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Parc-Extension in pandemic mode

PAGES 3,13,14,15,16



Coronavirus COVID-19
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Québec



PRIME MINISTER TRUDEAU ANNOUNCES \$107 B EMERGENCY FUNDING SEE PAGE 2



PREMIER LEGAULT ANNOUNCES NEW AID TO QUEBECERS SEE PAGE 6

A man adjusting his gloves and mask on an empty street in Parc Extension.
Photo: Avleen K Mokha



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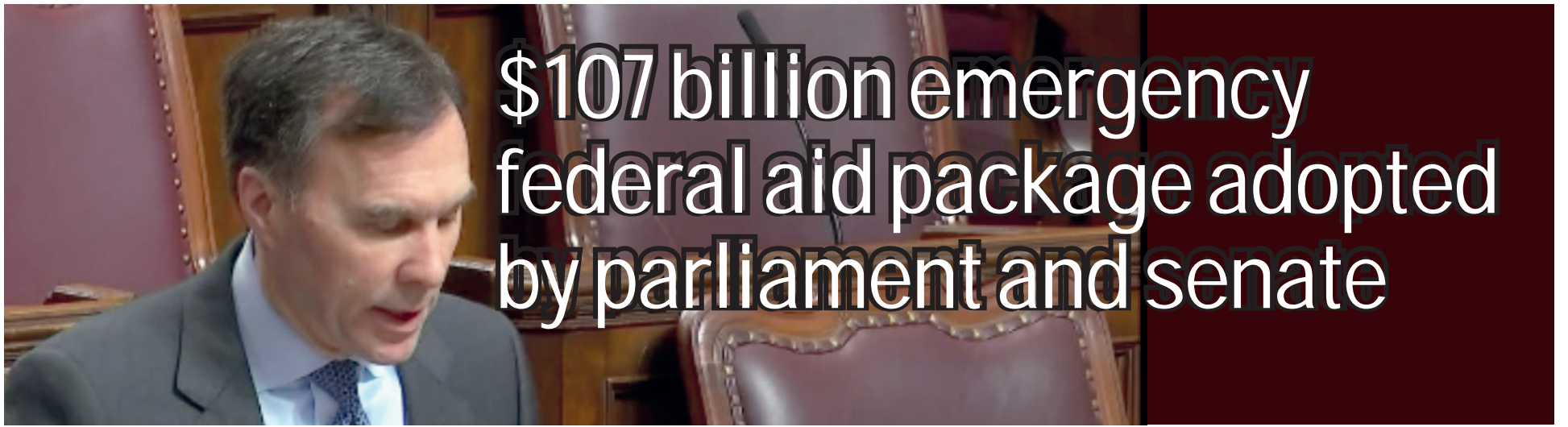
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\$107 billion emergency federal aid package adopted by parliament and senate

Early Wednesday morning of March 25th, The House of Commons passed emergency legislation to free up \$107 billion to help Canadians weather the COVID-19 crisis, but its approval came after a late night of wrangling to limit the Liberal government's ability to spend more money without Parliamentary approval.

The federal government decided the best way to support Canadians who are out of work, sick, supporting loved ones or in isolation due to the novel coronavirus is to have one emergency benefit – the Canadian Emergency Response Benefit.

"Extraordinary challenges necessitate extraordinary measures, and that is indeed how we've gotten to where we are with the benefits that we are putting forward to Canadians, the benefits we are putting forward to support businesses, and the benefits we are putting forward to support our economy," Federal Finance Minister Bill Morneau said,(photo above).

The portion of benefits to help Canadians and small businesses cope with the COVID-19 pandemic is almost double what it was expected to be, the federal finance minister said last Wednesday March 25th.

The total aid package was initially proposed at \$82 billion, but is now \$107 billion, with direct support to Canadians and small businesses increasing to \$52 billion.

Long negotiations

Following a day of tense negotiations, MPs began debating the bill in the wee hours of Wednesday morning, and a vote took place shortly after.

An emergency sitting of the House of Commons was suspended Tuesday moments after it began as Conservatives balked at provisions that would give the government sweeping powers to unilaterally spend, borrow and change taxation levels without Parliament's approval for the next 21 months.

Conservative Leader Andrew Scheer said early in the day that his party would support emergency efforts to get money to Canadians struggling with the COVID-19 crisis, but would oppose any attempts by the Liberal government to expand its power. His warning came before a

small group of 32 MPs gathered in the Commons to debate and vote on legislation to deliver \$82 billion in financial aid and tax deferrals to individuals and businesses, as proposed last week by the government to deal with COVID-19 and its ensuing economic havoc.

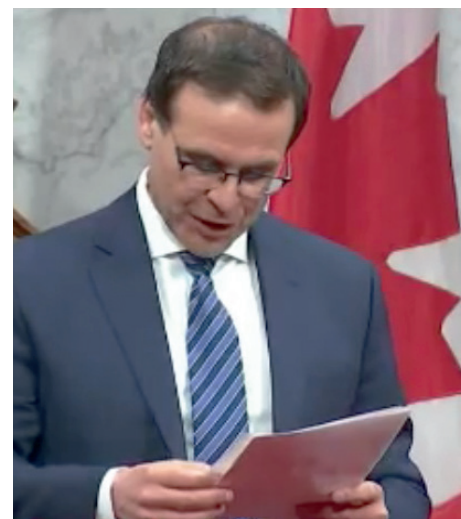
They convened as scheduled. However, the sitting had only just begun when the House leader asked that it be suspended so that the government could continue negotiating details of the legislation with opposition parties.

"Canadians need support to get through this. Fast," Rodriguez tweeted shortly after the sitting was suspended.

Almost six hours later, Bloc Quebecois Leader Yves-Francois Blanchet angrily denounced the delay. Blanchet said the bill should be put through the normal, lengthy legislative process necessary to get the money flowing as quickly as possible. He guaranteed Bloc support to approve the legislation.

In the end the bill received all-party support. With the bill approved by the Commons, the next step was to seek approval from the Senate to be followed immediately by royal assent.

Housakos presiding the Senate



Faith had it that it was Conservative senator – raised in Park-Extension resident– that presided

the passing of Bill C-13 from the Senate. In phone interview asked how he felt that day, he said:

"It was surreal presiding over the Senate today as we granted approval to Bill C-13 appropriating to our Government Billions of dollars in response to this major crisis. My thoughts were that the Trudeau government accumulated over 80 billion in deficits over their first four years in power during good time. Now that we have hit a serious crisis the cupboards are bare. I am concerned that this first phase of bailout won't make a dent in our 1.6 trillion \$ Economy that has gone in lockdown. I am also concerned if this lasts more than 6 months the treasury can run out of money."

Morneau: \$2,000 a month for four months.

Morneau said the benefit of \$2000, is designed as a wage subsidy, delivered directly to people. "We think that is critically important."

The government is targeting week of April 6 to make the benefit available.

The impact on the Canadian economy is significant, Morneau added.

"It means we are entirely funding this through the federal government."

"On top of that, there's \$55 billion in tax deferrals that we've said are there because neither individuals nor corporations will be forced to pay their income tax before Aug. 31," Morneau said.

Morneau said the federal government is also working with Canadian banks to credit available to businesses, but that benefit program is not ready yet. "The banking system is a source of strength for Canada, I believe the strongest banking system in the world," he added. "But we don't have anything final to report in terms of exactly the parameters of how we are going to move forward."

Who qualifies for The Canada Emergency Response Benefit (CERB)?

It's available to wage earners, contract workers and self-employed people who don't qualify for employment insurance (EI).

Prime Minister Justin Trudeau said Wednesday

that nearly one million people have applied for EI in the last week alone. In his daily address to the nation from his residence at Rideau Cottage, he acknowledged that many Canadians are feeling stressed about paying their bills as they lose income due to the global pandemic.

"The hard truth is people are out of work because of this crisis and worried about what comes next. So I want you to know that we'll be there to help you. Our government is doing everything we can to be there for you," he said.

If the federal government determines that someone received an income support payment for which they did not qualify, they will have to repay that amount as soon as they can.

The repayment amount will be determined by the government. No interest payments would be charged on the amount owed.

The aid package

The proposed aid package from Ottawa includes:

A temporary boost to Canada Child Benefit payments, delivering about \$2 billion in extra support.

A new Emergency Care Benefit of up to \$900 biweekly, for up to 15 weeks, to provide income support to workers, including the self-employed, who have to stay home and don't qualify for paid sick leave or employment insurance. The measure means up to \$10 billion could be disbursed.

A new Emergency Support Benefit to provide up to \$5 billion in support to workers who are not eligible for EI and who are facing unemployment.

A six-month, interest-free reprieve on student loan payments.

A doubling of the homeless care program.

An extension of the tax filing deadline to June 1. There is also a policy change allowing taxpayers to defer until after Aug. 31 tax payments that are due after today and before September.

Finally Prime Minister Justin Trudeau announced 75 per cent wage subsidy and \$40 000 guaranteed interest-free loans to help small and medium-sized businesses to keep employees on the payroll.

Details to come shortly.

