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Vol. 29 - 10

5 mars, 2021 / March 5, 2021

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Vaccines are 'weapons of mass reduction'

Québec pharmacies are set to participate in mass vaccination campaign

MATIAS BRUNET-KIRK

The provincial government updated Quebecers on the vaccination campaign on Tuesday, outlining their plan to use pharmacies as vaccination centers. Quebecers will therefore be able to get their COVID-19 shot at local pharmacies.

The program will be rolled out as of Mar. 15 in over 350 participating pharmacies in Montreal, said Minister of Health and Social Services Christian Dubé at a press conference on Tuesday.

This will be added to with a subsequent rollout of the program in over 1400 participating pharmacies across the province. "This is really good news," said Minister Dubé.

Appointments will nonetheless be made through the government's official website or over the phone, where people will be able to choose a location where to get the vaccine.

Pharmacies will still follow the same age group guidelines the government has outlined, making the program a complimentary service to the immunization efforts in mass vaccination centers.

Weapon of massive risk reduction

Minister Dubé said that "vaccination is our weapon of massive risk reduction," pointing specifically to the current situation in Montreal where case numbers remain concerning. Vaccination efforts will therefore be concentrated to reduce the spread of the virus.

Dubé highlighted the importance of the

campaign in the Greater Montreal area where he said "the epidemiological situation is interesting," due to the growth in numbers of the B.1.1.7 strain, popularly known as the British variant

"12-15% of positive cases are of that variant," said Dubé, adding that "if it keeps going up, next week could become very dangerous."

"We are working under the assumption all over Quebec that these are all variants," said National Director of Public Health Dr. Horacio Arruda.

Calm before the storm

The Health Minister said he was "weighing his words," but felt "scared about the situation," where Montreal could be "the calm before the storm."

"It will lower our level of risk," said Dubé about vaccination, but cautiously added that "we still have a long way to go to control the contagion."

The plateau in cases many are seeing at the moment could be misleading, said the Ministry of Health, as the lowering curve of the old variant and the rising curve of the British variant, could be cancelling themselves out.

Lessons learnt

Vaccination efforts in Montreal continued to grow this week. Over 16,000 vaccines were administered throughout Greater Montreal on Monday, said Daniel Paré Director of the vaccination efforts, adding that many lessons had been learnt on how best to operate.

"We are really pleased that people accept to be vaccinated," said Paré, but said measures were being taken to further increase vaccination capacity and options for booking appointments.



Minister of Health and Social Services Christian Dubé spoke of vaccines as being a "Weapon of massive risk reduction". Source: CPAC

Dubé added that more chairs would also be provided for the elderly people waiting in line.

Minister Dubé asked all those with an appointment to not arrive too early. I know you don't want to miss it but you don't have to worry your vaccine is reserved," he said, adding that arriving 5 to 10 minutes before was sufficient.

He also stressed that to reduce the number of people waiting in line, no one should arrive without an appointment and that only one caregiver could accompany the person being vaccinated.

Different situations throughout the province

The Ministry also reminded Quebecers that vaccine rollout was different between regions due to the different conditions.

"Each region has a unique epidemiological situation," said Dubé, adding that for example, the Montérégie region has more senior facilities that are of higher priority for vaccination. Therefore authorities have to slightly delay the rollout for other segments of the population.

As more vaccines become available and the capacity for appointments increases, the government will open up slots to larger portions of the population.

How to book an appointment

People who are 70 years or older can now book an appointment for a vaccine. Those who are caring for a loved one over the age of 85 years more than three times a week are also eligible.

Residents are only required to bring photo identification and proof of residence. The process will be paperless with little to no contact.

The government says the easiest way to book an appointment is through their website at Québec.ca/vaccinCOVID. If some have difficulties doing this, they can also book their appointment by calling 1 877 644-4545.

The closest vaccination centre currently active for Parc-Extension residents is at the Parc-Extension CLSC, located at 7085 Hutchison Street.

Québec.ca/vaccinCOVID
1 (877) 644-4545.

Police call for victims of fraud

SPVM asks for potential victims of the "ghost house" fraud tactic to come forward

MATIAS BRUNET-KIRK

Investigators at the SPVM are asking that the potential victims of fraud by Gloria Echeverria Albu Paz come forward. The 66-year-old woman was arrested on Jan. 14 and appeared in court on Feb. 26 charged with fraud.

