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BOROUGH GETS INTO THE SEASONAL SPIRIT WITH ILLUMINATED GREETINGS

PHOTO: Martin C. Barry • Newsfirst

Although there was still no snow outside the Borough of Villeray/St-Michel/Parc Extension's headquarters building on Ogilvy Ave. earlier this week, the borough administration was clearly already getting into the spirit of the upcoming Christmas season with a creative display of holiday lights on the sidewalk next to the street. The borough's seasonal decor features wire cage sculptures covered in bright white lighting in the shapes of an Inuit igloo and a polar bear seated beside it.

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Neighbourhood parents want a new type of school in Parc Extension

Special Contribution by Lisa Baum

Imagine a school without tests. One where your child was encouraged to study topics that interest them and where they were allowed to develop at their own pace. Imagine a school where learning is

fun, and where life skills were integrated into the curriculum. One group of local parents is working hard to make this school a reality, as they rally the community to create the Ecole Alternative Parc-Extension

(Parc-Extension Alternative School).

Alternative Schools are not new in Quebec, and there are currently over 30 of them operating in the province. Using guiding principles that promote autonomy, ownership and self-directed learning, these schools are often happy places where children succeed in developing motivation and a love of learning.

The Founders Committee of the Ecole Alternative Parc-Extension is a small group of mothers who have been educating other local parents on the benefits of this type of school through social media, posters and leaflets. Sylvie Hruba a committee member commented "this type of education is available for free through the CSDM and we want to bring this opportunity to the children of Parc-Extension. Evidence shows that kids in alternative schools are less stressed, enjoy school more and are better-equipped to deal with the challenges of adult life. We just want this as an option for families in our own neighbourhood."

Just like other alternative schools around the province, this school would be open to all neighbourhood children - without any admission test. Parents are welcomed, and are encouraged to actively participate in the life of the school through various channels, and children are given opportunities to engage with learning in ways that best suit them. But on top of the general alternative pedagogical approach, this school will also have three axes that will drive the curriculum: A focus on nature and the environment; Community involvement and volunteering; and Home Skills including cooking, sewing and financial literacy.

The Founders Committee has been meeting regularly since February and has made considerable headway, having organized meetings with several officials within the CSDM and other organizations. If you would like more information, or would like to get involved with the school email ecoleparcex@gmail.com.



The Founders Committee of Ecole Alternative Parc-Extension

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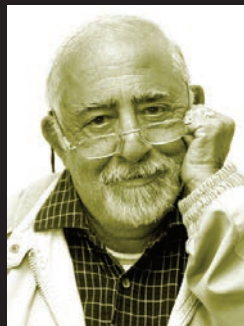
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6 décembre / December 6, 2019 • Nouvelles Parc-Extension News • 3



Parlez-moi d'humour

Alcide Borik



Cadeau de Noël

Après avoir raclé mes fonds de tiroirs pour acquérir une nouvelle voiture, mes ennuis ont commencé : Non seulement j'ai payé l'auto, j'ai payé les taxes, le permis de conduire, les enregistrements, le loyer du parking, l'essence, les pneus à neige et les contraventions. Je suis si distrait... j'ai ainsi appris qu'il est plus facile au bonhomme Michelin de passer par le trou d'une aiguille que de glisser hors de vue des tonton tickets pour garder une fiche de bonne conduite à Montréal !

Sachez donc qu'il faut regarder vers le haut pour déceler les radars, vers le bas pour ne pas chevaucher les dos d'ânes retardateurs, à droite pour ne pas enjambrer la piste cyclable, la travée réservée aux autobus, celle réservée aux taxis et autres zubers de service, celle de gauche réservée aux pauvres contribuables payeurs de vignettes ; laisser le reste aux cyclistes indisciplinés, éviter de tomber dans le fossé central où l'on est à creuser un jardin communautaire et surtout, surtout, éviter d'en parler aux écolos adeptes de la course à pied, aux joggeurs qui dépassent le bord du trottoir pour se précipiter les premiers dès que le feu est vert, se méfier des inconscients qui traversent en pleine nuit avec un manteau noir dans les coins mal éclairés, des entrepreneurs qui manipulent déviations et interdictions pour mieux parquer leurs engins et vous envoient dans des cul-de-sacs, des vieilles dames qui vous menacent en brandissant leur canne, et de la douce amie, sur

le siège de droite, qui donne raison à tout ce beau monde, oubliant, sans doute, qu'elle occupe la place du mort!

Voici donc mon cadeau de Noël :

Pour éviter de circuler dans cette joyeuse anarchie, offrez-vous une journée à la maison, avec un bol de chocolat chaud (ou un verre de Porto), enroulez-vous dans une couverture confortable.

Écoutez les musiques familières de Noël, puis, épargnez sur votre budget cadeaux et choisissez parmi vos possessions mal aimées les cadeaux que vous emballerez avec un sourire machiavélique pour les donner à ceux que vous n'aimez pas, faisant ainsi de la place dans vos placards en encombrant les leurs!... Vous montrerez ainsi que vous respectez l'environnement.

Pour combattre la pollution, vous sabrez dans le réchauffement climatique en épargnant aussi sur les coûts faramineux des tout-inclus de ce monde, les humiliations des douaniers et douanières qui vous traitent comme des bandits pris la main dans le sac et évitez de finir otages des gouvernements supposés courir après, et qui sont parfois bien plus mafieux que ceux qu'ils se disent impuissants à combattre...

...Et pour garder votre bonne humeur, évitez de regarder le hockey à la télévision!!!

Joyeux Noël

A respectful Canada has room for disagreement

Closing politics and public life to those who are religious leaves us with a less tolerant society that brings fundamental freedoms into question

Disagreement is normal, if not necessary, in a healthy democracy. Being intolerant and disrespectful toward those with whom we disagree, however, is fatal to that democracy.