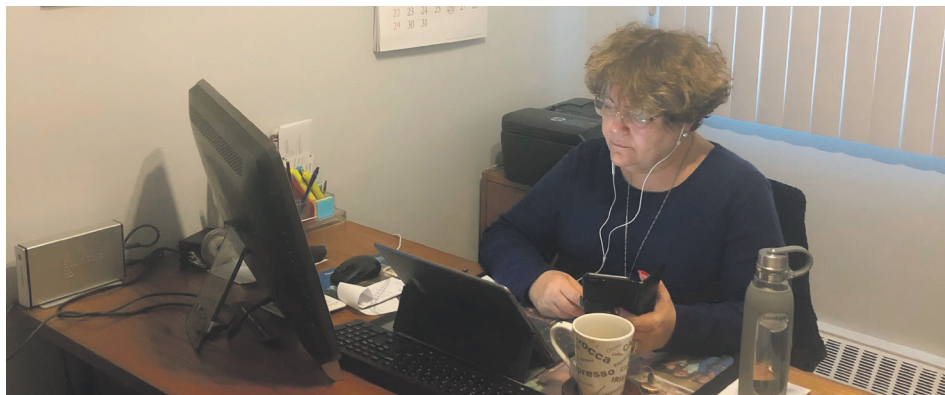


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Deros urges you to practise social distancing and access community resources



Parc Extension's councilor Mary Deros working -like many people- from her home office. Photo courtesy Mary Deros.

AVLEEN K MOKHA

On March 24, Montreal mayor Valerie Plante declared that the city is in a state of emergency. In an interview with PX-News, city councilor Mary Deros discusses how residents can expect changes in their day-to-day. Deros also mentions ways in which residents can connect with local resources and contact their municipal representatives.

Seniors and children: all must stay at home

One in five people who catch the coronavirus need hospital care, as per the World Health Organization (WHO). High risk populations include seniors and those with conditions such as high blood pressure, heart disease, lung disease, or diabetes. Deros asks that senior residents limit social gathering.

"Our seniors need to understand the importance of this," said Deros. "Up till a week and a half ago, they were still going to church and to the temples. They were going to the shops, buying a little bit, instead of going to get what they need and then go and stay home. They risk their lives, but they risk the rest of their families' lives too."

Young people are not "invincible" to the virus, according to a statement from the WHO Director-General. Deros encourages parents to not let their children play outside. She approves the City of Montreal's closure of school grounds and parks.

"When we say stay home, that means everyone stays home," Deros said. "We will get over this. But how long that will take depends on people staying home and not infecting others."

Federal and provincial aid available

Since the closure of non-essential services, many businesses have laid off employees to cut costs. Deros encourages workers to seek employment insurance (EI). "Both the federal and provincial governments are working on this," she said.

The federal government offers the Canada Emergency Response Benefit program for workers who have lost their jobs due to the coronavirus pandemic. The province of Quebec has established a Temporary Aid for Workers Program. Workers who do not qualify for federal assistance may apply for provincial aid instead.

"I hope that business owners and workers take advantage of the many plans being offered," Deros said.

Community support essential to protect the vulnerable

Deros acknowledges that staying at home comes with the possible risk of some populations, like women with domestic violence. The Canadian government has assigned \$50 million to support domestic violence shelters. Local shelters are not yet sure what the financial aid will look like.

Sarker Family Hope Foundation is a charity organization that aims to provide assistance during the pandemic. Volunteers help fill out emergency documents and deliver medicine or essential groceries. The Foundation runs a toll-free helpline number that can be reached by phone, and a live chat option is also available online.

"We are counting on the organizations and social services to provide them the support people need," Deros said.

Rent concerns between residents and landlords

The loss of jobs has increased anxiety about paying rent on April 1. "There is a lot of preoccupation about paying rent, especially in Parc Ex," Deros noted. "But it is also a catch-22. Owners have mortgages to meet, they too have expenses to pay."

On March 18, the six largest banks announced that they would allow mortgage payment deferrals up to six months. However, it is possible that deferred payments will accrue interest, depending on the bank.

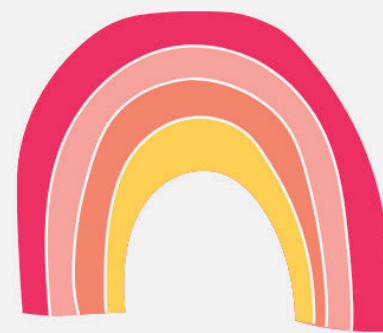
"Delaying rent and mortgage payments, or paying a little at a time, are individual agreements that tenants have to make with landlords and lenders," Deros said.

Rents are still due, according to Quebec's largest rental housing association CORPIQ. In a press release CORPIQ Director of Affairs Hans Brouillette said, "Tenants have no reason to believe that unpaid rent will be erased."

Council meetings

The borough's elected officials take questions from the public during the city council meeting. The Villeray/St-Michel/Parc Extension borough council meeting is scheduled for Monday, April 6.

Residents of the borough can send their questions by email, or through an online form available on the City of Montreal website. It is not yet known if the meeting will take place behind doors, with officials following distance guidelines, or by telephone conference. The answers to residents' questions will be made available online on the city website.



#ÇAVABIENALLER

ON RESTE À LA MAISON ET ON SAUVE DES VIES !

Une des grandes forces de notre quartier repose sur la richesse de sa diversité culturelle, de sa vitalité et de sa créativité. Notre communauté est tissée serrée et c'est tous et toutes ensemble que nous allons passer au travers cette situation exceptionnelle.

Respectons les consignes de la Santé publique de manière rigoureuse et évitons tout déplacement non essentiel.

Merci à tous ceux et celles qui continuent d'œuvrer avec dévouement pour offrir à la population les services essentiels durant cette période de crise sans précédent.

WE STAY HOME AND SAVE LIVES!

One of the strongest strengths of our district rests upon the richness of its cultural diversities, vitality and creativity. Our community is tightly woven and its all of us together that we will get through this exceptional situation.

Lets respect the instructions of Public Health in a rigorous manner and avoid all non-essential displacement.

Thank you to all those who continue to work with dedication to provide the population with essential services during this unprecedented period of crisis.



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Parlez-moi d'humour

Alcide Borik



Les joies du coronavirus

Commençons d'abord par cette anecdote que vous connaissez peut-être : C'est un jeune couple attaqué par un redoutable brigand mexicain qui menace d'exécuter le mari s'il sort du cercle que le méchant a tracé par terre à la craie afin de s'attaquer, lui-même, à la tendre et vierge épouse ; après quoi, il ricane méchamment et prend la poudre d'escampette. L'épouse court se jeter en sanglotant dans les bras de son seigneur et maître et constate, avec stupéfaction qu'il rit aux éclats:

-Trois fois j'ai mis le pied hors du cercle et le bandit ne s'est même pas rendu compte!!!

C'est exactement ce que font les personnes à risque à peine rentrées intactes d'une périlleuse randonnée dans des pays où sévit la coronamachin quand ils sortent en métro ou en autobus pour retrouver l'odeur de leur quartier alors qu'ils font de la fièvre et toussent... On nous dit que c'est sérieux !

- Prendre les autorités au sérieux?... Mon anarchie congénitale rue dans les brancards!

D'abord, je n'ai pas 70 ans, j'en ai quatre-vingt! Alors que ce sont les septuagénaires qui sont le plus à risque !

Ensuite, j'ai l'intention de sortir de mon appartement, de peser du bout de ma canne sur le bouton d'appel de l'ascenseur pour retrouver ma voiture au sous-sol, faire un petit tour dans le quartier sans rien toucher de suspect, passer prendre livraison d'une commande par-ci, m'acheter un repas cuisiné par-là, et rentrer chez moi une heure plus tard. (Ne le dites-pas à ma fille, elle va me crucifier!)

Qu'il va faire bon rouler dans ces rues et

ruelles enfin sèches et ensoleillées de ma ville!. Regarder les gamins du quartier jouer un petit match de hockey, tandis que les ados échangent gaiement leurs microbes et virus sans trop se préoccuper des conseils de leurs aînés, (*bien sûr!*) et des politiciens (*Causes toujours!*) qui nous répètent de ne pas nous préoccuper de l'argent, qu'ils vont tout arranger... (*air connu!*)...

Je rêve de voir les écureuils s'affairer à déterrer leurs trésors enfouis à l'automne, entendre les premières corneilles redécouvrir le parc, puis, de retour devant ma télé, voir un joueur du Canadien nous parler calmement sans haleter ni suer, des 3 parties en 4 jours où les seuls gagnants sont les salaires et la "parité" si chère à la LNH, écouter les Italiens chanter "*Volare*" à leurs fenêtres ou les Espagnols nous convier à des concerts de casseroles, entrer enfin à la terrasse du *Paltoquet* où les jolies serveuses prendraient plus de 20 secondes en ma compagnie pour prendre la commande,...

Coudon, ce n'est pas la première fois qu'un méchant virus alimente nos terreurs viscérales que le ciel nous tombe sur la tête, (*que nous avons d'ailleurs fort dure!*) que les prétendus porte-paroles des écrits de la bible ou du coran, désireux d'asseoir une domination perpétuelle sur le monde des naïfs en faveur de la dictature des évêques abuseurs et des fous d'Allah, d'un Gauchiste qui n'aime pas la droite, d'un Facho qui n'aime pas les autres, ou d'un Anglo qui n'aime personne!...

Bon!... on respire par le nez et on s'en parle dans six mois!

COVID-19: A latter-day plague upon us

"Everybody knows that pestilences have a way of recurring in the world; yet somehow we find it hard to believe in ones that crash down on our heads from a blue sky. There have been as many plagues as wars in history; yet always plagues and wars take people equally by surprise." ~ Albert Camus ~

When French author Albert Camus was creating one of his most famous works, *The Plague*, he was writing in the immediate aftermath of World War II when Nazi and fascist forces fought democracies for global supremacy.