Echeverria Albu Paz allegedly targets vulnerable elderly people of Montreal's Latin-American community and attempts to defraud them of their money.

Investigators at the economic crimes unit want anyone who believes they may have been a victim to go to the police. The SPVM has reason to believe that there are many victims still unaccounted for.

Ghost house sale

Echeverria Albu Paz uses the "ghost house"

scheme to dupe the people she targets into giving her money, mostly elderly Spanish-speaking people.

She would allegedly tell potential victims that she was mandated to quickly sell a house for people who were said to be moving overseas. The house would be advertised at a very low price.

She would then give victims different pretexts to send her large sums of money. Echeverria Albu Paz would ask people for regular payment and often over long periods of time.

Whereas many thought they were buying a house for a cheap price, the property did not in fact exist, causing many people to lose all the money they had sent.

The SPVM calls this the "ghost house" strategy.

Guilty in the past

Echeverria Albu Paz had been found guilty of similar charges of fraud in the past using similar

tactics.

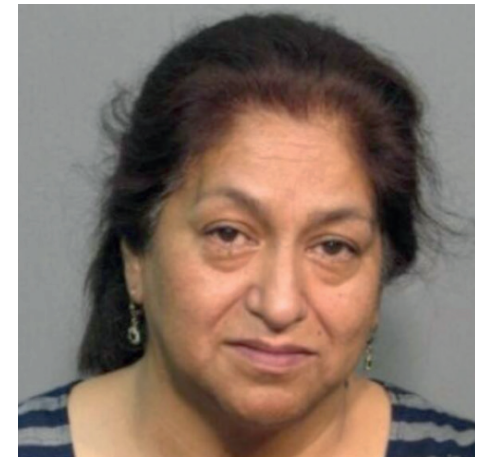
She operated mainly in the neighbourhood of Ahuntsic-Cartierville but is also known to have had victims in Rosemont-La Petite-Patrie and Villeray-Saint-Michel-Parc-Extension.

Help wanted

People who think this may have happened to them or someone they know are asked to come forward, says the SPVM. The police appreciate the participation of all Montrealers.

Those who feel they may have been targeted can either call 911 to report a crime or go to their local police station to file an official complaint. If people wish to communicate anonymously, they can also speak confidentiality by calling Info-Crime Montréal or by visiting their website.

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Accused fraudster Gloria Echeverria Albu Paz Source: SPVM



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E-mail: editor@newsfirst.ca
www.px-news.com

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



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QCNA 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



Bizarre economic theory maintains deficits don't matter

Stephanie Kelton, in her book *The Deficit Myth*, maintains
that government deficits don't matter. She's wrong

Author Stephanie Kelton's main point in *The Deficit Myth* is that federal deficits are not only harmless but highly desirable as devices to accelerate economic activity and resolve economic inequality. She's wrong.

Government finance is not like other finance, she maintains. Governments are issuers of money, not spenders of money. A government can't run out of money because it can create as much as it needs any time it wants. A government can't default on its debt, which is denominated in its own currency, because it can just create (print) more whenever it runs short.

Creating money doesn't burden future generations, she writes, because there's nothing to repay. Entitlements such as social security can be sustained forever. To achieve full employment, the federal government can offer a job guarantee to anyone who wants work but can't find it in the market economy.

This idea is supposed to be a new take on modern monetary theory (MMT). Nobody is sure when MMT was devised (somewhere between 1920 and 2008), by whom, or exactly what parts are at its core and which are later add-ons.

But this new twist on MMT argues that deficits don't matter, that government surpluses are counter-productive and potentially disastrous, and that there's no reason to restrain government spending. It also argues that free medical care and free university education (among many other emoluments) can be easily provided for all, climate change can be arrested and economic disparity removed.

It also suggests central banks should be eliminated or converted to government departments or parts of national treasuries, and governments should have the power to issue currency directly with no middleman. All it takes is a different mindset.

In the sense that 'modern' monetary theory is reasonably expected to be new, there's nothing new about it. It has been thoroughly tested numerous times. In Germany in the 1920s, banknotes were excessively printed before explosive inflation made them valueless.