Historically, Canadians have had the Charter of Rights and Freedoms (and the Bill of Rights before it) for protection. That's especially important for racial, religious, political or sexual minorities, among others.

So it's worrying to see streaks of disrespect toward some minorities showing up in new Angus Reid Institute (ARI) survey data, collected in partnership with think-tank Cardus just after the October federal election.

Take, for instance, the finding that almost one-third of voters say it's unacceptable for a political leader to be personally anti-abortion even if the leader's views don't influence policy.

Granted, the finding came following a campaign in which Conservative Leader Andrew Scheer struggled to handle a barrage of media questions and political attacks on abortion.

Even so, almost one in three voters is prepared to tell political leaders not to bother putting their names on the ballot if they aren't vocal supporters of the status quo in Canada – the absence of any law around abortion.

This view was especially strong among Bloc Québécois voters, though it also showed up significantly in Liberal and NDP support.

Regardless of where we fall on the spectrum of opinions on abortion, is it not concerning to see some Canadians are willing to reject candidates simply based on one of their personal beliefs about what could be a very difficult issue?

A tolerant and respectful Canada makes room for disagreement.

Streaks of intolerance and disrespect also appeared when the pollster asked for a reaction to "the idea of a political candidate being a person of faith." Shockingly, 22 per cent of respondents said the idea "repels" them.

Among Bloc voters, half are repelled by religious people running for office, followed by just more than a quarter of Liberal voters.

Thankfully, six in 10 voters say they're neutral on the question.

Still, there remains a significant portion of voters apparently willing to discriminate against candidates simply because of political hopefuls' religious beliefs.

Even so, most Canadians seem to have a growing appreciation for one of the best guarantees of a tolerant and respectful society: religious freedom.

It's a hopeful sign that 62 per cent of Canadians agree that religious freedom makes Canada a

better country. That's up seven per cent since Angus Reid asked about it in 2017.

Meanwhile, just 12 per cent say religious freedom makes Canada worse, which is a two-point drop over two years.

Amid these hopeful signs, it's possible that Canadians like religious freedom conceptually but grow concerned when the rubber hits the road in a clash with culture.

So, in the thick of a federal election campaign with hot-button issues like abortion and same-sex marriage showing up, Canadian support for the Charter-protected, fundamental human right of religious freedom gets softer.

Consider the findings that almost seven in 10 Canadians told pollsters they were aware of media coverage of the religions of Scheer, a Roman Catholic, and NDP Leader Jagmeet Singh, a Sikh. Much smaller proportions recalled coverage of other party leaders' faiths.

Fully 51 per cent of respondents said the coverage of Scheer's religion left them with a worse opinion of him, while just 24 per cent said the same of Singh.

If anything, the coverage of Singh's religion slightly helped him: 27 per cent say it improved their view of him, while coverage of Scheer's Catholicism had a net negative effect.

The fact that Singh's views matched majority opinion on hot-button issues, but Scheer's did not, may have overridden any Canadian commitment to Charter rights.

But if that's the case, we're poorer for it. The type of thinking that can't stand even private disagreement on abortion or same-sex marriage, or is repelled by candidates who happen to be religious, is not only anti-Charter, it's fundamentally a violation of the guiding principles of a free and democratic society.

Closing politics and public life to those who are religious leaves us with a less tolerant society that brings fundamental freedoms into question. Frankly, it's just as bad as closing the public square to the non-religious or to LGBTQ+ Canadians.

An important mark of a respectful and free society is not how majority views are treated. It's really in whether someone is free to hold a minority view and still fully participate in public life.

Instead of shutting out or shouting down disagreement – religious or otherwise – let's engage with each other respectfully, seeking to understand the other. That's admittedly difficult to do in a world of 15-second soundbites. But doesn't democracy deserve our best selves, instead of our worst?

- Ray Pennings

Nouvelles PARC-EXTENSION News

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Montreal leads call for tighter gun laws before Polytechnique anniversary

Mayor Plante makes impassioned plea ahead of Friday's events marking 1989 shooting that killed 14 women



(CBC) As Montreal prepares to commemorate the 30th anniversary of the École Polytechnique massacre, pressure is growing on the Trudeau government to follow through on its campaign commitment for tighter gun control — and go further in cracking down on handguns.

Montreal Mayor Valérie Plante issued an impassioned plea ahead of Friday's events marking the Dec. 6, 1989, shooting, which claimed the lives of 14 women.

"I want us to stand strong and talk loud about Canada as a safe place, Quebec as a safe place, Montreal as a safe place," Plante told reporters Tuesday.

Her comments followed a string of shootings in the city, including an apparent road-rage attack that ended in gunfire on a busy highway service road.

"To me, it always brings [to mind] the importance of having a better control of guns and who owns and how they own them," she said.

Extend ban to handguns, advocates say

Prime Minister Justin Trudeau committed during the election campaign to banning semi-automatic assault weapons.

He also pledged to enable municipalities to restrict or prohibit handguns, but didn't commit to an outright ban.

"We are taking the strongest step in Canadian history to move forward on tougher gun legislation," Trudeau said at the time.

Plante, as well, said it's "crucial" the Liberals take the lead on handguns.

"We have to send a strong message that in Canada a handgun is not something you can just get anywhere," she said.

Earlier this week, Montreal was the site of three shootings in less than 24 hours. On the weekend, a man was shot dead and three more injured near a reception hall.

Despite the mayor's concerns, Montreal police say gun violence is not, in fact, on the rise.

In 2018, there were 21 shooting deaths and 104 people injured in gunfire, compared with six deaths and 50 injured this year, according to statistics provided Tuesday.

