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Saturday, February 20, 2021 Vol. 26 No. 18

# *Mtl Times*

Covering Montréal & Surrounding Areas

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**ZEPPOLE  
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Mtltimes Assistant Editor, Alyssa De Rosa holding a tray of heavenly zeppole from Patisserie San Marco, 1581 Jean Talon St E, Montreal, Quebec H2E 1S9. A big thank you to Sandra at Patisserie San Marco for these delicious treats. We highly recommend a visit! We are looking for the best zeppole in Montreal, please send us your recommendation: [info@mtltimes.ca](mailto:info@mtltimes.ca)

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# Monthly rents down across Canada except Montreal



## Montreal average rents up year over year and monthly for one- and two-bedroom homes

The average asking rent for all Canadian properties in January was \$1,714 per month down 8.7 per cent year over year. This decline is slightly worse than the average decline in the second half of 2020 of 8.5 per cent, according to Rentals.ca's and Bullpen Research & Consulting's latest National Rent Report.

Montreal finished 20th on the list of 35 cities for average monthly rent in January for a one-bedroom home at \$1,428 and 14th for average monthly rent for a two-bedroom at \$1,889.

"Prospective tenants continue to experience a market flush with choice, and have more bargaining power than they've had in many years." -- Matt Danison, CEO of Rentals.ca.

Year over year and monthly rental rates for a one-bedroom and two-bedroom were up in Montreal in January.

Other cities and areas in and around Montreal not included on the list were:

Laval with average monthly rent in January for a one-bedroom home at \$1,357 and average monthly rent for a two-bedroom at \$1,703.

Côte-Saint-Luc with average monthly rent in January for a one-bedroom home at \$1,351 and average monthly rent for a two-bedroom at \$1,739.

Outremont with average monthly rent in January for a one-bedroom home at \$1,245 and average monthly rent for a two-bedroom at \$1,675.

Ahuntsic-Cartierville with average monthly rent in January for a one-bedroom home at \$1,194 and average monthly rent for a two-bedroom at \$1,413.

Mercier-Hochelaga-Maisonneuve with average monthly rent in January for a one-bedroom home at \$1,011 and average

monthly rent for a two-bedroom at \$1,277.

Saint-Laurent with average monthly rent in January for a one-bedroom home at \$994 and average monthly rent for a two-bedroom at \$1,329.

Montreal rents for apartments and condominium rentals remained flat year over year at \$1,650 in January compared to \$1,652 in January 2020. Quebec City rents for apartments and condominium rentals were down 5 per cent to \$1,027 in January from \$1,084 in January 2020.

Quebec City came in 33rd for average monthly rent in January for a one-bedroom home at \$924 and 34th for average monthly rent for a two-bedroom home at \$1,086.

Quebec average monthly rent in January was \$1,601 and average rent per square foot was \$2.11 for all property types.

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From left to right: Jamie Orchard, Journalist and Founder of the Second Act Project; Dale Weil, Executive Director of the Teresa Dellar Palliative Care Residence; and Yolande James, RDI and CBC political analyst

# Teresa Dellar Palliative Care Residence raises \$515k for its 22nd Annual Valentine's Ball

The 22nd Annual Valentine's Ball benefitting the Teresa Dellar Palliative Care Residence (the Residence) was a huge success raising \$515,000 net thanks to the generosity of more than 400 guests, sponsors and donors. The event was held on a web platform in a fully reimagined format adapted to respect the current pandemic guidelines.

Guests enjoyed a four-course gourmet meal delivered to their homes as well as participated in an interactive virtual online program with a combination of live in-studio and pre-recorded content that featured exclusive musical performances, special guests and entertainment.

"While the past year has brought many changes to our lives, the Residence's mission has remained the same: to provide quality palliative care to the community. All the money raised tonight will ensure that patients and their families continue to feel special, safe and comfortable at a most vulnerable time", said Dale Weil, the Executive Director of the Teresa Dellar Palliative Care Residence.

Among the guests were media, entertainment and sports personalities including Anthony Calvillo, legendary Montreal Alouettes quarterback and Canadian Football Hall of Fame inductee, and Otis Grant, former WBO Middle Weight Champion of the World and Executive Director of the Otis Grant & Friends Foundation. Musical performances featured Dawn Tyler-Watson,

Canadian Juno Award winning Queen of Blues, and Patrick Watson, Canadian singer and songwriter. Emmy Award winning Canadian director Jean-Marc Vallée, Canadian actor, writer and comedian Patrick Huard, Canadian singer, actress and screenwriter Anik Jean, as well as media personalities Mark Kelley, Andrew Carter, Ken Connors, Sharon Hyland and Caroline Van Vlaardingen each shared special heartfelt messages throughout the evening.

At the helm of the evening's program again this year were Yolande James, RDI and CBC political analyst and Foundation Board member of the Residence, and Jamie Orchard, journalist and founder of the Second Act Project. The Honorary Co-Presidents of the Ball, Robert Havill, President, Foundation Board of the Residence and Allen Van der Wee, President, Operations Board of the Residence, spoke of their dedication to the Residence and their belief that everyone deserves dignity, compassion and love in their final days of life.

Federal, provincial and municipal politicians in attendance at the virtual event included MP Francis Scarpaleggia (Lac-Saint-Louis); MNAs, Greg Kelley (Jacques-Cartier), Carlos Leitão (Baldwin-Cartier), Marwah Rizqy (Saint-Laurent) and Kathleen Weil (Notre-Dame-de-Grâce); as well as the mayors of Baie-D'Urfé, Kirkland and Pointe-Claire.