MMT acknowledges that additional economic demand caused by larger-scale government deficit spending could raise inflation, but it has no coherent advice on how to control it. This comes closest

to admitting that there must be limits to printing money.

Given that supplementing tax revenue and debt with printed money has been a widespread practice for generations, then for all anyone knows, the methodology of printing money is already being employed to its safe limit.

Kelton brings up the example of Japan, which has had many years of stunning public deficits and a debt that's 265 per cent of gross domestic product without inflation.

She apparently can't explain why this is so but accepts it as evidence that massively increased deficits wouldn't necessarily create inflation problems. This seems to be her central innovation.

This book is a sensation in certain circles because it makes the elaborate case that unpleasant natural laws can be negated by sophisticated, creative inventions of economic theory. Something can be made out of nothing. This is the new alchemy, a 21st-century version that doesn't even need dross to be converted to gold. Gold can be created out of paper, or by bits and bytes in computers.

Recently, the Trudeau government released its economic statement, which showed how close we are already to an MMT style of fiscal management. The deficit for 2020-21 will be between \$380 billion and \$400 billion, more than 10 times what was considered unacceptably large until now. Approximately half of current federal government cash needs are being provided by the purchase of treasury securities by the Bank of Canada for dollars out of thin air.

This is how the government's lavish giveaways to vote-rich demographics in the name of COVID-19 support are being financed. Statistics Canada calculated that federal income support works out to nearly \$7 per \$1 of actual income loss. The personal savings rate is soaring right along with the deficit.

The government continues to insist, and some so-called economists agree, that federal debt relative to GDP is the lowest in the G7 group. That's only true if provincial deficits and debt are irresponsibly disregarded. It's one country, one taxpayer population and one GDP.

Morris Dorish

Letters to the Editor



Dear Editor,

For several months there has been a heated argument about what is to be done with the end of the block on the south side of Jarry between the north and south bus routes.

The borough Council has taken a couple of stabs at getting a project and even had a mail-in vote by citizens but that did not seem to decide if the apartment/commercial presented by an anonymous developer was acceptable. I e-mailed a "vote" but don't know if it arrived or what the result was. A couple of special council meetings were held but agreement does not seem to be reached. The pandemic banning of in-person meetings snuffles the democratic process.

As usual, the hullabaloo focuses on Demolition; to me it seems logical to separate the two matters: First, decide to demolish, and Second get proposals for what put in its place.

If it takes 2 years or 3 to come to a consensus, so be it, but citizens are owed a full and fair debate to hear and discuss ideas and accept compromises.

This lot is significant because it is rare and fairly centrally located. What goes there should be a positive addition to the long-term needs of the neighbourhood. The east end of Jarry already has a "deluxe" city seniors residence and the west has young adults projects.

Also muddying the picture is the City's, and our local mayor's, enthusiasm to regularize irregular immigrants. This could mean more newcomers looking for "affordable" or "social" housing. They cannot suddenly be added to the waiting lists for housing in traditionally immigrant districts. It is a regional planning challenge for all boroughs to participate in.

Yours truly,
M. J. McCutcheon

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More Evictions in Parc-Extensions

Local family could be evicted for an administrative mistake

This story was initially reported by *Le Journal de Montréal*

MATIAS BRUNET-KIRK

A family of 5 may soon be evicted from their apartment on Beaumont Avenue because of a filing error with the Tribunal administratif du logement (TAL), Québec's provincial housing authority.

"I forgot to upload a document I already had," said current tenant Mr. Boudjemaa to *Le Journal de Montréal*, adding that "it's really complicated with the TAL."

Eviction Notice

Along with his wife and three children, Mr. Boudjemaa has lived in the rented 5½ apartment for eight years. He received an eviction notice from the owner in December.

The duplex had recently sold to a new owner who wanted to renovate the building. The owner offered Boudjemaa \$20,000 if he vacated by Apr. 1.

Boudjemaa enjoys living in the apartment and has been there since 2013. "I pay 510\$ a month," he said, therefore deciding that he did not want to leave.

He, therefore, refused the eviction notice and proceeded to send the necessary documents to the owner via registered mail. Boudjemaa saw the document had been received on Jan. 7 and printed the notification from the Canada Post website.

Bureaucracy

Nonetheless, the Tribunal administratif du logement recently outlined new rules in which renters have 45 days to upload proof that the owner has received those documents.

