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Police station 33 seeking new location



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Pact de Rue working for the community



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Waheed and his group 30 consecutive meal distributions and counting



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Liberal Government will spend \$100B to boost post-pandemic economy

The Liberal government is preparing to spend up to \$100 billion to kick start the post-pandemic economy. At the same time it is projected that Canada will have this fiscal year a record-high deficit of \$381 billion.

Finance Minister Chrystia Freeland -photo top right-said the government's immediate priority is to do "whatever it takes" to help Canadians and businesses stay safe and solvent.

The short-term stimulus package is valued at \$70 billion to \$100 billion over roughly three years. The government says the stimulus spending — intended to build a greener, more inclusive, more innovative and competitive economy — will launch after a vaccine is distributed and life begins to return to normal.

"When the virus is under control and our economy is ready for new growth, we will deploy an ambitious stimulus package to jumpstart our recovery," Freeland said in a statement read in the House of Commons today.

"Spending roughly three to four per cent of GDP, over three years, our government will make carefully judged, targeted and meaningful investments to create jobs and boost growth."

Freeland said the stimulus program will help guard against long-term damage to the economy. She said government debt is highly affordable now, due to Canada's strong past economic performance and low interest rates.

'Down-payments' on child care, green measures

The minister said the risks associated with not providing enough economic support right now outweigh those involved in spending too much. Freeland said the government will not

repeat the "mistakes" made following the 2008 recession, when the federal government introduced austerity measures to rein in spending.

Freeland said the government will track progress by monitoring the employment rate, total hours worked and the level of unemployment in the economy to determine when to end the stimulus spending.

In the meantime, the government plans to make investments that will serve as what it calls a down-payment on "transformative initiatives," such as Canada-wide early learning and child care, job training and green initiatives.

Freeland's November 30th, economic statement promises a \$1-billion fund to help provinces and territories improve COVID-19 infection control in long-term care facilities. The pandemic exposed deadly gaps in infection control in nursing and long-term care homes across the country.

Helping the middle-class families

Noting that the pandemic has left many middle-class families struggling, the government is also proposing a temporary support in 2021 of up to \$1,200 for each child under six for low and middle-income families eligible for the Canada child benefit (CCB).

Freeland said the government is laying the groundwork for a Canada-wide early learning and child care system, and that more details will come in next year's federal budget.

For now, the government is promising \$20 million over five years — beginning next year with a \$4.3 million annual allotment for a federal secretariat on early learning and child care that will engage stakeholders and analyze



Hon. | L'hon.

CHRYSZIA FREELAND

Deputy Prime Minister and Minister of Finance | Vice-première ministre et ministre des Finances

LIBERAL | LIBÉRAL

child care policy.

The government also is proposing to spend \$70 million over five years, starting next year, and \$15 million per year to continue the federal Indigenous early learning and child care secretariat.

"I say this both as a working mother and as a minister of finance — Canada will not be truly competitive until all Canadian women have access to the affordable child care we need to support our participation in our country's workforce," she said.

Difficult days ahead

Today's fiscal update projects the deficit will reach \$381.6 billion by the end of March 2021, and could climb even higher depending on factors such as the severity of shutdowns and the rate of COVID-19 infections.

Calling the Liberal growth plan "far-reaching and transformative," Freeland said that while there is light at the end of the tunnel, the most difficult days of the pandemic may come in the weeks and months ahead.

"We are all tired. But we also know vaccines, and a better day, are coming. To get to that day, we must first help each other get through the winter," she said.

Opposition: "you have no plan"

Opposition Conservative leader Erin O'Toole said Canadians want details on when they will get a vaccine and how it will be distributed.

"Where is the plan?" O'Toole said.

"Canadians would, in the midst of a second wave, rather have one dose in the next month than the largest portfolio 18 months from now."



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The 33rd Precinct and the old 31st to find a new home



DOMENIC MARINELLI
Local Journalism Initiative Reporter
For The Parc-Extension News
domenic@newsfirst.ca

It has been reported that the police HQ in Park Extension that closed back in June will be finding a new home and merging with another precinct set to close in the near future, putting an end to rumors that have been circulating since June and before

A colleague of mine here at the paper first covered this story back in June when these were simply rumors churning and churning in the old mill (whether the two stations would be merging), but these plans have finally come to pass and Park Extension will finally be losing a second police HQ that has been guarding the community for many years. The building on Beaumont (precinct 33) was closed back in June, the press and the community being told that they were looking for another building.

The only other precinct that remained was precinct 31, which is on St. Laurent near Jarry Park—actually it's located in the chalet on the Jarry Park grounds, to be specific.

What this could mean for the community

There are of course those that are considerably worried, as Park Extension is statistically one of the boroughs where the most amount of crime is reported year long, so a move of this kind could mean a hike in reported crime. At the end of the day, it's elementary, as criminals in the area may feel that a slight lack of a police presence would mean a free for all in terms of slack. Of course, there are those that feel that just the opposite will be what will come to pass.

It was only back in 2014 that a survey conducted then revealed that over half of participants in the survey felt that there were serious issues with "incivility and drugs" in the borough and something needed to be done.

There is a lot of Police presence in the borough and this has been the goal for the neighborhood for many years. Former Commander André-Guy Lamothe stated that he wanted a stable police presence in the borough—this was back in 2007—as was reported by Park Extension News—and Lamothe followed through with that even then, having bike patrol and cruiser patrol up in the borough. "People have to know that we're there," Lamothe told ParK Extension News in 2007.

A location that's no longer serving its purpose

The first precinct closed in June because of an issue with the building's security. Since its closing, many of the police officers working out of that precinct were relocated to the aforementioned station 31 and of course station 26 on Mountain Sights. The community was also told to use these sights should they need police assistance or had any questions.

But now, a second police HQ is being taken away.

Citizens shouldn't worry is the general consensus

Precinct 31 was apparently falling apart, as has been reported and the move was absolutely necessary, so said Rosannie Filato in a statement. She also stated that the plans were to donate the chalet at Jarry Park to citizens, or rather free up the space for them.

But in her statements, she also stated that patrols would be stepped up while they looked for a new location.

