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Vol. 28 - N°. 32

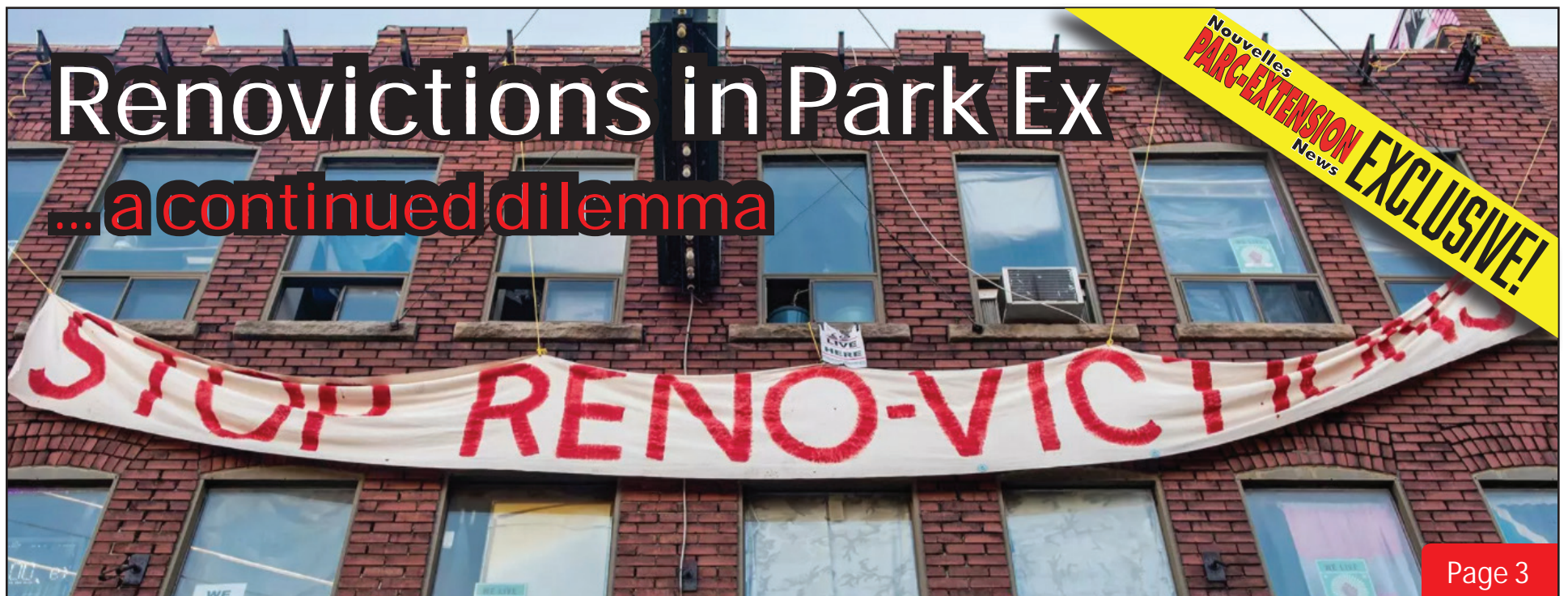
6 novembre, 2020 / November 6, 2020

450-978-9999

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## Renovictions in Park Ex ... a continued dilemma



Page 3

► Gym owners protest closure extension to no avail ... Page 5

## Park Extension ranked hot spot for Covid-19



Page 5



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# Renovictions in Park Ex –a continued dilemma

*Is there an end in sight for this issue ...? I've looked into it further and have had conversations with other members of government as well in order to get much-needed insight on an issue that seems to be affecting the community in a plethora of ways*



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As we reported a few weeks back, a disagreement erupted during a borough council meeting held at the beginning of October. The topic of discourse was 'renovictions' —evictions by landlords by reason of renovation; the reasons of which can be plentiful and determined case by case.

But there were those for the motion and those opposed. The community was made to voice its concern very shortly after the council meeting aired online. Mary Deros, as well as three of the other council members ... Josué Corvil, Rosannie Filato and Sylvain Ouellet, feel one way about it, the mayor another.

So members of the community posted online—in groups or on personal pages—many who found themselves finding fault with the motion for. During the proceedings, it was evident that Mayor Fumagalli was against the motion and in statements she made herself on social media, she planned to stand her ground. Now, after many more borough council meetings, we can have a better idea of where we stand or so we hope.

## A crazy buzz online & in the borough

Following the Borough Council Meeting we reported on a few weeks back and concerning the renovictions issue that has created quite the hubbub online and in the borough these past few weeks, there have been not one but many follow-up council borough meetings. Citizens also held protests and demonstrations—one of which was held right outside the borough council offices on Ogilvy.

## Statements from Mayor Fumagalli at the follow-up meetings

These statements are from the 22nd of October Borough Council meeting: "The last meeting, I exercised my right of veto on the motion proposed by Ms. Filato and Mr. Ouellet with the aim of giving us a little time to find a compromise. Content of the Montreal project and of the fact over the last month and the boroughs have adopted regulatory measures to preserve and protect their rental stock. Rosemont, Le Plateau, etc. I hope we can come to an agreement on a proposal. Unfortunately, although I re-launched Ms. Filato and Mr. Ouellet, they did not want to resume discussions. This is why we find this morning with the same proposal that was on the table last week, and which in my opinion, does not meet the objectives that we set for ourselves the loses of housing on our territory and frail abusive evictions ... I did try to convince, but in vain. It seems that I am the only one concerned with the tenant families."

## Mary Deros's statements after the first Borough Council Meeting

In response to a piece I wrote about a building owner that purchased a building on Bloomfield and hiked rents up astronomically after doing a few renovations, Mary Deros had this to say: "They should go to the Provincial Government." How owners deal with their tenants is something the rental board can help them with, she also stated. She felt that the situation that the tenants found themselves in on Bloomfield was terrible and not at all just. She feels for those people and says that their motion has nothing at all to do with this type



The battle continues as the community speaks out and as community leaders weigh in and take a stand

of behavior. Their overall goal is to help the families that wish to expand their household with renovations and possible evictions and nothing more.

So I contacted Andres Fontecilla. Here is what he had to say: "The financialization of the rental market over the past decades caused the loss

crisis, which I have put forward relentlessly over the past two years: setting up a major national housing project to build 10 000 units of social housing each year over the next five years, regulating temporary housing rentals such as Airbnb, limiting the use of housing units for temporary

touristic purposes, and decree a moratorium on reno-evictions where the vacancy rate is below 3%. Those are just a few examples of the solutions I've put forward at the provincial level to preserve and increase the amount of rental housing available and I will continue to do so."



Andres Fontecilla

of thousands of rental units, in Montreal but throughout Quebec as well.

Consequently, small players such as tenants and small landlords are now pitted against each other while the multi-unit landlords who own hundreds and thousands of units – for pure speculation purposes – walk around freely, buying more and more units, making no distinction between the housing market and the capitalist stock market.

