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Vol. 28 - N° 27

2 octobre, 2020 / October 2, 2020

450-978-9999

www.px-news.com

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# Red alert!

Quebec tightening COVID-19 restrictions

## Park Extension cases very high

STAY HOME

COVID-19

Page 3



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# City of Montreal in the red - lockdown announced

The 28 day lockdown started Thursday October 1st and will last until the 28th  
Premiere Legault announced this week



**DOMENIC MARINELLI**  
Local Journalism Initiative Reporter  
For The Parc-Extension News  
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After months of a threat of a second wave, the provincial government has finally decided to put Montreal in another state of lockdown. Especially after weeks of slinking toward the red, the decision makes sense to most, as it was imminent, as even the Prime Minister stated in a press conference earlier last week that families getting together for Thanksgiving would be difficult.

The areas affected primarily are Quebec City, Chaudière-Appalaches and of course Montréal.



## Exceptions to the new rules

A whole batch of rules have been set in place for the announced 28 day lockdown starting on Thursday the 1st of October, but many are surprised at the rules not present on the current list, or rather the places that won't be closing in light of this new lockdown.

As it will stand as of Thursday, home visits will be forbidden, unless a person who lives alone is being visited by a single person who also lives alone. The other exceptions include visits by healthcare workers. Apparently, and according to numerous reports, if a household is having work done on their homes including maintenance, construction, plumbing, etc., this can be done but only by a single person/worker. And interestingly enough, apparently, a babysitter is allowed in a home to care for children while parents are away.

## Who will be forced to close?

Restaurant dining rooms will be completely closed. Only take-out options will be allowed for all restaurants in the affected regions. Bars will be closed, as will movie theaters and public libraries. Museums are also included on that list, and apparently there are no exceptions. Casinos as well.

## What's different about this lockdown?

Churches and other places of worship across the city will allow gatherings of 25 people or less for funerals, as this was not possible in the lockdown following the first wave of the pandemic.

Community organizations will be staying open, and while gatherings outdoors are allowed, a



distance of two meters is required between all people at said gatherings, which include protests. Masks, as can be figured, are mandatory as well. And like before, it was suggested that inter-re-

gion travel by citizens of Montréal cease as well during the 28 day lockdown.

▶ Continued on page 12

## Non compliance will cost you \$1000

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*Easier for police to enforce COVID restrictions inside private homes*

Quebec Premier François Legault says the negligence of a few means the province has to crack down on public health rules in red zones in an effort to curb the rising spread of COVID-19. "Lives are at stake. We want to keep our children in schools," Legault said. "We also want to protect our health network"

Aside from exceptions such as a visiting caregiver, the premier said people who host gatherings or parties are violating the law and the police will be able to issue fines on the spot.

## Telephone warrants to enter private homes

If a homeowner does not comply with when the police ask to enter the home, he said, officers will be able to obtain a warrant by telephone. He said warrants will be issued quickly, using a virtual system in collaboration with the Crown.

He referred to the warrants as "portable," as they allow police to act quickly. People who gather in homes can get fined \$1,000 per person.

## Protesters must wear masks

He said protestors who refuse to wear masks will also be fined \$1,000 and those portable warrants will be used if needed.

Legault said all gatherings will be banned, even outside. Recently, the cap was set at 25 people. He said that rule no longer applies in red zones.

"Police officers will start by trying to disperse the gatherings, but if people don't co-operate, fines can be given," he said.

## No travelling to other zones

The premier said people from red zones cannot travel to orange zones to eat in a restaurant. They will face fines if they do.

Legault said restaurants will not be required to verify residency, but police can issue a ticket if they catch people dining outside of their region.

## Heading to the country

He said people should not travel between regions to pick up groceries or run similar errands. Heading off to orange or yellow zones is acceptable, he said, if people are heading out to a hunting cabin or something of that nature but they must bring all their provisions with them.

Legault made no mention of roadblocks, something that occurred this spring.

Public Security Minister Geneviève Guilbault said there is a concern about people going to other zones to gather, and in that respect, fines of up to \$6,000 are possible.

She said the idea is not to issue as many fines as possible, but to ensure people are staying in their zones and decreasing the spread of COVID-19.

For now, elected officials from places like Charlevoix and Portneuf do not believe that barriers are necessary to keep people from red zones, like Montreal and Quebec City, out.

For now, elected officials from places like Charlevoix and Portneuf do not believe that roadblocks are necessary to keep out people from red zones, like Montreal and Quebec City.

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9500  
Copies

3860, boul. Notre-Dame, # 304,  
Laval, QC H7V 1S1

Tel: 450-978-9999 • Fax: 450-687-6330

E-mail: editor@newsfirst.ca

www.px-news.com

Distribué dans le district  
de Parc Extension.  
Distribution in the  
Park Extension area. H3N



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Member of  
Quebec Community Newspapers Association &  
Canadian Community Newspapers Association



Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL/DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation: Project funded in part by



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# OPINION & Editorial



## PARLEZ-MOI D'HUMOUR

Alcide Borik



### Lettre à un ami

Je dois t'apprendre une nouvelle qui ne te surprendra pas trop : Mes jambes ont presque cessé (momentanément?) de fonctionner, mon estomac idem, je suis cloué chez moi parce que :

- 1) mon estomac a augmenté de volume, et bien que je perde environ 1 kilo par mois, je ne peux même plus sortir de chez moi pour acheter d'autres pantalons... exact!!! et mon palio tomaro de medico est en vacances tous les trois mois pour se guérir du stress que lui cause la Covid19... des autres!
- 2) même en robe de chambre, je ne peux même plus sortir pour m'acheter et faire retoucher mes pantalons et des chemises qui se gonflent comme le buste d'une femme enceinte.
- 3) La maudite covid qui m'empêche de sortir, même en robe de chambre, qui empêche même les préposés de la clinique Laenec de me faire des radios alors que j'ai fait plusieurs tests qui se sont toujours avérés négatifs. Il n'y a pas de covid dans mon immeuble!!!
- 4) Mon ordi fait des free games, l'imprimante fait des free games, la télé fait des free games et mon Poutine de téléphone fait des free games.
- 5) Mon moral en a pris un coup quand je me vois finir confiné!!! Je continue le combat qui est beaucoup moins drôle que ceux du passé,
- 6) je m'attends à des re confinements massifs vu la situation, d'ailleurs, je ne vais nulle part, qu'à l'hôpital, au labo, aux résonances magnétiques. Mais j'économise sur le coiffeur et le cordonnier, et l'essence, mais les morticoles ne m'auront pas encore, j'ai terminé 2 bouquins, et on s'en parlera si tu veux, j'aurai besoin d'un éditeur!!!