In that context, his book is often interpreted as an allegory for France's resistance to the Nazi occupation. On another level, it is a narrative that describes the impact on humanity of a major epidemic, uncannily similar to what we are presently experiencing.

"A pestilence isn't a thing made to man's measure," writes Camus. "Therefore we tell ourselves that pestilence is a mere bogey of the mind, a bad dream that will pass away. But it doesn't always pass away and, from one bad dream to another, it is men who pass away, and the humanists first of all, because they haven't taken their precautions."

While the sums currently being laid out by governments in Canada, the U.S. and all over the globe to deal with the COVID-19 crisis may seem like enough to bankrupt any nation, it should be recalled that the same governments spent hundreds of billions of dollars more than a decade ago bailing out the world's collapsing banks.

In Canada, the federal government has so far announced more than \$80 billion to deal with the direct impact of the virus, and up to \$565 billion in commitments that take into account the financial stimulus that will be needed to rehabilitate Canada's battered corporations and financial institutions.

If anything, the crisis, especially in the U.S. where public health care is patchy at best, is once again exposing the massive rift between the haves and the have-nots. Without much doubt, the mortality count in the U.S. will likely be very high among the poor, owing to the almost complete lack of publicly-funded health care in the U.S.

Quoted in a recent issue of the *New York Times*, Mark Humphries, author of *The Last Plague: Spanish Influenza and the Politics of Public Health in Canada*, said that what the 1918 flu epidemic made clear was that public health threats are not based in class, and are not simply limited to immigrants, which is how

they tended to be viewed in the 19th and early 20th centuries.

"The change in mentality that comes out of 1918 is the recognition that taking a shared responsibility toward preventing, controlling and managing disease is important," Humphries said.

A preliminary outlook would suggest that online retail giant Amazon, as well as its brick-and-mortar counterpart Wal-Mart, along with virtually all the large grocery retail chains, are earning tremendous profits as a result of COVID-19, largely because of sales to terror-stricken people who are stocking up.

We are also led to believe that, if anything, the situation is resulting in the creation of employment, since Amazon, Wal-Mart, IGA, Metro and others want to hire tens of thousands of workers to deal with their growing backlog of orders.

Amazon and the others have already agreed to pay higher wages, presaging the possibility they may also have to eventually raise the pay, as those front-line workers are likely to fall ill on the job, which will necessitate the hiring of more workers to replace them. The ensuing question then becomes: is it worth risking your life and long-term health for a \$2 an hour raise?

For the Trudeau Liberal government, COVID-19 is without a doubt the steepest challenge it has faced since first being elected in 2015.

After five years of almost unrestrained spending, justified by the belief that a strong economy will pay for the rising mountain of debt, the Liberals now face a gargantuan bill for COVID-19 measures as well as for the resulting economic fallout.

The potential impact of a calamity of this magnitude on their watch was something that was probably never fully taken into account by the Liberals.

It's an enormous miscalculation on the part of a government that was functioning quite well as a minority since the 2019 election, but that now could easily be brought down on spending issues by the opposition, eventually forcing an election.

— Martin C. Barry —

The opinions on THIS PAGE reflect the consensus of Editorial Board.

Nouvelles
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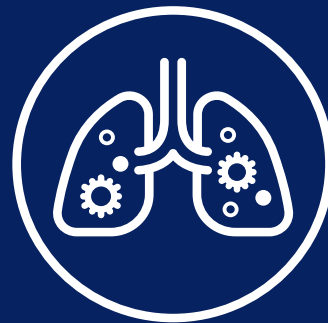
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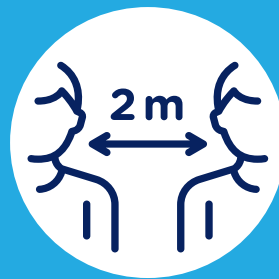
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Québec has taken a number of financial measures to help citizens and businesses

Legault: "Don't worry, we will take care of you!"

(NEWSFIRST) The premier also promised that no one who is working now and earning minimum wage will take home less than \$2,000 monthly.

He said Quebec will top up those wage earners' incomes, so that they won't be left in a position where they would get more money simply staying home, through other government initiatives announced to help those confined to their homes to help prevent the further spread of the virus.

The details still have to be worked out, but Legault committed to getting it done.

Quebec Premier François Legault said Sunday that the number of new COVID-19 cases in the province appears to be "stabilizing."

There are now 3430 confirmed cases in the province, an increase of 590 or about 18 per cent from the day before. Daily increases in cases last week had been over 20 per cent. The number of dead remains at 25.

"Public health authorities are telling us that our efforts are paying off, so don't give up," Legault said at his daily news conference in Quebec City.

He said the province is providing new aid for long-term care homes, and will create stricter rules for access to the facilities.

\$2.5M in emergency funds for women's shelters

The Quebec government is providing \$2.5 million in emergency funding to women's shelters and women's assistance organizations to help them deal with the complexities imposed by the coronavirus crisis.

The funds will go toward transportation and accommodation costs, and to cover overtime being worked.

"The current health crisis and the isolation measures imposed by the government are exposing more women than ever to situations of violence," Isabelle Charest, Quebec's minister responsible for the status of women, said in a statement.

"This emergency aid was therefore necessary."

The organizations, which provide assistance and refuge to women in abusive relationships, face various difficulties as they deliver their services in the COVID-19 era. Many shelters are at or near capacity and under quarantine, making it difficult or impossible to open new spots.

Financial assistance to certain workers affected

In the context of the crisis created by the COVID-19 pandemic, the Government of Quebec in partnership with the Red Cross, will make it possible for workers who cannot earn their full income and who are not eligible for another program to receive financial assistance of \$573 per week for a period of 14 days. An extension of 14 more days is possible if justified by the worker's health status.

Workers will be eligible for this aid if:

- they do not receive any compensation from their employer;
- they do not have private insurance (this is the case for the majority of self-employed workers);
- they do not benefit from Employment

Insurance coverage.

-Only workers who are in isolation for the following reasons will be eligible for this assistance:

- they contracted the virus or are showing symptoms of it;
 - they have been in contact with an affected person;
 - they are coming back from abroad.
- In addition to these three conditions for isolation, the program is only available to workers who reside in Quebec and are 18 years of age or older.

Other measures

- the suspension of student loan debt repayment for 6 months, including borrowers whose accounts are in collection;
- the announcement of flexibility measures respecting the terms and conditions of loans already granted by Investissement Québec or through the local investment funds;
- coverage, by the Régie de l'assurance maladie du Québec (RAMQ), of health services related to COVID-19 provided by correspondence or by means of telecommunications;

Measures for businesses

To help the small and medium businesses the Quebec Government has announced the following:

- the announcement of the Concerted temporary action program for businesses (PACTE) administered by Investissement Québec. This financial assistance with a budget of \$2.5 billion

is available to businesses operating in Québec, including cooperatives and other social economy enterprises with commercial activities. Eligible businesses are those that find themselves in a precarious situation and temporary difficulty as a result of COVID-19. They must show that their financial structure offers realistic prospects for profitability. Applications will be reviewed on a case-by-case basis, according to the business's circumstances and Investissement Québec's management practices.

- the postponement for businesses until June 30 of the filing deadline for their QST returns and payments respecting the March 31, April 30 and May 31 remittances, without interest or penalties;
- accelerated processing of requests for tax credits for businesses and tax refunds;

Work schedules and absences

Employers are asked to be flexible regarding their employees' work schedules to limit, for example, crowds in public transit during rush hour.

To reduce overcrowding in hospitals, the Québec government asks employers not to require their employees to present a doctor's note if they have to self-isolate.

If possible, employers are also asked to encourage their employees to telework.

Businesses that deliver goods from abroad in Québec do not have to ask their employees to temporarily self-isolate.



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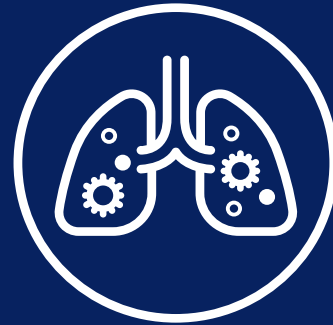
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

Protecting yourself saves lives.



Cough into your sleeves



Throw your used tissues into the trash



Wash your hands



Keep your distance



Stay at home

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

 514 644-4545

LA CRISE CORONAVIRUS

COVID-19 - Devenez bénévole : inscrivez-vous en ligne sur jebenevole.ca

CNW Telbec/ - Le ministre du Travail, de l'Emploi et de la Solidarité sociale, Jean Boulet, lance un appel à la solidarité. Tous les Québécois sont invités à venir prêter main-forte aux organismes communautaires de leur région. L'objectif est de venir en aide aux personnes les plus vulnérables rapidement.

Plusieurs organismes communautaires doivent maintenir leurs services essentiels. Par contre, ils font face à un besoin important de bénévoles. En effet, plusieurs personnes de 70 ans et plus étaient bénévoles avant la crise de la COVID-19. Maintenant, elles doivent demeurer à la maison, en raison de la consigne de la santé publique.

Soulignons qu'en cette période de crise sanitaire le travail des organismes communautaires est primordial pour maintenir le tissu social. En effet, les problématiques sociales augmentent dans la population ainsi que les besoins de bénévoles.