The majority of gun-related homicides in Canada — 65.3 per cent in 2018, according to Statistics Canada — are carried out with hand-

guns, but there are questions about whether a ban would have the desired effect.

A report released by Public Safety Canada last year said a handgun ban would «primarily affect» collectors and sport shooters who own most of the country's 900,000 registered handguns, but would have only an «indirect» impact on the illicit market by reducing the number of weapons that could be potentially diverted or stolen.

Charles Zach, executive director of the National Firearms Association, is opposed to any additional restrictions. He said gun buy-back programs don't stop "a determined person" from committing a crime

If not now, when?

Gun control advocates, nevertheless, have been pressing for changes ahead of the Polytechnique anniversary.

The group PolySeSouvient, which includes students and graduates of Polytechnique, wants the federal government to prohibit sales of assault-style firearms and put a ban on national handguns, arguing local ones are ineffective.

"This is a public safety issue and because of that, it's important to move as quickly as possible," said Heidi Rathjen, PolySeSouvient's co-ordinator and a graduate of École Polytechnique.

Rathjen wants to see a commitment in Thursday's throne speech and quick action, given the short life span of a minority government.

She said "it's absurd that we're still fighting this 30 years later."

Point of View30 years since the Montreal massacre, we still see a deadly hatred of women "We feel that, after 30 years, we're kind of at a turning point. If the government doesn't do anything now, when?"

In a statement Tuesday, Public Safety Minister Bill Blair said on the commitment to ban military-style assault rifles "we will begin that important work as quickly as possible."

Regarding the concerns of Plante and GTA mayors, Blair said, "our plan is to work with provinces and municipalities by empowering them to enact additional requirements to restrict the storage and use of handguns within their jurisdictions."



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Adult Education & Vocational Services

FILIA Association for Senior Citizens celebrates 35th anniversary

With services in Montreal and Laval, group has been helping seniors since 1984



From the left, former MP **Eleni Bakopanos**, Park Extension city councillor **Mary Deros**, FILIA founder **Joanna Tsoublekas** and **Peter Deros**. / Photo: Martin C. Barry



From the left, Chomedey MNA **Guy Ouellette**, FILIA founder **Joanna Tsoublekas**, Laval city councillor **Sandra El Helou** (representing the mayor) and **George Tsoublekas** (Joanna's husband). / Photo: Martin C. Barry

MARTIN C. BARRY

it has been active in Chomedey and Laval.

Members and friends of the FILIA Association for Senior Citizens gathered at the Château Royal convention centre in Chomedey on Nov. 24 to celebrate a rare milestone – the organization's 35th anniversary. Since its establishment in February 1984, the FILIA Senior Citizens Association has been promoting the care and well-being of senior citizens. Initially it was in Montreal's Park Extension neighbourhood. In more recent years

Helping the seniors

Through a number of diverse activities and charitable events, FILIA works to ensure that elderly members of the community can continue to enjoy an independent and dignified life in a comfortable environment, while remaining connected to their rich culture and heritage. "Not enough attention is paid to older people," FILIA founder Joanna Tsoublekas said in an interview with Newsfirst Multimedia. "We are

an organization that has a mission and dreams to build and meet the needs to make life easier for the older generation."

A big guest list

Among the special guests at the early afternoon gala were the Consul General for Greece in Montreal Michalis Gavriilidis, the MNA for Chomedey Guy Ouellette, Laval city councillor for Souvenir-Labelle Sandra El Helou, Liberal MP for Saint-Laurent Emmanuella Lambropoulos, Montreal city councillor for Park Extension Mary Deros, Laurier-Dorion MNA Andrés Fontecilla and former Liberal MP for Ahuntsic Eleni Bakopanos.

Prime Minister Justin Trudeau sent a message to the guests. "Tonight, we gather to celebrate Canada's seniors, and to recognize the many contributions that seniors have made, and continue to make to our communities," he said.

Trudeau sends a message

"Events such as today's are great because they not only help foster new relationships, but encourage more seniors to lead active and healthy lifestyles," Trudeau added. Montreal mayor Valérie Plante also sent a message.

"As Mayor, I am particularly proud of the contribution of all the communities that shape the identity of our city, such as yours," she said. "Montreal can be proud of its diversity and vibrancy. Your contribution to the vitality of our metropolis is important."

Elected officials' greetings

Villeray/St-Michel/Parc Extension Borough Mayor Giuliana Fumagalli also sent greetings.

"I am especially proud to participate in the celebrations surrounding the 35th anniversary of the Association du troisième âge FILIA," she said. "Thanks to diversified and accessible programming, the association is creating more than social occasions: it is offering to seniors an environment that is dynamic and stimulating."

And Laval mayor Marc Demers sent this message. "For the past 35 years, the Association du troisième âge FILIA has been an example of kindness by offering direct assistance to seniors, including 4,500 meals prepared over the past year," he said.

FILIA has heart, says Demers

As Demers pointed out, "some problems take a lot more heart to overcome. And that is exactly what the Association du troisième âge FILIA has: heart!" Although FILIA started in Park Extension, the group's influence has been felt increasingly in Chomedey in recent years.

"I've been around for 12 years and Joanna and FILIA have been around for at least 10 of the past 12 years," Guy Ouellette said in an interview. "They are working hard to provide services to older people in Chomedey, so obviously we feel very much like supporting FILIA."

Just like family, says Deros

Councillor Deros said in an interview, "I am extremely proud of the services that Joanna Tsoublekas has been offering seniors. Everyone is welcome. FILIA offers a lot of individual as well as group support.

"With a lot of the people who go to FILIA their children are grown and they feel alone and neglected," Deros continued. "With FILIA you feel like you have a family to be with and do things together. For that we are all very grateful and we hope that Joanna and FILIA will continue for many more years."