New location will house both precincts

So it is official ... it will be a merging of sorts,

and all into a building with universal access, as Rosannie Filato stated. There is no new building as of yet, or so this is where it stands as far as the public is concerned, but Mary Deros told the press that the new station "needs to be in Park Extension."

This has been in talks for quite some time she once said to a colleague of mine here at the paper. "But again, this has never gone beyond talk," she told Parc-Extension News in April. "And nothing concrete has been announced. Not even in pre-planning of anything. But there was talk this at least eight years ago, although nothing has come up again." There are certainly many that join her in that hope and/or vision and we hope this surely comes to pass, and at a location that can withstand the test of time in the future, but there are certainly issues that have worried many and Mary Deros about just how this decision was handled by the SPVM.

An issue with the way the SPVM has handled this decision



City Councilor, Mary Deros is disappointed that the SPVM is not alerting the public about their decisions, however. "A public consultation is necessary. Citizens deserve to be informed and not find out about such decisions from the media first," she says.

A motion has been issued and will be discussed at an upcoming City Council meeting. Some of the reasons behind this are as follows:

The administration had opened the door following the merger of CDN-NDG's PDQs to a consultation on the police coverage plan, but the merger of PDQs 31 and 33 shows that this was once again only a PR stunt from Project Montreal.

Citizens of the City of Montreal learned by reading the newspapers that the decision is being made by Projet Montréal: there will be a merger of PDQ 31 and 33.

As usual, no consultation, no upstream work. Citizens are noticed after the fact.

It should be a concerted decision between elected officials, citizens and the SPVM.

Opposition's motion

The motion itself reads as follows (translated from the original French language document): "Official Opposition Motion 65.02—City council meeting of December 14, 2020

Urgent motion calling for a moratorium followed by a public consultation on the integration of neighborhood stations

Whereas the Service de police de la Ville de Montréal (SPVM) unilaterally took the decision to close the neighborhood police station (PDQ) 11 of Notre-Dame-de Grâce and to merge it with PDQ 9 of Côte-Saint-Luc;

Whereas the SPVM took this decision without informing the citizens and without going through the authorities of the City of Montreal;

Whereas the SPVM has already tried in the

same way to merge PDQ 45 and 49 in the Rivière-des-Prairies – Pointe-aux-Trembles borough, but it has backed down from popular pressure;

Whereas this way of doing the SPVM raises governance issues related to the accountability of decision-making, transparency and civil oversight of the SPVM;

Whereas since the reform of the police model in the 1990s by the Montreal Urban Community, the neighborhood stations have been inspired by the principles of the concept of community policing;

Whereas the concept of community policing is based in particular on the notion of geographical responsibility which consists in respecting the natural limits of the neighborhoods and in defining the profile of each neighborhood during the division of the territories of the PDQs in order to facilitate police connections and partnerships- citizens;

Whereas the administration plans to hold a public meeting of the Committee on Public Security on the Police Organization Plan, including in particular the integration plan for neighborhood stations after the decision was taken to merge the PDQ 9 and PDQ 11;

Whereas it is in the interest of Montrealers that there be a new public consultation on the coverage plan for police services;

Whereas in June 2020, the SPVM announced that the neighborhood station, 33 located on Beaumont Street, would move temporarily and in a hurry to the corner of Crémazie and Saint-Hubert streets;

Whereas during the budget study in the Finance Committee, the head of the Montreal Police Department announced that an integration of two neighborhood stations would take place in 2021, without naming them;

Whereas the media have recently informed us that the integration of stations in districts 31 and 33 is currently under discussion with the SPVM and local elected officials;

Whereas the integration of neighborhood stations 31 and 33 in the borough of Villeray – Saint-Michel – Parc-Extension could result in a loss of local service and considerably reduce access without an appointment to the police for citizens of Parc-Extension and / or Villeray;

It is proposed by Abdelhaq Sari, City Councilor of the District of Marie-Clara;

Seconded by Francesco Miele, City Councilor for the Côte-de-Liesse district;

Mary Deros, City Councilor for the Parc-Extension district;

That the City of Montreal oppose any merger or integration of its neighborhood stations without prior citizen consultation;

That the City of Montreal impose a moratorium on the SPVM, effective immediately, on any decision to close, merge or integrate neighborhood stations, including neighborhood stations 31 and 33;

That the City of Montreal mandate, as soon as possible, the Commission sur la sécurité publique, to hold a public consultation on the Police Organization Plan in order to determine the coverage plan for police services and neighborhood stations for the agglomeration of Montréal, before making any other changes to this coverage scheme."

Filato quits position

Rosannie Filato, elected city councillor for Villeray in 2017, announced on Tuesday she was immediately quitting her post as the city executive committee member responsible for public security and will not seek another term in 2021.

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OPINION & Editorial



PARLEZ-MOI D'HUMOUR

Alcide Borik



Aux amis lecteurs

Voilà une trentaine d'années que je vous assomme de conseils judicieux, de conseils sentencieux, d'avis pompeux et de mon bon vieux gros bon sens, il serait temps que vous me rendiez l'appareil car je suis au bout de mon rouleau :

Depuis plusieurs années je reçois sans les solliciter ni y répondre, des centaines de courriel m'offrant des cadeaux sous forme de millions possibles pour une dizaine de dollars. N'ayant pas l'âme d'un gogo je les envoie par la porte de delete et les vois instantanément réapparaître par la fenêtre d'un autre mollah, encore plus beau, encore plus engageant, proposant mieux encore comme bonis promotionnels

Coudon, je suis certain que nos députés, sinistres et autres politiciens n'en reçoivent pas tant Las Vegas est à mes pieds
MAIS COMMENT FONT-ILS POUR INJECTER TANT DE CACAMILK DANS SI PEU DE CHOCOLAT?

Il m'est alors venu à l'idée de recueillir les adresses de ces bienfaiteurs de l'humanité, et de leur rendre visite les poches pleines de grenades aussi virtuelles que leurs millions pour jouer les Tom McVee au milieu de leurs smokings démodés, champagne rosés et pine-up surannées, mais j'ai d'abord pensé à vous, chers lecteurs, pour me proposer une solution plus pacifique et qui sente moins le soufre! Ya-t-il moyen d'en finir avec ce Covid qui s'attaque à ma sérénité?

