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House of Commons united in a common front for Canada \$73 billion voted to help sustain businesses



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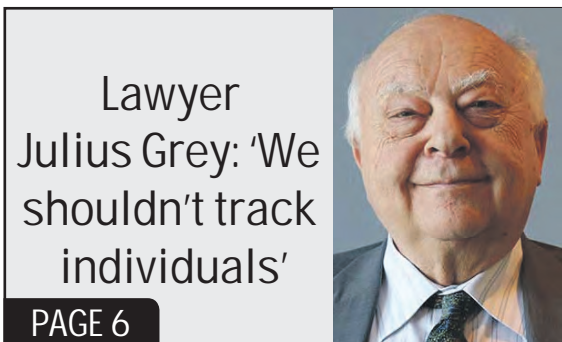
Don't forget about
mental health while at home!
Information and advice inside.

Votre gouvernement Québec



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Voula Kottaridis

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merci

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et travailleurs
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Merci de continuer de travailler.
Merci d'aller au front pour nous soigner.
Merci de combattre l'ennemi invisible.
Merci de répondre à l'appel.
Merci de veiller sur notre santé.
Merci de nous soutenir.
Merci de nous rassurer.
Merci d'être aussi dévoués.
Merci d'être là pour nous.

Merci d'être
nos anges gardiens.

Parliament enacts Canada Emergency Wage Subsidy legislation

\$73 billion in aid expected to start flowing to businesses and citizens

MARTIN C. BARRY

The Trudeau Liberal government's wage subsidy legislation to counter the effects of the COVID-19 crisis moved swiftly through to passage in the House of Commons last week-end during a rare holiday session that saw MPs congratulating one another for their multi-partisan cooperation.

Help on the way

Passage of the legislation, followed by examination by the Senate and royal assent by the Governor General, cleared the way for \$73 billion in immediate assistance to companies, families and individuals across Canada whose livelihoods remain seriously disrupted by COVID-19.

Although the Conservatives still had issues with the way the wage subsidy will be implemented, they agreed to allow the legislation to be passed anyway so that the recovery could get underway.

A war-like situation

In a speech to the relatively small gathering of MPs who were called together for the historic parliamentary sitting, Prime Minister Justin Trudeau compared the situation Canada now finds itself in to a war, with the enemy being a virus that is spreading everywhere silently.

"Without reservation, without pause, we must fight for every inch of ground against this disease," said Trudeau. "We must be there for one another as we spare no effort to safeguard our collective future."

Trudeau alluded to the battle of Vimy Ridge while speaking about the current battle being waged in Canada and around the world against COVID-19. During his address, the prime



minister noted that the Canada Emergency Wage Subsidy is the "largest Canadian economic policy" since World War II.

Like Vimy Ridge

"As our generation faces its greatest challenge yet, we all stand on the shoulders of those who came before us and saw our nation through difficult, tumultuous times in our history," he said. "One hundred and three years ago today, young Canadian soldiers found themselves in the trenches in France. The next day they took part in the final battle for Vimy Ridge."

"On the eve of this somber anniversary we remember their courage and sacrifice. These were trials that shaped our country, and more, its citizens, and now, once again, we are being tried. Every one of us has role to play in shielding our country from the threat it now faces."

'Modern day heroes'

"And while the battle against COVID-19 isn't a war in the traditional sense of the word, that doesn't make this fight any less destructive, any less dangerous," Trudeau added. Instead, "the frontline is everywhere; our homes, hospitals, care centres, grocery stores, pharmacies and gas stations," he continued, calling the people who work in these places "modern day heroes."

The workers, he said, "are separated from their family, and risking their own health, they head to work every day so that we can eat, heal, and do our part."

In hard times, said Trudeau, "courage and strength are not defined but what we say or do loudly in public, but by the actions we take quietly in private, like staying home. Even as we stand apart, we stand united in our resolve to

do what we must until COVID-19 is defeated."

CEWS program enacted

The bill puts into place the CEWS, whose purpose is to encourage companies to rehire workers by offering a 75 per cent wage subsidy over the next three months to businesses that have lost 30 per cent of their revenue as a result of the crisis. Finance Minister Bill Morneau said businesses that qualify for the subsidy should start receiving money within a few weeks.

Among the Conservatives' suggestions for future amendments to the new law would be to reduce eligibility hurdles that still stand in the way of some businesses receiving the subsidy. The NDP and the Bloc Québécois also agreed to fast-track the bill in exchange for consideration of their ideas for eventual changes.

Bill gained NDP support

NDP leader Jagmeet Singh said his party supported the legislation necessary for the subsidy to become a reality. He said that his calls to improve access to the Canada Emergency Response Benefit were reflected in the bill that ended up being tabled by the Liberal government.

Bloc Québécois leader Yves-François Blanchet said that the bill included "some very good things" for workers. In a letter to the prime minister, he wrote that he welcomed several aspects of the legislation, but noted that it did not include support for businesses struggling with operational costs.

Blanchet said that Finance Minister Morneau had acknowledged those concerns. However, he also expressed concern that temporary foreign workers arriving in Canada were not being tested for COVID-19.

Conseil d'arrondissement d'avril

Des ressources supplémentaires pour les organismes et un nouveau règlement de zonage

Lors de la séance du 6 avril du conseil d'arrondissement de Villeraie-Saint-Michel-Parc-Extension, les élus ont autorisé une dépense de 100 000 \$ pour contribuer au Fonds d'urgence lancé par Centraide dans le contexte de la pandémie de la COVID-19. Ce fonds permettra de mettre en place rapidement des mesures visant la population isolée et vulnérable de l'arrondissement, qui l'est encore plus depuis l'implantation des mesures de confinement.

« Les personnes en situation de vulnérabilité sont notre priorité et elles méritent d'être soutenues par l'entremise des organismes partenaires de l'arrondissement. Ces derniers jouent un rôle important en empêchant cette population de contracter ou de transmettre le virus de la COVID-19. De plus, l'aide alimentaire est primordiale pour soutenir les gens dans le besoin en ces temps difficiles. En mon nom et au nom des membres du conseil d'arrondissement, nous désirons remercier toutes celles et ceux qui travaillent fort pour apporter leur soutien à la communauté », a déclaré la mairesse de Villeraie-Saint-Michel-Parc-Extension, madame Giuliana Fumagalli.

Conjointement aux contributions de la Ville-centre et des arrondissements d'Achuntsic-Cartierville, Ville-Marie, Mercier-Hochelaga-Maisonneuve, le Sud-Ouest, Achuntsic-Cartierville, Rosemont-La Petite-Patrie, Plateau Mont-Royal, Lachine, Outremont, Montréal-Nord et Verdun, la contribution de la Ville de Montréal au Fonds d'urgence Centraide est de 1 040 000 \$ à ce jour.

Adoption du nouveau Règlement sur le zonage

Au terme d'un processus d'analyse et de consultation qui s'est échelonné sur deux ans, la nouvelle version du Règlement sur le zonage de l'arrondissement de Villeraie-Saint-Michel-Parc-Extension a été adoptée par le conseil.

Cette importante modification du règlement sur le zonage vise les numéros de zones, les cartes de zonage et certaines définitions. Un processus consultatif s'est réalisé durant le premier trimestre de 2020 et a inclus quatre soirées publiques ainsi qu'une portion d'échange et de collecte de commentaires en ligne.

Une période d'approbation référendaire s'est initiée en mars, au cours de laquelle cinq demandes d'ouverture de registre valides ont été déposées. Lors de la séance du conseil d'avril, le Règlement a été adopté alors qu'un processus référendaire se poursuivra pour cinq des 631 zones du territoire.

La nouvelle version du Règlement sur le zonage est présentée de manière plus simple et plus intuitive, dans le but de rendre l'information plus accessible à la population. L'objectif est aussi de faciliter l'intégration des nouveaux projets dans leur milieu et d'harmoniser le cadre bâti à l'environnement actuel.

En cohérence avec le processus, le Règlement sur les usages conditionnels a aussi été adopté. Par les modifications apportées au règlement, on souhaite limiter les usages permettant la location à court terme afin de protéger le parc locatif de l'arrondissement.

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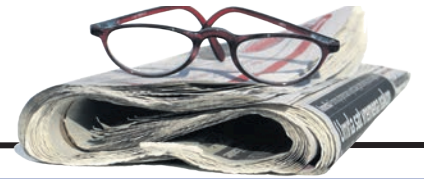
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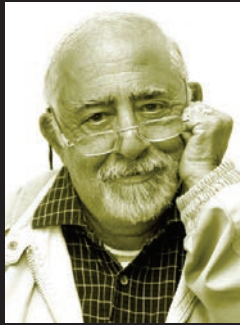
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Opinion & Editorial



Parlez-moi d'humour

Alcide Borik



LE CONFINEMENT OU LA MORT?