## The COVID-19 panic

The schizophrenic aspects of Canadian culture and their influence on governments' behaviour are increasingly evident.

The most palpable example lies in how we trampled, in fear, over memory and institutions, obsessively protective and morally dismissive of dignity and human life simultaneously.

The COVID-19 lockdown has been a strange time for people who are struggling to reduce the risk that folks with health vulnerabilities would catch the virus and perish.

Police services enforced with gusto the makeshift regime, though they refused to enforce long-standing laws on road-blockading gangs weeks earlier. They chased families from parks and pathways, and turned people away from public roads. Those who questioned or objected were fined hundreds of dollars. Some were roughly handled and carted away, even when following every rule. The term covidiot was brought into vogue.

The social cost of the COVID-19 regime has not been computed and it may be a long time before we can know with some approximation the effect on marriages and friendships, the mental state of lone individuals, those with susceptible conditions such as depression, on sexual abuse and family violence, alcohol and substance abuse, and deaths from untreated non-COVID-19 issues and suicides.

Then there's the economic cost of forcing hundreds of thousands of Canadians into unemployment and the corrupting effect of subsidy, with many now pushing for the lockdown to continue. As Félix Leclerc wrote in the 1950s, "the best way to kill a man is to pay him to do nothing."

Policy has driven entrepreneurs to bankruptcy. It has made us poorer, yielding untallied amounts of debt from a government advancing its political agenda but shielded from parliamentary oversight.

All the while, hospitals went largely empty across the country and the most vulnerable were condemned to suffer in elderly human warehouses, producing so far over 80 per cent of all deaths in Canada.

Tentative reopenings and a few false starts added aggravations. The debate about the science of mask protection goes on, doing more laps around the track than middle-distance Olympic runners. Reopening too quickly, we were told, risks losing all the sacrifices previously made.

And then as the result of police brutality in the United States, the moral pretenses of the COVID-19 regime crashed. Upon one tragic death, life-saving medical measures no longer mattered so that emotive, virtue-signalling mobs could be supplied.

Politicians quickly knelt in front of the parade, ignoring laws they had just installed. No one enforced what days earlier was imposed with bully-like resolve.

The personal, social and economic sacrifices of so many, including the elderly we didn't properly protect, may have been erased by a media-

▶ Continued on page 12

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# Park Ex Streets - still very much in disarray

*A brief update for the construction on Park Extension streets—as it stands right now & when will it all end?*

PHOTOS: Newsfirst-Domenic Marinelli



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As we've been reporting for the last few weeks, Park Extension is certainly in a state of borough-wide bouts of construction and at various intervals. But despite some sections moving forward, so many other sites seem to be popping up and staying for the proverbial long haul, as it were, creating serious blockages at rush hour and at other intervals throughout the day.

## On the way in or out

On the way into Park Extension, construction has sure been obscuring the clear pathway, especially on Jean Talon Street. Of course, the work on Saint Denis Street hasn't helped and that has certainly uncovered a whole other can of worms and sack of problems for the city and the citizens alike. Therefore, getting in or out of the borough has certainly been an uphill battle most days and for quite some time as it turns out.

## Bike paths

A lot of this is due to the bike paths being set up around the city, especially on Saint Denis Street—a nightmare for locals—and with the city backpedaling (pardon the pun), now spending money to remove the bike paths they just laid out, returning streets back to two-way throughways all over the city, specifically in the East End, we wonder what the fate will be for other streets newly turned into one-way streets enabling more space for bikes.

The ratio in Park Extension is pretty interesting when comparing number of cyclists and the number of cars. As I was observing traffic over a pretty long period of time in the borough this past Monday during rush hour, the cars and trucks outnumbered the cyclists going through by at least 50 to 1. Now if you're not a gambler, those aren't very good odds (and that's putting it mildly) specifically if you're on the cycling side of things. So in the end, we certainly hope that



A portal into the depths of the abyss ... a massive hole in the ground at the center of the street just after Jarry due North

there are no plans to make one-way streets in Park Extension to facilitate cycling in the area. Nothing against cycling ... it's just that it would obviously create more problems for traffic flow in the area, and we don't need that ... a sentiment felt by most.

## Work at construction sites moving slowly because of Covid-19?

Of course, for so many months, this was certainly the case, or so it seemed to most, the pandemic having a direct result on all the work being done, but since the end of summer, many would have deduced that work would be resuming although with safety precautions set in place to protect against the spread of Covid-19. But many construction sites in Park Extension were lagging in terms of moving forward to completion.

Regardless, the work was getting done, slow and steady. And even in Park Extension and other places in the city, some sites were closed during the height of the pandemic, jobs not being able to be completed because of the constraints brought on by the pandemic. But of course, this isn't exactly the overall case as it stands now, nor as it has stood over the last few months. Work has been moving forward. It's just that there is certainly a lot of it in Park Ex right now.

## As we previously reported ...

A few weeks back, we reported on several of these spots around the borough, specifically the L'Acadie/Jean Talon intersection and even updated info on that site last week, but the sidewalk at that intersection has been filled in with concrete at press time. There are still barricades blocking access to the sidewalk there, but the area should be cleared up soon, state workers on-site.

The work needed to be done, as City Councilor Mary Deros told us in a statement a few weeks back, and she also said that work should have finished at certain areas in what would have been the following weeks, and that certainly was as it turned out at some intervals, but only the Querbes site seems to be lagging considerably as it stands now.