Joyeux Noel !!!

THAT'S WHAT I'M THINKING

Robert Vairo



Canada, Late at the Game with no Reserved Seat.

In the midst of discussing the weather, an associate burst out "we Canadians only care about health and the weather. That's why we often ask, 'how are you, nice day eh', in the same sentence". To which another quickly added, "health, weather and American politics." So true. We are barely half as interested in Canadian politics as we are in US presidential elections, senate and house of representatives to a lesser degree, and only because the number of republicans or Democrats elected could influence their president.

The election of Donald Trump is the most talked about US President in our memory. He is ever controversial. Never a day has gone by without hearing, reading, or seeing Donald Trump, for the past four years. No other leader has gotten as much air time and taken up so much media space according to a Boston based data company that analyses Google searches. Commented a New Jersey political science professor, Matthew Hale, "Previous presidents had a message of the day. Trump has a message of the right now. Lots more to Google when you bounce around like he does", especially those 2 a.m. tweets. Saying Trump is controversial is an understatement. It's a wonder that news web sites don't crash on some news days. Trump has taken credit for the DOW JONES hitting the 30 thousand mark for the first time in history, as well as vaccines arriving in unbelievable record time.

While vaccines may arrive in the U.S. as early as December 11th, Justin Trudeau says only one half of Canadians will be inoculated by "September '21, if all goes well". Maybe. I have difficulty believing it's only because we have no made in Canada vaccine. While the rest of the western world was signing "firm unconditional vaccine purchase agreements, our Liberal government was posturing about making sure the poorer countries had vaccines". Our vaccines will arrive months late not because we don't have a giant vaccine factory in Canada but because the liberal government was too late committing to sign, and we ended up at the end of the line. Britain will be getting its vaccine well ahead of Canada because it placed an order early with U.S. Pfizer and Germany's BioNTech for their vaccine. And that vaccine may get approval by December 1st or 2nd, even before the U.S.! Our liberal government can not tell us when Health Canada will approve the vaccine, when it will arrive, when and how and to whom it will be distributed. When asked, our Health Minister Hajdu replied "It's complicated". Is that it? Is this the transparency that Trudeau promised? This is truly disheartening. Hajdu should be fired for incompetence. Our government dropped the ball, plain and simple. And it's not because we do not manufacture it in Canada. Frankly, we arrived late at the game with no reserved seat. We did manufacture vaccines decades ago. Some of you may remember the names Connaught Laboratories of Toronto, and Institut Armand Frappier from Montreal. We sold them to the French and the British. Today we have Quebec's Medicago and Saskatchewan's VIDO-InterVac but we do not have the means to produce millions of vaccines in Canada.

All this leads to a troubling statement we heard from our Prime Minister. "The pandemic is giving Canada an opportunity to reset our economy on extreme poverty, inequality and climate change". Why is he making windy rhetoric from the Swiss based Economic Forum a Canadian government commitment? What about a "reset" to plan for the next pandemic without dictating our social lives, to fix our long-term care homes, take better care and better prepare our health care workers, stimulate our economy, offer incentives to small and medium size businesses which employ most of Canada's workers.

We have not met a carbon emission target, ever. The latest is zero by 2050. All talk. Ironically, Canada is a leader in capturing carbon emissions before they are released into the air. An excellent way to reduce emissions instead of taxing us for carbon. An RBC memo speaks of "carbon capture, utilization, and storage (CCUS)". But that would mean government investment in our biggest economic contributors, oil, gas, and heavy industry like concrete and steel production. These are clearly not favourites for our social activist Prime Minister.

Let's face it. Governments have failed us. The list of ideas for a better tomorrow is long my friends. Unfortunately, it is unlikely that any of our current elected leaders have the political will, chutzpah, or the know-how, to fulfill this vision.

That's What I'm Thinking.
Robert Vairo

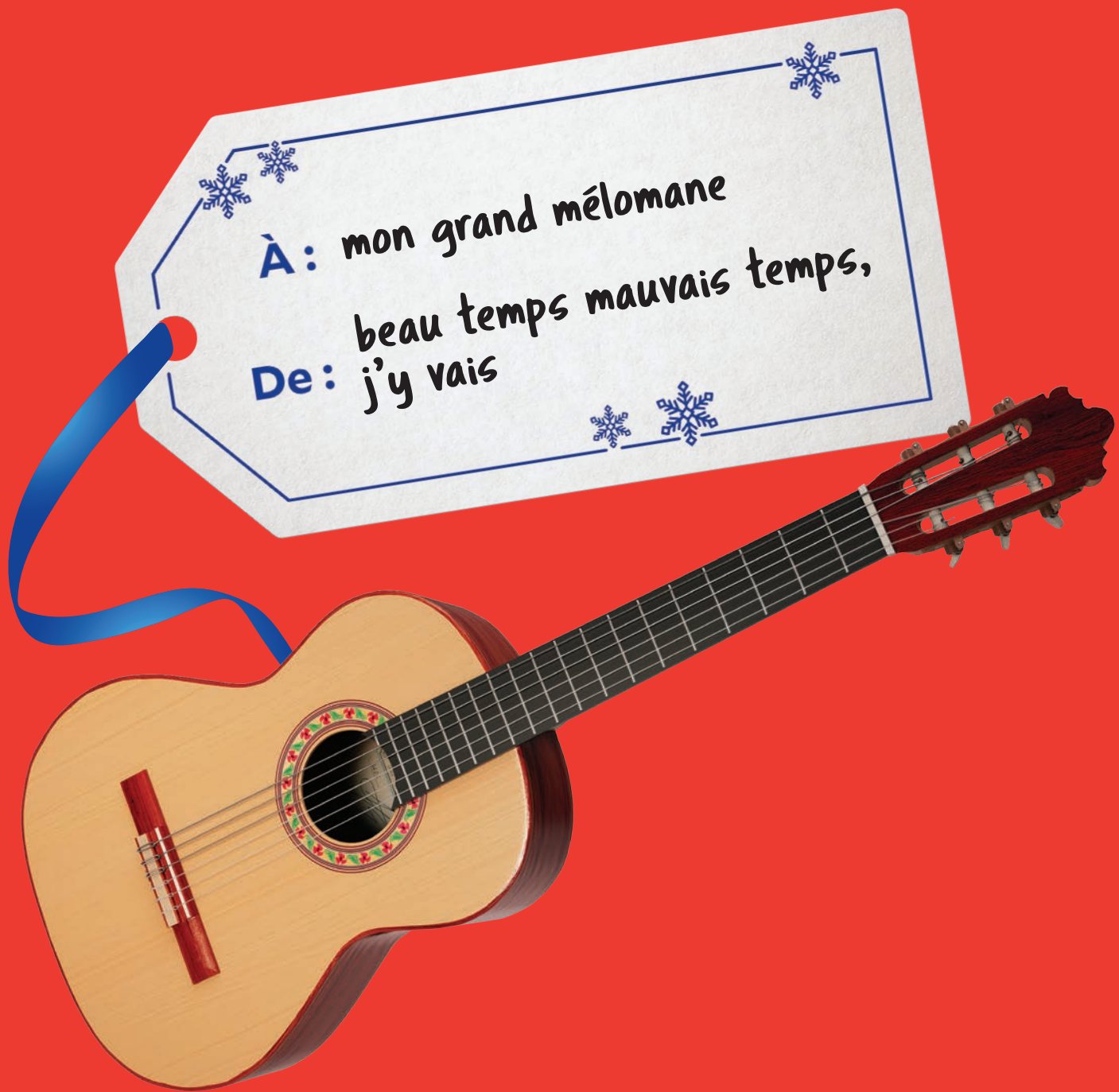
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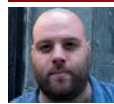
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Pact de Rue—there for a community in need