Le gouvernement du Québec a donc établi un partenariat avec la Fédération des centres d'action bénévole du Québec (FCABQ). Le but est de pouvoir centraliser les offres de

bénévolat au même endroit.

Facile à utiliser

Toutes les offres de bénévolat et les besoins des organismes communautaires sont dorénavant regroupés sur une plateforme unique, accessible au jebenevole.ca. Ce site sera exclusivement consacré aux besoins liés à la situation de la COVID-19. Les offres sont regroupées par région et par ville. En un seul clic, tous pourront s'y retrouver facilement.

La plateforme Web présente les besoins des organismes ainsi que les profils et les compétences des candidats recherchés. Les personnes intéressées pourront postuler simplement en ligne et seront appelées par la suite.

Parmi les exemples d'activités de bénévolat, il y a

- téléphone amical aux aînés;
- accompagnement et transport des personnes à l'hôpital;
- aide au maintien à domicile;
- service d'épicerie pour les personnes handicapées;

-livraison de popote aux aînés vulnérables; livraison de médicaments aux aînés.

Les bénévoles intéressés peuvent manifester leur intérêt sur le site jebenevole.ca.

Jean Boulet: «impliquez-vous! »

Le ministre du Travail, de l'Emploi et de la Solidarité sociale, Jean Boulet demande à tous de s'impliquer comme bénévole.

«Vous avez le pouvoir de faire une différence importante dans la vie des gens. Même si c'est seulement pour une journée, votre apport sera significatif. On l'entend souvent, le bénévolat rapporte autant aux bénévoles qu'aux personnes aidées. La situation exceptionnelle que nous vivons nécessite que chacun se serre les coudes, c'est tous ensemble que nous passerons au travers! »

La plateforme

La plateforme jebenevole.ca regroupe un peu plus de 1 500 organismes communautaires.

Des mesures de sécurité ont été prises pour assurer la sécurité des bénévoles et des personnes aidées.

Le site Internet jebenevole.ca est mis en ligne par la Fédération des centres d'action bénévole du Québec (FCABQ).

Le gouvernement tient à rappeler l'importance de respecter en tout temps les mesures suivantes, afin de limiter la propagation de la COVID-19 :

Se laver les mains souvent avec de l'eau et du savon pendant au moins 20 secondes.

Utiliser un désinfectant à base d'alcool, si l'on n'a pas accès à de l'eau et à du savon.

Se couvrir la bouche et le nez avec l'intérieur du coude ou un mouchoir lorsque l'on tousse ou que l'on éternue.

Si l'on en utilise un, jeter le mouchoir en papier dès que possible et se laver les mains par la suite.

Éviter le contact direct, comme les poignées de main, pour les salutations et privilégier l'usage d'autres pratiques. Pour plus de renseignements, les personnes concernées peuvent téléphoner au 1 877 644-4545.

COVID-19: La CMM octroie une aide d'urgence au 211 Grand Montréal

Mon bureau de circonscription et moi sommes là pour vous et travaillons avec détermination pour soutenir et protéger les Canadiens dans le contexte actuel.

En cette période de distanciation sociale, soyez prudents tout en passant de Joyeuses Pâques!

My constituency office and I are here for you and are working tirelessly to support and protect Canadians in the current situation.

In this period of social distancing, be careful while enjoying a Happy Easter!

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

T: 514-277-6020 E-mail: justin.trudeau.C1C@parl.gc.ca



Le comité exécutif de la Communauté métropolitaine de Montréal (CMM) a approuvé l'octroi d'une aide d'urgence de 200 000 \$ au Centre de référence du Grand Montréal afin de permettre au service 211 Grand Montréal de répondre adéquatement aux besoins de la population dans le contexte de la COVID-19.

Le service d'information et de référence sociale fait en effet face à une importante hausse du volume d'appels depuis le début de la pandémie de la COVID-19.

Entre le 13 et le 28 mars, le nombre d'appels quotidiens a pratiquement quadruplé tandis que le nombre de recherches sur son site web a grimpé de plus de 30 %.

Cette aide financière exceptionnelle servira à accroître les ressources humaines dédiées à répondre aux demandes de la population et ainsi à diriger les demandeurs vers les bons services dans un délai raisonnable. Elle permettra également d'effectuer les changements technologiques nécessaires pour assurer l'accessibilité des services téléphoniques en mode télétravail, l'ajout de nouveaux conseillers et la mise à jour des informations sur les organismes qui ont vu leur mode de fonctionnement affecté par la

pandémie.

« Les services de référence comme le 211 jouent un rôle fondamental dans la chaîne de soutien social et communautaire et c'est encore plus vrai ces jours-ci, alors que le système entier subit une pression énorme. Cette somme nous permettra de nous assurer que les personnes plus vulnérables trouveront l'aide dont elles ont besoin, notamment les personnes âgées de plus de 70 ans qui composent la principale clientèle du service téléphonique 211 et qui se trouvent actuellement plus isolées que jamais », a déclaré Valérie Plante, mairesse de Montréal et présidente de la Communauté métropolitaine de Montréal.

Rappelons que le service 211 Grand Montréal contribue à combattre la pauvreté et l'exclusion sociale, en dirigeant les personnes aux prises avec des besoins non urgents vers des ressources sociocommunautaires de proximité comme les banques alimentaires, les organismes de soutien psychosocial, les services de maintien à domicile ainsi que les services d'intégration des immigrants. Le 211 est un service gratuit, accessible à tous en ligne ou en composant le 2-1-1. Le service téléphonique est multilingue (200 langues) et disponible 7 jours par semaine, de 8 h à 18 h.

ON IMPRIME VOS CHÈQUES ET VOUS SAUVEZ DE L'ARGENT

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On protège aussi sa santé mentale!

Vous vous sentez stressé, anxieux ou déprimé? Les conseils suivants vous permettront d'affronter sainement les événements entourant l'épidémie du coronavirus COVID-19 au Québec.

La pandémie du coronavirus (COVID-19) qui se déroule actuellement ainsi que les mesures inédites de prévention qui y sont liées représentent une réalité inhabituelle à laquelle il peut être particulièrement difficile de vous adapter. Pour certaines personnes, ces mesures peuvent fragiliser une situation déjà difficile pour des raisons notamment familiales, financières ou sociales.

Un événement de cette envergure peut ainsi avoir des conséquences sur votre santé physique, mais également sur votre santé mentale, en générant du stress, de l'anxiété ou de la déprime. Il existe pourtant des moyens à votre portée afin de mieux gérer ces réactions.

La plupart des gens arriveront à s'adapter à la situation, mais il demeure important que vous restiez attentif à vos besoins. N'hésitez pas à prendre les moyens nécessaires pour vous aider.

Si vous êtes un proche d'une personne ayant des incapacités, vous êtes invité à porter une attention particulière aux différents signes de stress, de dépression ou d'anxiété chez ces personnes lorsqu'elles ne peuvent les exprimer clairement.

Votre 
gouvernement

Comment cela se manifeste-t-il?

1 SUR LE PLAN PHYSIQUE

- Maux de tête, tensions dans la nuque
- Problèmes gastro-intestinaux
- Troubles du sommeil
- Diminution de l'appétit

2 SUR LES PLANS PSYCHOLOGIQUE ET ÉMOTIONNEL

- Inquiétudes et insécurité
- Sentiment d'être dépassé par les événements
- Vision négative des choses ou des événements quotidiens
- Sentiments de découragement, de tristesse, de colère

3 SUR LE PLAN COMPORTEMENTAL

- Difficultés de concentration
- Irritabilité, agressivité
- Isolement, repli sur soi
- Augmentation de la consommation d'alcool, de drogues et de médicaments

Comment bien s'adapter à la situation?

En période d'isolement préventif, prenez soin de vous. Gardez contact avec vos proches par téléphone ou par le Web. Soyez attentif à vos émotions, et parlez-en à une personne de confiance, tout en observant les mesures de distanciation recommandées. Parlez avec un ou une amie ou demandez de l'aide quand vous vous sentez dépassé : ce n'est pas un signe de faiblesse, c'est vous montrer assez fort pour prendre les moyens de vous en sortir. La pratique d'une activité physique vous permettra également d'éliminer les tensions.

Pour diminuer le stress, accordez-vous des moments de plaisir, que ce soit en écoutant de la musique ou en prenant un bain chaud. Vous pourrez ainsi mieux traverser ces moments difficiles, en misant sur vos forces personnelles.

Quoi faire en cas de détresse?

Le prolongement de cette situation inhabituelle pourrait aggraver vos réactions émotionnelles. Vous pourriez par exemple ressentir une plus grande fatigue, des peurs envahissantes, avoir plus de difficulté à accomplir vos tâches quotidiennes ou développer une crainte excessive de contagion. Portez attention à ces signes et communiquez aussi tôt que possible avec les ressources vous permettant d'obtenir de l'aide.



Vous avez des inquiétudes financières?

L'augmentation du stress lié à l'insécurité financière peut aussi entrer en ligne de compte en situation de pandémie. En effet, les pertes de revenus ou d'emplois sont une grande source d'anxiété chez les personnes, notamment lorsqu'il est question de mesures d'isolement. Dans ces cas particuliers, consultez les sites existants, notamment le site officiel du gouvernement du Québec : Quebec.ca/coronavirus, où vous trouverez des mesures d'aide en place, ou de manière plus générale, pour trouver de l'aide dans le milieu communautaire, consultez : esantementale.ca

Comment aider les enfants et les adolescents à gérer leurs inquiétudes ?