We sincerely thank our major sponsors

who supported the Ball this year: Hagen Group, Charles River, Pfizer Canada, TASK, National Bank and Merck. Other sponsors for the evening included Novartis, Roxboro Excavation, Ville de Pointe-Claire, Bristol Myers Squibb, Delmar International, Coca-Cola Canada and the Air Canada Foundation.

Chair of the organizing committee and member of the Foundation Board of the Residence, Linda Ward O'Farrell, noted, "The success of the virtual edition of the 22nd Annual Valentine's Ball is thanks to a passionate and dedicated team who work tirelessly each year to organize the Residence's flagship fundraising event. A special thank you to the committee for their creativity and resourcefulness."

## About the Teresa Dellar Palliative Care Residence

The Teresa Dellar Palliative Care Residence is an independent, non-profit organization that provides services free of charge to patients and their families. The Residence receives one third of its annual operating budget from the Quebec government and relies on community support and fundraising activities to raise the balance of more than \$3.8 million each year. With its 23 beds, the Residence is the largest free-standing palliative care facility in Canada and is recognized as a leader in its field.





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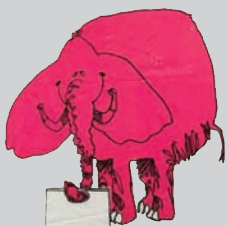
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Montreal restaurant La Belle Tonki

# La Poutine Week 2021 Montreal winner is...

Congratulations go out to the Montreal restaurant La Belle Tonki as the La Poutine Week 2021 Montreal winner and the Quebec City winning restaurant is La Gaspesienne 51.

Hosted by Saputo and delivered by Skip the Dishes, La Poutine Week is regarded as the largest poutine festival in the world. The 2021 edition took place in eight provinces, with over 700 restaurants in over 1000 locations showing to poutine fans everywhere that their respective culinary creations can and did go beyond the traditional French fries, gravy and cheese curd combination.

Organizers have stated that this year's La Poutine Week, which ran from February 1 to 7, was the most successful festival ever. There was a 100% increase in traffic to the La Poutine Week website; there was a 50% increase in the number of restaurant partners from last year; and



By **Stuart Nulman**

mtltimes.ca

over 225,000 poutine lovers participated in the week-long celebration of this Quebec-born comfort food staple.

Also, as a result of the increased participation, many thousands of dollars were raised for Anorexia and Bulimia Québec (ANEB), an organization that guarantees free, immediate and specialized help to people with an eating disorder, as well as their loved ones.

The winning poutine dishes from across Canada were decided by the many poutine connoisseurs who casted their votes for their favourite dishes on the festival website.

Representing Montreal, La Belle Tonki won for their Kimcheesy poutine dish, which contains fries, cheese curds, spicy Cheddar sauce called "Spicy Ramen Challenge", kimchi, homemade sweet and sour sauce and chicken popcorn. For vegetarians, there is a vegetarian version available that has tofu popcorn.

The Quebec City winning entry from La Gaspesienne 51 is called "Cochonne comme ta mer". It contains a mini burger with squid ink, snow crab and coleslaw, as well as home-made fries, candied leeks, bacon, island scallops, Nordic shrimp, lobster meat, le petit Gaspésien cheese curds and all topped with Migneron cheese sauce.



# Which tool will work best for your TikTok promotion?

As TikTok has gained massive popularity during the last years, more and more people are willing to take their content there and develop their account. The answer to decent and quick promotion is obvious yet some people still underestimate the power of nicely developed social media pages that can actually not only widen your audience sufficiently, but also build you a reputation and an image from scratch.

Paying attention to social media marketing is a thing that everybody should do: as well as taking on a chance to buy TikTok followers (<https://soclikes.com/buy-tiktok-followers>), cooperate with a professional promoter and take care of a video content plan. These are obvious things to people who are already deep into the process, but novices still have difficulties with starting off and organising things correctly. In this article we're going to tell you about the main points that you should keep in your mind while trying to develop your profile on social media.

What aims are you trying to reach while promoting your account? As you probably already know, even gigantic corporations care about their "face" that is their social media pages. They are trying to share their ideology, their ideas and their plans for the future – policy if the companies are changing as the time goes by, and slowly social issues and global problems are becoming a part of any brand's or any influencer's life. There is nothing surprising in it, and if you aren't already in, you definitely have to join, certain communities are interested in certain types of content and you can always

try to go with the flow and increase your followers count because of sharing a certain thought or idea in your profile.

Keeping informational, entertaining and "thoughtful" posts in your feed is necessary, otherwise people won't perceive your profile as something humanly, appealing and interesting to follow. People are here for information, for trends, for laughter, and whatever you can bring to the table, bring it and make people stay with you because of how authentic and unique your content is. The worst thing you could do is filling your account with advertising posts only and thinking that this is it: always mix things up in your content plan and keep your subscribers engaged and interested in what you're posting about.

Having people engaged into what's happening on your profile and communicating with them is super important as well. Posting appealing stuff and answering the comments, replying to people in your direct messages and making sure that all the main information about your brand or your blog is up to date is your first place priority. Without that people will quickly unfollow you and forget about what you've been trying to sell or advertise – no one cares about a product if this product's creator isn't there for the buyers or clients.

But what about support via paid services?