## A massive stretch of construction on Querbes

It is on Querbes that the most amount of work seems to be under way, with a massive gash in the road, the work goes on for quite a few blocks and traffic has been considerably slowed down. No word yet on how long that project will last, and will it be affected by the new red alert status the city will be entering on Thursday? Nothing but questions for now, but we'll stay on this and keep you posted, if not in the print version of the paper, then on the website, so check it out: <http://www.px-news.com/>



Construction equipment laid to rest late Monday afternoon—will this be a common sight in the weeks to come as Montréal enters state of emergency lockdown?



A massive gash in the street runs for many blocks—as of 4:30pm on Monday this week, work had already ceased ... who knows how long this project will last, locals lament

# BARBIES

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# TWOMOUNTAINS TO CLIMB CANADA'S TWIN DEFICITS AND HOW TO SCALE THEM

by David Dodge

## Part Two...

Throughout most of the 20th century, Canada was a "capital short" economy. We were able to grow our output from capital-intensive industries by being an attractive destination for foreign investment. Growing our exports of goods allowed us to service these foreign capital inflows and thus to maintain access to

global capital markets on favourable terms. Canadians were well served by this balance in our economic relations with the world.

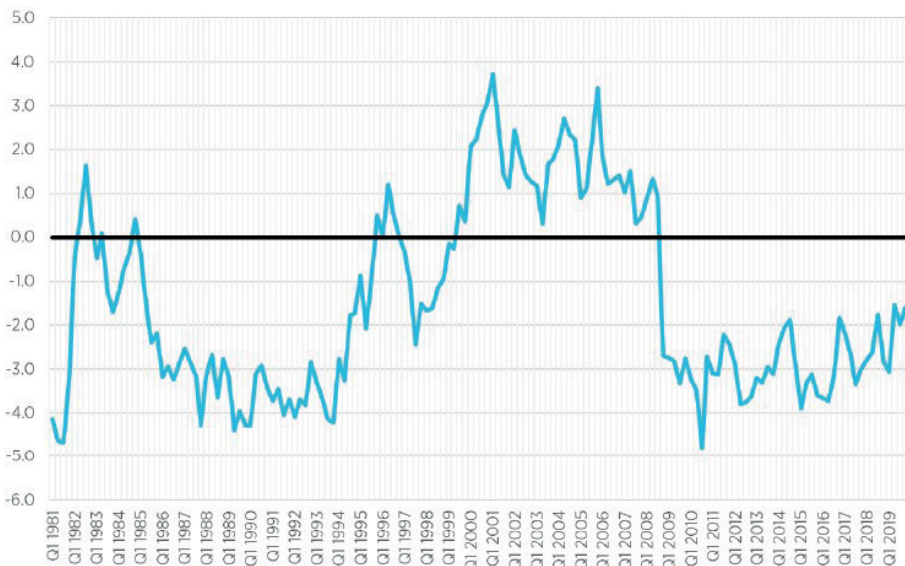
In the years before the 2008 financial crisis (see Figure 2). Canadian goods exports exceeded imported goods by a healthy 3-5% of GDP, of which the first three percentage points were attributable to net energy exports. The latter

were enough to offset net imports of services and consumer goods as well as a net outflow of interest payments on government and corporate debt, a positive trend line that lasted through the early years of the 21st century. (See Appendix A).

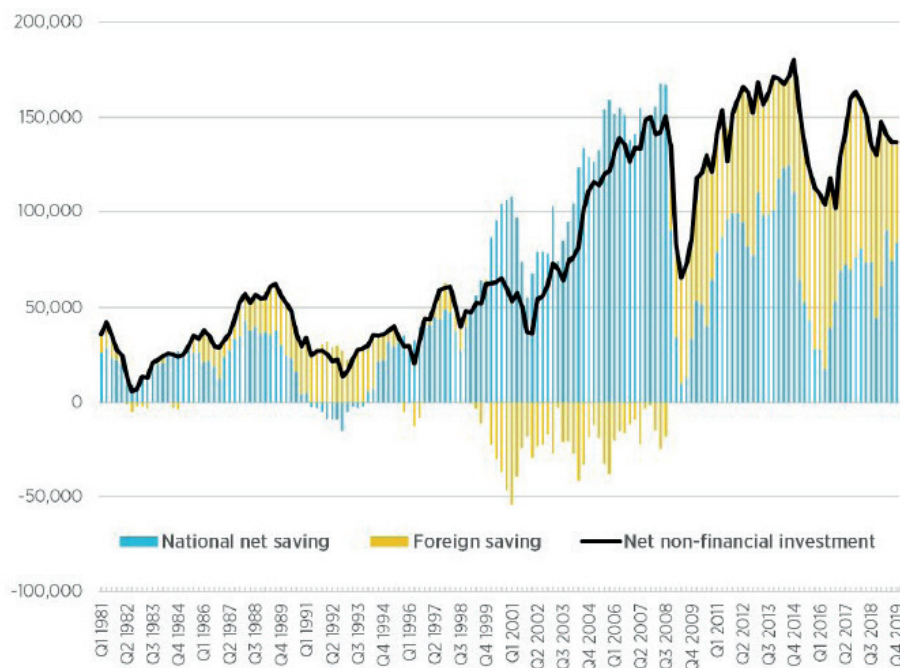
Going into the COVID crisis, however, Canada's current account had deteriorated significantly. We have been recording annual current account deficits with the rest of the world of between 2% and 3% of GDP, an approximately \$50-\$60 billion shortfall every year. Even though Canada fared relatively well

up well, despite little access to offshore markets and a lack of bargaining power with U.S. refineries, which extracted a discount below the world price.