Comme pour vous, les enfants et les adolescents peuvent être inquiets devant les événements exceptionnels que cette pandémie provoque. Ne comprenant pas toujours l'information qui circule, ils peuvent eux aussi être grandement affectés. Les réactions varient d'un enfant à l'autre.



Les signes de stress chez votre enfant :

- Il a des troubles du sommeil;
- Il présente des inquiétudes (veut se faire prendre, pose des questions);
- Il a des douleurs physiques (maux de ventre);
- Il a un comportement plus agité (contestation).

Quoi faire ?

- Gérez vos émotions (au besoin, retirez-vous quelques minutes dans un milieu isolé, la salle de bain par exemple, pour retrouver votre calme);
- Enseignez-lui les consignes d'hygiène;
- Rassurez-le et passez du temps avec lui;
- Faites-le participer aux tâches de prévention domestique;
- Conservez autant que possible vos habitudes et vos horaires ou veillez à en créer de nouveaux, pour jouer et vous détendre en toute sécurité.

Soyez à l'écoute de leurs craintes et de leur besoin d'être rassurés en les laissant s'exprimer dans leurs mots. Répondez avec bienveillance à leurs réactions, écoutez leurs inquiétudes et donnez-leur encore plus d'amour et d'attention. Si possible, donnez-leur l'occasion de jouer et de se détendre.



Les signes chez l'adolescent :

- Il est inquiet pour sa santé et celle de ses proches;
- Il ne se sent pas touché par la situation ou bien il minimise les risques;
- Il ne veut plus s'adonner à ses activités préférées;
- Il éprouve des troubles du sommeil, montre un changement dans son appétit (trop ou pas assez);
- Il a envie de consommer de l'alcool, des drogues;
- Il est agressif, irritable, il refuse de respecter les consignes de santé publique.

Quoi faire ?

- Vérifiez s'il comprend bien la situation et rectifiez l'information dont il dispose;
- Ne minimisez pas la situation;
- Évitez les discours moralisateurs;
- En cas d'incertitude pour répondre à ses questions, informez-vous et apportez-lui des réponses dès que possible ou invitez-le à consulter une ligne d'aide et de soutien téléphonique.



Gestion du temps à la maison ou en situation de télétravail

- Accordez quelques moments par jour à des activités en famille : jouer à des jeux de société, lire un livre, faire une promenade en respectant les mesures de distanciation sociale, etc.;
- Profitez de la sieste des plus petits pour effectuer les échanges à distance avec les collègues;
- Invitez les enfants à « travailler » eux aussi en dessinant, en lisant ou en faisant des activités éducatives;
- Invitez les plus grands à superviser les jeux des plus petits;
- Répartissez entre les parents le temps passé avec les enfants.

Autres mesures vous permettant de mieux gérer votre stress ou votre anxiété en famille

Bien qu'il soit important de vous informer correctement, limitez le temps passé à chercher de l'information au sujet de la COVID-19: une surcharge d'information pourrait augmenter votre stress, votre anxiété ou votre état de déprime.

Utilisez les informations dont vous avez besoin afin de préparer les prochaines étapes. Planifiez la mise à jour des informations à des temps spécifiques, une ou deux fois par jour.

Évitez les nouvelles sensationnalistes et les sources d'information douteuses. Cela vous permettra de distinguer les faits des rumeurs. Concentrez-vous sur les faits, en vue de mieux contrôler vos inquiétudes.

En tout temps, faites appel à des ressources fiables, comme le site officiel du gouvernement du Québec: [Quebec.ca/coronavirus](https://quebec.ca/coronavirus)

Ressources

En cas de stress, d'anxiété ou de déprime liés à la progression de l'épidémie actuelle au Québec, vous pouvez composer le 418 644-4545, le 514 644-4545, le 450 644-4545, le 819 644-4545 ou le 1 877 644-4545 (sans frais) ailleurs au Québec. Vous pourrez alors obtenir plus d'information et être dirigé vers des professionnels en intervention psychosociale qui vous offriront du soutien et des conseils, selon vos besoins.

Pour les personnes sourdes ou malentendantes veuillez composer le 1 800 361-9596 (sans frais).

Pour mieux gérer l'inquiétude :

- Mieux vivre avec son enfant : inspq.qc.ca/mieuxvivre
- ecolebranchee.com (vidéo qui explique la COVID-19 aux jeunes, et qui explique pourquoi les écoles sont fermées, comment on fabrique les vaccins, etc.)
- carrefour-education.qc.ca (guides thématiques sur la COVID-19)

Pour mieux gérer son temps en famille :

- alloprof.qc.ca
- teteamodeler.com (en plus, on y retrouve des idées de bricolages, comptines, cuisine, etc.)
- viedeparents.ca
- vifamagazine.ca

Lignes d'écoute pour les personnes en détresse psychologique :

- Regroupement des services d'intervention de crise au Québec : centredecrise.ca/listecentres : offre des services 24/7 pour la population en détresse;
- Tel-Aide : Centre d'écoute offert 24/7 aux gens qui souffrent de solitude, de stress, de détresse ou qui ont besoin de se confier : 514 935-1101;
- Écoute entraide : Organisme communautaire qui soutient les personnes aux prises avec de la souffrance émotionnelle : 514 278-2130 ou 1 855 EN LIGNE;
- Service d'intervention téléphonique 1 866 APPELLE (277-3553).

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

📞 1 877 644-4545

Québec 

Don't forget about mental health!

Are you feeling stressed, anxious or depressed? The following advice can help you to intelligently deal with events stemming from the coronavirus COVID-19 epidemic here in Québec.

The current coronavirus (COVID-19) and related unprecedented preventive measures are a new reality, one that is not easy to deal with. For some, the measures can make an already difficult situation even more fragile for family, financial and/or social reasons.

While an event of this size can affect your physical health, it can also impair your mental health by causing stress, anxiety or depression. But there are things you can do to improve how you manage these types of reactions.

Most people will succeed in adapting to the situation, but paying attention to your needs remains very important. Don't be afraid to do what is necessary to help yourself.

If you are a close friend or family member of a person with disabilities, pay particular attention to signs of their stress, depression or anxiety if they are unable to clearly express them.

How do these problems manifest themselves?

1 PHYSICAL SYMPTOMS

- Headaches, neck tension, digestive problems
- Sleep problems
- Loss of appetite

2 PSYCHOLOGICAL AND EMOTIONAL SYMPTOMS

- Worries and sense of insecurity
- Feeling overwhelmed by events
- Negative view of things or daily events
- Discouragement, sadness or anger

3 BEHAVIOURAL SYMPTOMS

- Difficulty concentrating
- Irritability, aggression
- Isolation, withdrawal from others
- Increased use of alcohol, drugs and medication

How to succeed in adapting?

Take good care of yourself when you are in preventive isolation. Stay in touch with your close friends and family by telephone or Internet. Pay attention to your feelings and talk about them with someone you trust while yet abiding by social distancing recommendations. Speak with a friend and ask for help when you feel overwhelmed. It isn't a sign of weakness but strength when you do what is necessary to get through it. Physical activity will also help reduce tension.

Give yourself moments of pleasure by listening to music or taking a warm bath: it will lower stress. Counting on your own strengths will help you to surf over the hard times.

What to do when distressed?

When this unusual situation seems never-ending, your emotional reactions can become sharper. For example, you may feel greater fatigue, become overwhelmed by fear, have more trouble accomplishing your daily tasks or fear a greater risk of contagion. Pay attention to these signs of trouble ahead and, as soon as possible, reach out to the resources that are available to help.



Experiencing financial worries?

Increased stress related to financial insecurity can also arise during a pandemic. Loss of employment and income are a major source of anxiety for everyone, but it can become worse when we are in isolation. Many websites exist that offer help, such as the Québec.ca/coronavirus government site. The following website can also provide general assistance: ementalhealth.ca

How to help young children and teenagers manage their worries?

Just like you, children and teenagers can have concerns about the pandemic and the events that are taking place. They can in fact be affected even more because they do not always understand the information they hear or see. Reactions vary individually, so be attentive to their fears and need to be reassured, and let them use their own words to describe how they feel.



Signs of your child's stress:

- Trouble sleeping
- Wants to be held, asks questions
- Physical pain such as tummy ache
- Agitated behaviour, disputing what you say or do

What to do?

- Keep control of your emotions. For example, you might go into the bathroom by yourself to calm down
- Teach your child basic personal hygiene, such as how to wash hands properly
- Reassure and spend more time with your child
- Have your child take part in household preventive tasks
- Maintain your usual habits and schedules or create new ones for safe play and relaxation

Show them that you care. Listen to their worries and give them even more love and attention. If possible, provide opportunities for them to play and relax.



Signs of your teenager's stress:

- Worries about personal health and the health of close friends and family
- Feels unaffected by the situation or laughs off the danger
- No longer interested in preferred activities
- Has trouble sleeping, appetite issues (eats too much or not enough)
- Wants to drink alcohol and/or take drugs
- Is aggressive, irritable, refuses to obey public health instructions

What to do?