Comme le disait si bien le jeune comédien de la guerre des tuques : Si j'aurais su, j'aurais pas venu!!!

D'abord, quand j'ai voulu aller faire provision à la Commission des liqueurs, c'était déjà fermé! Dans mon confinement, je rêve d'aller au Casino, hélas!, je dois me contenter de faire tourner nostalgiquement mon rouleau de papier toilette sans jamais avoir les 3 citrons!!

C'est à vous rendre dingue :

Ma folle de voisine du dessous pose sérieusement des questions...à son chat! Quand j'ai raconté ça à mon chien, il s'est tordu de rire! (peut-être qu'il connaissait les réponses)

Pour les autres plaisirs, je dois me tenir à 2 mètres de distance du frigo...

et de ma copine, et je ne suis pas assez bien outillé que ça!!! Finalement, je vais plutôt me décider à placer une annonce : Homme de 70 ans, bien nanti en papier hygiénique cherche femme avec désinfectant pour relation intime.

J'ai tellement envie de sortir que je me demande si je mets mon costume de bain ou mon smoking... pour sortir les vidanges. En tout cas, j'ai déjà changé ma montre à l'heure d'été. J'avais l'impression de changer de siècle tellement j'étais dépaycé!

Je me désinfecte les mains si souvent que quand je prends ma douche, ça fait de la mousse! ... et pour mes vacances, j'irai sans Francisco, ou alors, il marchera à deux mètres de moi !

LA DERNIÈRE FABLE...

En un lointain royaume, sans doutes imaginaire

Ou tant de gens rêvaient d'enterrer leurs misères

Régnait un souverain, un grand conquistador

Conquérant du pouvoir par les règles de Ponzi.

Il y faisait la loi par ses espiègleries.

Les sujets du royaume n'y voyaient qu'un défi :

Voilà enfin un homme qui a bien réussi! Il nous tolère en dépit des tueries

Que nous exécutons avec l'artillerie, Caresse les reines des reines et leur donne des conseils,

Il tord si bien le bras à la démocratie, Qu'il va mater ses voisins du Nord et ses voisins du Sud

Piétinant les accords et érigeant des murs.

Il taquine la Chine énerve la Russie, Défie les Coréens, emmerde les

Iraniens,

Lache les Irakiens, abandonne les Afghans

Bien plus que n'aurait fait Alexandre le Grand,

Et comme il faut toujours que les autres ploient,

Les gazettes sont pleines de ses brillants exploits.

Il s'entendait si bien avec ces nouveaux pairs

Qu'il espérait un jour, être le roi des Corsaires,

Mais quand on l'accuse d'une autre collusion,

Bafouant une fois de plus les règles de la nation,

Il prend alors la voix du mafieux Don Collione :

Je n'ai jamais rien proposé, exigé ou demandé,

Juste fait une proposition qu'il ne pouvait pas refuser!

THAT'S WHAT I'M THINKING

Robert Vairo



COVID-19 What went wrong?

Not sure I'm seeing this clearly but it seems to me the federal government and our politicians in general should have been much better prepared for COVID-19.

As we know, more than one visionary, Bill Gates for one, predicted a destructive free roaming virus would strike the world. Google Gates, and watch it if you haven't seen it. It's only 8 minutes long and is bang on to what we are experiencing today. It's called "The Next Outbreak? We're Not Ready". I got chills when I saw it. It was the future. Now it's the present. But the founder of Microsoft did not deliver his address a few months ago. It was in 2015, five years ago. Didn't anybody listen to this visionary? Apparently not. Why not? Because our politicians are too busy planning for re-election and concerned with image. Example, Justin Trudeau. You have of course noticed the beard but have you noted our Prime Minister is now dying his hair? Image. We elect and pay them for this?

So some kind of a road map should have been in the works years ago. A committee of epidemiologists, a group of consulting doctors, something, ready to go in the event it happens. It did. But no plan. Our Prime Minister was too busy trying to get a seat at the UN security council, too busy taxing and spending, stopping pipelines, applying the rule of law on the west coast (Huawei's Meng Wanzhou) flaunting it in the east (SNC Lavalin) etc. To be fair, preceding governments can also take the blame. And here's the result. We were (still are for some) short of N95 masks, short of ventilators, short of ventilator technicians, short of nurses, short of brave and exhausted front line workers. We had no solution for the most vulnerable people in seniors' home, knee jerk reaction to international travelers. Remember it was first

"no, we will not ban travelers from China into Canada because that is downright racism" from Canada's Chief Public Health officer Dr Teresa Tam. We finally did close our all our airports to commercial international travel, but too late. Thousands had already entered the country eventually traced to many having already contracted the Covid virus. And it was the same Tam who said in January "this virus will have a minimal effect in Canada". And we believed her. We are living our worst nightmare today.

Parliament was recalled a second time to correct a confusing finance package blunder that young Trudeau and his Finance minister got wrong the first time. What an embarrassment for Canada.

There is just a lot of essential tactical and logistical planning that never took place. The result is politicians making decisions on the fly. Not only zero planning but dumb decisions like shipping 16 tonnes of protective equipment including N95 masks to China in January.

We elect politicians and pay them to plan. But they don't plan for us but for themselves and their re-election. That is wrong.

And did you hear correctly when you first heard or read it? I wasn't sure myself. Canada's members of Parliament, including Trudeau, voted themselves a raise effective April Fool's day. What! Over a million Canadians unemployed (more to come) and our political leaders chose to give themselves a raise. Empty stores, empty restaurants, empty airports and empty streets. Are you kidding me? This is disgusting, disgraceful. Thankfully, some MP's donated their raise to charities responding to the COVID 19 virus.

And the carbon tax grab, a 50% increase on April 1, could have been stopped. Many argue this tax will mean higher costs to us, kill jobs, and drive up payroll. Is this really the right time? Does this all make sense from supposedly clear and forward thinking elected officials?

This mystery virus is a surprise but what should not and never should have been a surprise, is irresponsible government unpreparedness. And that has consequences my dear friends that we are living now and will continue, in likely worsening conditions. Social distancing and isolation will be nothing to what's about to happen. Recession will be more a depression.

Are you ready for this second financial virus? This one coming not from bats in a live animal market in Wuhan, but created right here in Canada by our elected politicians.

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

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Housakos says: "Get ahead of the curve!"

The senator's wife, in the eye of the COVID-19 cyclone

DIMITRIS ILIAS

Conservative Senator Leo Housakos talks about COVID-19 having a unique perspective. As a politician, being a senator in the Canadian parliament and as the husband, of a respiratory therapist fighting daily in double and triple shifts at the Jewish General Hospital during the coronavirus escalating crisis.

Parliament during COVID-19

According to Housakos there has been a revolutionary change in the Senate.

"The Senate is a very archaic body. Just to give you an idea, for committees to meet via Skype and digitally, the House of Commons had to pass special motions for those committees to have the right to do that. Same thing for the senators" said Housakos.

Caucus meetings are still going on at a distance trying to support the government in this period of crisis. Senator Housakos however stressed that by the same token, as an opposition senator he has a constitutional responsibility to provide oversight and to basically make sure that the government is kept in check.

The Greek Community

According to Sen. Housakos right now the Hellenic community of Montreal is of a certain age since the vast majority came here in the 50s and 60s. His message to his fellow Canadians of Greek descent is that they are particularly susceptible. He wished that they heed the advice of public health care officials and leaders in our country when they say stay home and isolate yourselves. "These measures have been taken to defend some of the vulnerable and susceptible members of our society, like the elderly and those that are facing other various health challenges" said Housakos. At the same time, he insisted that fear should be kept in check. As the Hellenic community celebrated Greek Independence Day on the 25th of March one must remember



Like many Canadians, Senator Housakos has been working from his home office.

that Hellenes have faced many challenges as a people and they are more than capable of weathering this storm.

Spouse in the eye of the cyclone

Senator Housakos' wife is a respiratory therapist at the Jewish General hospital. Leo Housakos has, therefore, a unique situational awareness of the crisis as it unfolds.

"I'm very proud of my wife because I see firsthand her commitment to her work as a professional and helping other human beings in time of need". Housakos describes a new schedule with an increased number of shifts. "They've doubled and tripled over the last two weeks. She's out of the house at 7:00 and she's not home before 8:00 or 9:00 in the evening".