Why is buying paid followers for TikTok so efficient? Some people are pretty sceptical about purchasing paid options for account's promotion, but why? That's understandable and currently even the most well made web-

sites might appear as scam, as an indecent resource that's selling bot delivered followers and is just trying to take your money and leave you with nothing in result. But bot delivered followers still increase your followers number, you might say, why is that bad?

Bots are currently being deleted by each and every social media system that's trying to make its environment people friendly and comfortable for influencers who need live audience. Bots are trash that's littering the Internet space, and if you're yearning for decent promotion, you should try to get yourself real ones only.

You can do so by checking out comments and reviews of previous buyers, looking through the company's FAQ and by talking with their staff, the managers who should be waiting for your questions in chat on the website of this company. Moreover, these people can also give you helpful bits of advice about how you can organise your promotion in the most efficient way. E.g. by combining several promo options from their website.

If you don't want to waste your time on a big research and if you want to start developing your profile right now, you might want to check out Soclikes.com as this is a website that provides only highest quality services, has completely free trials of their promo options and also has constant technical support team working on their website and solving all the problems before these even happen.

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# In search of Montreal's best Zeppole

Just because it is -15 outside, curfew is still in effect and no restaurants are open there is still a silver lining, it's Zeppole season. For those of you who don't know what Zeppole is? You are in for a treat and pay attention your life is about to change.

Zeppole is basically an Italian doughnut made of pate choux dough that are cream filled. The basic ingredients are water / milk with butter, flour, eggs and lots of love. Then it is fried. It is usually around 4 inches in diameter.

Zeppoles are made for Saint Joseph's Day March 18. Italian bakeries make millions of these golden balls of love all over the world and we are in search for the best Zeppole in Montreal and need everyone's help.

Please send us your favourite Italian Bakery that makes these delicious golden dessert. We will post all the bakeries with addresses and links to their websites.



Send your favourite bakery to: [info@mtltimes.ca](mailto:info@mtltimes.ca) and stay tuned for the winners.

## Ricotta-Filled Zeppole

### Ingredients:

#### DOUGH

- 2 cups water
- 1 tablespoon butter
- Pinch of salt
- 2 cups flour
- 6 eggs
- Vegetable oil for frying

#### FILLING

- 2 pounds of ricotta cheese
- 1 1/2 cup sugar
- 1 Teaspoon of vanilla extract
- 1/2 cup of semi-sweet chocolate chips
- 12 Maraschino cherries

Bring water, butter, and salt to a boil. When boiling, add flour and stir until thoroughly mixed, for about 1 minute. Take off fire. Put into mixing bowl and cool for 10 minutes. Mixing at a low speed add 1 egg at a time allowing each egg to blend. Put dough into a pastry bag. Cut 12 pieces of wax paper into 3-inch squares and lightly dust with flour. Pipe a doughnut shape onto each piece of paper.

Heat oil to 350°F. Carefully slide batter off the wax paper into the oil. Fry for 7 to 8 minutes turning every couple of minutes. Doughnuts should double in size. Allow to cool on absorbent paper. Slice horizontally.

Mix ricotta, sugar and vanilla extract in another mixing bowl on medium speed for 2 minutes. Add chocolate chips and mix for 10 seconds. Put cream in pastry bag and fill center of each zeppole. Press the top of the pastry onto the bottom. Sprinkle with powdered sugar and place a cherry on top of each pastry.

This recipe is from Giallo Italia (<https://www.ciaoitalia.com/>)

## Zeppole recipe

### Ingredients:

- 1 cup warm water
- 1 teaspoon active dry yeast
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 cups unbleached all-purpose flour
- 1 tablespoon olive oil
- vegetable oil for frying

• In a small bowl, add the yeast, sugar and salt to the water. Let stand until creamy, about 2 minutes, and stir to dissolve the yeast.

• In a large mixing bowl combine the flour, yeast mixture and olive oil. Stir with a wooden spoon until a nice sticky dough forms. Cover with plastic wrap and let rise in a warm place for 1-1 1/2 hours.

• In a deep saucepan, pour in vegetable oil to a depth of 3 inches. Heat the oil to 370 degrees (use a frying thermometer).

• Use two tablespoons to scoop out the dough and drop it into the hot oil, by using one spoon to push the dough off of the other. Do this for about 4 Zeppole at a time, do not crowd them in the pan. Cook until golden brown and puffy, turning with a slotted spoon to fry evenly on all sides.

• Remove the Zeppole from the oil with the slotted spoon, and transfer to a plate or tray lined with paper towels to drain. When all Zeppole are fried and drained sprinkle generously with powdered sugar and serve hot.

The recipe is from the Italian chef (<https://italianchef.com/zeppole/>).





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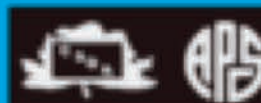
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# Snow mammals that turn white in winter featured on new stamps

The beauty and diversity of Canada's wildlife take centre stage in a new set of stamps issued today by Canada Post. Snow Mammals features five animals found in Canada that are uniquely adapted to surviving in our snowy climate because their otherwise dark coats turn white in winter. These stamps feature the ermine, snowshoe hare, Arctic fox, northern collared lemming and Peary Caribou – two predators and three prey – whose camouflage makes them difficult to spot in their natural habitats, especially at this time of year. The Arctic fox and ermine are stealthy hunters that often rely on the element of surprise to sneak up on their next meal. The snowshoe hare and northern collared lemming (dietary staples of many carnivores) and Peary caribou try to blend into the background to escape detection.