Having never received the proof of reception, which Boudjemaa already had, the Tribunal

administratif du logement closed the eviction case file.

Boudjemaa said he had never been informed that this was a requirement to keep an eviction contestation proceeding active.

"If we forget one small thing, we're on the street," Boudjemaa told *Le Journal de Montréal*. He nonetheless decided to pay the 80\$ fee and start the proceedings once again. "At least we will get the opportunity to have a hearing," he said.

Local Opposition

Martin Blanchard of the housing committee for La Petite-Patrie also protested the decision. He told *Le Journal de Montréal* that the families file "was closed on Feb. 12 because of administrative nonsense."

Blanchard added that Boudjemaa "had never been informed that his file would be closed without the right to a hearing."

Blanchard highlighted that this was not an isolated incident either. He said that a similar situation occurred with another tenant in the area in late January. Blanchard stated that the person's experience "took away all motivation. He abandoned [proceedings]."

Growing trend

Many point to this as being part of a growing trend, according to a report by CTV News. Colloquially termed a renovation, this practice consists of renovating an apartment in order to evict current tenants and subsequently raise rent prices, according to a definition outlined by the Province of British-Columbia.

Even though tenants are allowed to contest an eviction notice, many are unaware of their rights and are evicted without recourse, according to local Parc-Extension housing group CAPE.



Local activist group Comité d'Action de Parc-Extension - CAPE has been protesting many of these evictions. Source: CAPE

With city statistics indicating that 71% of borough residents live in rented homes, rising real-estate prices in the area may also increase the number of evictions of low-income families.

The housing advocacy group FRAPRU says this often forces people out of their homes and away from their neighbourhoods, and therefore away from their family and community aid networks.

Change in Mandate

The Tribunal administratif du logement was reformed Sept. 1, changing its name from the Régie du Logement.

Since the reform, the TAL now has the express mandate to accelerate proceedings on these

matters in order to reach resolutions, said Andrés Fontecilla, Québec Solidaire MNA for Laurier-Dorion, to *Le Journal de Montréal*.

Yet Fontecilla says that this has resulted in the tribunal having an incentive to close files as quickly as possible, resulting in situations like these.

A spokesperson for the TAL, Denis Miron, told *Le Journal de Montréal* that "the Tribunal makes sure to inform on new rules, including those governing the notification of requests."

Nonetheless, Boudjemaa claims he never received any information on the matter, but hopes he will be able to win his case and keep his home.

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Borough Celebrates Black History Month

Nine residents awarded for their outstanding service to the community.

MATIAS BRUNET-KIRK

The borough highlighted the outstanding community service of black residents at a ceremony last Wednesday. This was part of a series of events hosted by the city celebrating black history month.

Hosted by Councilor Mary Deros of Parc-Extension and Councilor Josué Corvil of Saint-Michel, the ceremony was organized to honour the work of people in the borough who have been deeply involved in their communities.

"If you are here with us tonight it's because your challenges and your successes are a fine example that merit to be highlighted today," Deros told recipients.

The laureates for Parc-Extension were Kingsley Kwateng, Henri-Robert Durandisse, Elsie Daphnis and Rachelle Demosthene. This was in addition to Magalie Véro René-Gérald, René Sarr, Yves Ulysse Junior, Mélissa Julien and Joanesse St-Fort who were awarded by Josué Corvil for St-Michel.

Black History Month

The master of ceremonies for the event was Christina Nancy Eyangos, a local community organizer. She said February was "the few days of the year that we celebrate our pioneers that helped advance Canada, Quebec and Montreal," adding that "thanks to them, we can have this month."

Deros seconded Eyangos, saying it was also important to "acknowledge the achievements of the black community not only in Montreal but around the world." She also added that Black History Month "should not be only celebrated one month out of the year, we should celebrate the community every day."

Liberal MNA for Viau, Frantz Benjamin, was also present for the awards ceremony. He stated that "the success of one member of the black community is the success of the whole community."

Mama Africa

Chief Nana Kwateng Amanin was the first to receive the award. Of Ghanaian origin, Kwateng is a successful businessman in Montreal and runs the Mama Africa beauty supply on Jean-Talon, along with his wife Mercy.

Since his arrival to Canada in 1987, he is considered to be the "King of Montreal Ghana Community," said Deros. She added that Kwateng had always acted to

"promote and practice Ghanaian culture and values in Canada and the Diaspora."