While the conversion of duplexes into single-family homes usually isn't done with a speculative intent, it unfortunately will necessarily reduce the amount of rental housing available. This will have the effect of increasing the remaining rents, which are already very high because of the housing crisis. Thus, in the current context, such conversion resulting in a loss of housing units does not seem to me to be the preferred avenue.

While the cities and boroughs can intervene to preserve the amount of rental housing available, the provincial and federal governments must take their immense responsibility in that field. However, over the past decades, we've observed successive governments not taking any responsibility to ensure that each one of us can have a roof over their head. The governments have not recognized housing as a fundamental right. Tenants are understandably angry and disappointed in their governments.

However, there are solutions to the housing

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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



## Publishers:

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George S. Guzman

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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



### DANS L'ANTICHAMBRE DE L'ENFER 3

Depuis que je suis arrivé aux urgences de mon hôpital favori avec une hémorragie nasale que rien ne pouvait arrêter, on a fini par me permettre de prendre un taxi ce matin pour rentrer chez nous. Sans ma canne égarée, ma chaussette, et délesté de quelques décilitres de mon précieux sérum, je ronge mon frein et envisage sérieusement d'aller m'installer en Patagonie. Parmi les nombreux papiers qui m'ont été remis, j'apprend qu'on m'a introduit un ballon dans la narine droite qu'on a brutalement gonflé d'air. J'ai hurlé, mais bon, ça n'a duré qu'une seconde, mais j'apprends qu'il va me falloir y retourner pour l'enlever dans un délai de 72 heures.

- Vous ne pouvez pas venir le récupérer chez moi?
- Non c'est une chirurgie qui doit être faite par un médecin.
- Brzxx5ykkabarnakke! Veux pas!
- Lendemain, retéléphone à 9 heures :
- venez pour qu'on vous enlève votre ballon, c'est dangereux de le garder plus de 72 heures. Rendez-vous (pour m'amadouer) à 13h30. Ils ont du signer un accord avec l'Impact de Montréal!!
- Comme je suis tout endolori, je commence à m'habiller et fais mes réservations au transport adapté de la CUM.
- OK, soyez prêt à 12h40.

Tu parles, Charles, il arrive à 13h07. Il ne savait pas, le pòvre, qu'on allait me laisser mijoter jusqu'à 3h30, car la délicieuse réceptionniste avait "oublié" de prévenir et était rentrée chez elle. Ma colère gronde comme mon estomac affamé, je fais une colère qui n'impressionne nullement la foule résignée, on se dépêche de me faire monter à mon 9<sup>ème</sup> étage où l'atmosphère change du tout au tout. Tout le monde il est beau, tout le monde il est gentil, décor enchanteur, personnel attentionné et déstressé, bref, une autre planète. Une jeune interne en otorhino me soigne pendant un long moment, alternant excuses et expressions d'admiration pour mon courage, au bout de quoi, je me mets à fredonner des cantiques : Un nouveau Nez nous est donné. Je retrouve avec stupeur mon odorat du siècle dernier. Elle a réussi à remonter jusqu'au trou minuscule cause de tous mes maux et le cautérise. Oufffff! Je me sens plus léger de 100 livres. Qu'important mes hurlements de douleur, ça valait bien le coup... Mais ce que je ne comprends pas encore, c'est comment, dans ce neuvième étage, le personnel agit comme un vrai hôpital, attentionné et professionnel, alors qu'ailleurs, le personnel de première ligne est beaucoup plus préoccupé de finir son "Shift" sans attraper la covid19, craint d'entrer dans la chambre et ne s'encourage à le faire que si j'avais en ma compagnie, mon repas, mes médecins, que j'étais au téléphone ou en conversation avec un de leurs collègues.

Dans cette ambiance malsaine le virus, est toxique au raisonnement, fût-il professionnel. J'imagine que dans les quartiers plus périphériques, de banlieue ou en province, les choses paraissent un peu plus relaxes et, peut-être le protocole plus détendu, avec toutes les conséquences favorables ou néfastes, car, pas plus que nos chers politiciens, je n'ai pas compris les sautes d'humeur de ce virus pour prévoir ce que son instinct animal lui fera faire demain matin!

## Getting through a COVID-19 winter

*A better future awaits if we use this  
period of uncertainty to work on our  
mental, physical and career well-being*

Read isn't too strong a word to describe the feelings many have about the winter about to start. The COVID-19 virus is reason enough to worry.

There's not much individuals can do about that except follow all the good advice about staying safe.

However, there are two other major depressing impacts of COVID-19 that we can deal with.

One is the effect that all the uncertainty and ever-changing limitations and restrictions have on our mental health.

The other, with a slightly longer view, is the harm the pandemic has done to the economy. Some say it may take until 2025 to get the economy back to where it was at the start of 2020.

Worrying about hanging on to your sanity and about your longer-term ability to hold a job or make a living can really leave you in the dumps. But we can do something about both these challenges.

How do we avoid slipping into a deep, dysfunctional depression when we have several very good reasons to be depressed?

Since a major symptom of depression is curling up, shutting down and doing nothing, most professionals agree that the antidote is to push yourself to stay as active as possible in as many dimensions as possible.

Keep up social contacts and make sure to talk to at least one other person every day, even if it's electronically. This is especially important if you're isolating at home alone.

Stay physically active. Go out for a walk or a run and/or work out at home using the myriad of videos available on the internet on every kind of exercise.

Since our brains and our psyches need exercise as much as our bodies, find something meaningful to do.

This is a challenge since our social life, parties and celebrations, and even face-to-face volunteer work have been curtailed.

Paid work, if we're lucky enough to still have it, is either at home or limited and socially distanced. If you do have a job, you're worried about whether it will last. If you don't have a job, you hear so much about how the world of work is changing that you wonder if you will be able to get one, now or when the pandemic is over.

But we can keep ourselves mentally well, improve our financial prospects and help the economy recover. Take advantage of all the unexpected free time you have while stuck at home to add to your own human capital: your skill set.

Even with unemployment rates coming off 50-year highs, our economy is being hampered by shortages of qualified workers in certain areas. That includes technicians and technologists. (I'm on the governing council of the Applied Science Technologists & Technicians of British Columbia.)

Basic things like being able to quickly process COVID-19 test results have been hampered by the lack of qualified technicians. This is just one example.

Your first step to better mental health and a better financial future is to check out major employers, job sites, etc. on the internet and find out what skills are likely to be in demand.

Just about every kind of education and training is now offered electronically. So you can find everything from videos to full university courses to not only give you new skills, but also a good reason to get up in the morning and do something positive.

Even if you already have a job, you can use your shut-in time to add to your job security by building up skills you haven't been needed in the past but will become essential as we move past the pandemic.

If you're a teacher, for example, and you can demonstrate you know how to teach virtually, your future will be much more secure than those who simply worry and wait for the pre-pandemic world to reappear.