These five are among only 19 species of mammals worldwide – and 12 in Canada – that undergo a change in coat colour as the result of a complex physiological process influenced by changes in daylight hours. Moulting is a gradual, twice-yearly process that starts around the time of the first snowfall and reverses in the warmer months, beginning around the time of the spring melt.

*About the Stamps*

Designed by Adrian Horvath, these stamps



showcase an animal in its winter coat and habitat. Each photograph is the work of a Canadian photographer. Robert Postma captured the Ermine; Michelle Valberg the snowshoe hare; Dennis Fast the Arctic fox; Mathilde Poirier the northern collared lemming; and Paul Loewen the Peary caribou. In the lower left-hand corner of each stamp, visible only under ultraviolet (black)

light, is a set of the animal's tracks as they would appear in fresh snow.

Printed by Canadian Bank Note, these Permanent™ domestic rate stamps are available in a booklet of 10, affixed to an Official First Day Cover, and as a souvenir sheet.

Stamps and collectibles are available at: [www.canadapost.ca/shop](http://www.canadapost.ca/shop).



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# Attention all foodies - Tennessee is offering a dream

*Enter to win six-night foodie getaway and request free guide now at [TNvacation.com](http://TNvacation.com)*

The Tennessee Department of Tourist Development unveiled its official 2021 Tennessee Vacation Guide today with a mouthwatering cover showcasing the state's diverse cuisine. Tennessee's world-class hospitality and culinary creations have long been a draw for visitors and residents alike, and this year's guide highlights top chefs and their signature dishes inspired by regional traditions. The guide comes at a time when many restaurants experienced significant revenue loss since the start of the coronavirus pandemic and, in some cases, were forced to close their doors.

Penned by Tennessee-based food critic Chris Chamberlain, the cover story emphasizes such notable and road-trip-worthy chefs and eateries as Dancing Bear Lodge & Appalachian Bistro in Townsend, Chef Tam's Underground Café in Memphis and City Farm Co. in Nashville, among others. To spark travel planning, the guide highlights Tennessee stops on the U.S. Civil Rights Trail, breathtaking scenic beauty, Tennessee Music Pathways, kid-friendly destinations and more. The guide offers over 140 pages of travel inspiration and is available free as a printed guide or instant download at [TNvacation.com](http://TNvacation.com), or at any of Tennessee's 16 Welcome Centers.

"We're optimistic about our future and eager to see restaurants bustling with full tables once again, so it's fitting that this year's guide spotlights our wonderful restaurants and chefs," said Commissioner Mark Ezell, Tennessee Department of Tourist Development. "Our restaurants have worked hard to keep their doors open, implement safety measures and provide much-needed jobs. It's up to all of us to lift this industry and help them restore their busi-

nesses, whether it's dining in, ordering takeout or purchasing gift cards."

Readers can enter to win a six-night culinary vacation through Tennessee including nights in Knoxville, Memphis and Nashville when they sign up for the guide at [TNvacation.com](http://TNvacation.com). Open only to U.S. residents, the "Come to the Table" Sweepstakes launched today and runs through Aug. 31, 2021. Prizing includes hotel, complimentary attraction passes and restaurant gift cards valued at over \$2,000.

Tennessee is home to more than 11,000 restaurants according to the Bureau of Labor Statistics. According to the Tennessee Department of Revenue, eating and drinking establishments have seen a 47% decline in sales, representing a decline of \$1.92 billion in gross taxable sales and a \$135 million loss in state revenue since March 2020. Employment continues to trend upward however the

industry remains down 8%, or 22,500 fewer jobs since March 2020.

Franklin, Tenn.-based Journal Communications, Inc. produces the guide, which is distributed to nearly 500,000 visitors annually.

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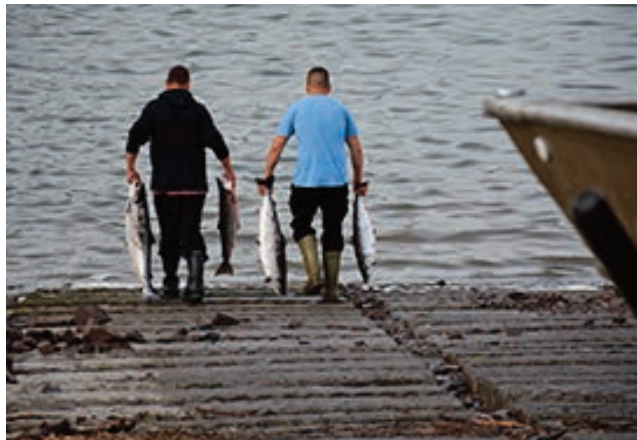
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# New APTN series focusses on Mi'gmaq fishing community in the Gaspé

APTN is currently broadcasting a new 13-part documentary series that focusses on another aspect of the way of life of the First Nations of Canada in today's society.

Called "Gespe'Gewa'Gi: The Last Land", it's produced by Rezolution Pictures and airs in English every Saturday evening at 7 p.m. on APTN. The Mi'gmaq language version of the series airs every Thursday night.

The series takes place in the small Mi'gmaq community of Listuguj, which is located in the Gaspé Peninsula region of Quebec near the border of New Brunswick. In particular, it focusses on



*By Stuart Nulman*

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the commercial fisherman of the reserve. It offers an intimate and light-hearted look at these fishermen, who spend a great deal of their days on the water, as they catch salmon, crab, lobster and shrimp in order to make a living in an industry that had a violent and defiant beginning, but has now evolved into not just a way of life, but also as a multi-million dollar venture that serves as a vital means of economic and cultural support for the people of Listuguj.