Kwateng thanked the members of the borough



Professional boxer Yves Ulysse Junior receives his award from city councillors Josué Corvil and Mary Deros.

and stated that "the struggle continues." "We all need to do our part," said Kwateng, adding that only then will we be able to "hold hands and walk together as one people, and take a knee together that black lives matter."

I celebrate your diversity

The next to receive the award was Henri-Robert Durandisse for his work in education and his "exemplary leadership and his social involvement in the Parc-Extension district," said Deros. For over 30 years Durandisse has brought support to vulnerable families in the area and has volunteered his time to local organizations that service disadvantaged people.

Durandisse is also an author, composer and poet, writing in both French and Créole. He is soon set to release a book on Parc-Extension called *Je Célèbre ta Diversité*, or I celebrate your diversity.

Durandisse expressed his appreciation for the recognition and said what motivated him most was the feeling that everyone should have "the resources necessary to live well and to flourish." "I must put myself to the service of humans," he said.



Rachelle Demosthene receives her award from city councillor Mary Deros

Theatre in the community

Elsie Daphnis, the night's third recipient, left her career at Revenue Québec in 1996 to get involved in her community. She founded TRANS-ART 2000, a cultural organization that caters to at-risk youth of all backgrounds, intervening with theatre and dance workshops. The organization is based on St-Roch Street.

Daphnis was thankful for the award and happy she had served her community. "All my colleagues thought I was crazy," said Daphnis speaking of when she left Revenue Québec. She agreed, but added that "the problem is that I am crazy about something that makes me happy." She concluded by saying "I would do it again. I am happy where I am."

Flourishing

Long-time Parc-Extension resident Rachelle Demosthene also received an award for her outstanding work in the community. For many years Demosthene led a local choir and has long been involved with the Dieu Réparateur des Brèches church.

For the past three years, Demosthene has "presided over conferences for women to inspire them to reach their full potential," said Deros. She is also the owner of Pouvoir des Fleurs florist's

in Ahuntsic-Cartierville.

"I left my career of 20 years to be closer to people," she said. "Being the first black woman florist in Montreal to have a brick-and-mortar shop, plunged me, immersed me into the great basin of the afro-descendant community," said Demosthene.

"Once again I thank you," she said, adding "I am the fruit of Parc-Extension, a neighbourhood which gave birth to the diversity of Saint-Michel."

Many more

There were many more recipients throughout the evening who were thanked for their service in St-Michel. That included the work of professional boxer Yves Ulysse Junior with local young people, the outstanding youth activism of Mélissa Julien and local political organizer for St-Michel Magalie Véro René-Gérald.

They were followed by René Sarr, for his promotion of sports with young students, as well as pastor Joanesse Saint-Fort, for the work he has done with his congregation and in promoting education.

Corvil concluded the evening by thanking everyone for their work and participation. "We love you and we appreciate you and continue the good work you do in the communities," said Deros, thanking all for their service.

Mes vœux les plus chaleureux à l'occasion de la

*Journée internationale
des femmes*

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On a tous de bonnes questions sur la vaccination



Les raisons de se faire vacciner sont nombreuses. On le fait entre autres pour se protéger des complications et des risques liés à plusieurs maladies infectieuses, mais aussi pour empêcher la réapparition de ces maladies évitables par la vaccination.

La campagne de vaccination contre la COVID-19 en cours vise à prévenir les complications graves et les décès liés à la COVID-19. Par la vaccination, on cherche à protéger notre système de santé et à permettre un retour à une vie plus normale.

Quand la vaccination a-t-elle commencé ?

La vaccination contre la COVID-19 a débuté au Québec dès la réception des premières doses en décembre 2020. Puisque la disponibilité des vaccins est restreinte, certains groupes plus à risque de développer des complications liées à la COVID-19 sont vaccinés en priorité. À mesure que les vaccins seront disponibles au Canada, la vaccination sera élargie à d'autres groupes.