On top of that, Leo Housakos described the looming immense problem that the lack of supplies could cause as they increase

the risk to the lives of the health care providers.

Leo Housakos said it publicly since January - February, that the government had been behind the curve. "I very angry at the fact that I'm hearing now, in April, the prime-minister saying that they are ramping up production to start manufacturing masks and gowns. Two months ago, we had 5000 ventilators in Canada. It didn't take a genius to realize that in the countries that have been hit by this virus had tens of thousands of people being hospitalized on ventilators" added Housakos.

The Canadian Industry to the rescue

Housakos spoke with great admiration and gratitude about the Canadian industry and how it came forth to assist in the fight against COVID-19. "I trust always the private sector and their energy in times of need. They make hospital supplies, they make masks. There are companies right across the country that are transforming their industrial manufacturing capacities to make ventilators. So, I am certain, given the industrial strength of the United States and Canada and Western Europe, we will ramp up and get it done. But my question still begs to be asked, why did it take so long? And again, why are we behind the curve?"

Trudeau's economic plan

The Canadian parliament voted on a series of economic measures meant to help Canadians during this crisis. Senator Housakos admitted that it was the best possible plan as long as it's a short-term crisis.

"They're sort of praying that this thing somehow miraculously resolves itself within the next three months. If this goes on for four months, five months and six months, then it becomes a whole different ball of wax." Housakos' concern is that "the government didn't show enough fiscal restraint in the last four years to be ready for this. My second concern is if this crisis lasts a longer period of time than just two or three months, we're going to see hard economic difficulties and I'm afraid also of social unrest."

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Could post-COVID-19 Canada become a 'surveillance state'?

We shouldn't emulate China by tracking individuals, says Julius Grey

MARTIN C. BARRY

Although the COVID-19 crisis is probably far from over, Montreal lawyer and human rights activist Julius Grey is warning that the unfolding emergency could become permanent if attention isn't focused on the risk of our becoming a "surveillance state" while using technology to enforce health protection.

Crisis aftermath

In the aftermath of the Sept. 11 2001 terrorist attacks on the U.S., social critics took note that heightened awareness of public security grew massively, as did sometimes ruthless enforcement measures for many years afterwards – some of which are still with us.

"I have often suggested that we're living in a post-democracy," Grey said in an interview this week with Newsfirst Multimedia. "We are no longer a democracy. The fact that everything can be followed and preserved and nothing can be hidden means that, in effect, freedom is a thing of the past."

Tracking technology

One technological phenomenon that has emerged during the ongoing COVID-19 crisis has been the ability by government and medical authorities to use Google and Facebook location-tracking information to plan infection containment strategies.

While the data is anonymous and is furnished so that there are no personally-identifying markers, it does track people's movements and shows foot traffic trends at different locations over time. This can help get a better understanding of whether people are adhering to orders they stay home.

China tracking individuals

It should be noted that both Google and Facebook have the ability to track locations individually, although the two companies have stated that they are not sharing their data to that degree of detail and have no plans to do so in the future.

However, in China authorities have gone ahead and taken the additional step: they are using smartphone location data to track people who've been identified as being infected with the



Montreal human rights activist Julius Grey is warning that the unfolding COVID-19 emergency could become permanent if attention isn't focused on the risk of our becoming a "surveillance state" while using technology to enforce health protection.

COVID-19 virus. The Chinese system monitors phone signals to alert police if individuals in isolation leave their location or switch off their phone.

Technology as enabler

As Grey noted, Hungarian Prime Minister Viktor Orban, who was already regarded as authoritarian, used the COVID-19 crisis as a means to increase his power last month when the Hungarian parliament passed a law granting the government the power to rule by decree.

Political ramifications aside, Grey said that on the whole technology has now become the principal enabler of potential abuses against human rights and freedoms.

"Technology means that the rich, the powerful, the government have means that the average man does not have – that the average man has very little way of defending himself from it or

of influencing things," he said.

Freedom from surveillance

"And that's why what we need quickly after the crisis is not an analysis of what happened with the crisis – because the crisis does genuinely deserve some special measures, which is something that is reasonable – but a discussion of the technology and of the way of maintaining freedom. And one of the things that must be is freedom from constant surveillance."

As western countries like Canada and the U.S. continue to struggle with the COVID-19 outbreak, imposing limited restrictions on individual rights in order to control the spread, the People's Republic of China appears to have succeeded, at least for now, in slowing or stopping the virus by electronically tracking and controlling individual carriers.

Doubts China's claims

All the same, Grey remains unimpressed by China's performance during the crisis. "I am very sceptical about China," he said, expressing doubt as to the veracity of the country's claims to have mostly overcome the virus.

"Even if there were a successful use of special powers by a country which is not democratic, I would not want to see in that the proof that dictatorship works," Grey added, while suggesting there is an imminent danger of countries like Canada and the U.S. emulating the example.

Risk of emulating China

"I think we are heading down that road already," he said. "It's very difficult to argue that the countries we call democracies are really and truly democratic. They have some vestiges left. And some like Canada, Germany, France, maybe Britain, still have a lot of the old freedoms."

"But the United States, what can you say of a country which is a mass imprisonment state, where millions and millions of people are imprisoned? And that's one of the consequences of technology: technology allows you to catch everybody."



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Certaines conditions s'appliquent* / Certain conditions apply*

Police issuing tickets for breaking COVID-19 distancing rule

Failure to comply brings a fine ranging from \$1,000 to \$6,000

MARTIN C. BARRY

Montreal Police Departments have been busy lately issuing tickets for at least \$1,000 each to individuals seen gathered while not obeying the mandatory two-metre distancing rule decreed by the province in the ongoing struggle against the COVID-19 virus.

Up to Monday April 13, according to Police spokespersons more than 1000 such tickets, were given to citizens.

Gatherings forbidden

"In order to protect Quebecers, the Gouvernement du Québec is from now on prohibiting indoor and outdoor gatherings. The prohibition applies to all indoor and outdoor gatherings, except:

- Those required in a workplace that is not subject to a Québec government suspension, provided that the employees maintain as far as possible a minimum distance of 2 metres between them;
- In a public space in order to obtain a service or goods such as stores and government services and that is not subject to a Québec government suspension, provided that the customers maintain as far as possible a minimum distance of 2 metres between them;
- In a means of transportation, provided that the users maintain as far as possible a minimum distance of 2 metres between them;
- A gathering that assembles the occupants of a private home or a site that serves this purpose and any other person who offers a service or whose support is required. Individuals who

offer a service or support must maintain as far as possible a minimum distance of 2 metres between them and the occupants.

Minimum two metres

Outdoor gatherings are permitted in the case of the occupants of the same residence or a site that serves this purpose or when one person receives from another person a service or support. Individuals must maintain, as far as possible, a minimum distance of 2 metres from each other."

Officers have been advised to evaluate each situation after intervening and questioning those they suspect are not obeying the rules. She noted that some situations can be complex. For example, parents with shared custody of children with whom they are not currently living may have to provide an explanation if stopped by the police.

Public events cancelled until Aug. 31

Quebec Tourism Minister Caroline Proulx joined two other members of the CAQ cabinet on Friday in calling on the organizers of public events over the coming summer to cancel or postpone at least until Aug. 31 because of the ongoing COVID-19 virus crisis.

"The government of Quebec has had to make a difficult but necessary decision," Proulx said in a statement. "We are aware of the impacts this represents for organizers, and we thank them for their contribution to the collective effort. We will be there to prepare a strong recovery in order to see Quebec and its festivities shine brightly as soon as possible."



Thank you

To all
health
care
workers

Thank you for continuing to work.

Thank you for going to the front lines to treat us.

Thank you for fighting the invisible enemy.

Thank you for answering the call.

Thank you for taking care of our health.

Thank you for supporting us.

Thank you for reassuring us.

Thank you for being so devoted.

Thank you for being there for us.

Thank you for being
our guardian angels.

Pandémie de la COVID-19

La ministre Danielle McCann annonce un financement supplémentaire de 20 M\$ pour venir en aide aux organismes communautaires

CNW Telbec/ - La ministre de la Santé et des Services sociaux, Danielle McCann, annonce aujourd'hui que le gouvernement du Québec met en place une aide d'urgence de 20 M\$ afin de répondre aux besoins financiers supplémentaires exprimés par les organismes communautaires régionaux et nationaux dans le contexte de la pandémie de la COVID-19. Le ministère de la Santé et des Services sociaux (MSSS) reconnaît l'apport essentiel des organismes communautaires à la santé et au bien-être de la population et est soucieux de maintenir un filet social pour répondre aux besoins de la population en cette situation exceptionnelle.