This winter may not be as much fun as we would like, but we can take advantage of its circumstances to survive it and prepare for a better future.

Roslyn Kunin



# Park Extension ranked hot spot for Covid-19

*In the last 14 days, over 200 cases have been reported by news outlets all over the city for Villeray / Park Extension / St-Michel—one of the worst regions in Montréal*



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It was essentially in the last 14 days or so, that over 200 cases have been reported by news outlets all over the city for Villeray / Park Extension / St-Michel, making it one of the worst regions in Montréal.

## Reports leading up to press time

As of Monday, November 2nd, the most recent data on the evolution of COVID-19 in Québec showed 1,037 new cases, bringing the total number of people infected to 108,018. The data also report 12 new deaths, but the total of deaths amount to 6,283 due to the withdrawal of 1 death that the investigation has shown not to be attributable to COVID-19. Among these 12 deaths, 1 death has occurred in the last 24 hours, 8 have occurred between October 26 and October 31 and 3 have occurred before October 26. The number of hospitalizations increased by 3 compared to the previous day, for a cumulative total of 499. Among these, the number of people in intensive care decreased by 3, for a total of 81. The samples conducted on October 31 amount to 22,767 for a total of 3,153,926. This is a daily press release by the Government that we have referenced many times on our website and it shows the exact number of cases and clearly shows the cases rising considerably.

It was in recent reports that Park Extension is

being considered as one of the hottest spots for this spike in activity and these reports have many wondering why.

## As things stand in Park Ex in recent studies

3,707 new cases of Covid-19 were recorded in the city of Montréal the period of October 6th and the 19th. Astonishingly, 125 of those cases were found in park Extension alone. That was a growth of 70 cases since the last recording of cases.

## Too many people under one roof

And perhaps this is one of the main reasons for the spread ... essentially too many people living under the same roof, mostly students sharing apartments, which isn't at all their fault, only a possibility for the spike in the spreading here in Park Extension.

Christine Touchette, a service director with the CIUSSS du Centre-Ouest-de-l'Île-de-Montréal stated: "That's creating a situation where, you know, if there's a virus, it can spread more easily than in an area where people have more space in between each other."

## A study conducted

I decided to observe people in park Extension as I collected data and information on other stories I'm working on for the paper, as well as photos, and I noticed that most—if not all—are respecting the rules. In restaurants, I watched patrons and owners of many establishments respecting the rules in full ... sanitizers, masks, distancing.



In this skyline image of Park Extension the message is quite clear: The borough is in serious peril with cases of Covid-19 on the rise ... but the question remains: Why is this so and what can be done?

I also observed people at banks, schools ... all following the protocol. So where was the problem?

Well, I did notice that it is in parks where people don't wear their masks; even when meeting up with people from different households. It was in these situations that I saw most people a little less vigilant, feeling free to take off masks, sit together on benches, some even sharing beverages.

Also a point of note would be public transportation. Yes, people are wearing their masks on the bus, but many passengers are packed like sardines in a can, and this can certainly be seen on many of the busses that run through the borough.

## Vigilance by one and all

In the end it is our leaders that stress vigilance, and as Premiere Legault stated in his press conference last week ... his goal is to keep the schools open and the essential businesses running, and the people seem to have understood this. We saw this as many gym owners backed down from their threats to re-open regardless of his decision. But many wonder if keeping the schools open isn't the problem overall. Many citizens have been saying this from the start, and as cases rise, cases as can be seen at the start of this article, many are left to wonder if keeping the schools open isn't a problem and the biggest problem of all.

# Gym owners protest closure extension to no avail -plus insight from some local professionals

*Gym members all over the island and province protested Premiere Legault's extension of the closures for another 4 weeks last Thursday morning, urging that reopening gyms across the province can only be a positive thing for the mental health of the community*



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Going to the gym is considered essential for many out there and not just for the body, but perhaps for the mental health of many. Last week we touched on the fact that Legault wouldn't bend to the pleas of gym owners and goes across the province and he urged that they remain closed for at least another 4 weeks, but the people took to the streets in front of their respective gyms to protest the decision, only not all gyms participated.

## Training in Park Ex

There aren't all that many places to train in Park Ex, but many travel to do their training when gyms are open that is. Of course if you're a woman, you can always go to Econofitness on Jean Talon, but many people in Park Ex go far enough to the reaches of the island to do their lifting, martial arts training and what have you; only lately that hasn't at all been possible, many even going as far as Montreal North and of course St-Leonard to do their weekly training.

On social media, pleas from all sorts of gym owners were seen and the threat of opening regardless of the decision seemed to be an empty

threat soon after Legault shut them all down. In essence, Legault wants to keep the schools open and he wants to keep essential businesses open and those workers in those areas working, and of course gyms did not factor into his plans.

## Econofitness on Jean Talon

Essentially the women's gym on Jean Talon is the only place to actually train in Park Extension and I reached out to Renaud Beaudry, Vice President for Econofitness and he had this to say about the recent hubbub: "We follow the government and public health guidelines and will reopen on November 23rd as mandated." The statement was



2 of the owners and trainers at Thai Long Muay Thai, Jacques Zorayan (left) & Elana Boscher will willingly abide by the rules and extension set in place but of course an apprehension for their members' and clients' wellbeing is present as well

► Continued on page 13



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# Cyber attack against CIUSSS West Central Montreal IT system

## *The CIUSSS West Central Montreal's IT system was hacked—as was the STM's—a deeper look at what happened and responses by both to the media*



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The CIUSSS du Center-Ouest-de-Île-de-Montréal has been the victim of a hacker attack. Healthcare facility has seen part of its network attacked with ransom ware, according to information obtained by the Bureau of Investigation. In particular, the appointment booking system is affected, stated an early press release.

This was their statement: “During the day-to-day review of our CIUSSS’s computer systems, we discovered a cyber security intrusion. At this time, we do not believe that information about patients or staff has been viewed,” wrote Lawrence Rosenberg, CEO of CIUSSS, in a memo to all employees. An investigation carried out by our experts is underway. We have also notified the MSSS of the situation, and are working with the ministry’s cyber security team,” he added.

The CIUSSS du Center-Ouest-de-Île-de-Montréal has 12,000 employees in 30 care centers. It serves nearly 350,000 people, mainly in Côte-Des-Neiges-Notre-Dame-De-Grâce, Westmount and Outremont. According to Dr. Michel de Marchie, the attack had no effect on hospital patients, including those in the COVID-19 unit at the Jewish General Hospital, part of the CIUSSS du Center-Ouest.

“They managed to avoid the worst. There is some software that we do not have access to, but that does not affect patient care,” says the specialist in internal medicine. The computer attack reportedly began on Wednesday evening.

As a preventive measure, some computer programs were inaccessible Thursday morning. These events come as several hospitals in North America have also been victims of cyber attacks since the start of the week. According to the Washington Post, in the past few days, six US hospitals, including New York and California, have been victims of Russian-origin ransom ware. Some hospitals have paid racks of up to \$ 1 million to regain access to their data, the US daily said. The FBI even issued a warning to hospitals about the attack.