A valuable resource

Laurier-Dorion MNA Fontecilla said, "It's very, very important to have an association like FILIA for the elderly in the community, for their rights and for the services they need. It is very important for all of us to have such an important resource in our community."

Saint-Laurent MP Lambropoulos said, "Thanks to Joanna Tsoublekas, FILIA continues to be strong every year. And so we need more people like her in the community who are willing to give their all for the benefit of others. And the seniors in the Greek community definitely benefit from having FILIA. It helps break social isolation, helps get them active and helps with all the problems seniors today face."



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In keeping with FILIA's origins in Montreal's Greek community, the afternoon's entertainment was Hellenic with Nick Anastasiou and his orchestra.

Resistance in aggressive breast cancer

Researchers at the Lady Davis Institute have identified a key protein that is required for resistance to chemotherapy in the most aggressive form of breast cancer. This holds the promise of opening the door to new therapies for overcoming drug resistance.




Dr. Mark Basik, a surgical oncologist and Medical Director of the Inter-disciplinary Breast Cancer Team at the Segal Cancer Centre at the JGH

able to store fat droplets that they can exploit as a source of energy to fight off the effects of chemotherapy. These cells were also seen to develop a dependence on the protein perilipin4, which is highly expressed in resistant tumors. The protein is used by the cancer cell to stabilize the fat droplet, which would otherwise leak free fat into the cell, which is toxic to it and would kill the cell. Dr. Isabelle Sirois, a postdoctoral fellow in Dr. Basik's lab and the first author on the paper, and her colleagues determined that targeting this protein caused nearly all of the resistant cells to stop growing, and most to die. "This is very promising," said Dr. Basik, who is also the Herbert Black Professor of Surgical Oncology at McGill University, "because if we can eliminate the resistant cells, we will be able to successfully treat far more TNBC patients." A key element in treating cancer is finding the active protein that makes possible the disease's unchecked growth. With that, the vulnerability of the cell is revealed, opening the door to new therapies and better patient outcomes. This research was made possible by funding from Genome Quebec, the Quebec Breast Cancer Foundation, the Cancer Research Society, Canadian Institutes of Health Research, Groupe McPeak Sirois, Eileen Iwanicki Foundation, the Jewish General Hospital Foundation, McGill University, and the FRQS Réseau de Recherche sur le Cancer.

Using tumor biopsies from patients with chemotherapeutic resistant triple negative breast cancer (TNBC), researchers at the Lady Davis Institute of the Jewish General Hospital (JGH) have identified changes to the form of the cancer cells that appear to be associated with their capacity to resist usual drug treatment. This discovery is featured on the cover of the December issue of Molecular Cancer Research, where it is highlighted for its importance. "When patients with TNBC respond to treatment, their prognosis is very good," explains Dr. Mark Basik, a surgical oncologist and Medical Director of the Inter-disciplinary Breast Cancer Team at the Segal Cancer Centre at the JGH, who led the research. "However, resistance to treatment is quite common. Chemotherapy resistant TNBC constitutes the most aggressive form of breast cancer, and the prognosis for those patients is not that good. Therefore, it is critical that we determine the processes that promote resistance and target it directly to overcome its influence on the tumor." The researchers observed that the onset of resistance to the two most common drugs deployed against TNBC is associated with changes in the shape of the cancer cells and the manner in which they process fat. The cells are

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VSP increasing budget for social housing, says Mayor Fumagalli

Birnam Park to be upgraded, Councillor Mary Deros announces

MARTIN C. BARRY

Villeray/St-Michel/Parc Extension Borough Mayor Giuliana Fumagalli announced near the beginning of the year's last borough council meeting that VSP will be adding \$316,000 to its budget for social housing needs.

For social housing



Subsidizing cycle paths

Fumagalli said the borough council's members had come to an agreement that sums collected from the permits would be dedicated to mobility projects. She said part of the money will be invested in east-west cycling paths along Villeray St. beginning next year.



"What is interesting about this fund is that the amassed sums are used exclusively for the development of social and community housing," she said on Dec. 3. Another measure she said the borough will be implementing next year is a new tariff linked to environmentalism. "Through our tarification we will be rewarding the motorists who choose cars which are less polluting and who live in sectors with permits for surplus parking, the idea being to discourage people from purchasing SUVs which pollute."

Park Extension city councillor Mary Deros announced during the meeting that the borough is proceeding with an upgrade on a park located on Birnam Ave. between Jean Talon St. and Beaumont Ave.

"The entire park is being redone with water games and a play area for the two-to-five year-olds and another play area for the five-to-twelve year-olds," she told *Nouvelles Parc Extension News*.

Wiseman tenants burned out

During the public question period, Park



Extension resident Sasha Dyck raised the issue of an apartment building on Wiseman Ave. that was heavily damaged by fire nearly a year ago. The owner has been seeking authorization from the borough to demolish and rebuild.

Although the tenants of the building were displaced by the fire, according to Dyck the owner has never stated whether they will be allowed to return as tenants, or whether the building will undergo a conversion to condominiums.

Questions over private/public

At the same time, Dyck questioned borough officials about the status of an outdoor gathering space that the developer of a new condo project on Querbes Ave. at the corner of Beaumont Ave. had announced when plans for the new building

were submitted to the borough earlier this year. According to Dyck, the developer had promoted the space as having a "public" character, implying that people from the community who are not condo owners would be able to enter and use it.

Not 'public,' says VSP official

However, he noted that the developer's plans show the courtyard space as being in the centre of the condo complex, suggesting that access to it would be restricted. A borough administration official clarified that the space in question is not a public park and can not be regarded as such technically.

The official said outsiders would be allowed to walk through, although he admitted he wasn't able to answer the question beyond that. Park Extension councillor Deros said that according to the plans, the courtyard would have an opening into a rear alleyway.