Ordre de priorité des groupes à vacciner

- 1** Les personnes vulnérables et en grande perte d'autonomie qui résident dans les centres d'hébergement et de soins de longue durée (CHSLD) ou dans les ressources intermédiaires et de type familial (RI-RTF).
- 2** Les travailleurs du réseau de la santé et des services sociaux en contact avec des usagers.
- 3** Les personnes autonomes ou en perte d'autonomie qui vivent en résidence privée pour aînés (RPA) ou dans certains milieux fermés hébergeant des personnes âgées.
- 4** Les communautés isolées et éloignées.
- 5** Les personnes âgées de 80 ans ou plus.
- 6** Les personnes âgées de 70 à 79 ans.
- 7** Les personnes âgées de 60 à 69 ans.
- 8** Les personnes adultes de moins de 60 ans qui ont une maladie chronique ou un problème de santé augmentant le risque de complications de la COVID-19.
- 9** Les adultes de moins de 60 ans sans maladie chronique ni problème de santé augmentant le risque de complications, mais qui assurent des services essentiels et qui sont en contact avec des usagers.
- 10** Le reste de la population de 16 ans et plus.

Quelle est la stratégie d'approvisionnement des vaccins ?

Le gouvernement du Canada a signé des accords d'achats anticipés pour sept vaccins prometteurs contre la COVID-19 auprès des compagnies suivantes : AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer et Sanofi Pasteur/GlaxoSmithKline. Ces achats sont conditionnels à l'autorisation des vaccins par Santé Canada.

À ce jour, les vaccins des compagnies Pfizer et Moderna ont obtenu l'autorisation d'être distribués au Canada. Des vaccins de plus d'une compagnie seront utilisés afin d'accélérer la vaccination contre la COVID-19.

Quels types de vaccins contre la COVID-19 sont étudiés ?

Trois types de vaccins font l'objet d'études à l'heure actuelle.

- 1 **Vaccins à ARN :** Ces vaccins contiennent une partie d'ARN du virus qui possède le mode d'emploi pour fabriquer la protéine S située à la surface du virus. Une fois l'ARN messenger à l'intérieur de nos cellules, celles-ci fabriquent des protéines semblables à celles qui se trouvent à la surface du virus grâce au mode d'emploi fourni par l'ARN messenger. Notre système immunitaire reconnaît que cette protéine est étrangère et produit des anticorps pour se défendre contre elle. Le fragment d'ARN est rapidement détruit par les cellules. Il n'y a aucun risque que cet ARN modifie nos gènes.
- 2 **Vaccins à vecteurs viraux :** Ils contiennent une version affaiblie d'un virus inoffensif pour l'humain dans lequel une partie de la recette du virus de la COVID-19 a été introduite. Une fois dans le corps, le vaccin entre dans nos cellules et lui donne des instructions pour fabriquer la protéine S. Notre système immunitaire reconnaît que cette protéine est étrangère et produit des anticorps pour se défendre contre elle.
- 3 **Vaccins à base de protéines :** Ils contiennent des fragments non infectieux de protéines qui imitent l'enveloppe du virus. Notre système immunitaire reconnaît que cette protéine est étrangère et produit des anticorps pour se défendre contre elle.

Le vaccin à ARN messenger peut-il modifier notre code génétique ?

Non. L'ARN messenger n'entre pas dans le noyau de la cellule et n'a aucun contact avec l'ADN qui y est contenu. Il ne peut donc y apporter aucun changement.

Comment le vaccin agit-il ?

Lorsqu'une personne reçoit un vaccin contre le virus qui cause la COVID-19, son corps prépare sa défense contre ce virus. Une réaction immunitaire se produit, ce qui permet de neutraliser le virus en produisant des anticorps et en activant d'autres cellules de défense. La vaccination est une façon naturelle de préparer notre corps à se défendre contre les microbes qu'il pourrait rencontrer.

La plupart des vaccins en développement contre la COVID-19 favorisent la production d'anticorps pour bloquer la protéine S, la protéine qui permet au virus d'infecter le corps humain. En bloquant la protéine S, le vaccin empêche le virus d'entrer dans les cellules humaines et de les infecter.

Le virus qui cause la COVID-19 est composé d'un brin de matériel génétique, l'ARN (acide ribonucléique), entouré d'une enveloppe. À la surface du virus, on trouve des protéines, dont la protéine S (spicule) qui lui donne sa forme en couronne, d'où son nom, coronavirus.



Quels sont les effets secondaires du vaccin contre la COVID-19 ?