Proud of their Christmas spirit, Alexandra Thibault (left), and Jess Albayrak (right), show off the room where the youth from the streets can gather.
PHOTO: DOMENIC MARINELLI-NEWSFIRST



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Maxime Bonneau, Jess Albayrak, Alexandra Thibault and their team of street workers at Pact de Rue are dedicated to helping the young in many neighborhoods in Montréal ... and in Park Extension, Jess Albayrak keeps a close eye on those in desperate need of help and support

Pact De Rue has been around since 1991; they are about to celebrate thirty years of influence, helping a community in need, or rather those in the community that need help, guidance and support. Specifically, they help adolescents aged 12 to 25, through what they call “street work” with any difficulty they may be going through. They also offer clinical support when needed, yearly orientation and different types of training programs to help their street workers develop their skills further. Their specific fields of specialization include: Those suffering from drug abuse, violence and delinquency, sexual health (contraception and sexually transmitted infections), relationships, school dropouts and society dropouts, among other demographics across the board.

When I walked in to the site on De Gaspé, a warmth overwhelmed me. Once I crested those stairs up to the upper floor of the building and made it through the threshold, I knew that a profile on this place was necessary, if not to simply cover something for the paper, to convey to the community that there are certainly those that care deeply about what happens to those members of the younger community without a home, without direction. If it wasn't the Christmas tree I saw at the center of their main room, then it was the people I met, Jess Albayrak and Alexandra Thibault. We sat down and they filled me in on what got them there, the operation and why they do what they do.

The work being done

“Essentially, the street worker is a social worker whose job involves taking action directly on the field, to serve as a bridge between the kids having problems, the neighborhood and the traditional help networks which are available to them (community organizations, CLSCs, hospitals, homeless shelters, job resource centers etc.”

For the longest time they were strictly doing street work, but recently this year, they started the day center, which was proposed to help, to have a place where the troubled youth could go for help and some reprieve from the world outside and all the troubles that surrounded them. It does stand as such, but the Covid-19 pandemic has certainly presented a problem with restrictions on gatherings, but they are making it work ... the location I visited—their main and only location—was tricked out with all the necessities: hand sanitizers everywhere I looked, Plexiglas separations set up across tables and even between cushion seats. They take safety very seriously there; as seriously as they take their dedication to the troubled youth.

Supervisor, Maxime Bonneau has been at this for quite some time and he has assembled a team of about 12 street workers and a few on-site workers, making for quite the smooth operation and a place where at least ten people can gather for support and help at a time. I sat down with street worker Jess Albayrak and her colleague, Alexandra Thibault, who has been

at this for seven months and is dedicated to sticking around and doing some good work with Pact de Rue.

Hopes for the future

They have so much planned ... specifically, they want to hold movie nights, even Friday cook nights, where they can help people who come to the center with food they collected at local donations and help them cook it and leave with a warm meal, and with winter approaching, a place like that is something they will definitely need.

There are also always social workers at the De Gaspé site, to help people with whatever they need, even looking for work.

Jess Albayrak

Pact de Rue works in many neighborhoods in Montréal. Some to note are: Villeray, St. Michel, St. Leonard, Rosemont and even Mercier. But it is Jess Albayrak that has the responsibility to cover Park Extension. She's been working with this organization for two years, in Park Ex for over a year and she's definitely recognizable by those that need her help and support. She wanted to work in Park Ex, specifically since she was hired, seeing that there was definitely a need in that neighborhood and she took to the responsibility with a dedication that can clearly be seen when meeting her and on her social media posts—a person who definitely doesn't turn off the dedication when her shifts are over.

She used to work as a peer worker and when she was in Park Ex, handing out fliers with Médecins du Monde, that was when she fell in love with the neighborhood ... the multiculturalism, the smells in the streets. “The people are super-nice,” she states, her eyes smiling brightly over her mask.

She worked at “Pops”—Dans La Rue— for a while; before that she worked in the bar service industry, tending and waiting tables, but it was a friend that suggested she'd be great at this kind of work, and thus began her career as a peer worker, the organizations she started with training her and helping her get to where she is today.

Park Extension is definitely her beat and trust and believe that she is there for the community, with a dedication that is certainly awesome to see.

She is often at Place de la Gare Park and of the conditions of the park (which I reported on recently), she said that she hopes that they can get bathrooms set in place, drinking water and hopefully a covering for the table area to shade from rain and/or harsh sun.