### A Zoom press conference

Soon following the news, Dr. Rosenberg and others held a Zoom meeting which served as a press release. In it he stated: “A press briefing was certainly in order ... we discovered an anomaly ...” He said that no patient and staff info was compromised. To limit the risk they isolated info immediately and stated that they were “... an island disconnected from the internet.” They at the time were “trying to get to the bottom of this.”

All patients and residents were safe and were receiving care, he wanted to urge to one and all. The only challenges he said were in the form of communication—specifically the telephone system ... because of what was found and their obvious disconnection. Also stated was that their file back-up was strong and up-to-date. No issues there. The overall feeling was one of reassurance, letting the community know that everything was okay despite the intrusion.

They were transferring data between offices on USB—people who were and are authorized to use them. Unencrypted data on USB and no one could



Not only was the CIUSSS West Central Montreal's IT system hacked, but a few weeks ago, so was the STM's IT system attacked by hackers ... many are wondering if there's a connection

get to them, Rosenberg stated.

What was interesting top note as well was that the fall-back position was paper. “Things may be slower, but everything’s continuing. In the hospital things are functioning like they did before ... but there will be a delay.” He also stated when asked about other situations like this in the states and possible future issues, Rosenberg stated: “If someone’s determined to hack you, they’re gonna hack you. We have to be vigilant.”

There hasn’t been a ransom request, but only a cyber intrusion in the network. They are using personal cell phones rather than the phone system, or at least that was the case as soon as the attack occurred.

Francine Dupuis stated: “The fact that we found the problem early on is quite good.

### A similar situation for the STM

Interestingly enough, the STM was also hacked a few weeks back—specifically on October 19th and as of the 24th, Global News reported that the STM was still investigating the attack with what looked like no leads. Many believe that this attack was similar to the attack on the CIUSSS, but no conclusions have been drawn as of press time. It was in this case that the hacker responsible demanded a 2.8 million dollar (USD) ransom to restore the network back to working order, contrary to the more recent hack where apparently no ransom was demanded.



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# Comprendre les restrictions en zone rouge

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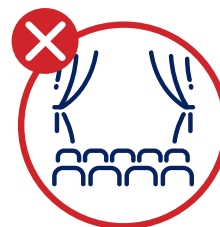
En zone rouge, la situation est critique. Des mesures plus strictes doivent être mises en place, car le nombre de cas augmente trop rapidement. Il est important de limiter au maximum les contacts sociaux pour éviter la transmission du virus. C'est en appliquant l'ensemble des mesures qu'on peut lutter contre la COVID-19. Aucune mesure prise seule ne peut être efficace.

Plus nous limitons nos contacts avec les autres, plus vite nous pourrons reprendre nos activités.



## Pourquoi les restaurants et les bars sont-ils des établissements jugés à risque pour la propagation de la COVID-19?

Les restaurants et les bars sont des endroits où on se réunit normalement pour socialiser avec nos amis, notre famille ou nos collègues. Dans ces endroits, nous sommes souvent à proximité les uns des autres. Le fait de parler et de manger ensemble constitue également des risques importants de transmission du virus. Le resserrement des mesures en zone rouge vise à minimiser les contacts étroits entre les personnes qui n'habitent pas à la même adresse.



## Pourquoi interdire les activités se déroulant devant un auditoire dans un lieu public?

Des lieux où un plus grand nombre de personnes se rassemblent peuvent constituer des risques importants de transmission du virus. L'interdiction des activités se déroulant devant un auditoire dans un lieu public en zone rouge vise à minimiser les contacts sociaux entre les personnes qui n'habitent pas à la même adresse. Lorsqu'une personne participe à ces activités, il s'agit d'une occasion supplémentaire pour elle de socialiser avec d'autres personnes. De plus, dans ces endroits, nous sommes souvent à proximité les uns des autres.





## Pourquoi doit-on cesser les sports collectifs et fermer les gyms?

Lorsqu'une personne se rend dans une salle d'entraînement, c'est une occasion pour elle de socialiser avec d'autres personnes. C'est également le cas dans la pratique de plusieurs sports ou activités de loisir. Les sports pratiqués en groupe suscitent d'emblée l'envie de contacts sociaux avec nos coéquipiers, par exemple. De plus, il n'est pas toujours facile de respecter la distanciation physique lors de la pratique de certains sports. Le resserrement des mesures en zone rouge vise à réduire les contacts étroits entre les individus et ainsi freiner la propagation de la COVID-19.



## Pourquoi le port du couvre-visage en classe est-il obligatoire au secondaire en zone rouge?

Actuellement, les jeunes sont surreprésentés dans les cas de COVID-19 et on observe plusieurs situations d'éclosion dans le réseau scolaire, principalement dans les zones rouges. Selon des observations faites sur le terrain et selon la transmissibilité connue à ce jour du virus, les écoles secondaires posent davantage de risques que les écoles primaires.

Au secondaire, les élèves sont plus âgés, ils sont en mesure de porter le masque ou le couvre-visage pour une plus longue période. Ainsi, en zone de niveau d'alerte rouge, le port d'un couvre-visage par tous les élèves du secondaire est obligatoire en tout temps dans les lieux communs, incluant en classe dans leur groupe-classe stable, sur le terrain de l'école et lors des cours à option avec un groupe-classe différent.

## On doit réagir maintenant

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/zonerouge](https://quebec.ca/zonerouge)

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# Understanding Red Zone Restrictions

Full alert!

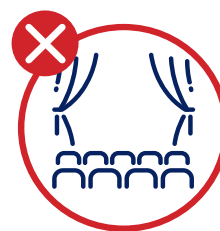
In red zones, where the situation is critical, stricter measures must be enacted because the number of cases is rapidly increasing. People in these zones must limit social contact as much as possible to prevent virus transmission. By applying all measures, we can fight COVID-19 more effectively. No single measure is sufficient on its own.

The more we limit contact with other people, the sooner we can resume our activities.



## Why are restaurants and bars considered high-risk places for spreading COVID-19?

We usually gather in places like bars and restaurants to socialize with friends, family, and colleagues. In these places, we are often close to other people. Both talking and eating greatly increase the risk of virus transmission. Restrictive measures in red zones are meant to minimize close contact between people who do not live at the same address.



## Why ban activities and audiences in public places?

Large gatherings are an opportunity for people to socialize, often in close proximity to one another. This can increase the risk of virus transmission. The ban on activities and audiences in public places in red zones is meant to minimize social contact between people who do not live at the same address.





### Why close gyms and stop team sports?

Gyms provide an opportunity for people to socialize with others, and so do many sports and leisure activities. Group sports generally involve social contact with teammates. Some sports are difficult to play while maintaining physical distance. Stricter measures in red zones are meant to reduce close contact between individuals and thus slow the spread of COVID-19.