For more information about the series, in which a second season is already in the works, go to: [www.gespegewagi-lastland.ca](http://www.gespegewagi-lastland.ca).



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{Tope left} Han Van Meegeren (Guy Pearce) would display his "abilities" to prove his innocence in "The Last Vermeer"

[Top right] "Mafia Inc." is an entertaining film by Quebec director Daniel Grou (Podz)

[Bottom right] Action and violence are present in "Mafia Inc" but overall, it gives us a fresh look at a very old theme

## THE LAST VERMEER: In praise of a forger

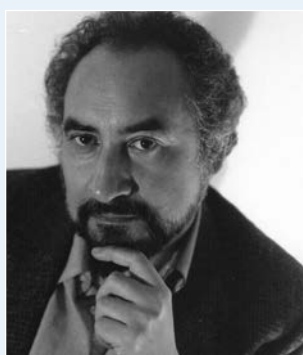
Johannes Vermeer was one of the greatest Dutch painters of the 17th century. How his works are connected to World War II, and the Nazi occupation of the Netherlands is the underlying subject of this movie directed by Dan Friedkin and written by Danny Friedkin and Ryan Friedkin. Based on Dutch art dealer and painter's real story—also a socialite, Han Van Meegeren (Guy Pearce) has a Canadian connection since it happens right after Holland had been liberated by Canadian forces. In fact, Joseph Piller (Claes Bang) a captain with the Canadian army is in charge of investigating the mysterious operation by which valuable art pieces by Vermeer, were ready to be shipped to no other than Herman Goering. The latter had paid a hefty price for them.

After the liberation, many Dutch are now chasing down collaborators, and sometimes applying summary justice—something that would start to shock Piller. When the captain finally captures Van Meegeren, who appears to be responsible for the Vermeer works' sale, puts him in prison. However, now he would have to deal with some Dutch justice department agents. They seem interested in applying the same type of expedite procedures that he had seen on the streets. Besides, Piller starts having doubts about Van Meegeren's guilt. Piller and his military assistant (Andrew Havill) take the suspect out of prison and keep him under their own military protection. However, that would soon end: the Canadian forces start to leave. Piller can no longer offer any protection to his prisoner. "We were the liberators, but now we are starting to be seen as a nuisance," comments Canada's Col. Jenkins (Richard Dillane) to Piller when the captain came to request his help. Dutch agent August Diehl (Alex De Klerks) is particularly determined to get his hands on Van Meegeren, which he finally does. The flamboyant dealer is brought to trial as a traitor who was ready to sell valuable Dutch art to the enemy. The prosecutor asks for the death penalty.

What ensues is perhaps the most interesting part of the movie, the courtroom

drama in which Piller would be a key player in defence of Van Meegeren. The twists in the story, however, don't end there.

"The Last Vermeer" shown an uneven story development, in fact, much of the first part seems superfluous once the plot unveils the real drama. Much of the romance parts are also mostly irrelevant since we know little about Piller's wife's background,



By Sergio Martinez

mltimes.ca

for instance, and his relationship with his secretary doesn't go very far either. The same for the romantic life of Van Meegeren and a married woman. In short, the movie's real interest lies in the development of the trial and its final sequence. There is the interesting reflection Piller (and us as spectators) could make about justice in the hands of victors, which may just be vengeance if not subject to scrutiny.

Recommended to those who like films with historical background, and based on a real story.

Available on VOD, different platforms

Running Time: 118 min.

## MAFIA, INC: No time for sentimentality

Films about mafia bosses and the actions done—or attributed—to the notorious criminal organization are so many that sometimes one may ask, what else new could be told about them. "Mafia Inc." directed by Daniel Grou (Podz), however, manages to take the old model of the father-boss, his children, and his family—both the blood family and the mafia one—into

an interesting mosaic of conflicting interests and ambitions, yet converging on one big goal: to make money. In this, of course, Mafiosi are not much different from any other type of businessmen.

Francesco 'Frank' Paternò (Sergio Castellitto) has two sons. Giaco (Donny Falsetti), the oldest one, is trusted with a number of important operations, but there is also Vincent 'Vince' Gamache (Marc-André Grondin), a childhood friend of Giaco's who happens to be the son of Frank's personal tailor Henri Gamache (Gilbert Sicotte) and brother of Sofie (Mylène Mackay), who is engaged to Frank's second child Patrizio (Mike Ricci).

The movie starts in the 1980s when Frank's biggest dream project is to build a monumental bridge connecting his native Sicilia with Calabria. He already has connections with officials in the Italian government (Berlusconi's corrupt period), so things may go smoothly if all partners contribute. In turn, profits will be enormous.

As we move through the following periods; however, we see that the project never materialized, but of course, in the meantime, many other operations are underway. With increasing power and resources, Vince would even mount a gigantic operation in 1994 in Venezuela, causing a great tragedy, but providing him with significant profits by using a novel and cruel method to smuggle drugs into Canada.

As it happens, great ambition may lead to great losses. Eventually, a conflict will emerge between the boss and his former protégé. Still, the result would not be what one can expect. At this point, the police are also following Frank's steps, and they would use the criminals' own conflicts in their favour.