Caution necessary, says Deros

"If some neighbours go and sit there, I doubt the janitor is going to tell them to leave," she suggested. "But if some people end up using it as a dog park, I doubt this would be very appreciated by the people living there."

"I share your preoccupations regarding the building that went up in flames on Wiseman – I asked the same questions," said Fumagalli, adding that she also shared Dyck's concerns about public access to the courtyard at the Querbes/Beaumont condo project.

Rental or condo?

In an interview, Dyck said it remains unclear whether the Wiseman Ave. property's owner will have rental units as before. According to Dyck, the alternative, condo conversion, has become a trend in Park Extension when circumstances facilitate it.

"I think he has a certain responsibility to these longtime tenants who were forced out and lost absolutely everything in the fire," he continued. "These are people who would love to stay in Park Ex. They've spent two months in a hotel now. But they just can't afford the neighbourhood anymore with rents rising and condos replacing rentals."

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Dr. Cindy Hovington – groundbreaking neuroscientist



in Education in 2013. And, I was also accepted into Harvard. In 2008, I attended Queen's University in Kingston, Ontario I completing a Master's in Rehabilitation Science. I also attended Concordia University in 2006, obtaining a Bachelor of Science degree in Clinical Exercise Physiology.

You were part of Brain Reach at McGill. What is it and what does it lead to?

It's an integrated program in Neuro science. I created Neuro-science-based presentations for young students in collaboration with committee members. I taught the program and worked with grade 4 and 5 students in English and French schools on a monthly basis.

Simply stated, Neuro education is a nascent discipline that blends the collective fields of Neuro science, psychology, cognitive science, and education to create a better understanding of how children learn and how this can be used to create more effective teaching methods, curricula, and educational policy. This interaction is already opening critical new dialogues between teachers, administrators, school boards, parents, and brain scientists.

Education is about enhancing learning and neuro science is about understanding the verbal process in learning. This common ground suggests a future in which educational practice can be transformed by science, although merging neuro science with education is rather new — about 15 years.

What is your greatest accomplishment?

I launched the "Curious Neuron" website last year because learning is through curiosity and neurons must be stimulated in order to learn, thus the name. Curious Neuron discusses different aspects of the brain through articles and discussion groups composed of various professionals.

I'm the only neuro scientist on the team, which includes psychologists, psychiatrists, counselors, and teachers. We're international, 70 countries visit the website. We get instant feedback from Instagram, etc. However, research changes rapidly; after six months, you're out of the loop, and then you can't get back in if you don't keep up. It's a tough job.

What are your objectives with Curious Neuron?

To keep building our team as a huge resource for parents, giving them the tools for easy access to activities, with articles backing the activities. For example, what is homework bringing to children? Executive Functions such as organization and planning, and attention skills. Not born with these skills, we have to develop them. The lower the skills, the more you struggle in school. Extensive information is offered to parents, teachers, counselors, and others who trouble shoot different intellectual areas. It's a great aid.

You have two lovely pre-school children and another on the way. How do you teach or interact with them?

There's absolutely no screen time and no battery operated games for them. They learn through play. It's an important way of bonding. They are given blocks, marbles, paper, and coloring books to practice gross and fine motor skills. Kids don't need much since they'll discover how to play through independence. They create their own imaginative games.

Do you have any advice for parents and schools?

Be more mindful about brain functioning behavior response. Be aware of the environment and how quickly brains develop. The environment plays a huge role and quickly changes the architecture of

your brain, particularly 0-5 years old. The brain makes connections and they are pruning. Explore as much as possible - music, languages, dance. Don't create a mundane environment. Teachers have to be aware of aspects of brain functioning such as exam anxiety, attention span. Don't have expectations that can't be met. Create the foundation to build cognitive skills, brain skills that will help in school. Feedback on grades where improvement needs are essential.

How did you get here?

Ironically, I struggled with all my Sciences and that was a problem because that's where I wanted to be. The system made it impossible for me to get into those courses because I wasn't achieving the marks. I didn't give up my desire because that's what I loved and that's where I wanted to be, and that's where I am now.

How did it turn around? What is your priority? Who's your hero?

Strangely, I also struggled in CEGEP to the point where I was pulled out. Then something just clicked-changed. I figured myself out. I did one year of Developmental Science at Dawson College — I couldn't get into it in high school but I did here, determined to get into Health Sciences. The rest is history. I also started volunteering with researchers, sparking my interest and I had a strong drive to continue into the field. My priority is family. My mom is my true hero, my brother, my uncle and my grandparents are my angels.

Do you remember your quote in your 2000 Yearbook? Your last words to classmates?

Yes. "It's not what happens in your life, it's what you do about it. A smile is your most powerful weapon in life and remember angels are everywhere."

Neuroscience research suggests that learning outcomes are not solely determined by the environment. Biological factors play an important role in accounting for differences in learning ability between individuals. The emerging field of Educational Neuroscience presents opportunities as well as challenges for education. It provides means to develop a common language and bridge the gulf between educators, psychologists, and neuroscientists.

Cindy Hovington, PHD in Neuroscience from McGill University, recipient of six awards and author of eight journal articles, has impressive credentials in the field.

This is Dr. Hovington's fascinating story as told to NEWSFIRST.

What is your educational background?