- Ensure that your teenager really understands the situation. Correct any information that is wrong
- Do not minimize the seriousness of the situation
- Avoid moralizing
- If you are uncertain about how to respond, say so. Provide serious answers as soon as you can or suggest calling a telephone support hotline



Managing time at home or when teleworking

- Set aside some time each day for family activities. Play board games, read out loud, go for a walk applying distancing measures, etc.
- Speak with your workmates by phone or chat at nap time
- Suggest your children work just like you by drawing, reading or doing educational activities
- Invite the older children to supervise the younger ones when they play
- Ensure that each parent gives time to the children

Other ways to better manage your stress or anxiety as a family

While obtaining the right information is important, put limits on time spent seeking information about COVID-19. Information overload can raise the stress level, making you more anxious or even depressed.

Use the information you already have to plan what comes next. Set aside specific times for updates once or twice a day.

Avoid sources of sensationalist news and doubtful information. This will help separate fact from rumour. Concentrate on facts to help allay your concerns.

Use reliable resources like the Government of Québec official Québec.ca/coronavirus website.

Resources

For stress, anxiety or depression about the progression of the current epidemic in Québec, call Services Québec at 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 or toll free at 1-877-644-4545. The person that answers your call will provide more information and you will be directed to a psychosocial professional who can provide the additional support and advice you need.

Deaf or hard-of-hearing persons call toll free at 1-800-361-9596.

Resources for better management of worry:

- Living better with your child: inspq.qc.ca/en/tiny-tot
- ecolebranchee.com (video that explains COVID-19 to children and why schools are closed, how vaccine is made, etc.) [French]
- carrefour-education.qc.ca (French)

Resources for better management of family time:

- alloprof.qc.ca (French)
- teteamodeler.com (also has ideas for crafts, cooking, nursery rhymes, etc.) [French]
- viedeparents.ca (French)
- vifamagazine.ca (French)

Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec: centredecrise.ca/listecentres (French) offers services 24/7 for persons in distress
- Tel-Aide listening centre provides help 24/7 to people suffering from solitude, distress or who need to have someone listen: 514-935-1101
- Écoute entraide is a community organization that supports people who are emotionally suffering: 514-278-2130 or 1-855-EN LIGNE
- Telephone assistance service 1-866-APPELLE (277-3553)

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

📞 1-877-644-4545

Québec

COVID-19: Updates from CLSC Parc-Extension

AVLEEN K MOKHA

The CLSC of Parc-Extension, located by Parc metro, is often the first point of contact for residents in the neighbourhood with questions about healthcare services. Here is a summary of the main updates from the CLSC that might answer questions you have.

Illness symptoms

Those presenting COVID-19 symptoms are asked to call 1 877-644-4545 for screening or to go to the walk-in COVID-19 screening clinic located at Place des Festivals in downtown Montreal. Residents can also take the online preliminary COVID-19 evaluation tool at www.covid19.quebec.ca to see if they qualify.

If someone is unsure, they can present themselves at the CLSC. During the initial assessment, physicians and clinicians at the CLSC triage clients. If necessary, the patient will be placed on a waiting list for an appointment at the drive-thru screening clinic in Côte-Saint-Luc.

Safety measures

Measures are being taken at the CLSC to ensure the safety of the staff.

"We follow the guidelines established by the CIUSSS West-Central Montreal's pandemic committee," Jennifer Timmons, spokesperson for the CLSC confirmed. "Information is communicated to the CLSC de Parc-Extension staff on a daily basis and adjustments are made in consequence."

A security agent is present at the entrance of the CLSC to ensure that all people wash their hands when entering the building and will ask those with cold symptoms to put on a mask. During busy times, a nurse is usually present to do a pre-triage in the waiting area if needed.

Patient visits suspended

Visiting patients and senior residences is presently suspended across the West Central region until further notice.

Hospitals included in this policy are the Jewish General Hospital, Mount Sinai Hospital, Richardson Hospital, and Catherine Booth Hospital. It is also prohibited to visit residents at Miriam Home residential services and Guimont Complex. Visitors of patients at the Côte-des-Neiges Birthing Centre may not enter either. Long term care facilities do not permit residents to leave the building nor allow companions to come in. Only staff with I.D. proof can enter. This rule applies to the Father Dowd Residential Centre, Henri Bradet Residential Centre, Saint Andrew Residential Centre, Saint Margaret Residential Centre, Donald Berman Maimonides Geriatric Centre, and Donald Berman Jewish Eldercare Centre.

"In private residences, residents can connect with family members on their own," the spokesperson said. "Families of residents at the long-term care centres are contacted by the staff healthcare workers."

Support program for seniors ongoing

The CLSC can offer more information for senior citizens at home who have limited independence. Together, the professionals develop a service plan.

The relevant program is the Support Program for the Autonomy of Seniors (SAPA), run at different sites in the West-Central Region.

"The SAPA is not suspended," the spokesperson confirmed. "We will continue to provide services to home care clients as needed."



Options for mental health services

Mental health programs and group therapy programs have been suspended. The Personality Disorder Clinic at the Jewish General Hospital is also suspended.

For those with concerns about mental health, a worker at the worker can offer by phone. For now, the CLSC is offering individual services

primarily by telephone or through Zoom.

The youth space drop-in visits at the CLSC Parc-Extension are suspended until further notice.

Instead, a clinician is virtually available during the drop-in operating hours, which are Tuesday and Thursday between 3:00 and 5:00 pm.

The virtual drop-in hours may change over the coming weeks.

Informations sur la Covid-19 Information on Covid-19

- Il est obligatoire de vous mettre en isolement pour 14 jours lorsque vous revenez de voyage
- Restez à la maison
- Lavez-vous les mains souvent
- Évitez d'entrer en contact avec des personnes âgées

Pour plus de détails sur les mesures prises et les plus récentes mises à jour, visitez

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- Prêt d'urgence jusqu'à 5000\$ est disponible pour vous aider à rentrer au Canada. **Programme de prêt d'urgence:** CAN.finances.CV19@international.gc.ca

Aider les Canadiens pendant cette crise

- Notre gouvernement a instauré la Prestation canadienne d'urgence pour les travailleurs qui doivent cesser de travailler en raison de la COVID-19 et qui n'ont pas accès à un congé payé ou à une autre forme de soutien du revenu.
- Pour aider les entreprises à garder leur employés au travail, nous avons mis sur pied divers mesures tel que une subventions salariale et en offrant des prêts garanties.

- It is mandatory to remain in isolation for 14 days when you return from your trip
- Stay at home
- Wash your hands often
- Avoid contact with elderly people

For more details on the measures taken and the latest updates, visit

canada.ca/coronavirus

Concerning Canadians abroad

- We continue to work with the airlines to bring more Canadians back home.
- **Sign up at Foreign Affairs Canada:** www.travel.gc.ca
- Get home as soon as possible and find out what commercial flights are available to bring you back to Canada.
- Emergency loan up to \$5000 is available to help you return to Canada. **Emergency Loan Program:** CAN.finances.CV19@international.gc.ca

Helping Canadians through this tough time

- Our government introduced the new Canada emergency benefit for workers who have to stop working due to COVID 19 and do not have access to paid leave or other income support.
- To help employers weather COVID-19, and keep their employees our Government is taking significant action by subsidizing wages.

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COVID-19 measures force local restaurants to pivot: Perspectives from small dining businesses. Can they survive?

AVLEEN K MOKHA

Recent measures to curb the spread of COVID-19, restaurants in Quebec can only offer takeout and delivery services until at least May 1, as per Premier Francois Legault's announcement on March 22. Restaurants in Montreal's Parc Extension neighbourhood have shut all eat-in services, but owners are concerned about the financial consequences of limited revenues.

Restaurants enforce hygiene measures, limit hours

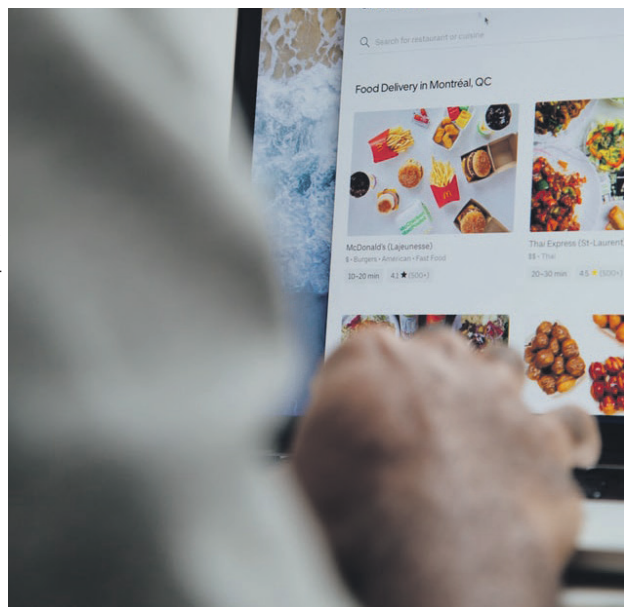


Located on Jarry Street, Malhi Sweets specializes in North Indian cuisine. Photo: Avleen K Mokha

Malhi Sweets is a prominent site for Indian cuisine in the neighbourhood. Gurnam Singh Malhi opened shop in 1996, one of the earliest South Asian eateries at the time. The restaurant began as a family business, with three employees working as full-time staff. Ordinarily, up to 45 people can sit and dine in the restaurant. Now, at most 4 people may line up.