"Mafia Inc." is an entertaining movie, with a lot of action, some scenes of violence, also some sex scenes. However, it conveys a good story proving that a theme frequently used in movies as the mafia can still produce stories with an original and refreshing flavour. It is recommended to all who like stories about the mafia and those interested in the psychological aspects of the characters.

Available on VOD, different platforms

Running Time: 143 min



# Disodium EDTA: A toxic enabler

Having no intention of following the cohort inside, she gen-



By Martha Shannon  
mtltimes.ca

erously held open the entrance door and said, "Please, go ahead. You first."

One job of disodium EDTA is to open doors. It does it well. While entry for others is encouraged, following is not necessarily on its agenda. Disodium EDTA is used in skin care (and food\*) and while it is not easily absorbed into the skin, it's the door opener. If the entry is a toxin, this enabler is encouraging a destruction.

Disodium EDTA does not discriminate as to what it lets in. The good, the bad and the ugly. Our concern is not the good healthy ingredients being moved along. It is

the phthalates, carcinogens, SLS, BHT, synthetic fragrances, parabens and PEG's to name a few. The bad. The ugly.

Certain ingredients are added to enhance the texture, feel, stability, colour and shelf life of skin care products. Many are questionable and appear on the Cosmetic Warning Lists. Throw in disodium EDTA to make them work even better, and you have a mix that is highly questionable.

Cosmetic products with disodium EDTA can include soaps, lotions, shampoos, shaving foams and contact lens solutions.

I chose at random a typical foaming cleanser, with disodium EDTA. The full ingredient list is:

Water, cocamidopropyl hydroxysultaine, glycerin, sodium lauroyl sar-



cosinate, peg-150 pentaerythrityl tetrastearate, niacinamide, peg-6 caprylic / capric glycerides, sodium methyl cocoyl taurate, propylene glycol, ceramide np, ceramide ap, ceramide eop, carbomer, methylparaben, sodium chloride, sodium lauroyl lacty-

late, cholesterol, disodium edta, propylparaben, citric acid, tetrasodium edta, hydrolyzed hyaluronic acid, phytosphingosine, xanthan gum.

Even if one does not understand all of the ingredients, most of us are aware that anything with parabens and pegs should be

avoided. After all, disodium EDTA enables all.

Reading this listing might trigger the good impulse to return the product to the shelf and look elsewhere. While there are many skin care companies who defend the use of disodium EDTA, others don't. When one reads 'studies still need to be done to determine any detrimental conditions to our health' being cautious is wise.

While it may be difficult to avoid in many products, we can still read the labels of our skin care and make wise decisions. In itself, disodium EDTA is supposedly deemed to be safe, but as an enabler, we must be aware. If you see it on the label alongside other questionable ingredients, why take the chance? Es-

pecially when truly natural are available. Like us. Earth to Body.

\*In foods, disodium EDTA also preserves the texture, colour and flavor and increases the shelf life. Products like mayonnaise, salad dressings, canned soft drinks, canned beans, pickled cabbage and cucumbers. We are reassured that the amounts added are carefully regulated.

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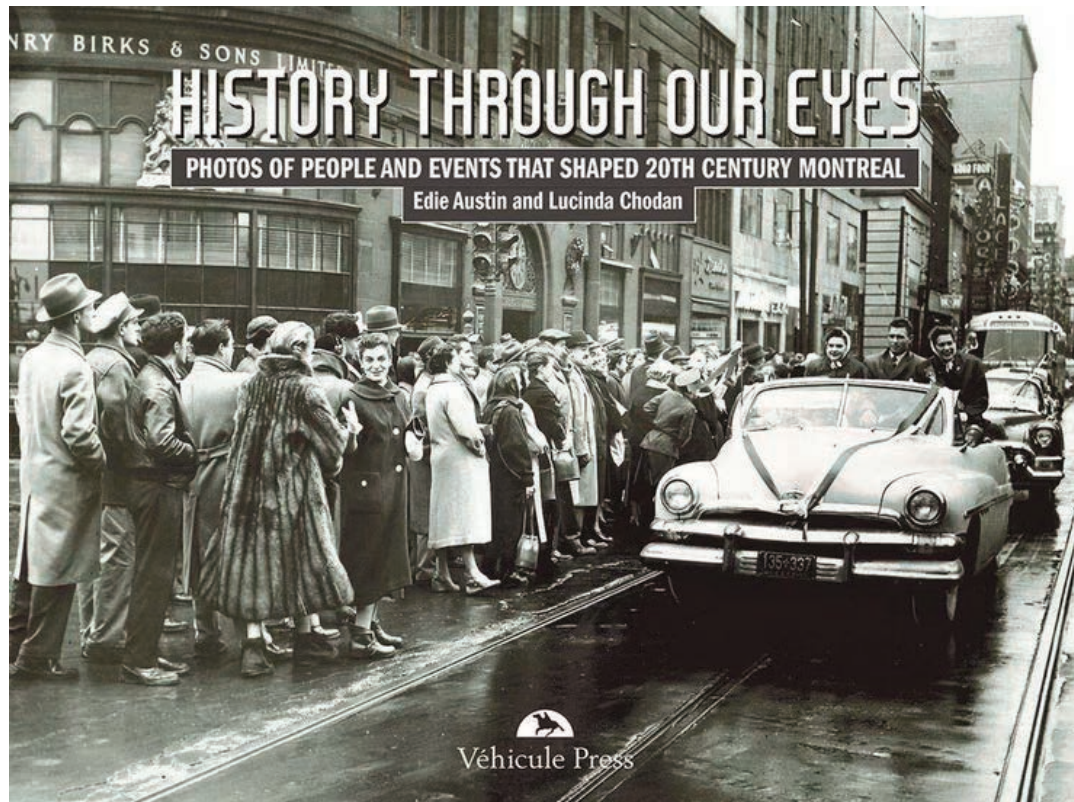
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# History Through Our Eyes

## by Edie Austin and Lucinda Chodan

Newspapers are so much more than a means of providing the news of the day.