Des symptômes peuvent apparaître à la suite de la vaccination, par exemple une rougeur ou de la douleur à l'endroit de l'injection, de la fatigue, de la fièvre et des frissons. Moins fréquentes chez les personnes âgées de plus de 55 ans, ces réactions sont généralement bénignes et de courte durée.

À ce jour, aucun effet indésirable grave n'a été identifié avec les vaccins à base d'ARN. D'autres problèmes, qui n'ont aucun lien avec le vaccin, peuvent survenir par hasard (ex. : un rhume ou une gastro).

Le vaccin ne peut pas causer la COVID-19, car il ne contient pas le virus SRAS-Co-V2, responsable de la maladie. Par contre, une personne qui a été en contact avec le virus durant les jours précédant la vaccination ou dans les 14 jours suivant la vaccination pourrait quand même développer des symptômes et contracter la COVID-19.

Il est important de continuer d'appliquer les mesures sanitaires jusqu'à ce qu'une majorité de la population ait été vaccinée.

Pourquoi a-t-il fallu 40 ans pour développer un vaccin contre la grippe, et seulement 9 mois pour en fabriquer un contre la COVID-19 ?

Les efforts déployés par le passé, notamment lors de l'épidémie de SRAS en 2003, ont permis de faire avancer la recherche sur les vaccins contre les coronavirus et d'accélérer la lutte contre la COVID-19.

Actuellement, près d'une cinquantaine de vaccins contre la COVID-19 font l'objet d'essais cliniques partout dans le monde — fruit d'une collaboration scientifique sans précédent. Pour favoriser le développement rapide des vaccins dans le respect des exigences réglementaires, des ressources humaines et financières considérables ont été investies.

Les autorités de santé publique et réglementaires de plusieurs pays, dont le Canada, travaillent activement pour s'assurer qu'un plus grand nombre de vaccins sécuritaires et efficaces contre la COVID-19 soient disponibles le plus rapidement possible.

Pourquoi faut-il deux doses de vaccin ?

La deuxième dose sert surtout à assurer une protection à long terme. Dans le contexte actuel de propagation très élevée de la COVID-19, l'administration de la deuxième dose peut être reportée afin de permettre à plus de gens d'être vaccinés.

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

1 877 644-4545

Québec 

We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs)
- 2 Workers in the health and social services network who have contact with users
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults
- 4 Isolated and remote communities
- 5 People 80 years of age or older
- 6 People 70 to 79 years of age
- 7 People 60 to 69 years of age
- 8 Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9 Adults under 60 years of age who do not have a chronic disease or health problem that increases the risk of complications, but who provide essential services and have contact with users
- 10 Everyone else in the general population at least 16 years of age

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

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

1 877 644-4545

Québec 

The healthy woman

How women can stay physically and mentally fit in uncertain times

The **COVID-19 pandemic** has impacted the lives of women across the country. Some are on the frontlines of the crisis, others have lost their jobs and others still are working from home while taking care of their children.

Regardless of how the pandemic has affected your life, it's important to be aware that ongoing stress can take a toll on your health. This can result in a loss of appetite, difficulty sleeping, weight gain, frequent headaches, problems with digestion and more.

In these uncertain and unsettling times, here's a look at what you can do to take control of your physical and mental well-being.

ADOPT HEALTHY HABITS

Whether you're 17 or 70, there are steps you can take to improve your physical and mental health. Here are some habits you can adopt that'll serve you well during the pandemic and long after it's over.

- Get some fresh air every day (preferably somewhere you can connect with nature)
- Exercise for at least 150 minutes per week (dancing, running, weight training, etc.)
- Limit your consumption of coffee, alcohol and tobacco products
- Reach out to a professional if you notice a decline in your mental health
- Keep in touch with friends and family (opt for phone and video calls rather than text messages and emails)
- Eat a healthy, balanced diet (although the occasional treat is good for morale)
- Make time for relaxing activities every day (meditate, listen to music, read, etc.)
- Avoid spending too much time watching the news or scrolling through social media
- Create an evening routine to help you sleep (start by putting away your devices at least 30 minutes before bed)

TAKE CHECKUPS SERIOUSLY

Regardless of your age, it's important to attend follow-up appointments after any treatment or surgery. In addition, be sure to keep up with the screening tests recommended for a woman your age. This might include a mammogram, pap test, bone density test or fecal immunochemical test (to look for signs of colon cancer). Your family doctor might also advise that you get vaccinated against certain illnesses such as shingles, influenza and human papillomavirus.