### Why must face coverings be worn in high school classrooms in red zones?

Young people are currently overrepresented in COVID-19 case counts and a number of outbreaks have occurred in the school system, mainly in red zones. According to field observations and what we know about how the virus spreads, high schools pose more risk than primary schools.

High school students are older and capable of wearing masks or face coverings for longer periods of time. Therefore, in red zones, face coverings must be worn by all high school students at all times in common areas, including in stable class groups, on school grounds, and during electives with different class groups.

### We need to act now

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)

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# November 11; remembering the fallen

Every year on November 11, Canadians pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace. We honour those who fought for Canada in the First World War (1914-1918), the Second World War (1939-1945), and the Korean War (1950-1953), as well as those who have served since then. More than 2.3 million Canadians have served our country in this way, and more than 118,000 have died. They gave their lives and their futures so that we may live in peace.

## What Should We Remember?

Formal records tell us about the size and strength of armies, military strategy, and the outcome of battles. Such information is vital, yet to fully appreciate military history we must try to understand the human face of war. Loss of comrades, extreme living conditions, intense training, fear, as well as mental, spiritual and physical hardship helps illuminate what the individual sailor, soldier and airman experienced in battle.

## The First World War 1914-1918

In the First World War, the Canadians' first major battle occurred at Ypres, Belgium, on April 22, 1915, where the Germans used poison gas. As approximately 150 tonnes of chlorine gas drifted over the trenches, Canadian troops held their line and stopped the German advance in spite of enormous casualties. Within 48 hours at Ypres and St. Julien, a third of the Canadians were killed. One of those who survived described the aftermath of a dreaded gas attack:

The room was filled with dying and badly wounded men; trampled straw and dirty dressings lay about in pools of blood. The air, rank with the fumes of gas, was thick with the dust of flying plaster and broken brick, and stifling with the smoke from the burning thatch.<sup>6</sup>

Using outdated 19th century military strategy, Allied generals believed that sending wave after wave of infantry would eventually overwhelm the enemy. Soaring casualty rates proved that soldiers attacking with rifles and bayonets were no match for German machine guns. Each side dug in and soon the Western Front became a patchwork of trenches in France and Belgium stretching from Switzerland to the North Sea.

In April 1917, Canadians helped turn the tide of battle when they won a major victory at Vimy Ridge. This triumph came at high cost: more than ten thousand casualties in six days. Even with this victory, the war continued for more than a year. Finally, on November 11, 1918, the Armistice was signed and the Canadians took part in the triumphant entry into Mons, Belgium. Throughout this conflict, Canadians proved that they could pull their weight, and

by their effort earned for Canada a new place among the nations of the world.

## The Second World War 1939-1945

Wounded Canadian officer on his return to England after the Raid on Dieppe (Library and Archives Canada 8225)

During the Second World War, Canadians fought valiantly on battlefronts around the world. More than one million men and women enlisted in the navy, the army and the air force. They were prepared to face any ordeal for the sake of freedom. When the war was over, more than 42,000 had given their lives. On the home front as well, Canadians were active as munitions workers, as civil defence workers, as members of voluntary service organizations, and as ordinary citizens doing their part for the war effort.

In December 1941, Canadian soldiers were participants in the unsuccessful defence of Hong Kong against the Japanese; 493 were wounded and 557 were killed in battle or at the hands of the Japanese as prisoners-of-war (POWs). The situation faced by the Canadian POWs was horrible; they laboured long hours and were given very little to eat. The daily diet was rice—a handful for each prisoner. Occasionally, a concoction of scavenged potato peelings, carrot tops and buttercups was brewed. The effect was obvious:

Sidney Skelton watched the 900-calorie-a-day diet shrink his body from 145 to 89 pounds. And whenever a group of prisoners could bribe a guard into giving them a piece of bread, they used a ruler to ensure everyone got an equal share.<sup>7</sup>

Canadians played a leading role on the European front. On August 19, 1942, Canadians attacked the French port of Dieppe. Canadians made up almost 90 per cent of the assault force. The raid was a disaster. Out of a force of 4,963 Canadians, 3,367 were killed, wounded, or became POWs. Lucien Dumais was there and described the beach upon landing:

The beach was a shambles, and a lot of our men from the second wave were lying there either wounded or dead. Some of the wounded were swimming out to meet our flotilla and the sea was red with their blood. Some sank and disappeared. We stood by as they died, powerless to help; we were there to fight, not to pick up the drowning and the wounded. But the whole operation was beginning to look like a disaster.<sup>8</sup>

Canadians played an essential role as the war continued. They participated in the conquest of Sicily in 1943, and defeated the Nazis in Italy despite fierce resistance especially at Ortona and Rimini. On June 6, 1944, D-Day, Canadians were in the front lines of the Allied forces who landed on the coast of Normandy. All three Canadian services (navy, army, and air force) shared in the assault. In Normandy, the fighting was fierce, and the losses were heavy. Approximately 14,000

Canadians landed on Juno Beach and suffered 1,074 casualties (including 359 fatalities).

Canadians encountered fierce resistance from the German occupiers as they fought through Northwest Europe, particularly at Caen and Falaise, France, as well as the formidable task of clearing the English Channel ports in France and Belgium. They also saved the Allied advance from stalling by defeating the Nazis in the Scheldt estuary of Belgium and Holland—intense fighting over flooded terrain.

In May 1945, victory in Europe became a reality and millions celebrated V-E Day. Still ahead lay the final encounter with Japan. Then, on August 6, 1945, the United States dropped the first atomic bomb on Hiroshima. Three days later, a second bomb destroyed Nagasaki. On August 14, 1945, the Japanese accepted the Allied terms of unconditional surrender and the Second World War was over.

## The Korean War 1950-1953

The hard-fought end to the Second World War did not provide Canadian troops with a long peace. By 1950, Canadian soldiers were mobilized on behalf of the United Nations (UN) to defend South Korea against an invasion by North Korea. By 1951, the People's Republic of China had joined North Korea against the UN force. In Korea, the Canadians fought at Kapyong, at Chail-li, in the advance across the Imjin River, and in the patrolling of the Chorwon Plain. When the hostilities ended in 1953, Canadians stayed as part of the peacekeeping force.

The conditions in Korea were often difficult, with harsh weather, rough terrain, and an elusive and skillful enemy. In their own camp, they had to deal with casualties, illness and limited medical facilities. The winter of 1951 was especially severe. They were living twenty-four hours a day in trenches, which provided some protection but little comfort. As one soldier recalled, the weather aggravated what was already a demoralizing experience:

Rain was running down my neck, my hands were numb, and I never seemed to be dry. Kneeling in the snow, or advancing in the rain, my knees and the front of my legs became wet. Then the dampness soaked right through and the skin underneath became tender and raw.<sup>9</sup>

Altogether, 26,791 Canadians served in the Korean War and approximately 7,000 continued to serve between the cease-fire and the end of

1955 when Canadian soldiers were repatriated home. There were 1,558 casualties, 516 fatal. While Canada's contribution formed only a small part of the total United Nations effort, on a per-capita basis, it was larger than most of the other nations in the UN force.