Through the diligent, dedicated work of its reporters and photographers, newspapers also provide an oral and photographic record of history taking place for posterity. Future generations of journalists, researchers and authors could rely on finding historical perspective through a newspaper's extensive archives, where written copy, old photos and past issues are available via countless files, bound copies or microfiches.

The Montreal Gazette is no exception.

Since 1778, The Gazette has not only been Montreal's English-language paper of record of the news of Canada and the rest of the world, but its team of reporters, illustrators and photographers have been a permanent chronicler of the evolution of Montreal as a hub of commerce, an open city, a city of champions and an international city. And those vast quantities of news photos that made such photographers as Aussie Whiting, Tedd Church, Gordon Beck, Michel Dugas and Len Sidaway an integral part of the paper's newsroom were stored in its vast archives.

When the Gazette's editorial offices were about to move to its current St. Catherine Street location in the summer of 2019, there was a daunting, uphill task that dealt with selecting which photos in the collection would make the move and which ones would be good for the garbage. And what made it even more difficult was the fact that these tangible photos were shot with the greatest care as if it were being painted on canvas. Its unique photographic aesthetics has richly told the story of Montreal's history for over a century, and digitizing them would certainly not do them any justice.

That dilemma became the genesis of "History Through Our Eyes", a daily feature that ran in the pages of The Gazette throughout 2019. Gazette editor-in-chief Lucinda Chodan and editorial page editor Edie Austin teamed up to dig through the volu-

minous archives to find those photos that defined Montreal's history and character – and the stories behind them – for this feature, in a day-by-day calendar format.

For those who never missed the daily installments in the paper, or for those who caught it sporadically when leafing through an edition of The Gazette, the 365 entries that made up the "History Through Our Eyes" feature is now available in an impressive soft cover, coffee table book format.

Let me say right off the bat that this book is a fascinating, addictive one. You will be both informed and entertained as you flip through the book to see what event was covered that fell on your birthday, anniversary or any other milestone day.



By Stuart Nulman

mtltimes.ca

Chodan and Austin has done the impossible by looking through over a century's worth of news photos to come up with 365 of the most significant or unusual photos that would make up the feature and the subsequent book. And there is a terrific mix of both.

Of course, the significant events that made up Montreal's history are spotlighted, such as the Laurier Palace Theatre fire of 1927, Expo 67, the October Crisis, the Ice Storm of 1998, the Flood of 1987, the Montreal Expos' race for the 1981 National League pennant, the inauguration of the

Metro, the Lachine gas explosion of 1965, the 1980 and 1995 referendums, the Richard Riot of 1955, and the many Montreal Canadiens Stanley Cup championships.

And to give the right blend of the lesser known and the light-hearted, there are plenty of entries that represent those two aspects. For example, the "victory parade" that was held for the Montreal Alouettes after they lost to the Edmonton Eskimos in the 1955 Grey Cup game; American comedy duo Cheech and Chong pictured at a Montreal park on a snowy day in 1973, as they recorded their hit album "Los Cochinos" at the Sounds of Quebec studios in the east end; an aerial view of Decarie Boulevard in 1962, just before the construction of the Decarie Expressway commenced; a 1954 portrait of some of the members of the Maple Leaf Pipe Smoking Club exercising the fine art of communal pipe smoking; a young Chuck Connors as one of the star players of the 1948 Montreal Royals baseball club, a decade before he became a Hollywood star in the lead role of the hit TV western series "The Rifleman"; the visit to Montreal of the Prince of Wales (the future King Edward VIII and Duke of Windsor) in 1919; and the Boxing Day tradition of the long line of bargain hunters outside the Sam the Record Man store on St. Catherine Street West.

And every photo in the book is so well complemented with the accompanying texts by Chodan and Austin, which are diligently researched and crisply written, so that the reader gets the full story behind the photos in an informative, yet economic, manner.

If you want a book that is not your run-of-the-mill illustrated history of Montreal, then History Through Our Eyes is that book. It is a wonderful appreciation of the art of news photography as a chronicler, and silent witness, to a great city's great history.



