators are also present at the African Film Festival online (April 17-26)



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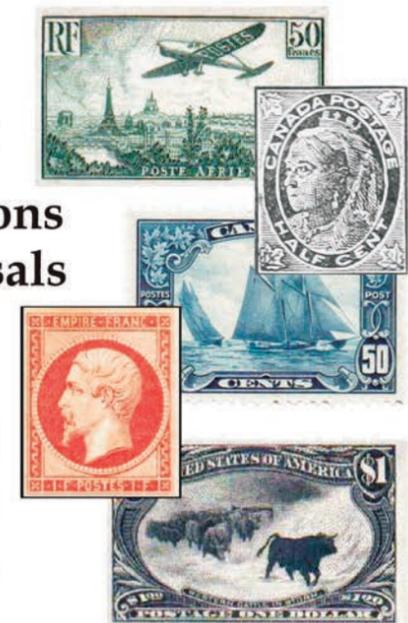
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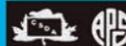
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Add chicken ..... \$4

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Bowl of Chili Meal - (side salad/grilled naan bread) ..... \$14.50

**Salads**

**Greek Salad**

Romaine lettuce, diced tomatoes, cucumbers, onions and kalamata olives all topped with feta cheese and our homemade Greek dressing ..... \$14  
Add chicken ..... \$5

**House Salad**

Mixed greens, diced tomatoes, cucumbers and mushrooms, all topped with our mixed cheese blend and served with your choice of dressing ..... \$13  
Add chicken ..... \$5

**Caesar Salad**

Romaine lettuce, bacon bits, fresh crouton sand parmesan cheese all mixed with our homemade Caesar dressing ..... \$14  
Add chicken ..... \$5

**Southwest Salad**

Mixed greens, diced tomatoes, cucumbers, Grilled corn and black bean medley and crushed nacho chips all topped with our mixed cheese blend and served with ranch dressing ..... \$15  
Add chicken ..... \$5

Salad dressings – Greek / Ranch / Balsamic Emulsion / Blue Cheese

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**Thai Chili**

Naan bread topped with Thai Chili sauce, chicken, mixed cheese and onions then baked in the oven. Served with Cunninghams fresh cut fries or micro salad ..... \$15

**Smoked Meat**

Naan bread topped with honey mustard sauce, smoked meat, mixed cheese then baked in the oven. Served with Cunninghams fresh cut fries or micro salad ..... \$17

**Veggie**

Naan bread brushed with garlic butter, topped with tomatoes, onions, kalamata olives, feta and mixed cheese then baked in the oven and drizzled with Greek dressing. Served with Cunninghams fresh cut fries or micro salad ..... \$15

Replace fries with Cunninghams garlic and spice fresh cut fries - \$1

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**LITTLE SPICY** - Cunninghams Not So Mild, Cunninghams, Curry, Cunninghams Dry Rub, Thai Chili

**CRAZY SPICY** - Inferno, Peri-Peri, Jamaican Jerk

6 wings...\$14 / 12 wings...\$24 / 24 wings...\$44 / 96 wings...\$144

**Pub Grub**

**Pot O' Gold (made to share)**

6 wings, 6 deep fried dill pickles, onion rings ..... \$21

**Cunninghams Fresh Cut Fries**

A large basket of fresh cut fries served with your choice of dipping sauce .. \$6

**Cunninghams Garlic and Spice**

**Fresh Cut Fries**

A large basket of fresh cut fries tossed in our garlic butter and special spice mix. Served with your choice of dipping sauce ..... \$7

**Cunninghams Sweet Potato**

**Fries**

A large basket of sweet potato fries served with your choice of dipping sauce ..... \$9.50

**Bacon Cheese BBQ Burger**

1/2 pound beef patty, grilled and topped with sliced cheese, bacon, homemade BBQ sauce, lettuce, onions, tomato and dill pickle ..... \$17

**Veggie Burger**

Beyond meat patty, grilled and topped with lettuce, onions, tomato and dill pickle ..... \$16

**Crispy Chicken Burger**

Crispy chicken filet, tomato, lettuce and ranch dressing ..... \$15

**Club Wrap**

Chicken breast, romaine lettuce, fresh cut tomatoes, bacon and teriyaki mayo. \$15