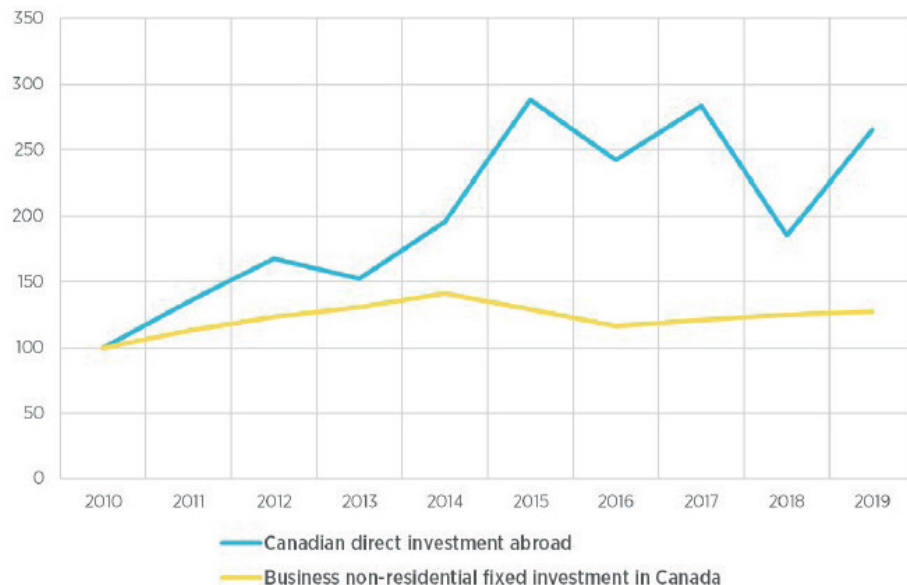
In 2019, our energy sector nonetheless contributed a net \$76.6 billion to the current account, largely covering net consumer imports (\$55 billion) autos (\$22 billion) and travel services (\$11 billion). Of the energy contribution, some 80% came from crude oil and bitumen. Adding natural gas brought the share above 90%. Coal was third, electricity fourth. Fossil fuels and other resources held the economy aloft, particularly



**Figure 2: Canadian Current Account Surplus (+) / Deficit (-) as % of GDP**  
Source: Statistics Canada, tables 36-10-0121-01 and 36-10-0104-01.



**Figure 3: Saving and Investment in Canada (\$m)**  
Source: Statistics Canada, table 36-10-0111-01.



**Figure 4: Canadian Investment in Canada and Abroad | 2010 = 100**  
Source: Statistics Canada, tables 36-10-047-01 and 36-10-0104-01.

in the Great Financial Crisis of 2008-09, net exports of non-energy goods, including motor vehicles and parts, declined sharply in the aftermath from about 2% of GDP to minus 4%. The deficit in services also worsened as did the flow of direct investment into Canada, especially into the oil and gas sector. By the time the pandemic hit, Canada had recorded 11 consecutive years of current account deficits as we borrowed from foreign savers to make up for the shortfall of domestic savings to finance capital investment. [see Figure 3] The current account deficits can also be seen as the inevitable product of Canadians and their governments choosing to borrow to maintain a high level of private and public consumption rather than finding ways to generate national income through added production.

Oil was one of the few export sectors that held

through the 2008-09 recession, a reality that for now remains intact and therefore that we must accept even as we transition away from them. Too abrupt a move will generate painful shocks to the overall economy.

Direct foreign investment in the oil and gas sector has also fallen off. Even domestic Canadian firms are increasingly choosing to build businesses elsewhere in the world. [see Figure 4] By the end of 2019, Canadian direct investment assets abroad at market value outweighed foreign direct investment into Canada by \$804 billion, almost all of that built up since 2012.

*to be continued...*

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# Une approche adaptée aux différentes régions pour limiter la propagation du virus

Plus que jamais, nous devons respecter les mesures sanitaires pour limiter la propagation du virus. Il est essentiel que chacun d'entre nous demeure vigilant et adopte les bons comportements. Puisque la transmission du virus ne se fait pas partout de la même façon, un nouvel outil a été mis en place afin de vous permettre de mieux connaître l'évolution de la situation dans chacune des régions du Québec. Ce système d'alerte à quatre paliers facilitera également pour la population le suivi des interventions du gouvernement.

Il est nécessaire de contenir la progression du virus partout au Québec. C'est ainsi que nous réussirons à maintenir une certaine normalité dans les prochains mois. Chaque région peut faire une grosse différence pour limiter la propagation du virus. Continuons de bien nous protéger.

Votre  
gouvernement

## Système d'alertes régionales et d'intervention graduelle

Le système d'alertes régionales et d'intervention graduelle précise pour chacune des régions sociosanitaires les mesures additionnelles à déployer pour ralentir la transmission du virus. Celles-ci dépendent du palier d'alerte atteint et visent à limiter les conséquences sanitaires, sociales et économiques de la COVID-19, à protéger les personnes les plus vulnérables et à éviter de surcharger le système de soins.