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Notice is hereby given that STANLEY HENRY (the "Deceased"), in his lifetime last residing at 17114 Parker Street, Pierrefonds, Province of Québec, Canada, H9J 1C7, died in Montréal, on December 10, 2020.  
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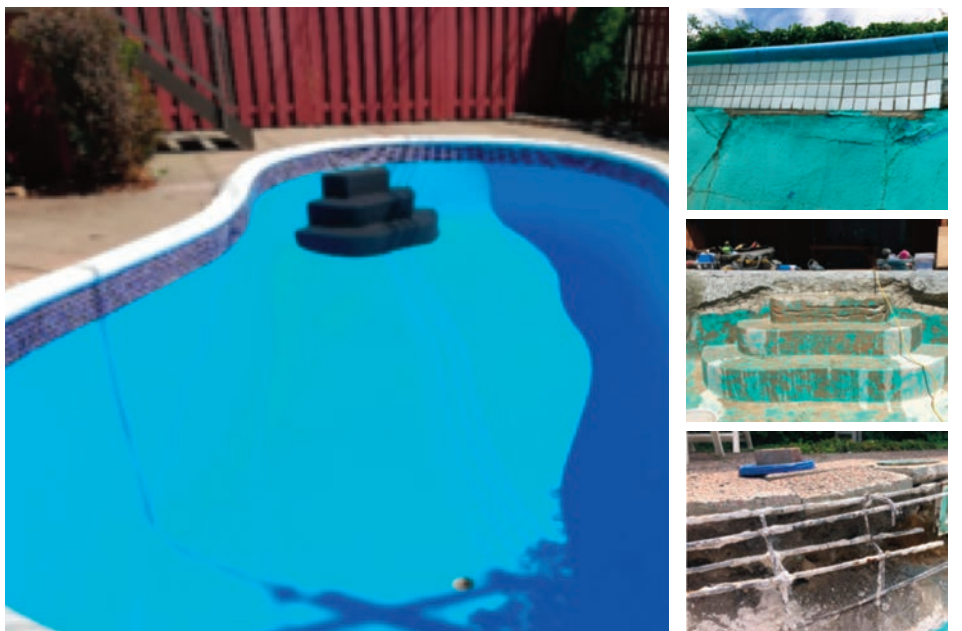


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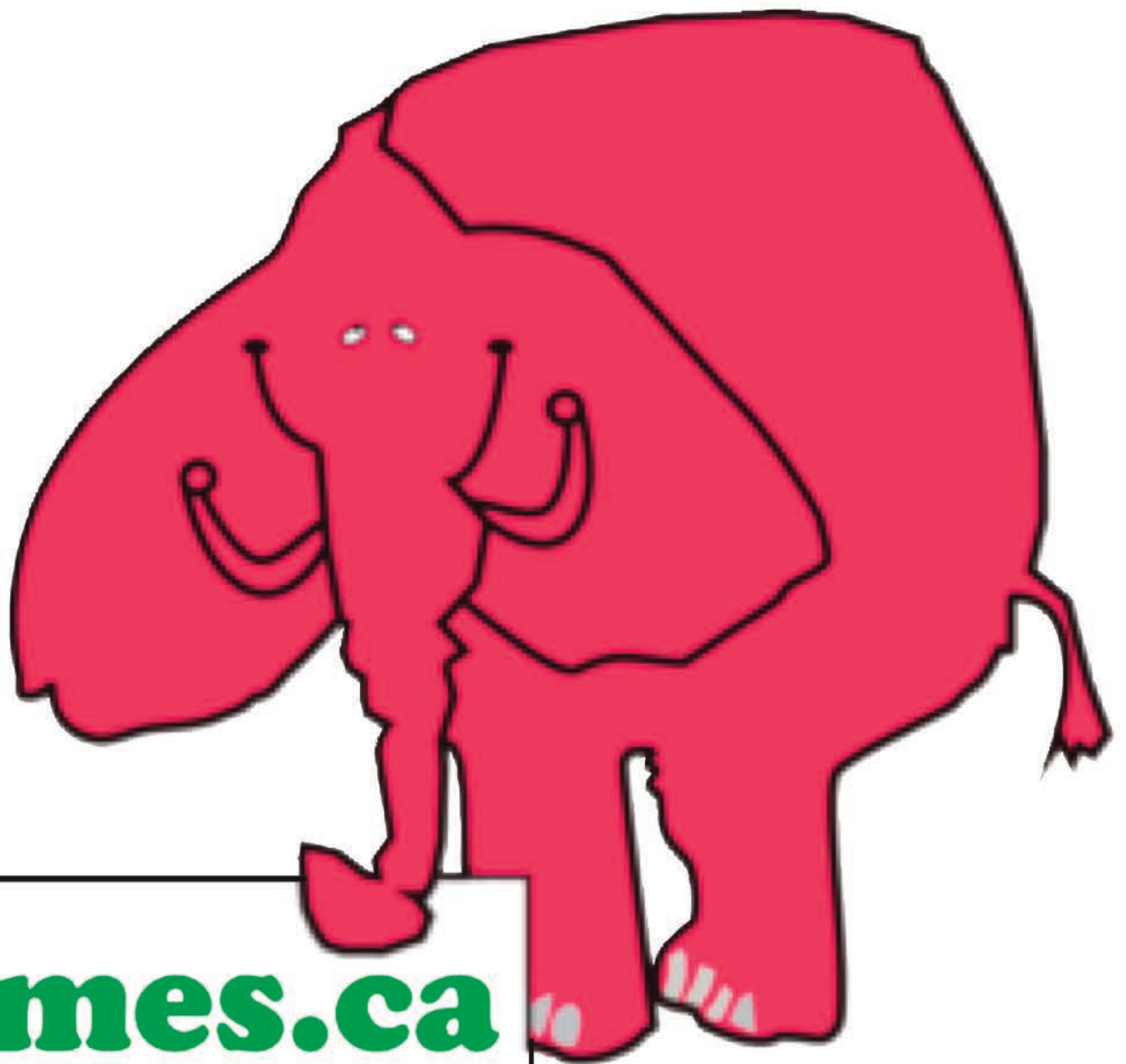
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