Like many businesses that remain open, the restaurant marks distances with tape to ensure customers maintain physical distancing. Keeping a distance of two meters is recommended by world health authorities and enforced by Quebec and Montreal officials. "This has not been a problem for takeout services," Malhi said. "Especially as one person who comes to pick up food is usually taking servings for multiple people. Customers are used to calling us in advance to place orders. In this respect, the social distancing measures have not affected sales."

Restaurants see fall in earnings



Restaurants are considering delivery applications in addition to offering takeout but they cost too much to owners. Photo: Charles Deluio

However, restaurant owners are facing a steep fall in earnings as eat-in services are their main source of income. Mid-March, Premier Legault said that restaurants should halve their usual occupancy to ensure social distancing. Then, as measures by the city government followed, all eat-in services became prohibited.

"The fall in earnings has not been staggered," Malhi said. "It has been like being pushed off a skyscraper."



Marven's is a Greek eatery run by the second generation of the founding family. Photo: Avleen K Mokha

Another family business in the dining industry tells a similar story. Established in 1976, Marven's is a Greek eatery being run by the second generation of the Kostopoulos family. George Kostopoulos said, "There has been a drop of about seventy percent," referring to the sales in the second half of March.

Nantha Kumar is a Montreal-based chef that works out of space in a culinary school kitchen, and usually does pop-up shops at festivals and events. Nantha feels he has had an easier time pivoting to delivery than restaurants, despite abrupt changes to his summer bookings.

"When public events got cancelled, I decided to offer delivery," Nantha said. "For me, the demand has more than doubled. But over the years, I've gathered a mixed bag of people who are stuck at home now."

Sell off what you have, buy day by day

For restaurants, certain items became leftover as sales decreased due to the half-occupancy policy. As the city declared a state of emergency and shut all eat-in services, the piling up of perishable items became concerning.

The menu at Marven's features steak, souvlaki, and mixed meat platters. "We had to throw a lot of perishable food, a few vegetables and some meat," Kostopoulos said. "We buy things day by day for now. Hopefully things are back to normal by May 1, but if not, it will be a big issue for us."

At Malhi Sweets, the relatively long shelf life of some Indian products has helped limit losses. Rice, flour, dried lentils, and some spices can last for up to a year. "We have enough dried goods for the two coming months," Malhi said. For dairy and meat, Malhi uses supplies which are local to Montreal, and thus does not expect trouble securing these items. However, he must factor arranging for certain items if closures are announced at the US-Canada border.

"Only a few vegetables that we need for Indian cooking often come from there, like tomatoes and cauliflower," Malhi said. "We can get sent from India and Mexico. But because orders would come by air, that means the costs will rise for us. Still, these [vegetables] will still be available."

Demand for delivery, but switching to delivery has its costs

In order to boost income, restaurants are considering delivery applications in addition to offering takeout. Such applications



Nantha Kumar of Nantha's Kitchen cooking.

take a commission from restaurants that sign up to be advertised on the app. The commission percentage ranges from twenty to thirty percent from every order that gets delivered, anecdotal reports suggest.

Marven's has been present on DoorDash. Kostopoulos says they decided to add themselves on an additional application, Skip the Dishes, after earnings went down. "The applications charge us," he said. "But nothing's for free. The electricity, the gas, the bills are coming."

Financial aid

As the COVID-19 pandemic has evolved, Prime Minister Justin Trudeau has announced financial assistance programs such as the employment insurance and Canada Emergency Revenue Benefit for employees whose jobs have been lost or affected due to the pandemic.

Small businesses in the dining industry can receive up to \$40,000 in non-interest loans backed by the federal government under the \$25 billion Canada Emergency Business Account program. Access to these loans will be interest free for the first year, as per Trudeau's announcement on March 27.

"These schemes can really help us keep our business running," Malhi said. "Until things look up, we will be able to pay for our groceries."

However, owners want to understand the details of financial assistance plans. "My accountant is looking into how the government's plan relates to our business," Kostopoulos said.

On March 30, Trudeau announced that small businesses who have seen 30 percent fall in revenue can qualify for a 75 percent subsidy. If eligible, smaller shops in the Montreal dining scene could keep their business open for takeout and delivery.

Food as connection

Owners are sympathetic to concerns that customers have during this time. "When customers can't they can't tell what precautions may or not be taking place, they might prefer to stay at home," Malhi said.

"I work alone, but food is a personal business to me," Nantha said. "Rich people and poor people, everybody needs to eat. It's been meaningful to provide people with [food] so they don't have to leave the house."

When asked how the local community can support the family, Kostopoulos said, "By ordering food. We do our best. We are giving people and have been. We will help out people who are struggling too."

'Pandem!Ex'

Mutual Aid provides support to the isolated during time of uncertainty



Volunteers organize food resources to be sent to elderly and people in need.
Photo: Monique Léger

AVLEEN K MOKHA

Suspension of rehabilitation services and the closure of non-essential businesses is causing difficulty for residents of the Parc Extension communities. As the government re-organizes services to minimize transmission of the coronavirus, citizens are connecting with each other to aid the community. The Parc Ex Mutual Aid is a volunteer-led group that is assisting Parc Ex residents with the delivery of food and medicine, childcare support, and financial aid.

Rachel Shugart is a teacher and a parent of two kids. She is also the moderator and co-ordinator of the group. The group was started on social media as a splinter of the Montreal-wide Mutual Aid movement.

"We started a group for residents here, because Parc Ex has so much community-based mobilization already," Shugart said.

Titled "PandemEx! COVID-19 Mutual Support," the Facebook group gained five hundred members since its creation two weeks ago. "When organizations that employ staff began shutting down quite unexpectedly, people went into crisis but realized they had no one to call," Shugart said. "As people got laid off, the amount of the help needed skyrocketed but protocols were still being established."

Resources for food insecurity

Shugart described that the need for food was one of the biggest concerns in the borough, as schools closed but food banks were still developing their response to their pandemic.

Resource Action-Alimentation, an organization that helps provide food to residents in need, announced their collaboration with Parc-Extension Youth Organization (PEYO) on March 16. The associated effort offers home delivery of meals to seniors living in isolation and food baskets for families that are isolating or in financial need.

"The collaboration has helped us get families to sign up for food with people who can deliver it," Shugart said. "We are also helping people deliver groceries and medication to people that can't leave their homes."

Language barriers

The organization insists that information about the COVID-19 virus should be shared in multiple languages. Volunteers from Parc Extension are collaborating to create and distribute resources in multiple languages, including Hindi, Tamil, Greek and Italian.

"We realized that in Parc Ex just having a group on Facebook was not going to reach many

people," Shugart said. That's why the group set up a helpline number with the aim of getting volunteers to call back in a specific language.

Babysitting and medical care

For families in isolation, a single adult going to get enough groceries is not always enough. "Parents might need to make essential trips but not be able to leave because daycares have closed. That's why, we offer emergency childcare especially if you can't leave the home."

When questioned about the protocol for volunteers, Shugart shared that the group has protocols for childcare services with consultation from members of the Montreal Mutual Aid group. "We have shared it with healthcare and public health officials we are in touch with, to see what we can improve," Shugart said.

Dr Juan Chirgwin, a doctor at CLSC Parc Extension in family medicine care, has volunteered to take consultations. Families a family doctor or without a way to access healthcare right now can go through the Parc Ex Mutual Aid group.

Social distancing guidelines for volunteers

The majority of the volunteers are students or young professionals, who are able-bodied. They are out of work completely or have few working hours in the day so they are able to make trips. "Delivery volunteers have strict protocols in place at Montreal Aid," Shugart added. "In normal circumstances, they deliver to old or sick people, so we have been able to add to protocols to ensure ways to be as safe as possible."

Pandemic making people confront long-standing issues

When asked about Parc Ex has been dealing with changes, Shugart said that the pandemic is highlighting issues that have existed for a long time in the borough, especially over the recent years. "Over the years, people have been worried about their child being able to finish school. They had to move far away, because their rents were increasing and they couldn't pay," Shugart explained, referring to gentrification measures in the borough. "This is already something that has been happening. We are realizing that any one of us could be in this situation. All it takes is a couple weeks of uncertainty."

"The most important thing is that we live in a tiny neighbourhood. Ask for what you need, and offer what you can for each other."



VIRTUAL MUSEUM TOURS

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BRITISH MUSEUM, LONDON

THE BRITISH MUSEUM

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GUGGENHEIM MUSEUM, NEW YORK



Google's [Street View](#) feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

NATIONAL GALLERY OF ART, WASHINGTON, D.C.



This famous American art museum features two [online exhibits](#) through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.

MUSÉE D'ORSAY, PARIS



You can [virtually walk through](#) this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.

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Pandémie de la COVID-19 - 1er avril : le gouvernement du Québec rappelle les mesures en place

CNW Telbec/ - À la veille du 1er avril et dans les circonstances exceptionnelles liées à la pandémie de la COVID-19, la ministre des Affaires municipales et de l'Habitation, Mme Andrée Laforest, rappelle que des mesures sont en place pour assurer le moins de perturbations possible dans le quotidien des locataires et des propriétaires, d'ici l'arrivée de l'aide financière du gouvernement fédéral.

Dans un premier temps, elle demande aux propriétaires de logements d'être compréhensifs envers leurs locataires qui auraient des difficultés à effectuer leur paiement mensuel. Ainsi, elle invite toutes les parties à convenir de modalités particulières pour ce mois-ci.