Les sommes seront accordées aux centres intégrés et aux centres intégrés universitaires de santé et de services sociaux qui veilleront à répartir le financement aux organismes communautaires qui offrent des services prioritaires sur leur territoire, notamment dans les secteurs de l'alimentation, l'hébergement, l'accompagnement-transport bénévole, et les services communautaires de santé physique et mentale. Une attention particulière sera accordée aux clientèles plus vulnérables, dont les jeunes en difficulté, les personnes âgées, les personnes proches aidantes, les personnes ayant une déficience et les personnes en situation d'itinérance. Un montant minimal de 700 000 \$ sera réservé à des organismes ou regroupements nationaux.

Ce soutien financier permettra de couvrir les frais excédentaires engendrés par la pandémie, notamment les dépenses liées à l'achat de matériel sanitaire, à l'embauche de ressources et au temps supplémentaire. Tous les organismes communautaires doivent suivre les directives énoncées par la santé publique et prendre les dispositions appropriées afin de protéger la santé et le bien-être de leurs travailleurs et de leur clientèle, et ce, en cohérence avec les orientations gouvernementales.

« Par cette aide financière d'urgence, nous voulons nous assurer que l'ensemble des citoyens puisse avoir accès au soutien dont ils ont besoin pour traverser en toute sécurité cette situation d'une ampleur inédite. Notre gouvernement a à cœur de soutenir



les organismes communautaires et leurs équipes dévouées qui œuvrent dans les secteurs prioritaires, et ce, avec des moyens à la hauteur du contexte exceptionnel que nous vivons, dans un souci d'équité pour les personnes les plus vulnérables de notre société», a souligné la ministre de la Santé et des Services sociaux Danielle McCann.

, Faits saillants:

Cette aide d'urgence de 20 M\$ s'inscrit en complémentarité des financements suivants accordés récemment dans le cadre

de la pandémie :

- Aide d'urgence de 2 M\$ aux Banques alimentaires du Québec (24 mars 2020);
- Aide d'urgence de 2,5 M\$ pour les maisons d'hébergement pour femmes victimes de violence conjugale et pour femmes violentées vivant de multiples problématiques sociales (27 mars 2020) ;
- Aide d'urgence de 500 000 \$ pour Tel-Jeunes et LigneParents (9 avril 2020).

Coronavirus COVID-19

If you have symptoms such as:

- cough
- fever
- difficulty breathing
- sudden loss of sense of smell without nasal congestion with or without loss of taste

Call 450 644-4545

STAYING AT HOME MEANS SAVING LIVES



Québec.ca/coronavirus

Centre intégré
de santé
et de services sociaux
de Laval

Québec

On protège aussi sa santé mentale à la maison!



Vous devez jongler avec une nouvelle réalité, celle de rester à la maison? Les conseils suivants vous donneront quelques trucs pour que cette période d'isolement, due à l'épidémie de la COVID-19 au Québec, soit une expérience plus agréable.

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. Cela vous demande à la fois de l'ajustement, de l'adaptation et beaucoup de résilience.

La situation actuelle force de nombreuses personnes à vivre une période d'isolement. Elle demande également à d'autres de faire preuve de créativité pour concilier télétravail et vie de famille.

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.

Votre  **gouvernement**

Comment préserver sa santé psychologique?

- ✓ **SOYEZ INDULGENT ENVERS VOUS-MÊME.** Acceptez de vous accorder un temps d'adaptation. Mettez sur vos forces personnelles ainsi que sur des stratégies que vous avez déjà utilisées pour diminuer votre stress ou pour surmonter une épreuve. Vous pourrez ainsi mieux traverser ces moments difficiles.
- ✓ **VERBALISEZ CE QUE VOUS VIVEZ.** Vous vous sentez seul? Vous avez des préoccupations? Partagez-les à une personne de confiance, tout en observant les mesures de distanciation physique recommandées.
- ✓ **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 aider.
- ✓ **APPORTEZ DU SOUTIEN AUX AUTRES** en respectant les mesures de distanciation physique. Aider les autres lors de situations difficiles rapporte autant à la personne qui reçoit le soutien qu'à celle qui l'offre.
- ✓ **ÉVITEZ LES STRATÉGIES D'ADAPTATION INUTILES** comme le tabac, l'alcool ou les autres drogues. À long terme, elles peuvent dégrader votre état mental et physique.
- ✓ **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. En tout temps, faites appel à des ressources fiables, comme le site officiel du gouvernement du Québec : [Quebec.ca/coronavirus](https://quebec.ca/coronavirus)



L'importance de s'accorder des moments de plaisir

Durant cette période d'isolement, il est important d'adopter de saines habitudes de vie en mangeant sainement, en buvant beaucoup d'eau, en restant actif et en essayant de vous reposer et de dormir suffisamment. Profitez de ce moment pour découvrir de nouvelles passions et prendre du temps pour vous et votre famille.

Il existe une multitude d'activités pour occuper vos journées à la maison et pour vous divertir. Organisez celles-ci en routines quotidiennes, en créant une liste que vous pourrez consulter pour rester actif à la maison. Pensez à afficher cette liste pour que vous puissiez la consulter régulièrement. Pour vous aider à être créatif, voici quelques idées qui pourront alimenter votre réflexion :

Activités physiques intérieures : faire du vélo stationnaire, du yoga, du Pilates, danser, effectuer des exercices aérobiques et de raffermissement musculaire, etc.

Loisirs créatifs : dessiner, colorier, peindre, écrire, chanter, faire de l'origami, tricoter, prendre des photos, etc.

Jeux : jouer à des jeux de société, jouer aux cartes, assembler un casse-tête, faire des mots croisés, des sudokus, des mots cachés, etc.

Divertissement : écouter de la musique, des balados, des séries, des films, des spectacles, etc.

Détente : prendre un bain chaud, méditer, lire un livre, etc.

Activités éducatives : apprendre une nouvelle langue, visiter des musées virtuellement, etc.

Autres : cuisiner, coudre, ranger, faire du ménage, classer des photos, etc.



Vous devez faire du télétravail ?

✓ **CRÉEZ-VOUS UN ESPACE DE TRAVAIL CONFORTABLE.** Assurez-vous que cette zone est réservée à vos activités professionnelles. Ainsi, vous pourrez établir des frontières entre travail et vie personnelle. Assurez-vous que votre bureau à domicile soit bien aéré, aménagé, propre et confortable, autant que possible.

✓ **INFORMEZ VOS PROCHES DE VOTRE HORAIRE DE TRAVAIL.** Expliquez à votre famille vos attentes envers eux et écoutez leurs attentes envers vous. Faites-leur connaître vos heures de travail, les moments où vous pouvez être dérangé et ceux où vous n'êtes pas disponible.

✓ **PARTAGEZ LA RESPONSABILITÉ DES ENFANTS.** Vous êtes les deux parents à la maison ? Vous pouvez répartir l'horaire à deux. Par exemple, le matin c'est un des deux parents qui répond aux besoins des enfants sans déranger l'autre et vous faites l'inverse en après-midi.

✓ **PRÉVOYEZ DES MOMENTS DE TRAVAIL EFFICACES.** 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.



Restez en contact virtuellement avec vos proches : une bonne façon d'affronter l'isolement

Communiquez régulièrement avec vos proches tout en respectant les mesures de distanciation physique peut contribuer positivement à votre mieux-être et au leur pendant cette période.

De nos jours, il y a plusieurs moyens pour communiquer à distance avec votre famille, vos amis, vos collègues et vos connaissances. Vous pouvez utiliser le téléphone, le courriel, le Web, le clavardage, les appels vidéo, etc.

Ressources

Le stress, l'anxiété et la déprime peuvent affecter une personne sur divers plans ; physique, psychologique et émotionnel ainsi que comportemental, notamment durant cette période d'isolement à la maison. 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 et prendre soin de vous.

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 intégrer les saines habitudes de vie à son quotidien :

- defisante.ca
- force4.tv

Pour mieux gérer son temps en famille :

- ecoleouverte.ca
- alloprof.qc.ca
- teteamodeler.com
- viedeparents.ca
- naitreetgrandir.com
- vifamagazine.ca

Lignes d'écoute pour les personnes en détresse psychologique :

- Regroupement des services d'intervention de crise du Québec
Offre des services 24/7 pour la population en détresse :
centredecrise.ca/listecentres
- Tel-Aide
Centre d'écoute offrant des services 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 (365-4463)
- Service d'intervention téléphonique
1 866 APPELLE (277-3553)

Québec.ca/coronavirus

1 877 644-4545

Québec 

Don't forget about mental health while at home!