When asked if her background of living on the streets helped her with the work she does today, she said: “It definitely helps. Valuable information to have, for sure.”

When asked what her three year plan is, she laughed and joked at first but in all seriousness, she would love to continue working in this field for quite a few years still, ultimately seeing herself settling somewhere in Mexico—her penchant for travel is evident and comes across in who she is. I certainly wish her the best with her plans, as she has helped many people and will definitely help quite a few more in the future, we're sure in Park Ex, and Pact de Rue, all over the areas they reach. If there's someone out there that needs help or for more information on Pact de Rue, check out their site: <http://www.pactderue.org/en/accueil/>

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Soyez là pour vous comme vous l'êtes pour vos proches



Vous êtes là quand les gens que vous aimez vivent un mauvais moment. Ne vous oubliez pas. Des solutions existent pour aller mieux.

Il est possible que la situation actuelle suscite des émotions difficiles ou de la détresse. Il est normal de vivre un certain déséquilibre dans différentes sphères de sa vie. La gestion de ses pensées, de ses émotions, de ses comportements et de ses relations avec les autres peut devenir plus ardue. La plupart des gens arriveront à s'adapter à la situation, mais il demeure important que vous restiez à l'écoute de vos besoins. **N'hésitez pas à prendre les moyens nécessaires pour vous aider.**

Prenez soin de vous

- Mettez sur vos forces personnelles et ayez confiance en vos capacités.
- Rappelez-vous les stratégies gagnantes que vous avez utilisées par le passé pour traverser une période difficile. Il n'y a pas de recette unique, chaque personne doit trouver ce qui lui fait du bien.
- Accordez-vous de petits plaisirs (écouter de la musique, prendre un bain chaud, lire, pratiquer une activité physique, etc.).
- Si c'est accessible, allez dans la nature et respirez profondément et lentement.
- Apprenez à déléguer et à accepter l'aide des autres.
- Demandez de l'aide quand vous vous sentez dépassé par les événements. **Ce n'est pas un signe de faiblesse, c'est vous montrer assez fort pour prendre les moyens de vous aider.**
- Contribuez à l'entraide et à la solidarité tout en respectant vos limites personnelles et les consignes de santé publique. Le fait d'aider les autres peut contribuer à votre mieux-être et au leur.
- Prenez le temps de réfléchir à ce qui a un sens ou de la valeur à vos yeux. Pensez aux choses importantes dans votre vie auxquelles vous pouvez vous accrocher quand vous traversez une période difficile.
- Limitez les facteurs qui vous causent du stress.
- Bien qu'il soit important de vous informer adéquatement, limitez le temps passé à chercher de l'information au sujet de la COVID-19 et de ses conséquences, car une surexposition peut contribuer à faire augmenter les réactions de stress, d'anxiété ou de déprime.



Outil numérique *Aller mieux à ma façon*

Aller mieux à ma façon est un outil numérique d'autogestion de la santé émotionnelle. Si vous vivez des difficultés liées au stress, à l'anxiété ou à la détresse, cet outil peut contribuer à votre mieux-être puisqu'il permet de mettre en place des actions concrètes et adaptées à votre situation. Pour en savoir plus, consultez [Québec.ca/allermieux](https://Quebec.ca/allermieux)



Laissez vos émotions s'exprimer

- Gardez en tête que toutes les émotions sont normales, qu'elles ont une fonction et qu'il faut se permettre de les vivre sans jugement.
- Verbalisez ce que vous vivez. Vous vous sentez seul? Vous avez des préoccupations?
- Donnez-vous la permission d'exprimer vos émotions à une personne de confiance ou de les exprimer par le moyen de l'écriture, en appelant une ligne d'écoute téléphonique ou autrement.
- Ne vous attendez pas nécessairement à ce que votre entourage soit capable de lire en vous. Exprimez vos besoins.
- Faites de la place à vos émotions et aussi à celles de vos proches.



Utilisez judicieusement les médias sociaux

- Ne partagez pas n'importe quoi sur les réseaux sociaux. Les mauvaises informations peuvent avoir des effets néfastes et nuire aux efforts de tous.
- Utilisez les réseaux sociaux pour diffuser des actions positives.
- Regardez des vidéos qui vous feront sourire.



Adoptez de saines habitudes de vie

- Tentez de maintenir une certaine routine en ce qui concerne les repas, le repos, le sommeil et les autres activités de la vie quotidienne.
- Prenez le temps de bien manger.
- Couchez-vous à une heure qui vous permet de dormir suffisamment.
- Pratiquez des activités physiques régulièrement, tout en respectant les consignes de santé publique.
- Réduisez votre consommation de stimulants : café, thé, boissons gazeuses ou énergisantes, chocolat, etc.
- Buvez beaucoup d'eau.
- Diminuez ou cessez votre consommation d'alcool, de drogues, de tabac ou votre pratique des jeux de hasard et d'argent.

Aide et ressources

Le prolongement de cette situation inhabituelle pourrait intensifier vos réactions émotionnelles. Vous pourriez par exemple ressentir une plus grande fatigue ou des peurs envahissantes, ou encore avoir de la difficulté à accomplir vos tâches quotidiennes. Portez attention à ces signes et communiquez dès que possible avec les ressources vous permettant d'obtenir de l'aide. Cela pourrait vous aider à gérer vos émotions ou à développer de nouvelles stratégies.

- **Info-Social 811**
Service de consultation téléphonique psychosociale 24/7
- **Regroupement des services d'intervention de crise du Québec**
Offre des services 24/7 pour la population en détresse :
centredecrise.ca/listecentres
- **Service d'intervention téléphonique**
Service de consultation téléphonique 24/7 en prévention du suicide :
1 866 APPELLE (277-3553)

De nombreuses autres ressources existent pour vous accompagner, consultez : Quebec.ca/allermieux

Quebec.ca/allermieux

 Info-Social 811

Québec 

Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



The *Getting Better My Way* digital tool

Getting Better My Way is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)

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A young but already influential organization gives back to its community



DOMENIC MARINELLI
Local Journalism Initiative Reporter
For The Parc-Extension News
domenic@newsfirst.ca

They only started in May and they still don't have a name they can use officially, but this organization has already helped a community in need, right here in Park Extension

It was on the 1st of May 2020 that this started up, and this weekly food drive is getting stronger and stronger and all because of community involvement and the dedication of people like Abdul Waheed, his wife and others. What started as a way to break the Ramadan fast has turned into a food drive worthy of some note in this community. Many stepped up since its inception and community members and business owners alike.