I am a doctor of Philosophy, Neurology, and Neurosurgery. I graduated McGill University in 2013. My thesis was based on Defining Persistent Negative Symptoms and Identifying their Neurocognitive and Neuroanatomical Correlates. I also completed a Post- Doctoral Fellow at McGill



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Faits saillants du conseil d'arrondissement 315 000 \$ versés au Fonds pour le logement social et communautaire



Montréal, le 4 décembre 2019 – Lors de la séance d'hier, les membres du conseil d'arrondissement de Villeray-Saint-Michel-Parc-Extension ont voté la démolition de bâtiments existants sur la rue Saint-Hubert et sur le boulevard Saint-Laurent pour faire place à la construction de près de 100 logements d'une à trois chambres. À eux seuls, ces projets généreront à l'arrondissement des revenus de plus de 315 000 \$ qui seront versés au Fonds pour le logement social et communautaire de l'arrondissement. « Il s'agit de notre plus importante contribution à ce fonds depuis l'adoption de notre Politique locale d'inclusion sociale. Avec une enveloppe de près de 400 000 \$ à ce jour, nous disposons d'une base financière solide pour contribuer au développement de logements sociaux et communautaires sur notre territoire », se réjouit Mme Giuliana Fumagalli, mairesse de l'arrondissement de Villeray-Saint-Michel-Parc-Extension.

Tarifs 2020

Comme à chaque année, la majorité des tarifs pour l'année 2020 seront augmentés de 2 % soit l'indexation du coût de la vie. Pour poursuivre les efforts de transition écologique de l'arrondissement, les prix des vignettes de stationnement seront légèrement plus bas pour les véhicules écoénergétiques et plus élevés pour les véhicules à plus forte émission de gaz à effet de serre. Les

prix des vignettes varieront entre 51 \$ et 107 \$ pour un premier véhicule et de 101 \$ et 215 \$ pour un deuxième. De plus, des frais d'ouverture de dossier seront dorénavant facturés pour l'émission d'une vignette institutionnelle. Ces changements tarifaires contribueront à l'atteinte des objectifs de recettes prévues au budget de fonctionnement de 2020. Ils entreront en vigueur à compter du 1^{er} janvier.

Les séances dorénavant les lundis soir!

En 2020, les séances régulières du conseil d'arrondissement auront lieu les lundis soir au lieu des mardis. Comme à l'habitude, elles se tiendront, à 18 h 30, dans différents lieux sur le territoire afin de favoriser la participation citoyenne à la vie démocratique de l'arrondissement. Le calendrier des séances se présente comme suit : 3 février, 6 avril, 4 mai, 6 juillet, 31 août, 2 novembre et 7 décembre, à la mairie d'arrondissement, 405, avenue Ogilvy; 9 mars, à la Maison du citoyen, 7501, rue François-Perrault; 1^{er} juin, au centre René-Goupil, 4105, 47^e Rue;

et 5 octobre, à la maison de la culture Claude-Léveillé, 911, rue Jean-Talon Est. Tous les lieux sont accessibles par le métro. Les séances sont diffusées en direct sur le site Internet de l'arrondissement : ville.montreal.qc.ca.

Classifieds

Deadline: WEDNESDAY before publication at 1 p.m.

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TREMBLAY, Denise
1933 – 2019

At the Montreal Heart Institute, on November 26, 2019, Denise Tremblay passed away at the age of 86. She joins her husband Albert Lefrançois. She is survived by her children Pierre, Lucie (Sylvain), Hélène (Juanita), Lise (Stéphane), Line, and her grandchildren and great-grandchildren.



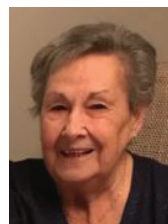
BLUTEAU, Rosaire
1934 – 2019

Our dear Rosaire Bluteau passed away peacefully at the Lakeshore General Hospital on November 22, 2019. He will be sadly missed by his friend and companion of 22 years, Linda Sainsbury, her daughter Laure Elkeslassy (François-Xavier Donnedieu) and their three children for whom he was a much-loved honorary grandfather. He will also be lovingly remembered by his surviving siblings, Arthur, Reine-Marguerite, Geraldine (Alexandre Lavoie), Fernande, Lucie and Cécile, and his many nieces and nephews.



MALLOZZI, Giovanni
1923 – 2019

It is with sadness that we announce the death of Mr. Giovanni Mallozzi. He passed away peacefully at the age of 96 at the Lachine General Hospital. Devoted husband to the late Rosa Mignanelli, proud father of Santina (Gerald) and grandfather to Matthew (Danièle), Alex (Lisa) and Carolyn (Jens), and particularly proud great-grandfather to Naomi.



LOPEZ, Alicia
1935 – 2019

On November 26, 2019, at the age of 84, passed away Mrs. Alicia Lopez, beloved wife of Jose Perez. In addition to her husband, she is survived by her children Maria, Sandra (Alessandro), grandchildren Jennifer (Nick), Michael (Melanie), Alessandra, David and Sofia, great-grandchildren, Alicia, Noah, Nathanael and Joshua, preceded by her brother Daniel, as well as several relatives and friends.



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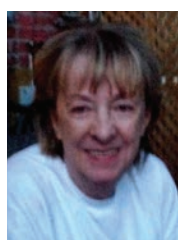
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In Memoriam & Obituaries



MELCONE, Melina
1987 – 2019

It is with great sadness that we announce the death of Melina Melcone on November 25, 2019, at the age of 32. She will be sadly missed by her husband François-Olivier Bélanger, her parents Marisa Croce and Magued Melcone, her sister Monica (Patrick Habra), her aunts, uncles, cousins, other relatives and friends.



CHARRON, Micheline
1949 – 2019

In Montreal, on November 26, 2019, Mrs. Micheline Charron passed away at the age of 70. She leaves to mourn her children Jonathan and Fanny (Sylvain), her grandchildren, her sister Pierrette, her nephews and nieces as well as other relatives and friends.



PLANKO, Alois (Aloijzij)
1938 – 2019

In Lachine, on November 20, 2019, at the age of 81, passed away Mr. Alois Planko, beloved husband of Mrs. Gervaise Beaucage. In addition to his wife, he is survived by his daughter Dominique (Daniel), his son Yuri (Josée), his grandchildren (Emélie, Julianne, Frédéric), his brother Adolf, his step-son Stéphane (Marie Dominique), his daughter-in-law Manon (Daniel), his grandchildren (Eugénie, Juliette, Thomas) as well as other relatives and friends.