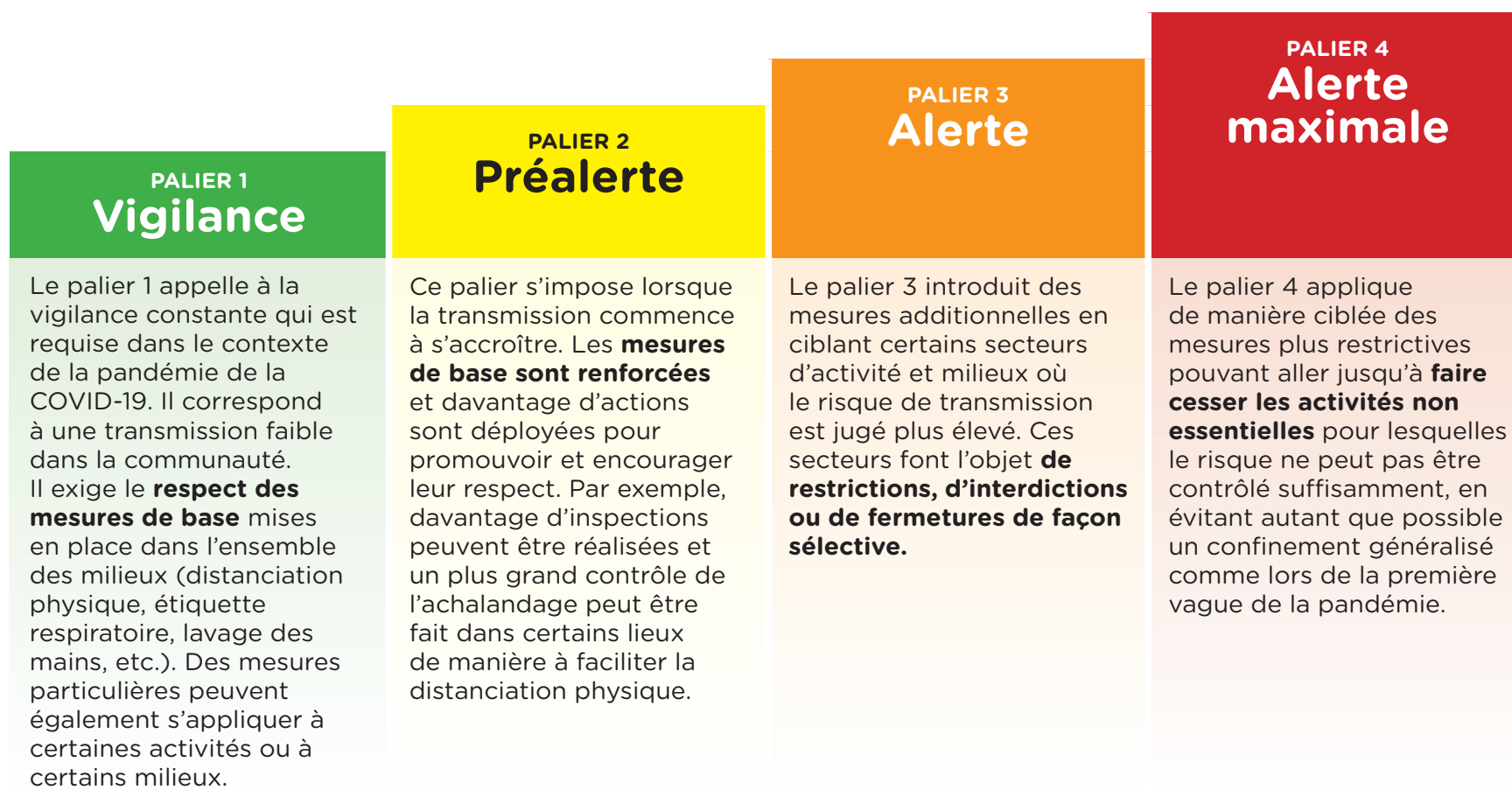
Les paliers d'alerte sont établis selon les recommandations des autorités de santé publique, qui font une analyse régulière de la situation en tenant compte de la situation épidémiologique, du contrôle de la transmission et de la capacité du système de soins. Selon les tendances observées, les paliers seront révisés chaque semaine par les autorités de la santé publique.

N'oubliez pas, chaque personne doit adopter des comportements permettant de limiter la transmission du virus. Faisons-le pour que nos enfants puissent continuer d'aller à l'école, pour protéger nos aînés, pour assurer la sécurité de nos travailleurs de la santé et pour relancer notre économie. **En tout temps, respectez les mesures de base :**



- Gardez vos distances
- Portez un couvre-visage
- Toussez dans votre coude
- Lavez vos mains
- Adaptez vos pratiques de salutations

## QUATRE PALIERS D'ALERTE ET D'INTERVENTION



Pour connaître le niveau d'alerte dans votre région, consultez la carte des paliers d'alerte par région sur [Québec.ca/paliersalerte](https://quebec.ca/paliersalerte)

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

☎ 1 877 644-4545

Québec 



# An approach adapted to the different regions to limit transmission of the virus

It is now more important than ever that we follow health measures to limit the spread of the virus. It is essential that each of us remains vigilant and adopts good habits. Since the virus is not spreading everywhere at the same rate, a new tool has been implemented to show how the situation is evolving in each Quebec region. This four-level alert system will make it easier for you to keep track of the government's interventions.

We must contain the spread of the virus throughout Quebec. This is how we can retain some level of normalcy over the next few months. Each region can make a big difference in limiting the spread of the virus. Let's continue to protect each other.

Votre  gouvernement

## Progressive regional alert and intervention system

The Progressive regional alert and intervention system specifies which additional measures each health region must take to slow the transmission of the virus. These depend on the alert level reached and are intended to limit the health, social and economic impacts of COVID-19, protect those who are most at risk and avoid overburdening the healthcare system.