How it started

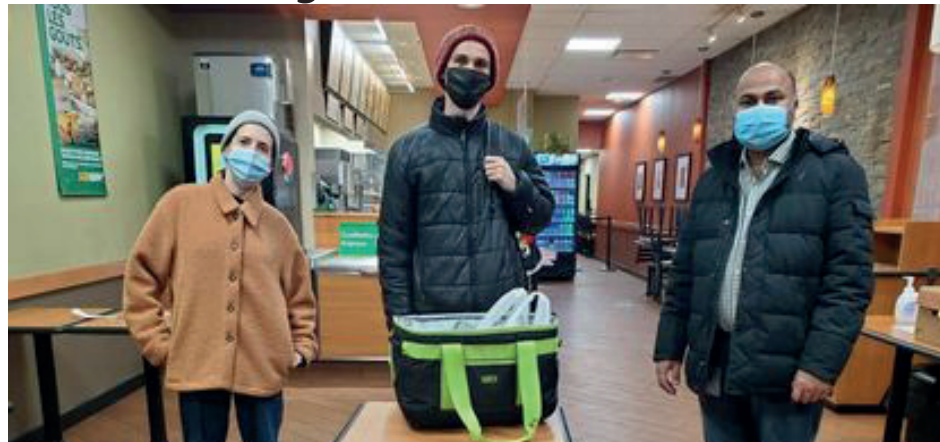
One of Abdul Waheed's friends offered to have 5 meals for his family, but he makes a modest living, so he refused but stated that it would be a good idea to give it (some food) to the homeless in the area.

Because of Covid-19 they weren't able to gather in the traditional way to break the fast, so Waheed had the idea of distributing some meals to people in the community to continue a tradition that had been going on for five years, an event organized by Mehmood Ulhaq. It was he who paid for the food on the first ever donation which was on May 1st of this year. When Waheed posted on social media, they realized that there was indeed a need for such a drive in the neighborhood. It was after that point that the community came forward, donating of their time and their money, the money being raised for the food donations and their subsequent distribution.

Things only grew from there

In the 2nd week of May, 100 meals, the third 200 meals, and things obviously grew from there ... this week, 132 meals from a local Subway restaurant.

After the first time, Waheed and his volunteers collected money from the community to pay for the food from various restaurants, even the volunteers contributing money to purchase goods.



Abdul Waheed and local volunteers at a local Subway on Jean Talon Street in Park Extension—a whopping 132 meals were delivered this past Saturday
PHOTO: ABDUL WAHEED

A nameless charity for now

For the time being they are not using a name; it's essentially a nameless charity, registered as a nonprofit organization, and no name is being used yet as such documentation is still to be gone through in order to procure a proper name, but the unofficial name for the time being is: PEX Helping Hands. They will officially use this name once all legal obligations are met.

Waheed hopes that this will feed more people and they wish to have other activities and fulfill medicinal needs for the community and other offerings for those who cannot take care of themselves.

Celebrating a 30th consecutive meal distribution

"Thanks to the generous financial assistance of our patrons and volunteers on Nov 28, 2020, we held the 30th consecutive meal distribution event," says Waheed. "We dedicate this event to one of our founding volunteers, Helen Halyard Cube for her tireless, sincere services to the community. Helen is volunteering zealously with us since May 2020. Helen is a writer, musician, and arts administrator who has lived in Park Ex since 2012 and is happy to be meeting more neighbors recently, even in the difficult pandemic circumstances. We profoundly thank Helen for her great commitment and

dedication to serving the less privileged fellow residents. We are lucky to have volunteers like her in our team. Saturday, we distributed 132 burgers. Burgers were purchased from the Subway on Jean-Talon East, while the oranges from Marche Janta on St. Roch. We thank both the owner of Subway for providing us good quality burgers at a subsidized rate and the owner of Marche Janta, for providing us oranges at almost no profit rate. The owner, Qureshi Shareq, has been collaborating with our free meals initiative for the past couple of weeks and is serving the Park Ex neighborhood in this tough time."

It was on Saturday that the volunteers numbered many: Julia Pohl-Miranda, Helen Halyard Cube, Benoit Daignault-Pépin,



Subway was paid 552 dollars for the food they gave, and Waheed and his volunteers distributed the food; they are getting nothing for free.
PHOTO: ABDUL WAHEED

Lee Lai, Samia Marshy, @Trevor Rollins, Maxine Segalowitz, Kate Murphy, Ben Rowley, Maddy Alfred, Bill Warnock, Daniel Spade, Sorcha Gibson, Dorian Nuskind-Oder, Krizzly Man.

"We thank all our volunteers from the bottom of our hearts for their hard work and the great commitment to serve the community," said Waheed.

People from as far away as Regina, British Columbia and many other places donated; these people donated because they are linked somehow to Park Extension with ties to the community and they give generously, stated Waheed. Waheed's wife contributed free masks; she made them herself and distributed them, doing this even as early as May.

They hope that this encourages other businesses in the area to help the community, and they are in turn supporting local businesses, the charity is, by using their services to feed the community.

Helping hands indeed.

December 1-7 is National Safe Driving Week.

Distracted driving is an important topic, both in the safety sphere and in the context of public discussion. Focus is often placed on the dangers of handheld devices, and for good reason. But while this is one example of a potentially fatal action that can be taken behind the wheel, it's not the only one.

"Distraction is distraction, no matter how you slice it," said Gareth Jones, President and CEO of the Canada Safety Council. "We all have a responsibility — to ourselves, to our loved ones and to our fellow road users — to remain vigilant at all times and stay focused on the task at hand."

The task of driving always requires your full attention. Any activity that removes your focus off the road can be qualified as distraction. This can include using your phone, reprogramming your radio or Global Positioning System (GPS), grooming, entering a conversation with passengers and, yes, even eating and drinking behind the wheel.