"It (Canada's participation in Korea) also marked a new stage in Canada's development as a nation. Canadian action in Korea was followed by other peacekeeping operations which have seen Canadian troops deployed around the world in new efforts to promote international freedom and maintain world peace."<sup>10</sup>

From all of these records of wars, the observations of the individuals who took part stand out as reminders of the true nature of conflict. Through knowledge of the realities, we may work more diligently to prevent them from happening again.

## Canada in Afghanistan

The chain of events that would bring Canadian soldiers into the desolate and dangerous terrain of Afghanistan began on September 11, 2001. On that day, four airliners deliberately crashed into the World Trade Center towers and one into the Pentagon, resulting in the death of nearly 3,000 people. These horrific attacks shocked and galvanized the United States and much of the world including Canada.

More than 40,000 Canadian Armed Forces members served in the Afghanistan theatre of operations between 2001 and 2014. These brave men and women are eligible to receive the General Campaign Star-Southwest Asia.

Canada's efforts in Afghanistan have made a difference, but this has come at a great cost. The threat of suicide attacks and roadside bombs was a constant risk. Improvised explosive devices (IEDs) caused the most Canadian casualties. There were also many other perils beyond ambushes and firefights with the enemy. Landmines and friendly fire incidents took the lives of our soldiers while vehicle accidents, illnesses and the psychological strain of serving in such a difficult environment also took a heavy and life-long toll. Sadly, 158 Canadian Armed Forces members died in the cause of peace and freedom in Afghanistan.

The Canadian flag was lowered for the last time in Afghanistan on March 12, 2014.

SOURCE: Veterans Affairs Canada

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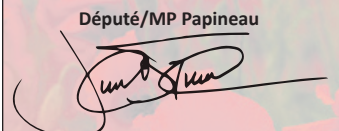
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**Lest we forget**

On Remembrance Day, let us call to memory those Canadians, our war heroes who fought and risked their lives to preserve freedom and peace.

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continued from the previous

As for the provinces, generally their debt ratios rose sharply in 2009 and for the most part have never been brought back under control. Coming into the crisis, provincial debt/GDP numbers from Manitoba and everywhere east were higher than Ottawa's (see Table 1). As a result of the crisis, provincial borrowing to pay for increased health and education spending and offset revenue declines will likely tally another \$100 billion, of which the Bank of Canada can be expected to absorb more than \$25 billion. Some provinces are sufficiently vulnerable that they may need a federal bailout. Together, the federal and provincial governments are on track to borrow close to \$600 billion this year and reach a combined debt/GDP ratio of approximately 90%. This will put Canada slightly above the projected OECD average of 85%, but still below the G7 average of 105%.

Table 1: Net Debt to GDP Ratio: 2018-19

	%
B.C.....	14.4
Alberta.....	8
Saskatchewan.....	14.7
Manitoba.....	34.4
Ontario.....	39.5
Quebec.....	39.3
New Brunswick.....	37.8
Nova Scotia.....	33.8
PEI.....	30.4
N&L.....	46.3
All Provinces.....	30.1
Federal.....	34.7

Source: Department of Finance, Fiscal Reference Tables 2019 and Statistics Canada table 36-10-0104-01.

Even in the early stages of a recovery—and with a second wave lurking—a debate is breaking out as to whether we are accumulating public debt too fast. The answer is, simply, it depends. Some people take comfort in the rapid improvement of the debt to GDP ratio after the Second World War. But that was an era in which central authorities exercised extensive control over capital movements and interest rates, enabling them to impose so-called financial suppression—essentially conscripting household savings into the debt management effort at very low rates. In the 1980s and 1990s, we experienced the consequences of high deficits and debt as

confidence in Canada eroded. The dollar took a beating in the so-called Northern Peso crisis and interest rates kept rising—swelling debt servicing costs, and therefore the deficit, even further. This vicious circle was only tamed through drastic government spending cuts. Today's spike in the deficit and overall public debt is a fact of life not to argue over but to manage for better or worse. The key question: Will a continuing build-up of debt threaten the confidence in the government's fiscal capacity and access to capital markets as it did in the 1990s, or are things materially different because interest rates are so much lower? The answer is likely that today's circumstance is in fact different, and likely to remain so over the next couple of years. In the medium-to-long run, however, the underlying problems associated with high debt levels are likely to re-emerge, as per the 1990s. It comes down to the vital G – R equation (Growth minus Interest Rates). Simply put, if growth goes up at a faster rate than interest rates, then we should be fine. If interest rates go up faster than growth, then we are in trouble. Herein lies the “it depends” answer to how much debt is, under the circumstances, too much. Fundamentally, the impact of past borrowing shows up as the burden of interest costs borne by current taxpayers. If the interest rate that government must pay to roll over existing debt is well below long-term average, as it is at the moment, then the burden on current taxpayers is low and creditors will worry less about a government's fiscal sustainability. Conversely, if interest rates are high and rising (as they were in the early 1990s), the load on taxpayers goes up, along with the anxieties of creditors. Growth is the other variable. If the growth of government revenues (G) is expected to be high relative to the interest (R) government must pay when it rolls over past borrowing, then the interest payments will over time constitute a declining proportion of the budget and therefore generate fewer constraints on a government's capacity to introduce new program spending or reduce taxes. In short, if G (growth) is greater than R (interest rates), the burden of servicing debt falls over time while when R is greater than G, the burden of past borrowing becomes increasingly intolerable for current taxpayers. So the answer to the question of whether the question of fiscal sustainability

is different today than it was in the 1990s depends on the expected relationship between G and R not just this year and next, but much more importantly in the years ahead (see Table 2 for historical averages).

Table 2: Financial Market Statistics

	Nominal GDP growth	Average bond yield	Nominal G-R
	G.....	R.....	G-R
		%	
1979-1986	10.2.....	11.9.....	-1.8
1987-1997	5.1.....	8.4.....	-3.3
1998-2007	5.7.....	4.7.....	1.0
2008-2019	3.3.....	1.9.....	1.3

Sources: Statistics Canada tables 36-10-0104-01 and 10-10-0122-01.