**Buffalo Wrap**

Crispy chicken, Buffalo sauce, lettuce, tomatoes and ranch dressing ..... \$15

**Reuben Sandwich**

Smoked meat, sauerkraut, swiss cheese and thousand island dressing ..... \$18

Replace pretzel bun with gluten free bun \$2

Replace fries with Cunninghams garlic and spice fresh cut fries \$1

Replace fries with side house salad \$4

Replace fries with Caesar salad \$5

Replace fries with Greek salad \$6

Replace fries with poutine \$5

**Mains**

**Chicken Tenders**

4 lightly battered chicken tenders served with fresh cut fries and house BBQ sauce ..... \$15

**Cunninghams Curry Chicken**

Our chefs curry sauce is pleasing to the palate as it's not too spicy for newcomers and just right for the seasoned curry eater. Served with vegetables and rice ..... \$18

**Southern Fish Taco**

3 flour tortillas filled with our southern crusted haddock topped with Baja sauce, cheese, jalapenos, tomatoes and lettuce all served with corn chips and salsa ..... \$16

**Onion Rings**

A large basket of lightly battered onion rings served with your choice of dipping sauce ..... \$8.50

**Cunninghams Poutines**

A large bowl of fresh cut fries topped with Quebec cheese curds, mixed cheese and homemade sauce. House beef gravy ..... \$12

Cunninghams curry sauce ..... \$13

Double cheese ..... \$4 extra

**Chili Cheese Fries**

A large bowl of fresh cut fries topped with homemade chili and mixed cheese. Garnished with ranch and green onions ..... \$13

**Nacho Platters (built for 2)**

Our CHEESE nacho platter is topped with our mixed cheese, fresh cut tomatoes, olives, jalapeno peppers, green onions and ranch dressing ..... \$18

Our CHILI nacho platter is topped with our homemade chili mixed cheese, fresh cut tomatoes, green onions and ranch dressing ..... \$20  
(Hot chili will be put on the side)

**Choice of Dipping Sauces:**

Spicy Mayo / Ranch

Extra dipping sauce \$1

Blue cheese \$2

**Burgers & Wraps**

All burgers are served on grilled pretzel bun. All wraps are served on grilled tortilla

All burgers and wraps are served with Cunninghams fresh cut fries

**Cunninghams Burger**

1/2 pound beef patty, grilled and topped with lettuce, onions, tomato and dill pickle ..... \$15

**Spicy Burger**

1/2 pound beef patty, grilled and topped with cheese, spicy mayonnaise, crispy onions and jalapenos ..... \$17

**Chili Burger**

1/2 pound beef patty, grilled and topped with our homemade chili, mixed cheese blend and green onions ..... \$17



# Four wines to try while staying at home

lingering finale

**Torres Sangre De Toro Catalunya**  
SAQ # 6585  
\$13.15

A familiar Spanish red for many, this sturdy red

brings to mind aromas of juicy blackberries with hints of vanilla and dark chocolate. Medium to full body with a rustic finale. Good quality wine for the price it commands.



The Coronavirus pandemic has affected every aspect of daily life



By Marco Giovanetti  
mtltimes.ca

including our wine shopping behaviour.

It is not that easy to go to your local SAQ just to browse on the shelves. For instance, hours are being reduced (outlets closed on Sunday) and there is a limit to how many people can be in an outlet at any given time.

Fortunately, as of April 6th, the SAQ has resumed home delivery service for those customers abiding self isolation. Now we can buy online through saq.com and for a modest \$12 you can have your wine delivery to your door. The delivery fee will go directly to the many food banks of Quebec.

Here are top four wine recommendations that you can buy through saq.com and in your nearest SAQ outlet



**Buti Nages by Michel Gassier**  
SAQ # 427625  
\$14.95

A Blue Chip rose from the Southern Rhone. This is a must wine for your portfolio to celebrate the arrival of spring. Consistent from vintage to vintage, it has a beautiful nose reminiscent of red fieldberries complemented with a touch of violets and Provençal herbs. Fresh and round, it will grace any apero while preparing the BBQ.



**Willm Réserve Pinot Gris Alsace**  
SAQ # 370676  
\$16.80

In 1896 the Willm family founded the Willm Estate in Barr, at the foot of the majestic Kirchberg de Barr Grand Cru vineyard. Owner of the famous Clos Gaensbroennel, the vineyard is famed for producing one of the world's best Gewurztraminer wines. The Estate's wines were the first from Alsace to be exported to North America in the early 1930's, after prohibition laws were lifted.