A momentary loss of focus on the road can cost you a second or two in which to react to a sudden change in expected traffic or behaviour. And that small moment of time can make all the difference in the world.

Most Dangerous Foods Behind the Wheel

(according to the National Highway Traffic Safety Administration:)

- Coffee | Soup | Tacos
- Chili | Hamburgers | Barbecued food
- Fried Chicken | Jelly Doughnuts
- Soft drinks | Chocolate
- Cup of coffee in vehicle's cup holder



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Everyone should test for radon, experts urge during online event

'Radon Action Month' draws attention to No. 2 cause of lung cancer



MARTIN C. BARRY
marty@newsfirst.ca

While many people now associate the month of November with the annual "Movember" movement which raises awareness of men's health issues, not as many may know that November is also Radon Action Month when health authorities draw attention to the threat posed by a radioactive gas that is the second most common cause of lung cancer after cigarette smoking.

On Nov. 19, Take Action on Radon, a national health coalition funded by Health Canada, held

an online question and answer event to mark Radon Action Month. During the session, experts answered questions ranging from the impact of radon on health, to how to test homes and reduce the risk of radon exposure.

Ever-present radon

Radon is a radioactive gas that forms from uranium present naturally in the earth's crust. Radon is found in soil, everywhere on the earth's surface. Levels of radon in the soil can vary greatly from one place to another. Radon can also be present in groundwater.

Radon can seep into buildings, particularly through foundations. It can sometimes accumulate and reach levels that can lead to health risks.

Given it is a gas with no smell, taste or colour, it is impossible to detect with the senses. But at the same time, is the leading cause of lung cancer in non-smokers.

According to Health Canada, when radon is released from the ground into the outdoor air, it is diluted and is not a concern. However, in enclosed spaces such as homes, it can accumulate to high levels and become a risk to the health.

Gets into houses

As the air pressure inside homes is usually lower than in the soil surrounding the foundation, this difference in pressure draws in air and other gases – including radon – from the

soil. As such, radon can enter a home from wherever it finds an opening where the house is in contact with the ground. These openings can include cracks in the foundation floor and walls, construction joints, gaps around service pipes, support posts, window casements, floor drains, sumps or cavities inside walls.

Radon gas can be found in almost all homes in Canada. Concentrations differ greatly across the country, but are usually higher in areas where there is a higher amount of uranium in underlying rock and soil. While Canada's western provinces, including Alberta and Saskatchewan, are considered to be at very high risk for radon gas, the risk is much lower in Ontario and Quebec.

Low radon levels in Quebec

According to a Quebec government website dealing with radon, Canadian guidelines stipulate that radon concentration in dwellings should not exceed 200 Bq/m³. However, in general radon concentration is not very high in Quebec homes, usually not exceeding 35 Bq/m³. But concentrations can sometimes reach very high levels, meaning that testing should always be carried out.

Experts say that the only way to be sure of the radon level in any home is to test. They say testing for radon is simple to do and should be done in **every home**, in every community across Canada, regardless of whether a community is known to have high radon levels.

Moderately-priced testing kits (less than \$30) are available commercially from companies like AccuStar Canada (which has an office in Quebec City), or from the Association Pulmonaire du Québec which sells the kits for \$45. Both sources are easily accessible through internet websites.

Testing for radon up to you

While Health Canada has been doing its part to raise awareness of the radon threat, an official from the federal ministry said during the online event that testing remains the responsibility of each individual and home owner.

"Similar to other health risks in homes like carbon monoxide and fires, Health Canada provides Canadians with guidance and information so that they can take necessary steps and actions to ensure their homes are healthy and safe," said Kelley Bush, manager of Health Canada's Radon Education and Awareness Program. "At the end of the day, it's Canadians who need to take that last step and take action to reduce their radon exposure."



Kelley Bush, Manager, Health Canada, Radon Education and Awareness Program, said the federal ministry is leaving responsibility for radon testing up to each individual and home owner.

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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.

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.

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

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention

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WEDNESDAY before publication at 1 p.m.

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DESJARDINS, Andrée Cousineau 1933 - 2020



It is with deep sadness that we announce the death of Mrs. Andrée Cousineau Desjardins, at the age of 87. Her death occurred on November 26, 2020, at her daughter's home in Mont-Royal, after a long battle with breast cancer. She passed away in serenity, surrounded by the love of those close to her. Andrée was the daughter of the late Aristide Cousineau and Cécile Filion and the ex-wife of the late Jean A. Desjardins.

COLOGGI, John 1946 - 2020



Dear Peg, Pamela, Ben and Magda, Words are not enough to express our sadness. John never had a bad word to say about anything or anyone. Generous with his time to all the organizations he volunteered with. He especially enjoyed time spent with family and friends. John enjoyed long walks on the beach with his Dad and Chris. Loving brother-in-law and uncle who will be missed but always in our hearts. Chris, Laurie, Jennifer (Marc) and Christina

SOSNOWICZ, Tobi 1922 - 2020



Peacefully, on Sunday, November 29, 2020, in her ninety-eighth year. Beloved wife of the late Herman. Loving and devoted mother of Michael, Mark, and Rosie. Cherished Bubby of Ryan, Matthew, and Ava. Predeceased by her dear sister and brother-in-law, Sarah and Yitzchak Levy and her brother, Shaptai Sosnowicz who perished in the Holocaust. She was a leader and a pillar of strength within the Talmud Torah community and synagogue life.

SCHWARTZ, Joseph 1928 - 2020



Devoted husband of Barbara (Chapnick). Loving father of Harold (Dana) and Steven (Rebecca). Proud grandfather of Corey (Carolyn), Marissa (Ari), David (Dena), Daniel (Jasmine), Jonathan and Michael. Great-grandfather of Lily and Ethan.



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HOROSCOPE

Week of **DECEMBER 6 TO 12, 2020**

The luckiest signs this week:
SCORPIO, SAGITTARIUS AND CAPRICORN



ARIES

Various projects with lots of details will take a long time to sort out. You should let loose more often so that you can appreciate the present moment. You'll develop a new outlook on life that aligns with your values.