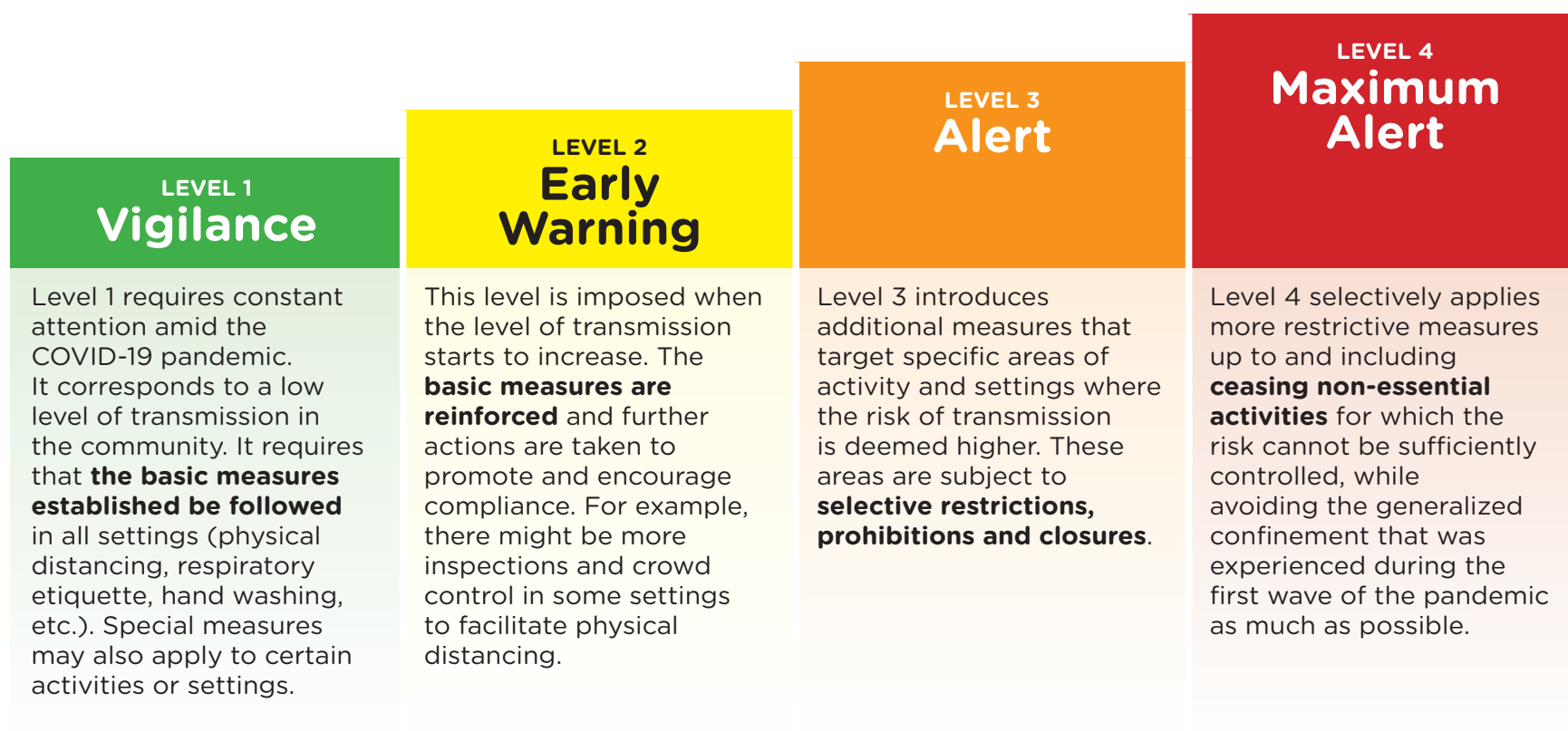
The alert levels are established based on the recommendations of public health authorities who regularly review the situation, taking into account the epidemiological situation, transmission control and the capacity of the healthcare system.

Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**



- › Keep your distance
- › Wear a face covering
- › Cough into your elbow
- › Wash your hands
- › Adapt your greetings

## FOUR ALERT AND INTERVENTION LEVELS



To find out the alert level in your region, consult the Map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels)

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

1 877 644-4545

Québec 

# Worries mount as Flu Season & Covid-19 collide

*People will be flooding local clinics as flu season gets under way, but a mounting trepidation can be felt as testing for Covid-19 reaches new highs while the city is in the red*



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For The Parc-Extension News  
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Although getting tested for Covid-19 wasn't exactly in demand when this pandemic got underway, by now, almost everyone has gotten tested either out of fear or perhaps even necessity. The numbers of community members flooding the clinics has certainly risen, but now that the city has reached the red that had been quite imminent for a number of weeks, worries also have mounted, many wondering if local clinics and medical staff would be able to handle the influx of people also attending the clinics for the influenza shots they get every year when flu season is upon us.

Also ... many are worried about getting the influenza flu at all, fearing the possibility of co-infection or not knowing the difference between the two. These fears are quite rational at such times and if you feel like that, don't worry, as you are not alone. We've uncovered some facts that may help limit your worries and fear during these trying times, but also shed some light on some pretty serious issues that should not be ignored when it comes to the two flues.

## Covid-19 vs. Influenza

The run-of-the-mill influenza flu was and is a definitely powerful flu. It could sometimes come even with gastrointestinal issues and really no one wanted to go through it. It apparently wasn't

or rather isn't as dangerous as the Covid-19 flu, but fatalities occurred even with this flu over the years, especially among the elderly and the ill.

As for Covid-19, by now, we know the severity of it and its scope, but how much do we really know about the two of them and their similarities? And are our theories as mentioned just above right on the money when it comes to influenza, or is it more serious than we are all letting on as of late?

## Covid-19 symptoms

Of course, all of us have been dealing with the ins and outs of this virus for months now, and who knows how long we will still be dealing with its terrible clutches, but a refresher never hurt anyone, so here goes ...

The most noticeable symptoms to watch out for are as follows: fever, cough, fatigue. The symptoms that are less-likely but still important to take notice of: aches and pains, sore throat, diarrhea, conjunctivitis, headache, loss of taste or smell (which as of late has been more commonly reported by those suffering from the virus), a rash on skin, or discoloration of fingers and toes.

There are also a series of serious symptoms that shouldn't be ignored at all: difficulty breathing and shortness of breath, chest pains, loss of speech or movement. You—and since the beginning of this thing—have been urged to seek medical attention if you have any one of these serious symptoms. You have also been urged to, now as before, call before visiting your doctor or health facility. "People with mild symptoms who are otherwise



A staff member at Clinique Parc Ex on Jean Talon Street closing up after a tough day of testing

healthy should manage their symptoms at home. On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days," as per the official notice of the government of Canada. And that has been the case and remains to be the case with this pandemic since its appearance.

## Influenza symptoms

So, as per the Government of Canada, the flu—

influenza—symptoms are as follows: fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and some people may have vomiting and diarrhea, though this is more common in children than adults.

The similarities are indeed quite striking and

▶ Continued on page 13

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Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés du 1er au 28 octobre inclusivement.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

## L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed from October 1st to October 28th inclusively.

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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## Vince Guzzo calls provincial government's decision to close movie theaters "arbitrary and unwarranted"

Following the announcement by the Québec government to close cinemas, Vince Guzzo, President and CEO of Cinémas Guzzo, has declared the measures arbitrary and unwarranted: "It's unclear why certain businesses, such as gyms and shopping centers, will remain open, whereas others, such as movie theatres, will be forced to close their doors to the public. There have been no known cases of COVID-19 transmission linked to movie theatre visits in Québec. Cinémas Guzzo has strictly followed the rules and regulations established by the government, including social distancing, the use of personal protective equipment by staff members and customers, as well as the disinfection of every auditorium after each screening using government-approved electrostatic technology (see right photo). The inevitable toll induced by the government's decision will be devastating for many local business owners and the provincial economy as a whole," stated Mr. Guzzo.