Do you need to deal with the new reality of staying at home? The following advice and tips will help make the experience of this time of isolation due to the COVID-19 epidemic in Québec more pleasant.

The current coronavirus (COVID-19) pandemic and related unprecedented preventive measures have created a different reality, one that can be particularly difficult to adjust to. For some, the measures can make an already difficult situation more fragile for family, financial and/or social reasons. Adjusting and adapting to the new situation requires great resilience.

Many people feel compelled by the situation to experience a period of isolation, while others need to be creative when reconciling telework and family life.

While an event of this magnitude can affect your physical health, it can also have consequences for 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.

Take care of your psychological health

- ✓ **INDULGE YOURSELF.** Give yourself the time you need to adapt. By relying on your personal strengths and the strategies you used in the past to lower your stress or overcome an ordeal, you can get through this difficult time in better ways.
- ✓ **VERBALIZE WHAT YOU FEEL.** Are you experiencing loneliness or worry? Share your inner thoughts with someone you trust while abiding by recommended physical distancing measures.
- ✓ **ASK FOR HELP WHEN YOU FEEL OVERWHELMED.** It's not weakness but rather a sign of strength.
- ✓ **SUPPORT OTHERS** while abiding by physical distancing. Helping others in difficult times is as beneficial to the giver as to the receiver.
- ✓ **AVOID ADAPTATION STRATEGIES THAT DON'T WORK** such as tobacco, alcohol or drugs. In the end, they will only impair your mental and physical state of health.
- ✓ **Staying well informed is important, but TRY TO LIMIT THE TIME YOU SPEND LOOKING FOR INFORMATION ON COVID-19.** Information overload can raise your stress level and increase your anxiety and/or depression. Always use on reliable resources of information such as the official Government of Québec website: [Quebec.ca/coronavirus](https://quebec.ca/coronavirus)



Letting yourself feel joy is so important

During your period of isolation, it is important to follow a healthy diet, drink lots of water, stay active and get enough rest and sleep. Use this time to discover new passions and focus on yourself and your family.

There are so many activities that can fill up at-home days and entertain you. Make them part of your daily routine by writing a list that you can refer to for ideas on how to stay active at home. Consider posting the list in the house in a place where you can easily consult it. Here are a few ideas to feed your thoughts and help you to remain active:

Indoor physical activities: Ride an exercise bicycle; practice yoga or Pilates; dance; do aerobics and/or weight training, etc.

Creative leisure activities: Draw, colour, paint, write, sing, take photos, do origami, knit, etc.

Games: Play board games, cards, do jigsaw puzzles, crosswords, Sudoku and hidden word games, etc.

Entertainment: Listen to music, podcasts, TV series, movies, concerts, etc.

Relaxation: Take a warm bath, meditate, read a book, etc.

Educational activities: Learn a new language, visit virtual museums, etc.

Other: Cook, sew, tidy up, do housework, sort photos, etc.



Are you teleworking?

- ✓ **SET UP A COMFORTABLE WORK SPACE.** Make sure that the space is only used for your professional activity. This will ensure boundaries between your work and your private life. As much as possible, keep your home office comfortable, clean, nicely set up and airy.
- ✓ **LET YOUR FAMILY CIRCLE MEMBERS KNOW YOUR WORK SCHEDULE.** Explain your expectations to them and listen to what they expect from you. Ensure that they know your work schedule (times when you do not want to be disturbed) and also the times when you are available for them.
- ✓ **SHARE RESPONSIBILITY FOR YOUR CHILDREN.** If both parents are self-isolating at home, divide responsibility for the daily schedule. For example, one parent can be fully in charge of the children's needs in the morning and the other one can take over in the afternoon.
- ✓ **PLAN WORK TIME EFFICIENTLY.** Take advantage of nap time to speak with your workmates by phone. Invite the children to "work play" by drawing, reading or doing educational activities. Ask the older kids to supervise the younger ones when they play.



Staying in contact with your family circle virtually is a great way to overcome isolation

Communicating regularly with your friends and family while practising physical distancing can help improve your well-being during your period of isolation.

Nowadays there are so many ways for you to communicate with your family and friends, workmates and acquaintances: telephone, email, chat, video calls, the Web, etc.

Resources

Stress, anxiety and depression can affect people physically, psychologically, emotionally and behaviourally during times of home isolation. While most succeed in adapting to the situation, it remains important to pay attention to your needs. Never feel ashamed at doing what is needed and take care of yourself.

The following telephone hotlines are always available when you feel stress, anxiety or depression related to the current epidemic in Québec: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 and 1 877 644-4545 (toll-free elsewhere in Québec). You will receive information and be directed to psychosocial health professionals who can provide support and advice that meet your needs.

Deaf and hard-of-hearing persons should dial 1 800 361-9596 (toll-free).

Resources on how to incorporate healthy living habits into your daily life:

- defisante.ca (French)
- force4.tv (French)

Resources for better management of family time:

- ecoleouverte.ca
- alloprof.qc.ca (French)
- teteamodeler.com (French)
- viedeparents.ca (French)
- naitreetgrandir.com (French)
- vifamagazine.ca (French)

Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec
24/7 services for distressed people (French):
centredecrise.ca/listecentres
- Tel-Aide
Listening centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen:
514 935-1101
- Écoute Entraide
Community organization that supports people who are emotionally suffering:
514 278-2130
or 1 855 EN LIGNE (365-4463)
- Telephone assistance service
1 866 APPELLE (277-3553)

Québec.ca/coronavirus

1 877 644-4545

Québec 

Sinclair Laird students move to learning from home

AVLEEN K. MOKHA

The English Montreal School Board (EMSB) maintains the only English-speaking school in the Parc-Extension region. Parc-Extension News interviewed EMSB and principal Derrek Cauchi, principal of Sinclair Laird high school, to understand how educators are responding to the pandemic.

Parents can use two resources to teach their children. First, the EMSB launched a dedicated website LearnfromHome which compiles learning materials for grades K to 11. "The website is updated weekly," EMSB communications consultant Michael Cohen said. "We have consultants who are responsible for each subject. We have our student services department: guidance counsellors, psychologists, spiritual animators, and special needs workers." A second source of materials is the Ecole Ouverte, a resource developed by the Quebec Ministry of Education. The Ecole Ouverte means "open school" and is a place where the Ministry shares kits that help parents plan activities at home.

"The open school concept is well put-together," principal Cauchi said. "In the context of Park Ex, our youngsters have limited access to resources. That's why it's continue to provide what we can."

Hurdles specific to Sinclair Laird

Cauchi said that his teachers have been dili-



Children at Sinclair Laird school doing an activity together indoors.
Photo: Maurizio D'Orso

gent in getting the info together for children. Nevertheless, parents must themselves be comfortable enough with technology to allow their young children to use it."

The family's socioeconomic status and language experience can be barriers to remote education by limiting the parents' comfort with technology.

"The members of our community can be competent and English or French may be the third or fourth language," Cauchi continued. "Those with strong command of English and French tend to be the exception rather than the norm."

Socializing a school-specific experience

Cauchi thinks it is important to consider ways to make up for children's reduced socialization during the pandemic. "Replacing the social aspect is the harder challenge, rather than the academic or intellectual one," Cauchi said.

"Socializing is the greatest part of the learning experience of nearly the entirety of my student group," Cauchi said.

"We tend to dismiss socialization as chit-chat or flirting, but socialization makes the world go around. Children need to develop those skills, otherwise they can suffer tremendously through life."

Access to technology a concern

"As the principal of my school, my main concern is that if students don't have access to technology, they cannot learn," Cauchi said. "The situation has put pressure on the home to come up with alternatives, which is where we are stepping in the best we can."

Keeping students engaged

The provincial government declared the end of the academic year briefly after schools closed.

This means that students are finished in terms of grading and evaluation. All participation is now voluntary. If a family is not providing feedback, the children might be disengaged because they don't have physical tests.

"One of the biggest challenges right now is being too overwhelmed by information," Cauchi said. "The younger children are, the more they learn with their bodies. They need to explore, they need to understand the consequences of their physical movement."

Cauchi said that the school staff has been following up with children that may have difficulty maintaining their focus during this time.

Staff cooperative and helpful

Non-academic staff members are also available to connect with children who already know them.

"We are lucky. We have so many tremendous people who come in to do good work," Cauchi said. "They keep contact with kids, that has been very valuable. For example, we have a drama therapist who has kept touch with about a dozen students that we deem at-risk."

New students are evaluated on a rolling basis. For now, Cauchi is stepping in to personally call families which he thinks could use some help.