Let's first deal with G. The rate of growth of government revenues depends on the rate of growth of GDP. It is uncertain how fast both global and Canadian real GDP will expand over the decade ahead. On the basis of experience so far this century, it is not unwarranted to project global real GDP growth of 3.5% per year annually over the decade. Against that global backdrop, and depending on the quality of Canadian economic policies, it is also not unreasonable to project Canadian growth of somewhere between 0.7% per year (the projected growth of labour hours with no productivity gain) and 2.2% per year (assuming the highest productivity gain of 1.5% that we have achieved in the recent past). On average over the decade ahead, 1.75% annual real growth constitutes a realistic projection for Canada, assuming good economic policy. Further assuming the Bank of Canada continues to be successful in keeping inflation to 2%, government revenues at roughly current tax rates could grow at 3-4% per year over the next decade. Meanwhile, the interest rate, R, the Government of Canada must pay to roll over past debt will depend on central bank policies to achieve inflation targets. If global and domestic excess supply conditions were to continue, then it would not be unreasonable to think that the current historically low R (0.5% on a 10-year Canada bond) might persist. On the other hand, once the recovery is firmly established, it is realistic to anticipate that R might return to 2019 levels (2.3% on 10-year Canada bond) although not all the way back to its 2007 level (4.5%). These wide ranges of projected levels of G and R reflect the radical uncertainty about the

economic future of the post-COVID world. If worries about continued excess supply versus demand over the next decade turn out to be correct, then both real growth and inflation will be very low, meaning nominal growth below 3%. In this scenario, central banks, including the Bank of Canada, have indicated that monetary policy would remain accommodative and interest rates maintained at or near the current zero lower bound. In this miserable low growth world, G – R would be expected to be in the order of a relatively safe 1 to 3 over the decade. If, however, growth returns to its previous track as COVID fears dissipate and global trade strengthens, then inflation will tend toward or above the 2% target. In this case, monetary policy would be far less accommodative and interest rates might approach 2007 levels. So in this more favourable growth world, R might be expected to be at or above G, as was the case in the fiscally challenging 1980s and 1990s. (See Appendix A).

### Where does all this take us?

It seems reasonable to base a fiscal planning scenario on the assumption that, over the course of the 2020s, both growth and interest rates would resemble that of the last decade, restoring G-R to the vicinity of 1.3% per annum on average. With a federal debt/GDP ratio of approximately 50% in 2021, the ongoing costs of servicing the debt accumulated by the end of this fiscal year (\$1.2 trillion) would eat up about 7% of ongoing federal revenues. This is only modestly higher than the recent low point in 2017. But the story does not end there. Should the debt-to-GDP ratio in 2024 climb—as expected—close to the 1990s level of 60%+ (and assuming a growth bounceback and continuing low interest rates), the share of revenues dedicated to debt service would over time stabilize at 10 cents on every dollar the federal government collects. On the one hand, that's more than what it was in 2017 (7%). On the other hand, this burden on future taxpayers is in line with international standards and far shy of the unmanageable 35% share of revenue that debt servicing reached in the mid-1990s. That said, one has to build prudence into the fiscal planning because neither growth nor interest rates are knowable, especially looking out a decade.

to be continued...



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# Gym owners protest closure extension to no avail *(continued)*

◀ Continued from page 5

## Thai Long Muay Thai

Thai Long Muay Thai has been serving the community since 2011. They are on Jean Talon Street and many from Park Extension attend the gym when times are 'normal,' for lack of a better term. But they have suffered severely during the pandemic, like all other gyms. But to the rules set by the government, they say "We need to do whatever is the law." I spoke to Jacques Zorayan, one of three owners and trainers at the gym (the other two partners are: Alan Yu and Elana Boscher), and he said: "It isn't good for business ... all gyms are struggling. There is help, but all help comes in the form of a loan." Mixed feelings overall.

He says that many clients call in asking for refunds and cancellations but to this he says that any client wishing to not stop payments ... all time will be given back to them, free of charge when things start rolling back to normal. Many are supportive, he adds, but not all.

And one of his aforementioned partners, Elana Boscher has this to add: "I feel like the extension will be even longer than just the additional four weeks announced by the government. The winter



What a typical class looks like at Thai Long Muay Thai ... where many from Park Extension go to train on Jean Talon Street



Part-owner and trainer Alan Yu posing for the camera inside the gym in what were better times all over the world

is on its way; the cold will definitely add to the problems and the risk of spreading." She studies at the University de Montreal where she studies to be a doctor and has studied psychology as well. She is actually in her residency and/or internship. She adds that the government's decision has provided all with a fine line: On one side, it'll help stop the spread of Covid-19, but on the other hand, the financial peril for businesses but moreover the mental anguish that this will put on those that can't continue to train outweighs the good this will do.

"We had a very strict protocol," she states ... the gym and all trainers and employees strict and vigilant with sanitizers and cleaning regulations. They could have certainly stayed open. "After all, sport is a coping mechanism" she states. Now, there is no chance for that, and for the foreseeable future, she feels.

## Abasing oneself to the government's decision

Of course, in the end, the gym owners conceded to the new rules but that doesn't mean that the trouble for them as business owners is over, nor

that the gym-goers have seen the last of a dark period. For those that train seriously and don't have the space for home studio gyms, this was certainly a serious hit and one that will surely be felt by many, as training can prevent a plethora of physical and mental illnesses, as has been proven. So it remains to be seen and many hope that the forced closures will be at an end come the end of November.

## Training at home

Jacques Zorayan of Thai Long Muay Thai started training in Karate when he was young. He parlayed those skills to kickboxing and then to Muay Thai and has been training in that field ever since. We have covered the benefits of training at home in previous articles but Jacques stresses this importance as well. He encourages people to stay active at home, despite not having all the tools. For martial artists in Park Extension, or anywhere else, he urges that jogging, shadow-boxing and bodyweight exercises like push-ups, pull-ups and sit-ups are crucial. "Using the imagination is key," he says.

# Deadline: WEDNESDAY before publication at 1 p.m.

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- Arrangements via telephone or virtual meetings
- Celebration with your family present (according to current recommendations)
- Live webcast of the ceremony (funeraweb.tv)



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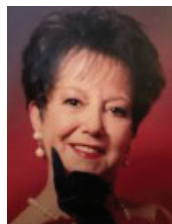


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**POISSON, Audette**  
1943 - 2020

At her home, on October 27, 2020, at the age of 77, passed away Mrs. Audette Poisson. She is survived by her sons, Sylvain (Bernadette), François (Johanne) and their children, Patrick and Stéphanie.



**CRESTOHL, Harvey**  
1931 - 2020

On Saturday, October 31, 2020 in his eighty-ninth year. Beloved husband of Jill Levinson. Survived by his children Mark Crestohl (Randy Novick), Stacy Crestohl all of Toronto, and Leigh Crestohl of London, UK. Proud grandfather of Carson. Son of the late Leon Crestohl Q.C., M.P. and the late Sophie Wolofsky Crestohl. Predeceased by his sister Myra (the late Joe Kaplan). He will be fondly remembered by his many nieces, nephews, family and friends.



**PARADIS (RHEAULT), Rita**  
1926 - 2020

In Montreal, on October 30, 2020, at the age of 93, passed away Mrs. Rita Rheault. She will be recognized by all for her joy of living and her limitless generosity. Showing great selflessness, she dedicated her life to her parents and brothers, as well as to her husband, children and grandchildren. She will remain in our memory as a symbol of unconditional love. Preceded by her husband Régent Paradis and her son Jean-Pierre (Francine), she is survived by her children, Claude (Marilyne), Jacques (Monique), her grandchildren, her great grandchildren, her brother Marcel (Violaine) as well as many friends.