An inviting nose featuring lovely peach with hints of pear and honey on the bouquet. Medium to full body

with a creamy finale.



**Ijalba Rioja Reserva 2015.** SAQ # 478743  
\$21.75  
(not available online)

Great quality Rioja with a sweet price tag. A nose reminiscent of balsamic undertones with nuances of smoke and leather. Smooth on the palate with well integrated tannins and a

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# To Mask or Not to Mask?

The jury is out. The world can't decide. On masks: (views to date)



By Martha Shannon  
mlltimes.ca

The Czech Republic: masks mandatory Slovakia, Bosnia-Herzegovina, Morocco: masks mandatory

Austria: must wear a mask to enter a super-market

New Zealand disagrees with masks and says personal hygiene is what is best

The USA recommends simple cloth coverings. We all know Trump said he would not wear one though. But as long as Americans come out and vote he doesn't care.

China, Hong Kong, South Korea, Thailand, Taiwan: masks strongly encouraged. HONG Kong claims the spread of the virus was slowed because of the mask. Maybe? Maybe not?

WHO: (World Health Organization) Those with acute respiratory infection or working

with the ill must wear a mask.

We are all keeping our eyes on Sweden.

Canada. It's our choice.

Considerations:

- the mask may do little to keep OUT the virus, although if already ill, the mask can help contain the infectious droplets

- if the cloth mask does not fit properly, or if the person does not know HOW to wear it, the protection is inadequate

- Fiddling too much with the mask, which we may tend to do, is too much face touching and we can infect ourselves.

- If the mask provides a damp, humid environment, might this cause bacteria to develop?

- If we believe the mask will help prevent us from contracting covid, the empowerment alone may help relieve anxiety every time we need to venture out.

Canadians are not normally mask wearers. Perhaps when fighting mother nature (wind,

snow, hail, sleet, fire, sun) we might cover up, but we generally love to show our faces. However, this is a new world experience. We are staying home. We are keeping the required moose distance. Should we be wearing masks?

Many experts suggest we wear a mask to prevent others from contracting covid should we ourselves be a carrier. This a good enough reason to wear one.

Options on wearing a mask:

- Never
- Sometimes
- Always

The general public is on their own to be creative in finding an appropriate mask. Front liners must wear masks. All professional masks should be reserved for them.

Online and U tube offers designs both for the avid sewer and for the novice. Masks are being made from cotton T shirts, bandanas, old shirts etc. Recommended as best fabric choice is a tight weave cotton or a



cotton/linen. Be wary of using commercial wipes\* or 'cleansing' cloths to make your mask as they are often made with formaldehyde, chlorine, latex resins. Do you really want to breathe that in?

Applying essential oils to the mask creates an additional defense and can be calming and pleasant to smell. We offer Essential oils,

Lavender Linen Spray and All Purpose Sanitizer...your choice to spray or apply to the fabric. Use only the pure therapeutic grade essential oil. Fragrance oils are not essential oils.

Make your mask experience as pleasant and safe as possible. And once on, don't fiddle with it.