Delays in planning for the next year

Usually, Cauchi would start planning for the subsequent school year. This is because July 1 is usually the end of contracted workers. The exact date varies case by case, but the hiring process begins midsummer.

"As principals, we make our plans for classes in the summer, with a focus on organizing staff for next year," Cauchi said.

Contracts from the immediate school year are being respected. However, it is difficult to determine the impact of COVID-19 on re-opening the school in fall.

"If enrollment goes down, you have to let teachers go," Cauchi said. "It's hard to tell because we are still in the midst of the emergency."

For now, Cauchi suggests that individual families should not invest in expensive technology, unless they have the means to afford so.

As the flu season comes to schools every year, it might be hard for school staff to distinguish between health symptoms without guidance.

Should social distancing measures continue into the new academic year, the school may have to stagger batches of students. The measures will reduce the maximum capacity of students that can enter.

Safety is also a concern. "We may have to look into providing technological tools to families to make sure the socioeconomic gap between families isn't aggravated," Cauchi said.

Even if the school board can provide technological sources, Cauchi hopes this can be done in a way that keeps children safe from being identified or teased.

Proper disposal of gloves, masks is a social responsibility

Several citizens are finding masks and gloves discarded on the streets. Studies suggest that the coronavirus can last on surfaces for days. Municipal workers might assume some risk of transmission by picking up such litter.

The National Institute of Allergy and Infectious Diseases (NIAID) found that under laboratory conditions, the coronavirus can last on plastic and stainless steel surfaces for 2 to 3 days.

All gloves, masks, and equipment worn to

reduce the spread of COVID-19 should be thrown in the trash. The chances of getting COVID-19 by picking up trash is minimal if you wear protective equipment and practice hand washing.

Finally, discarded materials can harm local wildlife by causing small animals to eat and choke on the used items.

How to take off gloves and masks properly

According to the World Health Organization (WHO), gloves should be taken off inside out. Otherwise, you can expose yourself to viruses on the outer surface and transfer them to other surfaces.

If you want to take off a mask, clean your hands with soap and water, or hand sanitizer, before touching it. The front of the mask is contaminated and should not be touched. Only touch the ear loops and bands.

For a mask with two bands, lift the bottom strap over your head first. Then, pull the top strap over your head.

Clean your hands with soap and water or hand sanitizer after disposing of the mask in the trash.





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VSP Borough Council contributes \$100,000 for COVID-19 emergency, revises zoning laws



Photos from left to right: VSP Borough Mayor Giuliana Fumagalli reading opening remarks during the digital council session, Park Extension councillor Mary Deros reading remarks and Lyne Deslauriers, research secretary, reading questions submitted by borough residents online.

AVLEEN K. MOKHA

City councillors are meeting behind closed doors due to the COVID-19 pandemic. The council of the Villeray-St Michel-Parc Extension borough met by tele-conference on April 6, 2020. Key highlights of the meeting were the borough's contribution of \$100,000 to the COVID-19 Emergency Fund, the revision of zoning laws, and the question and answer period.

Context of the pandemic

VSP Borough Mayor Giuliana Fumagalli acknowledged the labour of elected officials and city personnel during the past few weeks to maintain essential services. In addition to public health officials Fumagalli acknowledged "the sincere efforts of members of this borough."

In her address to residents, Fumagalli urged that everyone follow social distancing. This includes staying 2 metres apart from others, not getting together, and only leaving home for essential purchases. "We are very proud of the majority of the public which has respected the public health directives," Fumagalli said.

Borough contribution to Centraide COVID-19 Emergency Fund

The borough granted 100,000 dollars to the Centraide COVID-19 emergency fund. The aims of this contribution is to finance community organizations so that residents can satisfy their basic needs and that the vulnerable and the isolated are able to eat.

"We are committed to the struggle against poverty and social exclusion," Fumagalli said. "We maintain our financial support during this time. Various funds and programs are being developed to support businesses and those who have lost their jobs due to the pandemic. In the meantime, all can contribute to the local economy by shopping online or a shop close to you."

Zoning revisions

Following an analysis and consultation process spanning two years, the new version of the Zoning By-law for borough was adopted by the council. This important amendment to the zoning law that concerns zone numbers, zoning maps and certain legal definitions.

A consultative process was carried out during the first months of 2020. The process included four public evenings as well as the exchange and collection of comments online. A referendum approval period started in March. At the April council meeting, the Regulation was adopted while a referendum process continues for five of the 631 zones of the territory.

The new version of the Zoning By-law aims to be simpler and more intuitive, with the aim of making information more accessible to the public. The objective is also to facilitate the integration

of new projects into their environment and to harmonize the built environment with the current environment.

Public spaces stay open at discretion

Sylvain Ouellet, councillor of the François-Perrault district, expressed concern at having to close parks. "Parks are vital to not just the physical health of our citizens, but also the mental health," Ouellet said. "Having to close the parks because of a few who do not respect the rules will affect everyone."

Buy local

City councillor Rosannie Filato noted that when making purchases, residents should follow recommendations of the Quebec Premier Francois Legault and the City Mayor Valerie Plante by buying locally. Buying close to home or within Quebec can promote the local economy, Filato said.

Report social gatherings

Parc Extension councillor Mary Deros stressed that residents should not leave unless they need essential belongings or want to take a short walk.

"If you see a gathering in the public, you can call 911 and the police will arrive imminently," Deros said. "I have personally contacted them with a location and received a call back informing me that the situation has been handled well."

International Book Day

Josué Corvil, councillor for St Michel iterated that April 23 is World Book Day. During the shutdown, Corvil encouraged residents to consider not just reading physical books, but also accessing digital books through the city library website.

Community gardens

Eric Allen asked, "The borough recently announced the closure of the gardens community, knowing that the Saint-Michel district is identified as a food desert. Is there an arrangement to give citizens more autonomy like allowing them to use non-conventional surfaces, like roofs, to feed themselves in times of crisis?"

"I assure you there will be an effort to mitigate the consequences of such closures," Fugalli said. "As for the use of rooftops, I fear that this will not be allowed. Each landlord is responsible for their building. It's not possible to ensure installations required to maintain a community garden."

Community organizations

Another citizen questioned which community services will be available during the crisis.

"We are in close collaboration with small businesses to see how we can support them during this crisis. A big part of the fund will be directed to the provision of food for all," Fugalli replied.

Shelters that provide food assistance, support the aged, shelter services are considered essential and will therefore stay open. A resident may call 211 for the most updated list of community services.

Disposal of waste

Dana Cooper questioned the problem of waste gathering on the sidewalks. "For the past two weeks, we have mainly seen masks, gloves and wipes on the floor of our street," Cooper said. "These items may expose pedestrians who pass after, in addition to harming the cleanliness of the neighbourhood. Is there a safe way for employees of the borough to pick up the waste, taking into account that these wastes present a risk of COVID infection?"

Fugalli acknowledged that she has seen similar waste near her. "At the moment, the city has suspended cleaning measures, except for sectors at risk of flooding." "Masks and gloves belong in the waste. Do not flush them down the toilet. To keep your area clean, sort your waste and take them out only on days which the city collects waste in your area."

Risk of evictions

Amy Darwish, a resident of a tenants' committee in Park Ex, shared her concern that many tenants in the area have received a request for repossessions or evictions for renovations: "Most hearings are suspended at the Régie du logement as are the effects of a decision to evict tenants. With the economic crisis caused by the pandemic, which added to the housing shortage already present, the action committee of Park Ex (CAPE) fears an increase in the number of evictions and evictions of tenants once the health emergency is lifted. What can be done?"

Fugamalli stressed that evictions cannot take place during a health emergency. "All judgements related to occupants are suspended," Fugamalli said. As announced on March 21, 2020, the Minister of Municipal Affairs and Housing extended the suspension of its hearings as long as the state of health emergency is declared.

Cleaning shared spaces in multiple-unit building

Another question regarding residences was raised by André Trépanier, "During the pandemic, the maintenance, sanitation and security issues continue. How can healthy housing be ensured if there is a problem, like the infestation of rats of bed bugs?"

"Although the health of our personnel is a priority, our health inspectors are available for urgent repairs," Fumagalli said. "Home interventions can be arranged for examples that you suggest."

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Parents to follow arrangements made before the pandemic



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AVLEEN K. MOKHA

Parents who share custody of a child should maintain the agreements they had before the pandemic began. If a parent is worried about their or the child's health, they should communicate with the other parent about safety measures before changing existing arrangements.

Judges offer emergency hearings in case of disputes between parents. A few parents have gone to court due to disputes related to coronavirus, but judges will require evidence that a family member refused to follow guidelines related to the coronavirus.