**LEBOEUF Rosaire**  
1940 - 2020

In Terrebonne, on October 28, 2020, at the age of 80, passed away Mr. Rosaire Leboeuf, widower of Mrs. Fleurette Pépin. He is survived by his children Yves (Brigitte) and Chantal (Gilles), his grandchildren Dany, Joey, Maïka and Zach, his brothers and sisters Patricia, Gisèle, the late Charles, Colombe, Jeannine, Lise and Marcel, his brothers-in-law and sisters-in-law, his godchildren Yves Legault and Josée Leboeuf, his nephews and nieces as well as his good friends Pierre and Diane Barrette.



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# HOROSCOPE

Week of **NOVEMBER 8 TO 14, 2020**

The luckiest signs this week:  
**SCORPIO, SAGITTARIUS AND CAPRICORN**



## ARIES

You'll need to spend a lot of time negotiating to find an outcome that works for you. You'll also find the perfect solution to your financial pro-blems and possibly manage to land the job of your dreams.



## TAURUS

Once you calculate how much you can afford to spend, you'll give your wardrobe a boost with beautiful pieces from local stores. You might also want to spruce up your hair or skincare routine to make yourself look more professional.



## GEMINI

You won't be particularly motiva-ted to leave the house. You'll even ma-nage to work from home for a few days, which will make you more ef-ficient. You'll also take on a massive project to tidy up your home.



## CANCER

You might be put off by an interaction with a family member. Don't wait too long to set the record straight. You need to be clear on who's making the decisions if you want to find the light at the end of the tunnel.



## LEO

You might be unexpectedly promo-ted after the departure of a coworker. You'll be asked to take on a leadership role while your boss is away on vacation. Alternatively, you might get a raise.



## VIRGO

Certain pieces of your life will fall into place, making it easier to resolve several ongoing issues. At work, inspiration will strike and al-low you to take great strides toward completing a project and achieving your goals.



## LIBRA

With the right resources, you'll ma-nage to improve all facets of your life. In particular, you'll be inspired to make changes that improve your well-being and help you explore your spiritual side.



## SCORPIO

You'll oversee of a group of people in order to participate in a memorable event. The results will directly reflect the effort you put into the project. Additionally, you'll manage to overcome some of your shyness.



## SAGITTARIUS

You'll take on new responsibilities this week. Fortunately, your priorities will align with your skill-set. Your loved ones will help you create a plan of action to ensure you get everything done.



## CAPRICORN

The decision to return to school isn't always easy. In your case, however, the choice will be profitable and perfectly in line with your life goals. Perseverance is the key to your success, and your loved ones will support you along the way.



## AQUARIUS

You'll need to weigh the pros and cons before you make a decision that will have major repercussions. You might also join a spiritual movement or group that will expand your horizons.



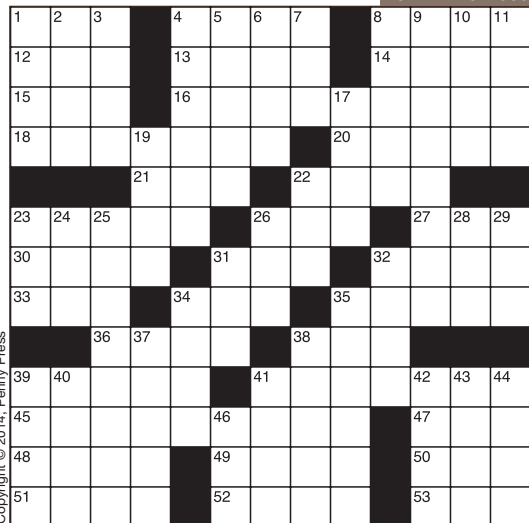
## PISCES

You must take time to reflect before you make a decision, even if you're faced with a lot of pressure. Your intuition will guide you to the right answer, but you'll need to be patient. The best solutions take time.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1006



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### ACROSS

1. Confession topic
4. On the briny
8. Naked
12. Tilling tool
13. Fellow
14. Ancient
15. Finished lunch
16. Petting
18. Pillages
20. Clever
21. Hire
22. Travel endorsement
23. Although
26. Rock's Pearl
27. Margarine container
30. Five cards, in poker
31. Submit, as a question
32. Contend
33. Not even

34. Haze
35. Hex
36. Chilled
38. Blacktop
39. Winter drink
41. Married man
45. Kind of complex
47. Unhappiness
48. Past due
49. Final exam, sometimes
50. Timespan
51. Ran away
52. Prescription information
53. Earth's upper atmosphere

### DOWN

1. Fraud
2. Particle
3. \_\_\_\_-do-well
4. Level charges against
5. Sun blocker
6. Lobes' locations
7. Monkey
8. Foundation
9. Provoker
10. Monthly payment
11. Anxious
17. Do the breaststroke
19. "\_\_\_\_ Lang Syne"
22. Dyer's tank
23. Reporter's query
24. Once owned
25. Show
26. Earthenware container
28. Times of good fortune
29. Hive builder
31. Pea holder
32. Restrict
34. Noteworthy act
35. Palace
37. Removed the center of
38. Albacores
39. Newborn cow
40. October stone
41. Sub
42. Fills with wonder
43. \_\_\_\_ and cranny
44. Withhold
46. Stylish

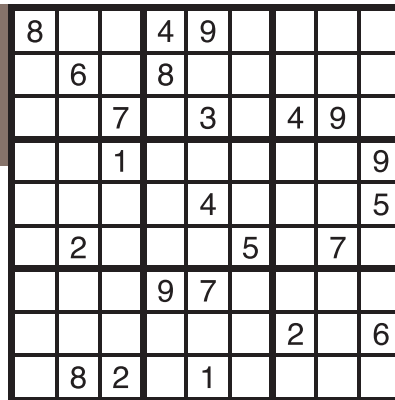
# Sudoku

### 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. 730

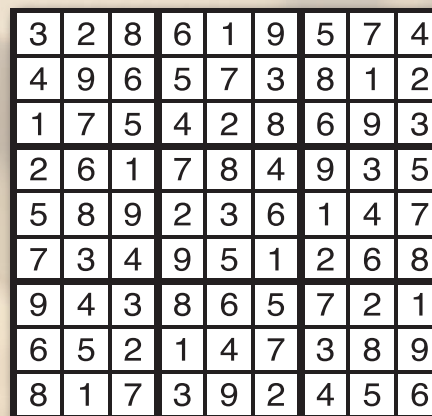


### Last Issues' Answers

## CROSSWORDS



## Sudoku



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This week's basket:

- Pineapple
- Persimmon
- Blueberries
- Broccoli
- Green beans
- Celery
- Carrots
- Ginger
- Oranges or clementines
- Spanish Garlic
- Turnip or Parsnip
- Bananas
- Lettuce
- Cucumber
- Tomatoes
- Fine grass

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