\*Additional info on

wipes: Should I Make My Own Wipe

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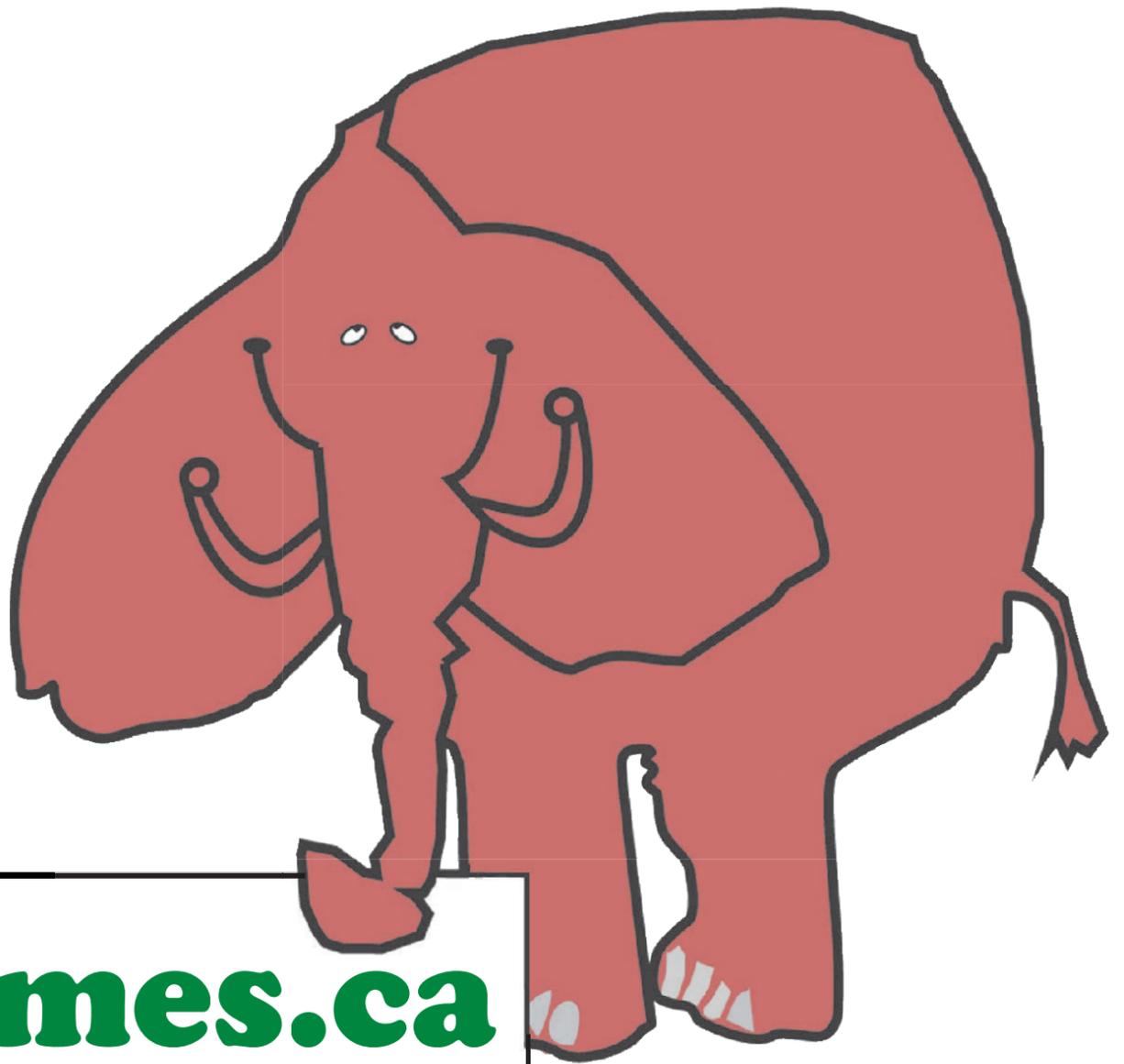
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# Fateful Decisions by Trevor D'Silva

Back in the mid-70s, NBC Television debut a series called



By Stuart Nulman

mtltimes.ca

"NBC Best Sellers", which was like an anthology series that presented television adaptations of current best-selling novels. It was like NBC's response to ABC's successful "Novel for Television" mini-series, in which their star-studded adaptations of QB VII, Rich Man, Poor Man and Roots garnered huge ratings for the

network.

NBC Best Sellers debuted in the fall of 1976, with its adaptation of Taylor Caldwell's epic best selling novel Captains and the Kings. It told the story of Joseph Armagh, who immigrated to America from Ireland as a young boy during the 1840s in order to flee the devastating potato famine. And using nearly 70 years of American history as its sprawling canvas, chronicles Joseph Armagh's rise to success as a business man and power broker, along with the passions, secrets, intrigue and stark ambitions that went along with the narrative that were typical of best sellers that were flying off the bookstore shelves at that time.