Elle tient aussi à rassurer les locataires en leur rappelant que les effets de tout jugement ou de toute décision qui autorise la reprise d'un logement, l'éviction ou l'expulsion d'un locataire de logement sont suspendus.

De plus, malgré le contexte actuel, les locataires, dont ceux dans les résidences privées pour aînés, peuvent toujours contester l'augmentation de leur loyer selon les différents moyens qui s'offrent à eux, notamment par courriel ou par courrier auprès de leurs locataires. Il n'est donc pas nécessaire d'envoyer une lettre par courrier recommandé.

Par ailleurs, autant les locataires que les propriétaires devraient contacter leur institution financière s'ils estiment éprouver des

difficultés financières pour discuter de leurs options.

Faits saillants :

- La Régie du logement (RDL) continuera à suspendre ses audiences tant et aussi longtemps que l'état d'urgence sanitaire sera décrété. Ainsi, à moins que, pour des motifs exceptionnels, le tribunal ordonne la tenue d'une audience, seules les audiences relatives aux matières soulevant un risque pour la santé ou la sécurité d'une personne et celles concernant l'émission d'une ordonnance d'accès au logement sont maintenues.

- La suspension des effets de toute décision de la RDL ne s'applique pas dans le cas où un logement a été reloué par un locateur avant l'entrée en vigueur de l'arrêté ministériel du 17 mars 2020 et que cette action empêcherait le nouveau locataire de prendre possession des lieux.

- En ce qui a trait aux déménagements, rappelons que de bonnes pratiques sanitaires doivent être adoptées afin d'éviter la propagation du virus. Nous demandons aussi aux déménageurs de continuer à offrir leurs services à un prix abordable durant la situation d'urgence sanitaire.



Andrée Laforest: « Je suis consciente que la situation exceptionnelle que nous vivons actuellement peut inquiéter les locataires et les propriétaires. C'est pourquoi notre gouvernement s'assure de trouver des solutions pragmatiques pour rassurer tout le monde afin qu'il y ait le moins de bouleversements possible dans le quotidien de tous et de chacun. Il ne faut pas hésiter à contacter son institution financière afin d'obtenir des conseils ou du soutien. Ce sont des moments difficiles, mais ensemble, nous passerons au travers en nous serrant les coudes. »

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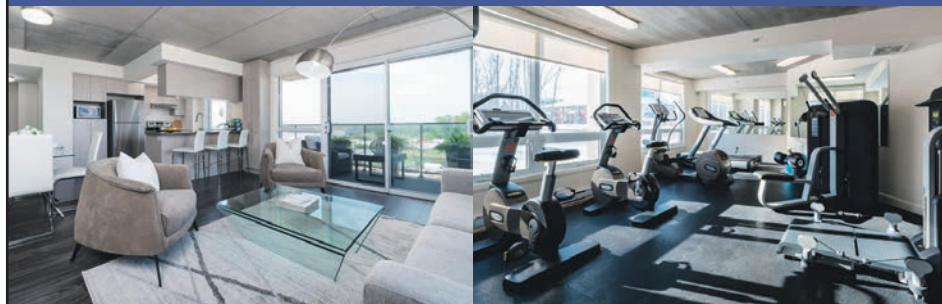
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BAUR, Thomas

1930 - 2020

It is with great sadness that we announce the passing of Thomas Baur on Saturday March 28 2020. Beloved husband of the late Herlinde Baur (nee Maeir). Loving father of Nicole Baur and Patricia Baur. Loving father in law to Raffi Nicoghosian and Jeff Dionne. Proud Opa (grandfather) to Rebecca and Kathleen Nicoghosian with whom he had a very special bond from their birth up until his passing.



CUSSON BOURQUE, Lucette

1926 - 2020

In Montreal at the age of 93 years passed away Mrs. Lucette Cusson Bourque wife of the late Mr. Joseph Bourque and mother of the late Marlene. She is survived by her children Alain (José), Richard (Louise), Sylvie (Jean), her grandchildren Jason (Suzanne), Michael, Mélissa (Matt), Roxanne (Cedric), Zacharie and Philippe (Nancy) as well as his great grandchildren the late Madeleine, Roman and Sophie, Jules and Léo, other relatives and friends. Given the current situation, the ceremony will be postponed to a later date.



PILON, Andre

1935 - 2020

The family of Andre Pilon regret to announce his death on Saturday March 28, 2020 at the age of 84 years, husband of the late Pierrette Lanthier. André Pilon was a humble and good man whom everyone appreciated. He cared for others and always had good words for people around him and his family. He was the first to want to help. Engineer at the BTM in Montreal, pioneer for the metro and superintendent for the large parks of Montreal, he was a hard worker and an unparalleled planner.



NADEAU, Maurice

1925 - 2020

It is with deep sadness that we announce the sudden death of our father Maurice Nadeau, last Thursday, March 26, 2020, at the age of 94 years old. He will be missed by his beloved wife for over 50 years, Sumiko (Yamamoto) Nadeau, his children and their spouses: Robert (Mélanie), Nobuko (Pierre), Yuriko (Hugues), François (Chantal) and to all his dear grandchildren Scott, Maximilian, Hayako, Loic, Kaede, Alex Zen & Olivier-François.



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Week of April 5 to 11, 2020

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♈ ARIES
It's always easier to get along with people you're not emotionally attached to. Impose a little more discipline on your children. They know how to get under your skin.

♉ TAURUS
There's an enormous amount of detail to consider. A big promotion is on the horizon at work, but you'll need to negotiate new conditions that put you at an advantage.

♊ GEMINI
If you're single, love will come knocking at your door. A person you've been friends with a long time may make a declaration of love. Financially, an unexpected windfall will land at your feet.

♋ CANCER
Your plans to move are starting to solidify. You'll put your family's needs first, even if you're very busy in the next few days. The people you love are your priority.

♌ LEO
You'll start to think about buying a new car. To avoid undue financial strain, take your time to consider whether you should or not. After a few days of thinking about it, you may change your mind.

♍ VIRGO
Affection is important to you. Take the time to talk about the tensions in your relationship so you can restore harmony and reconnect.

♎ LIBRA
You'll feel energized and ready to solve any problem that comes your way. Happily, you'll put aside any worries or concerns that previously disturbed your peace of mind.

♏ SCORPIO
A health concern will begin to worry you. By taking the situation seriously, you'll get the care you need and recuperate in no time.

♐ SAGITTARIUS
You'll be surrounded by people this week. Your friends will invite you along for many exciting adventures and activities, but you may be upset by some people.

♑ CAPRICORN
You carry a lot of responsibility on your shoulders, both personally and professionally. Avoid procrastinating and prioritize what matters if you want to move ahead with your projects.

♒ AQUARIUS
A last-minute trip may be planned this week. You'll discover a new form of spirituality that will make you happy and lead you toward greater physical and mental well-being.

♓ PISCES
You're entitled to your emotions. Family and friends will gather to help you through a difficult situation at home. Things will sort themselves out quickly.



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- Frame of mind
- Slip-up
- Grass-covered ground
- Data
- Hole for a quarter
- Yep's opposite
- Take heed
- Asthmatic's need
- More taut

- Holiday egg drinks
- Lady's man
- Races the engine of
- VCR button
- Cupid's dart
- Spookier
- Half of a Gabor
- Constantly
- Besides
- Certain hosp. test
- Snaky swimmers
- Side dish
- Rap's Doctor
- Proofreading mark
- Cathedral benches

DOWN

- Quahog and steamer
- "The Blue ____"
- Go to extremes
- Baby's father
- Pale
- Tilling tool
- Bullfight cry
- Bellow
- Indentation
- Blended-voices performance
- Beginning
- Mortgages
- Houston athlete
- Warning light
- Corn or olive
- Type of bean
- Detect
- "____ Alibi"
- More concise
- Madden
- Automobile feature
- Teetertotter
- Observed
- Song part
- Big black birds
- Garden nuisance
- Coarse file
- Geese formation
- House annex

Sudoku

PUZZLE NO. 707

7		2						
			3					4
				7	6	9		
			9	5			2	
9								5
1			8	2		7		
6		9	7					
				8				
		3	2	1				8

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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

Last Issues' Answers

CROSSWORDS

V	I	S	E		B	E	T		P	R	E	P	
I	O	T	A		R	A	Y		H	U	L	A	
S	N	A	G		A	R	K		O	N	L	Y	
A	S	T	E	R	N		E	A	T				
		E	R	O	D	E		M	O	I	S	T	
J	A	M		T	I	A	R	A		D	O	E	
A	R	E		A	S	S	E	T		E	S	S	
M	E	N		T	H	E	M	E		N	O	T	
B	A	T	H	E		D	O	U	B	T			
				O	D	D		T	R	A	I	N	S
S	N	I	P		A	D	E		S	C	A	T	
P	A	C	E		B	U	S		K	A	N	E	
A	G	E	D		S	E	T		S	L	A	P	

Sudoku

6	5	4	7	3	9	8	2	1
1	3	7	8	6	2	5	9	4
8	9	2	1	5	4	3	7	6
3	2	5	9	7	1	6	4	8
9	6	1	3	4	8	7	5	2
4	7	8	6	2	5	9	1	3
7	1	3	4	9	6	2	8	5
5	8	9	2	1	3	4	6	7
2	4	6	5	8	7	1	3	9



Following the most recent requests from the provincial government regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed until March 26th.

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

The Cinémas Guzzo Team



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FREE ESTIMATES!

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