TAURUS

You'll be the focus of everyone's attention. You'll be the only one capable of completing a certain task, which will garner you a lot of praise from a senior manager at work.



GEMINI

It's a good idea to take a break from your routine, both in your day-to-day life and your relationship. Don't hesitate to accept invitations to go out with your friends, especially if you're single. They're sure to surprise you.



CANCER

If you have any real estate dealings, the steps you take this week could prove to be quite profitable. You'll also be tempted to redecorate your home before the holidays to impress your guests.



LEO

You certainly won't keep quiet this week. However, it's important that you have all the facts before you speak up. You may need to translate a message now to avoid confusion later on.



VIRGO

You'll be tempted to purchase an expensive luxury item. You'll likely spend a lot more on Christmas gifts than you planned. You'll also need to exert more energy than anticipated.



LIBRA

You'll give yourself time to reflect on an important decision. You'll want to explore your spiritual side. A pilgrimage of some kind would be a good way to reconnect with your beliefs and values.



SCORPIO

If you plan to spend time with people, don't forget to follow basic hygiene rules to protect yourself against germs. Your immune system will feel fragile. Get plenty of rest so you can remain strong and healthy.



SAGITTARIUS

Time will be in short supply, and you'll need to choose between fulfilling your various obligations and taking part in leisure activities. To maintain your well-being, be sure to balance the different facets of your life.



CAPRICORN

A vacation is on the horizon. Even if it's still a few months away, you'll start making travel plans now. You might need to renew your passport or get vaccinated to avoid issues later on.



AQUARIUS

A few minor annoyances are to be expected this week. You can no longer procrastinate on the projects you've been putting off. Once you finish, you'll be able to celebrate without carrying that weight on your shoulders.



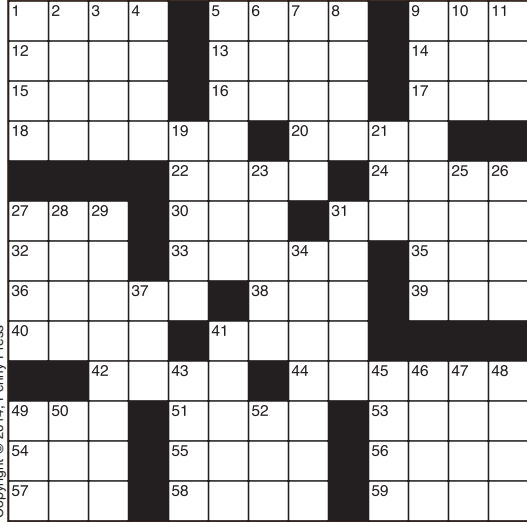
PISCES

You'll reach an agreement that will turn your life upside down. Perseverance will allow you to achieve the highest level of success, even in your personal life. Your fighting spirit will be in full swing.

Coffee Break

CROSSWORDS

PUZZLE NO. 1010



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ACROSS

1. Weakens
5. Slumbering
9. ___ tide
12. Money in Venice, once
13. Skirt type
14. Neckline shape
15. Worshiped object
16. Throat-clearing sound
17. Uninvited picnicker
18. Vanquish
20. Rod's partner
22. Sugar source
24. Banish
27. Highway sign
30. Vagrant
31. Python, e.g.
32. Pretend to be
33. Flight path
35. Foil metal
36. Full force

38. Before, in verse
39. Begley and Asner
40. Trucker's rig
41. Unattached
42. Smudge
44. Andes pack animals
49. Shoemaker's device
51. Mate for mama
53. Pine
54. Rival
55. Warning
56. Garden spot
57. Sam on "Cheers"
58. Geek
59. Brood's home

3. College figure, for short
4. Discount event
5. Beginner
6. Word for Scrooge
7. Put forth
8. Dollar division
9. Assess
10. "Gentle ___"
11. Play the ponies
19. Monastery head
21. A very long time
23. Smoldering coal
25. Slip sideways
26. Certain bills
27. Chats
28. Land unit
29. Tripped
31. Hard metal

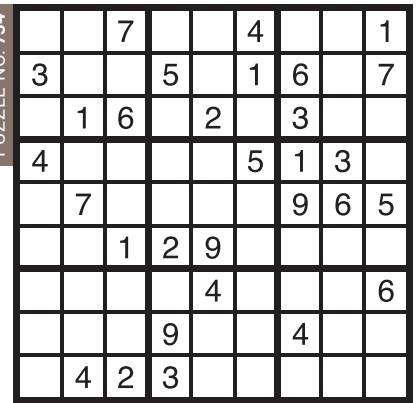
34. Leprechaun land
37. Naught
41. Picture holder
43. "Once ___ a Time"
45. Hymn finisher
46. Method
47. Gibbons and gorillas
48. Posted
49. Sternward
50. Misery
52. Part of mpg

DOWN

1. Coasted
2. Nurse's ___

Sudoku

PUZZLE NO. 734



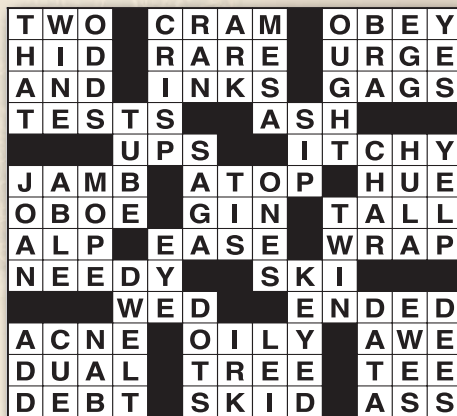
HOW TO PLAY:

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

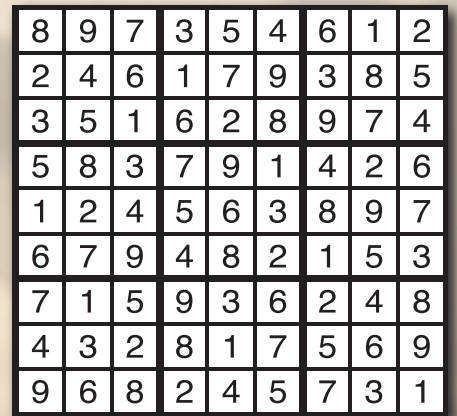
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



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