And it was Captains and the Kings that im-

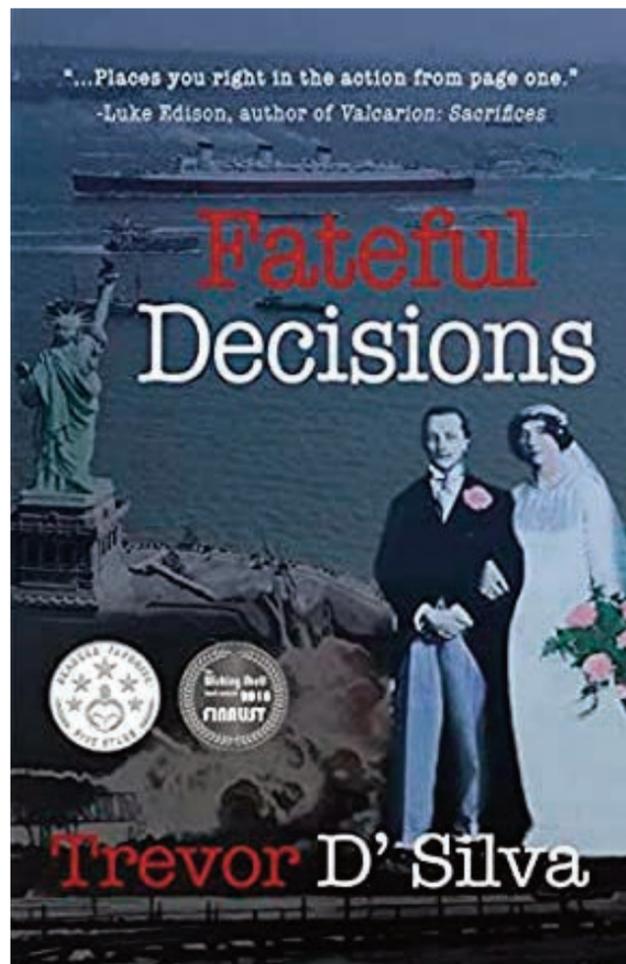
mediately came to mind when I started reading Trevor D'Silva's historical roman a clef Fateful Decisions.

The story begins in May of 1915, when two friends, Fred Johnson and Rudy Holzmann, are onboard the ocean liner Lusitania during its fateful passage to England before it is sunk by a German submarine. Before that tragedy happens, Fred and Rudy meet Rachel Williams, a beautiful, but low-key young woman from Vermont, whom both men are smitten with. This romantic triangle continues two years after they survive the sinking, when Rachel gets marriage proposals from both Fred and Rudy, and she has to decide which one will end up disappointed.

To make a long story

short, Rachel ends up marrying Fred, who is the heir to a hotel empire. And it's that one decision by Rachel that starts the ball rolling of a narrative filled with so many twists of fate that affects her and her family over a 30-year historical canvas that encompasses two world wars, the Roaring 20s and the Great Depression. And through all the personal tragedies that Rachel experiences during those 30 years (which includes the death of Fred in a train accident, the disappearance of her daughter Barbara, and the kidnapping of her son Andrew, to name a few), she remains a strong and resilient character, hopeful that the passage of time and the decisions she has made will hold her up spiritually and that things will come to a happy conclusion as a result.

Fateful Decisions harkens back to those best-selling roman a clef novels of nearly 50 years ago. With modern



history as its background, D'Silva has constructed an entertaining, readable saga with plenty of plot twists, surprises and subplots that he has neatly brought together and tied them up to

their logical, satisfying conclusions. A perfect book to bring along as you are about to while away the hours on the beach or the balcony this summer.

(Black Rose Writing, \$18.95)

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- 5. Hand-warmer
- 9. Guitar stroke
- 14. Surf sound
- 15. Polo grounds?
- 16. Anatomical fold
- 17. Beyond the regular schedule
- 20. Village in Belgium
- 21. Spark
- 22. Fingers
- 23. Frightening: var.
- 24. Recipe abbr.
- 25. Engenders
- 28. Feet, slangily
- 32. Entertained, in a way
- 33. Be human
- 34. Omitted
- 35. In a remarkable manner
- 40. Tune
- 41. It can be flipped
- 42. Tangle
- 43. Oolong holder
- 46. Don Juans
- 47. Till fill
- 48. King or queen, e.g.
- 49. Nigerian city
- 51. \_\_\_ lily
- 52. Drench
- 55. Go over