"No miracle recipe"

The Superior Court of Quebec and the Court of Quebec are the two trial courts in the province. On March 30, Minister of Justice Sonia LeBel suspended cases regarding custody issues.

Parents with immediate concerns due to the coronavirus need to present evidence for their worries.

Family law practitioner Sylvie Schirm says a parent should have "serious, good reason" if they proceed to an emergency hearing.

Quebec's director of public health Dr Horacio Arruda has stated that "there is no miracle recipe" to manage custody during this time.

"This is a time of enormous instability, Schirm said. "Children's lives are totally turned over. It's not the time to have parents fight or stop the children from seeing parents."

The ministry website lists certain situations in which a parent should self-isolate. If someone in the family experiences symptoms of COVID-19 or if someone has recently travelled, they should isolate for 14 days. Someone infected with the coronavirus takes 2 to 14 days to develop symptoms.

"Down the road, if you go to court for whatever reason, the judge will look at the behaviour of all parties during this time of crisis," Schirm noted.

Healthcare workers

A woman working as a clinical nurse in the region of Koartac had to leave work because her ex-husband wanted to keep the children.

Although healthcare workers are more exposed to the virus than someone isolating at home, they have the right to see their child as normal.

"Their occupation is not a reason to stop visits, because healthcare workers especially know what safety measures to follow," Schirm said.

Health conditions in the family circle

Jothi Bajaj is a grandparent with a chronic health condition. Bajaj's husband is immunocompromised, and the son who shares custody

with his ex-partner suffers from a brain injury.

The family arranged to keep the children with their grandparents, but the ex-partner agreed only after the family hired a lawyer.

"You can try to work out new terms with the other parent to minimize travel and agree to maintain contact through technological means," the ministry site said.

Travelling between regions

In Quebec, Premier François Legault indicated that people should not travel between neighbourhoods. The ministry site says that if parents agree to connect digitally, they should do so to minimize travel. However, parents with shared custody reserve the right to see their child in person.

In a recent case, a father travelled within the province despite the provincial guidelines. He has a child with asthma. Judge Marie-Josée Bedard ruled that he cannot see his children till 14 days, but once the 14 day period is over, the arrangements prior to the pandemic will resume.

Resolving conflict with communication

Judge Suzanne Ouellet presided over a case early April in which she called for parents to communicate with each other.

"In this historic period of tumult and social upheaval, the Court recalls that efficient and transparent communication between parents makes sense," the case document read. "The interest of the children commands it."

The judge admonished a parent who decided to stop visits without asking the other parent what measures they were putting in place. A concerned parent needs to ask for reassurance that the other guardian is respecting the latest guidelines.

If a parent is blocked access to a child without being consulted, the judge may consider the lack of consultation negatively. Schirm suggests that the parent being limited access should take the initiative to communicate by explaining the safety measures they are taking.

A judge consults sworn statements in court. Communication through phone, email, or social media can serve as evidence against a parent. For example, a judge may consider if a parent posted online about making non-essential trips or texted someone about leaving the household to meet others.

Proceeding to court

If a family is not able to resolve the dispute among themselves, they can proceed to an emergency hearing.

The first step is to hire a lawyer who listens to

details specific to their client's circumstances. Then the lawyer drafts the proceedings and identifies a judge who will listen to the case. The time it takes to identify a judge varies by districts. However, the process of escalating a

dispute to court can be done within a week, according to Schirm.

Note: Due to the sensitive nature of this topic, names of parents have been changed to protect their identities



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Greek community celebrates Easter in shutdown

AVLEEN K. MOKHA

The Hellenic Community of Greek Community (HCGM) manages two churches in Park Extension region, the Evangelismos church and the Koimisis Tis Theotokou church. As the COVID-19 pandemic gained momentum in Quebec, the HCGM began conducting church services by livestream on YouTube and Facebook.

Over 11,000 people follow the HCGM Facebook page. In an interview with Parc-Ex News, HCGM Executive Vice President Constance Karvelas recalled that one church service received around 20,000 views.

The Evangelismos church in Park Extension is one of the four HCGM churches that are connecting with the parishioners online.

Clear directives from the Archbishop

Usually, members of the church gather during April to celebrate the rebirth of Jesus Christ. The ceremonies include a week-long period called the Holy Week, which ends on Easter Sunday.

The Greek-Orthodox Archbishop of Canada, Sotirios Athanassoulas, issued a letter on April 6 telling members of the community to not gather during Easter. In the statement, Father Sotirios said that the hellenic community will "precisely observe the directives and instructions of the Canadian government authorities."

In order to follow governmental guidelines, access to the Greek church is restricted to the priest Father Harry Charalambos and his helper. This year exceptionally, the church did not issue palm branches, nor any holy oil, during the Holy Week leading up to Easter.

"Some parishioners are hurt by it," Karvelas described. "We are counting on their friends and family to explain that this is no joke. Faith is fantastic, but this is not a time to be taking chances with people's lives."

The first week churches closed to the public, a few people came knocking on the door, demanding to be let in. "As painful as it was, the priests didn't and can't let them in," Karvelas continued.

Maintaining communication and the family spirit

Karvelas is spearheading HCGM's campaign on social media which aims to provide information about COVID-19 in Greek.

Primarily, HCGM livestreams services from one church and uploads services from three to four other churches on their Facebook page. According to Karvelas, the reception has been encouraging. "We have discovered that we have done something great that will help our community long after COVID-19 is over," Karvelas said. "In some ways, I feel that we have uncovered a different way that after COVID-19 is over, we can bring faith into different homes."

By live-streaming events on YouTube and Facebook, Karvelas believes that HCGM can



connect with young families, older parishioners, or people that usually travel from far.

Coping with technology: Help for older parishioners

"This is a new experience because our faith is hands-on," Father Charalambos said. To ensure that older residents of Park Ex could benefit from live-streaming, Father Charalambos prepared handouts to treat the environment of home as church during a session. These handouts were distributed as downloadable documents through social media leading to the Holy Week.

"I don't want my parishioners to treat it like a hockey game," Father Charalambos said. "I want to help them have the mindset of going to church."

To enjoy the experience of streaming services online, Father Charalambos recommends allocating a small part of the house be a praying corner and to dress in church clothes. "You tend to lose yourself when all the days feel the same," Father Charalambos said.

Some parishioners are understandably frustrated that they cannot access the Holy Light on Easter. However, Father Charalambos assured these parishioners that the church will always have a light that parishioners can receive once the pandemic is lifted.

Parishioners are responsive to the crisis

"The parishioners who I thought would rebel have actually locked themselves in," Father Charalambos said.

As a priest, Father Charalambos follows the rules of the government and the rules of the Archbishop. The priest follows the stricter of the two judgements, unless there is a big difference. In those instances, the priest defaults to the laws of the government. Father Charalambos recalled that older parishioners stopped congregating before the government officially banned public gatherings.

"Our Church has experienced persecution for the longest time," Father Charalambos continued. "My parents' generation has been through hard times. They have hidden under the couch in fear of the Germans during World War II. They have done 'no church' before."

Suspended visits to senior homes

Father Charalambos usually visits parishioners long-term care facilities and seniors' homes (CHSLDs). Due to the pandemic, no visitors are allowed. A significant number of older Greeks live in CHSLDs. "Those are the people I feel for, because I cannot get to them in any way," Father Charalambos

said.

A severe outbreak of COVID-19 in a seniors' home in Dorval killed 31 residents. The Ministry of Health and Public Safety has launched a police investigation to examine senior residences. Even patients with conditions like dementia respond positively from being visited by a church member. "When they see the priest, their eyes light up," Father Charalambos said.

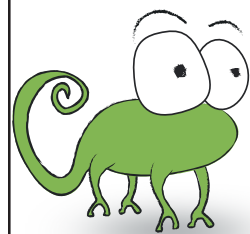
Grief in the Greek community

The priest has attended a few deaths due to COVID-19, all of them related to COVID-9. According to Father Charalamos, the Greeks are suffering from the lack of otherwise extensive burial routines.

An Orthodox Greek service includes a viewing, which gives a community to pay proper respect to the dead and their loved ones. The rituals before the day of the viewing are also not done anymore.

The government mandates that burials take place directly at the cemetery. Usually, the priest conducts a set of prayers at the burial site, followed by a meal at the church.

"For a Greek, not getting buried in a church for any reason is not what they want," Father Charalambos said. "Reducing the church burial to 20 minutes at the grave site is a big adjustment."