With the hospitality and entertainment industry still reeling from the aftermath of the first wave, it has become increasingly apparent that many local businesses, within the impacted sectors, will not survive this second lockdown. Cinémas Guzzo's appeal is on behalf of Québec businesses and is intended to protect all companies who are attempting to re-establish themselves.

## Lockdown announced...

◀ Continued from page 3  
**The biggest difference of all**

And schools will remain open, despite the fact that many sources have blamed the re-opening of schools on the extraordinary spike in the virus, dating to the exact time that children returned to school.

Universities like Concordia have decided to continue with classes online for the rest of the fall/winter semester, and many feel that that was a great idea overall ... leading to the question: Why don't elementary and high schools do the same?

Première Legault however, felt that a return to lockdown for children—especially as it was during the very first wave of the pandemic—wouldn't be in the children's best interest overall psychologically, and he stated as such at the press conference held this past Monday.

### How the lockdown will affect local businesses

Especially for our local businesses in Pak Extension, we know, as we have reported how the pandemic affected them, so another lockdown is a pretty scary thing for them all, definitely worth the worry.

◀ Continued from page 4

whipped crowd (to say nothing of looters).

The protesters exposed the whimsical nature, even if well-intended, of the COVID-19 regime and its overblown moral panic. In the face of these gatherings, what do we say to the families denied the dignity of properly burying their dead?

We ordered soldiers to enter virus-infested centres in Quebec and Ontario, putting their lives at risk. Yet two fallen Nova Scotia daughters in uniform went without honours. One of them gave her life to protect Nova Scotians, trying to stop a madman on a killing spree.

What do you say to their families (and to the families of the massacre victims who could not be properly grieved and buried) when Halifax boasts its anti-police demonstration to have been one of the largest in the province's history?

Whether the length and intensity of the lockdown is justified, the reaction to one life unjustly lost in another country has trumped the COVID-19 moral panic to save thousands, exposing a callous indifference to life outside the unprincipled guiding of the media's lens.

Popular emotions swept governments, eclipsing the rule of law and the institutions designed to protect us against emotive mob action.

Marco Navarro-Génie

# Flu Season & Covid-19 collide

◀ Continued from page 11

it can be understood why there are those out there panicking.

But at the end of the day, all you can do is get tested and see whether you have caught the regular influenza or have caught Covid-19, which brings us to our next point and probably the overall point of this article ...

## The ins and outs by one of the foremost experts in Montréal

Dr. Lawrence Rosenberg, President and CEO of the Integrated Health and Social Services University Network for West-Central Montreal (West-Central Montreal Health), had this to say in a statement published on September 23rd on the West-Central Montreal Health website: "...I drew some comparisons between COVID-19 and the flu, which continues to pose a serious threat to the health and well-being of our society and to people around the world ... (at the start) we were worried that we would be facing a situation similar to the Spanish flu of 1918 and the Hong Kong flu of 1968 during which no vaccines were initially available ... It is certainly true that differences do exist between the two illnesses. The current misunderstanding arises, however, from my statement comparing COVID-19 to the flu. Since the flu and its dire consequences have been with us for so long and can usually be prevented with a vaccine, many of us have wrongly come to believe that it is not a serious disease ... some people have improperly chosen to think that I am equating the threat level of COVID-19 with that of the supposedly insubstantial flu rather than the pandemics mentioned above.

Nothing could be further from the truth. Despite any misimpressions that may exist in some corners of society, the fact is that the flu remains an extremely hazardous adversary. Both COVID-19 and the flu - I am not referring to the common cold - can be deadly enemies ...

"The real question is why the seasonal flu fails to arouse the same sense of urgency that is triggered by COVID-19. The single best answer is probably the fact that we already have a flu vaccine, while nothing similar has yet been developed for COVID-19. In all likelihood, if a flu vaccine did not exist, the effects of the disease—in terms of the rates of sickness and death—would be much more severe ... we also tend to downplay the seriousness of the flu because it has become such a familiar, seasonal feature of the fall and winter seasons. On the other hand, COVID-19 attacked us for the first time this year and we are still in the process of developing a comprehensive "portrait" of how the virus behaves. As a result, we erroneously see the flu as posing so weak a

threat that we sometimes even complain about having "a touch of the flu," when all we have is a bad cold or sore throat that can be shrugged off with relative ease. It goes without saying that in these cases we are misusing the word "flu" or "grippe" in French ...

"Some people point out that COVID-19 seems more dangerous than the flu, because of the medical problems that persist in the patient after the virus itself has been overcome. The fact is that the flu carries its own set of major risks. For example, a study by the Centers for Disease Control in the United States found that of the 80,000 adults hospitalized with the flu over a period of eight years, sudden and serious heart complications were common in one of every eight patients. Data presented to the American Stroke Association has also shown that having a flu-like illness increases the odds of having a stroke by nearly 40 percent over the next 15 days, with an elevated risk that persists for up to one year. In addition, research submitted to the American Heart Association has found that flu vaccination in high risk patients was associated with a 28 per cent reduced risk of heart attack, a 47 per cent reduced risk of a temporary blockage of blood to the brain, and a 73 per cent reduced risk of death ...

"In other words, without the vaccine, the consequences to those high-risk patients would probably have been appalling. One major benefit has emerged from this incident: It has given me an opportunity to remind the public how important it is for every person—especially those at high risk—to be vaccinated against the seasonal flu. Contracting both the flu and COVID-19 could be devastating, which represents one more reason for wearing masks, social distancing and washing our hands regularly ..." His entire statement is an informative and enlightening read and it can be found here: <https://www.ciusswestcentral.ca/health-alerts/coronavirus-covid-19/>

So, as the good doctor says, it can be extremely dangerous to contract both at the same time and the standard run-of-the-mill influenza flu that I mentioned earlier in this piece is far more serious than most people think, so please be prudent out there.

## Clinics and handling testing and flu shots

All local clinics refused comment or weren't available for comment when I reached out to them (and I reached out to a lot), but we're sure they're doing their best to service the needs of everyone in the community. We urge you though to attend facilities that you have trusted in the past when getting tested and having the flu shots administered.