Down

- 1. It can be gray
- 2. "\_\_\_ Brown" (1974 film)
- 3. Have status
- 4. "Catch-22" pilot
- 5. Functionaries
- 6. Bad loan
- 7. Concern
- 8. Word with cry or side
- 9. Directed skyward
- 10. Fluffs up
- 11. Venom
- 12. Wood sorrels
- 13. Card game
- 18. Menu
- 19. Natural
- 23. It has a big mouth
- 24. Donut-shaped surfaces
- 25. \_\_\_ suit
- 26. Mischief-maker
- 27. Bone cavities
- 28. Pendergrass
- 29. With gelidity
- 30. Noted blind mathemati-

cian

- 31. Eye sores
- 36. Heir, sometimes
- 37. Purges
- 38. Bookseller
- 39. Certain network
- 44. Penetrating
- 45. Lack of oxygen
- 46. "All clear!" is one
- 48. Saint-Germain's river
- 49. Myrtle family plant
- 50. Stage of development
- 51. Compos mentis
- 52. Hissy fit
- 53. Look like a creep
- 54. Call to attention
- 55. Neighbor of Bulg.
- 56. Bad-mouth
- 57. Pulls

Please see answers on Page 19, April 11<sup>th</sup>, 2020 edition: [www.mtltimes.ca](http://www.mtltimes.ca)

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If you are a buyer and just found your perfect home at the right price, the next



By Eleni Akrivos  
mtlimes.ca

logical and crucial step is the home inspection. Are you ready? As a seller, you may be excited to have an agreed upon offer to purchase, yet to move forward with the transaction, your home has to pass the inspection. What will the inspector find?

Most buyers and even sellers, now see the value of home inspections. Although tedious, if used for what they're intended, home inspections can save both sides of a real estate deal many headaches down the road.

There are many parties involved during and after the inspections, and it helps when everyone has a "realistic" approach to the entire process. It also helps, when everyone acts in "good faith", and does not use the home inspection as a pretext to a definite price reduction.

**What inspections offer:** A professional opinion and report on the overall condition of the home including everything that is visible and accessible.

**What inspections do not offer:** An exhaustive expert report on every system in the home, whether accessible or hidden.

**So who is**



# Home Inspection advice for buyers and sellers

## responsible for what during and after the inspection process?

**For Buyers:** Inspections should reassure you that your new home is safe, functional and not going to become a "money pit".

- Be vigilant and do your homework by reviewing the Sellers Declaration with your broker.

- Ask any pertinent questions about the home prior to the inspection.

- Get ready to block out at least 2 to 3 hours

on inspection day, depending on size of home.

- Take your time and review any concerns with inspector and brokers.

**The Buyer's Broker:** Attending inspections is a must, and good brokers will be right by your side during the process.

- They should have a good basic knowledge by knowing what is important in the big picture, yet not pretend to know the job of the inspector.

- If you're getting a very fair price on the home, your broker will

likely advise you not to bother the Seller for small repairs.

- If the inspection reveals major or serious flaws in the home, your broker can advise you on how to proceed.

**The Seller:** Inspections are part of the process, and if you can be present during the inspection to answer any questions, things may go smoother than you think.

- You can choose to have a PRE-SALE inspection before selling

- Make certain necessary repairs prior to

selling

- Offer the home at a reasonable price taking into consideration imminent repairs needed (roof, windows etc..)

**The Sellers Broker:** May also be present at the inspection report, as the eyes and ears for the sellers.

- Is very familiar with the property and can handle questions that come up

- Will need to be ready to manage any unknowns or surprises that may arise.

- Although this broker represents the Seller,

their main purpose is to collaborate with all parties for a smooth transaction

**The Inspector:** A good inspector will provide explanations and point out things that need to be addressed and will not be an alarmist but will remain impartial.

- In Quebec, your realtor can recommend a list of licensed inspectors who qualify with certain criteria.

- Should definitely be chosen wisely, maybe through a referral.

- Their main purpose is to inspect the home and provide you with real time knowledge, as well as a detailed report afterwards.

It's important to note, that having a family member with "construction experience", or a friend who is a contractor be present during inspections, may be well intended but could lead to unnecessary negative consequences, as these individuals are not licensed property inspectors.

Most inspections go smoothly, but some can also be the beginning of tough negotiations ahead. Make sure that you try to stay reasonable and work together with all parties of the transaction and come up with solutions that make everyone feel confident about moving forward.

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