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GUGGENHEIM MUSEUM, NEW YORK

GUGGENHEIM
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

M
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d'Orsay

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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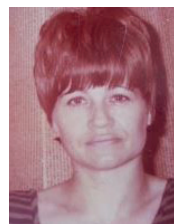
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DUMAIS BEAULIEU, Jeannette

1928 - 2020



In Montreal, on Monday March 30, 2020, at CHSLD Auclair, passed away suddenly, in the absence of her family members and at the age of 91, our beloved mother, Jeannette Beaulieu, née Dumais, wife of the late Louis Beaulieu fils (1915-1997), both born in Ste-Angèle-de-Mérici (Le Bas du fleuve). She went to join her adored mother Adrienne Landry, born in Fall River (Massachusetts, USA) and her father Pierre Dumais, born in Saint-Octave-de-Métis.

COULOMBE, Laurent

1927 - 2020



In Sainte-Anne-de-Bellevue, on April 6, 2020, passed away Laurent Coulombe, husband of the late Berthe Despard. He is survived by his children Louise and Guy, his grandchildren Michel (Marie-Christine Lachapelle) and Francis, his companion Ghislaine Rousseau (née Martel) and his children, grandchildren and great grandchildren, his brother Georges Coulombe (late Pierrette Legris), brother-in-law Roger Proulx (late Claire Despard), sister-in-law Betty Ann Despard (née Gaul and late Roger Despard) as well as nephews, nieces and friends.

ZAKY, Josef

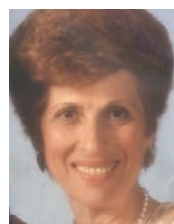
1937 - 2020



Peacefully, on Saturday, April 11, 2020, in his eighty-third year. Loving and devoted husband of the late Catharina. Beloved father and father-in-law of Orna and James Murphy. Devoted and proud grandfather of Joshua and Zachary. Dear brother of Rimón, Esther, Menashe and Yitzhak. He will be sadly missed by his nieces, nephew, family, neighbours and friends. Joe grew up in Israel and set off to travel the world in the early 60's. He met Tini, the love of his life, in Holland and they moved to Canada in 1965 to marry and start a family.

RUBENSTEIN RUDY, Mildred

1933 - 2020



With a sad heart, but blessed memories, we announce the passing of Mildred Rudy on Wednesday, April 8, 2020, at the age of eighty-seven. She was a warm and loving mother to Lewis (Amy) and Robert (Kathy), and a doting Bubbie to Lauren, Samantha, Josh and Adam. She rests peacefully now with her lifetime love, her late husband, Saul Rudy, our beloved father and grandfather. Beloved sister of the late Ben Rubenstein and the late Harry Rubenstein; and sister-in-law of Marilyn Rubenstein, Joanne and the late Hersch Rudy.



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HOROSCOPE

Week of April 19 to 25, 2020

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

There will be lots of action and excitement this week. You'll face new challenges, both in your career and in your personal life.



TAURUS

Sometimes you need to take a step back before you can move forward. By taking initiative, you'll succeed in creating balance in your financial situation and in your love life.



GEMINI

At work, your customer base will grow dramatically, thereby increasing your income significantly. In your love life, your partner or someone you're interested in will surprise you in a way that makes you very happy.



CANCER

You'll have an epiphany that will light the way to achieving your personal and professional objectives. As a result, you'll take the first steps toward starting your own business.



LEO

In order to expand your professional and personal horizons, you'll take a training course. To your great delight, this will change the trajectory of your life.



VIRGO

Emotions will be palpable this week and may cause a degree of restlessness. You'll receive a clear sign of affection and commitment from your new love interest.



LIBRA

Consider the consequences before making a decision that could change your life and that of those closest to you. Your generosity will be contagious and you'll spread the seeds of happiness.



SCORPIO

Changing your eating habits will have a considerable effect on your health. In your love life, clear communication allows you to avoid conflict and propels you toward making a more serious commitment.



SAGITTARIUS

You'll be a hero this week. You may even help someone out of a difficult situation just by listening for a few minutes and offering them a smile.



CAPRICORN

If you've been thinking about moving, you'll start to consider the idea more seriously. Notably, you'll find a home that suits your family's needs.



AQUARIUS

You won't pull any punches this week or beat around the bush when expressing your disagreement. You'll be feared and respected.



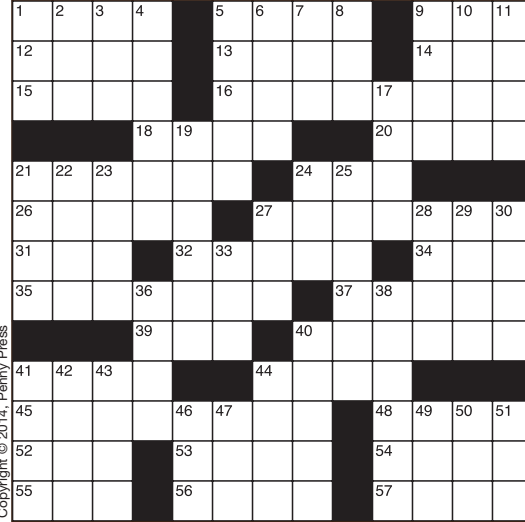
PISCES

To be happier in your relationship, you need to break out of your routine and communicate your desires to your partner. If you don't already live together, you'll consider it.

Coffee Break

CROSSWORDS

PUZZLE NO. 983



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ACROSS

1. Invade
5. Fruit coolers
9. Small drink
12. Car's wheel shaft
13. Flimsy
14. Tic-tac-___
15. Shriek
16. Remedy
18. Sins
20. October gemstone
21. Glued
24. Birthday number
26. Fully develop
27. Reflecting surfaces
31. Notable timespan
32. Perfume
34. Sticky glop
35. Giza structure

37. Shoo!
39. Grovel
40. Globe
41. Waitperson's handout
44. Workbench clamp
45. Mimic
48. Resounding sound
52. Cashew or pecan
53. Refer to
54. ___ cream
55. Dangerous curve
56. ___ off (furious)
57. Ogler

DOWN

1. Manta ___
2. Logger's tool
3. Feeling awful
4. Erase
5. Prize
6. Bears' lairs
7. Dine
8. Winter transport
9. Desist
10. Pinch
11. Strip
17. Effective one
19. Change the title of
21. Kind of school, for short
22. Drafty
23. Mast or boom
24. Objective
25. Understands
27. Trendy
28. Fairy-tale
29. Thunder
30. Not all
33. Tractor-trailer
36. Border on
38. Swiss or cheddar
40. Fathered
41. Look for ore
42. Down-under birds
43. Louse eggs
44. Cast a ballot
46. Opera division
47. No-win contest
49. Artfully shy
50. Tint
51. Hockey great Bobby ___

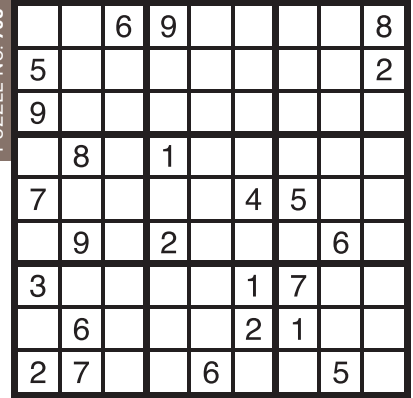
Sudoku

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.

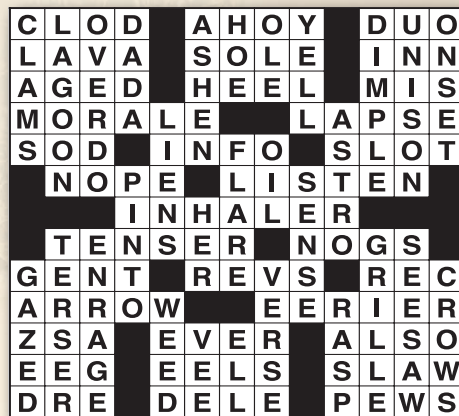
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 708

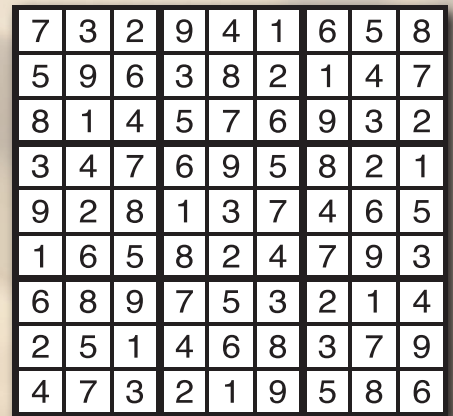


Last Issues' Answers

CROSSWORDS



Sudoku



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.

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