All clinics should be able to handle the influx of people flooding in now that flu season coincides with Covid-19 testing ... just stay calm and follow the clinic rules urge professionals

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**RIVARD, Daniel**  
1958 - 2020

In Montreal, on September 26, 2020, at the age of 62, passed away Mr. Daniel Rivard, son of Mrs. Madeleine Millaire and the late Roger Rivard. Besides his mother, he will be sadly missed by his children Christina (Jean-François) and Marc-André (Martine), his grandchildren Xavier and Arrielle, his sisters Diane (Serge) and Carole (Réjean), his nephews as well as many relatives and friends.



**SCENNA, Ada Ninfa**  
1926 - 2020

In Montreal, on September 25, 2020, at the age of 94, Mrs. Ninfa Scenna, wife of the late Alessandro Fantini, passed away. She is survived by her children: Giuseppina (Antonio), Teresa (Claude) and Orazio; his grandchildren: Paolo (Sylvia), Marie-Lisa (Sébastien) and Renaud (Daphne); his great-granddaughter Stella; his nieces Antoinette (Giovanni) and Francesca (Daniel) and their daughters Alexandra (Dominic) and Olivia, not to mention his many friends, especially his friends from the Aubade Gardens.



**CHARLEBOIS, Richard**  
1953 - 2020

It is with profound sadness that we announce the passing of Richard Charlebois on September 25, 2020 after a long illness.

He leaves to mourn his devoted wife Lena Havell, his children Daniel (Paula) and David (Kayla), his grandchildren Keira, Mason and June, his mother Jeannine, his brothers Gilles, Michel, Luc (Lyne) and Yves, his sister Diane along with his large extended family who will miss him.



**CLEMENTE, Gisondi**  
1930 - 2020

In Montreal, passed away on September 26, 2020 Mr. Clemente Gisondi, husband of Italia Grasso.



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# HOROSCOPE

Week of **OCTOBER 4 TO 10, 2020**

The luckiest signs this week:  
**LEO, VIRGO AND LIBRA**



## ARIES

Germs spread quickly at this time of the year. In particular, you should take steps to protect your respiratory system. Flu season will come early for you.



## TAURUS

There will be a lot of confusion in the air, but you'll use the opportunity to speak your mind. You'll get answers and a fair measure of reassurance about a delicate subject.



## GEMINI

Work and money will occupy most of your thoughts this week. You'll contemplate your professional future and make changes if it doesn't line up with your goals.



## CANCER

You'll benefit from a shopping spree and possibly a whole new style. Friends will inspire you to follow new trends. You might also discover a new outlook on life as you explore your spirituality.



## LEO

There's a good chance you'll get that long-awaited promotion, which will allow you to balance your work and family life. You'll also widen your client base and make new connections.



## VIRGO

If you have young children, you'll become more responsible for their care. This won't prevent you from maintaining an active social life as you'll participate in more family activities.



## LIBRA

A friend or family member will announce a spontaneous trip. You'll need to be more energetic if you want your social life to thrive. You should also plan to spend more quality time with your partner.



## SCORPIO

An unconventional learning experience will leave you feeling inspired. You'll decipher some disturbing information or understand a message that's left others perplexed.



## SAGITTARIUS

Following a dispute or argument, you'll be able to restore harmony. You'll also be much more open to compromise. You'll finally be able to break a few bad habits.



## CAPRICORN

You'll be more than happy to join in on whatever fun activities your friends propose this week. Your competitive spirit and an urge to get moving will allow you to quickly get back into shape.



## AQUARIUS

You'll be assigned new responsibilities at work that will likely require a wardrobe update. With a fresh look, you'll feel more confident meeting people and making your presence known.



## PISCES

You'll devote a lot of time and energy to your family this week, and it'll be hard to get you out of your house. People close to you will count on your generosity, but some might take advantage of it.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1001

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18			19	20	21					
	22		23	24			25	26	27	
28	29		30	31	32					
33		34	35	36	37					
38			39	40	41	42				
43			44	45	46					
		47		48	49			50	51	
52	53	54		55	56	57				
58				59		60				
61				62		63				

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### ACROSS

- 1. Soda flavor
- 5. Duck-foot feature
- 8. Heroic poem
- 12. Like Darth Vader
- 13. Tree chopper
- 14. "\_\_\_, Nanette"
- 15. Mortgage, e.g.
- 16. Job for a musician
- 17. Husk
- 18. Inaccuracy
- 20. Oompah horn
- 22. Largest continent
- 24. Lump of gold
- 28. Soap cake
- 30. Interfere
- 32. Wait on
- 33. Opera melody
- 35. Road covering
- 37. Elk

- 38. Prepared
- 40. Saloon
- 42. Elbow site
- 43. Guitars' cousins
- 45. Surpass 21, in blackjack
- 47. Military division
- 49. Swiss call
- 52. School groups: abbr.
- 55. Perched
- 57. Underground chamber
- 58. Relax
- 59. Schuss
- 60. "The Man Who \_\_\_ Too Much"
- 61. Acorn bearers
- 62. Nope's opposite
- 63. Transmit

### DOWN

- 1. Give up
- 2. Done
- 3. Book minder
- 4. Low female voices
- 5. Move to and fro
- 6. Door sign
- 7. Started
- 8. Angered
- 9. Hawaiian food
- 10. "Holiday \_\_\_"
- 11. Atlantic food fish
- 19. Parachuter's cord
- 21. Commuter vehicle
- 23. Museum display
- 25. Large dog
- 26. At all times
- 27. Word
- 28. Thorn
- 29. Length x width
- 31. Bark
- 34. Adapts
- 36. Chafe
- 39. Hither's partner
- 41. Purchase
- 44. Ms. Spacek
- 46. Anklets
- 48. Seize
- 50. Consistent
- 51. Bawdy
- 52. Major-leaguer
- 53. Oolong or pekoe
- 54. Request
- 56. End

# 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. 725

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

### Last Issues' Answers

## CROSSWORDS

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

## Sudoku

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

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