PORCO, Raffaele
1937 – 2019

In Montreal passed away on Tuesday November 26th 2019 at the age of 82. Mr. Raffaele Porco, and now has reunited with his late son Roberto. He will be sadly missed by his beloved wife Luigina Moscato his daughter Patrizia and grand daughter Samantha (Joey), his sister Maria living in Italy, his beloved nephews and neices and will be sadly missed by many other relatives and friends.



NEALE, Angela
1963 – 2019

It is with great sadness that we announce the passing of Mrs. Angela Neale, on November 27, 2019, at the age of 56. Cherished daughter of Walter, mother of Jessica (Evan), Sean (Jennifer), devoted grandmother of Jareth and Edward. She will also be deeply missed by her sister Karen, her brother Michael and many relatives and friends.



MARTELLA, Antonio
1926 – 2019

It is with great sadness that we announce the passing of Mr. Antonio Martella, on November 27, 2019, at the age of 93. Beloved husband for 66 years of Agnese Martella cherished father of Lina (Frank), Gina (Mike), Sylvanna (John), Danny (Franca), devoted grandfather of John Anthony (Sabrina), Nadia (Alfonso), Jonathan, Andrea, Jennifer (Joshua), Sarah, Michael, Daniel (Kayla), Juliana and Anthony. He will also be deeply missed by his great-grandchildren Daniel, Luca, Angelica and Bianca and many relatives and friends.



TRÉPANIÉ, Nicole
1942 – 2019

In Verdun, passed away on November 21, 2019, Mrs. Nicole Trépanier, daughter of the late Aimé Trépanier and the late Simone Vézina, and wife of the late Régent Villandré. She is survived by her children Sylvain (Fabienne), Josée, her grandchildren Alexandra (Kevin), Régent (Vanessa), Mathieu, Cédric, Patrick, her great-granddaughter Maggie, her sisters Micheline, Monique, Claudette Gisèlew, Ginette, and her late brother Serge, cousins, nephews, nieces and friends.



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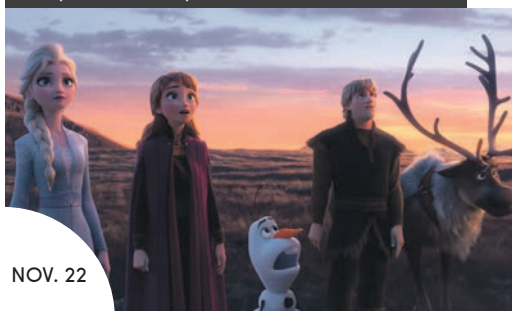
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FROZEN 2

PG | 1h 43min | Animation/Adventure



NOV. 22

Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound forest of an enchanted land. They set out to find the origin of Elsa's powers in order to save their kingdom.

A BEAUTIFUL DAY IN THE NEIGHBOURHOOD

PG | 1h 48min | Biography/Drama



NOV. 22

Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

PLAYMOBIL: THE MOVIE

G | 1h 39min | Animation/Adventure

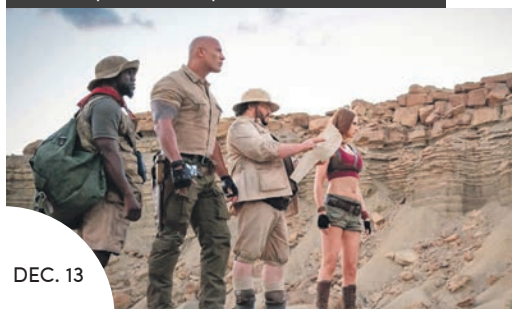


DEC. 9

When her younger brother disappears into the colourful and animated world of Playmobil, Marla is forced to abandon her organised and structured life to rescue him. Finding herself on an incredible and unpredictable adventure within this new world, Marla begins to see potential she never dreamed of.

JUMANJI: THE NEXT LEVEL

PG-13 | 2h 3min | Action/Adventure

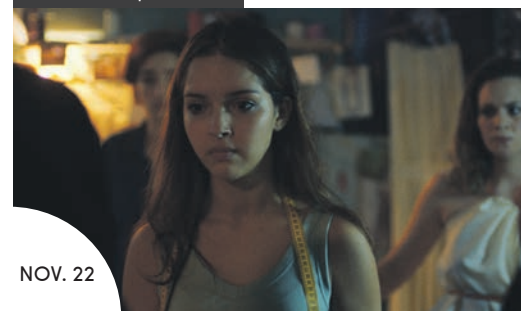


DEC. 13

A team of friends return to Jumanji to rescue one of their own but discover that nothing is as they expect. The players need to brave parts unknown, from arid deserts to snowy mountains, in order to escape the world's most dangerous game.

PAPICHA

1h 46min | Drama



NOV. 22

Algiers, 1997. Terrorist wanting an Islamic and archaic state are everywhere. Women are oppressed, in a seek to take control of their bodies, clothing and public space. Young student Nedjma is passionate about making a fashion show.

QUEEN & SLIM

R | 2h 12min | Drama



NOV. 27

A couple's first date takes an unexpected turn when a police officer pulls them over.

RICHARD JEWELL

R | 2h 9min | Drama



DEC. 13

American security guard, Richard Jewell (Paul Walter Hauser), heroically saves thousands of lives from an exploding bomb at the 1996 Olympics, but is unjustly vilified by journalists and the press who falsely report that he was a terrorist.

BLACK CHRISTMAS

PG-13 | 1h 38min | Horror/Mystery



DEC. 13

A group of female students are stalked by a stranger during their Christmas break. That is until the young sorority pledges discover that the killer is part of an underground college conspiracy.

YOUR HOROSCOPE

Week of Dec. 8 to 14, 2019

The luckiest signs this week:
LEO, VIRGO AND LIBRA

♈ ARIES
You may get your hands on a nice sum of money and use it to spoil yourself. You'll get the green light to finance a project, either purchasing a property or starting your own business.

♉ TAURUS
You're already organizing all holiday celebrations and you'll succeed in bringing the people you're closest to together. You'll also have lots of inspiration to create something of your own. An activity with friends will prove very exciting.

♊ GEMINI
The artist inside you will awaken in a spectacular way. You're a dreamer and you need to take note of your ideas if you want to make them happen. Otherwise, you'll forget them.

♋ CANCER
Your social life will be at the forefront. You'll receive one invitation after another and you'll accept happily, even if you feel like you're burning the candle at both ends. After this, you'll need some rest.

♌ LEO
If you're pulling out all the stops for your holiday celebrations this year, there's lots of planning to do. Time will be scarce, but in the end, everything will be a success. In your love life, it's the little things that will guarantee your relationship lasts.

♍ VIRGO
You'll want to leave your nest to discover new things. You'll decide to celebrate the holidays under the tropical sun or add an exotic flair to your traditional holiday meal.

♎ LIBRA
You'll be moved by a visit from a family member you don't see often but is very important to you. You'll spare no expense to welcome this person into your home.

♏ SCORPIO
It's easy to get along with you. You're not afraid of hard work and you'll gladly agree to start preparing some dishes for the next few celebrations. You'll be needed to settle a family conflict.

♐ SAGITTARIUS
You'll find yourself filling in for the boss while they take a much-needed vacation. This will have a positive impact on your career in the long term. If affection is missing from your relationship, your feelings will also disappear.

♑ CAPRICORN
For one reason or another, you'll be the focus of everyone's attention. It's possible that you'll save someone simply by listening attentively. This person will certainly appreciate you.

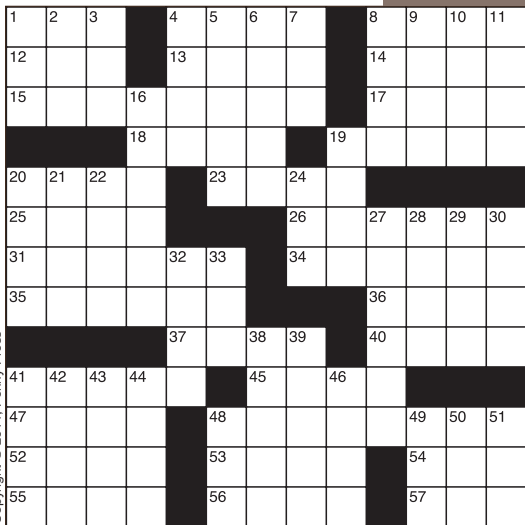
♒ AQUARIUS
You'll spare no expense when it comes to gifts and celebrating those closest to you. Your extraordinary generosity will bring you a sense of well-being. A family project will need careful thought.

♓ PISCES
It's not easy to make time for your social life when your work is so demanding. You need to let loose, so don't hesitate to accept invitations to go out and have fun with friends.

Coffee Break

CROSSWORDS

PUZZLE NO. 974



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ACROSS

1. Cost an arm and a _____
4. Cloth belt
8. Tight closure
12. Tourist stopover
13. Guitar's kin
14. Loafing
15. Teaches
17. Debtor's burden
18. Aware of
19. Observed
20. Diminishes
23. Pop or fountain
25. Spring
26. Foolish
31. Boat basin
34. Profited
35. Napped leathers
36. Buck
37. Persian king
40. Amount
41. America's Cup

DOWN

1. Tell a falsehood
2. Off the deep _____
3. Type of antelope
4. Hit openhandedly
5. Sedans, e.g.
6. Office writer
7. Guys
8. Farm building
9. Prepare for publication
10. To the sheltered side
11. Allow the use of
16. Canine tooth
19. Grandmother
20. "Desire Under the _____"
21. Suitor
22. Reveal
24. Burrowed
27. Insight
28. Involved with
29. Red, Yellow, and Black
30. "The _____ of Night"
32. Cozy abode
33. Lenten Wednesday
38. Brady housekeeper
39. The Ritz, e.g.
41. Exhibit boredom
42. Be sore
43. Gloat
44. Alters in length
46. Caboose and Pullman
48. Struggle (for)
49. Troublesome tyke
50. Neither's companion
51. James Bond, e.g.

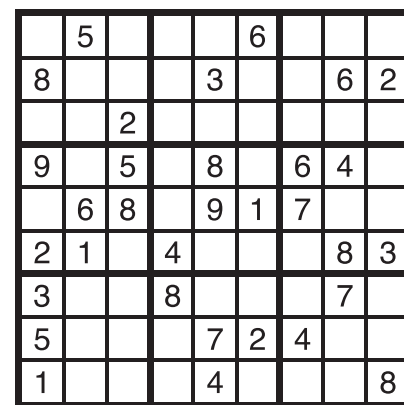
Sudoku

PUZZLE NO. 699

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.**

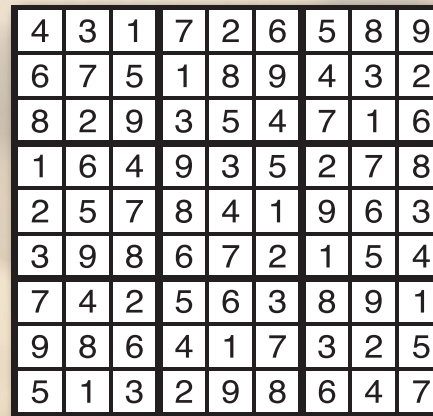


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