CONTACT SPECIALISTS AS NEEDED

If you experience pain or discomfort, don't hesitate to seek treatment. Reach out to the right health-care professional, and schedule a consultation before the situation deteriorates. Remember that mental health ailments are as important to treat as physical ones.

By adopting healthy habits, taking checkups seriously and contacting specialists as needed, you'll help mitigate the potential health consequences of living in turbulent times.



Un message de votre conseillère
A message from your city councillor

Mary Deros



En ce 8 mars, Journée Internationale des femmes, je profite de cette occasion pour souligner l'inestimable travail accompli par les centres de femmes et ainsi que les organismes qui travaillent afin d'améliorer la qualité de vie de toutes les femmes.

Merci de permettre aux femmes de s'accomplir pleinement.

Cette occasion me permet aussi de saluer l'implication des citoyennes de l'arrondissement, qui chacune à leur façon, contribuent au rayonnement de leur milieu et de notre communauté.

Bonne journée de la femme

Happy International Woman's Day

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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

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In Memoriam & Obituaries



Have you prearranged your funeral?

While it's true that thinking about prearranged funerals isn't the happiest of jobs, it's certainly an essential one. Not only does it enable you to discuss your wishes with your family, but you also find out if your plans meet their needs and expectations. Just remember that when the time comes, they'll need some kind of ceremony to help them begin the grieving process.

A funeral organized at the last minute (the type of service, how much it should cost, etc.) can become a source of conflict for bereaved family members at a time when they need to rely on each other more than ever. By prearranging your funeral service, (called a "pre-planned funeral"), you save your loved ones from having to make those tough decisions at a difficult time.

You also give yourself peace of mind, since you're making sure your wishes are respected and that the ceremony is personalized. However, try not to leave overly detailed instructions;

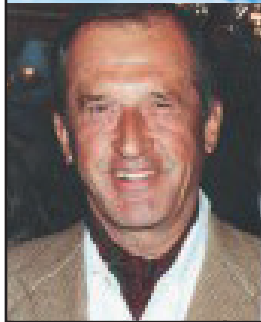
give some leeway to your loved ones so they have the possibility of getting involved in the organization of the funeral and expressing their feelings.

Do you believe that a prearranged funeral is unnecessary because your wishes are already set out in your will? Don't forget that a will is often read after the funeral. That means your family may not be in a position to receive your instructions about the ceremony before it takes place.

It's important that you prearrange your funeral services, not just for you but for your loved ones as well. Maybe now is a good time to think about it.

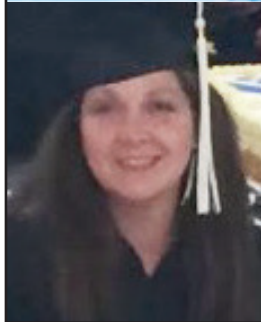


REES, Henry Maynard "Mark" 1927 - 2021



We are very sad to announce the passing of Mark Rees, of a sudden heart attack, aged 93, at home. We hope this will reach his friends, of whom he had many, in Montreal, Mt. Tremblant, Magog, West Palm Beach, and all the way to Australia. He is survived by his wife Joanne; brothers Homer and Eli; son David (Pamela Dealy); daughters Dominique, Anouk (Frederic Gaube), Mimi (Dan Kingsley), and Lisa (Jean-Francois Gourdon); grandchildren Emily, Johnny, Olivier, Alexandre, Danielle, Tyler, Blaire, Eliza, Alain, Daphne, David; and great-grandson Henry.

RENEE LUBERT, Joy 1961-2021



It is with great sadness that we announce Joy's peaceful passing on Friday, February 26, 2021, at the age of fifty-eight, after a short and courageous battle with ovarian cancer. Beloved daughter of the late Suzanne and the late Jimmy Lubert. Cherished sister and sister-in-law of Nancy and Ted Shrier, and David Lubert. Amazing auntie of Saige. Dearest close friend of Flo Porte, and Adam Benn. Joy touched so many with her kind heart and generosity, always putting others' needs before hers.

FUOCO, Antonio 1935 - 2021



It is with great sadness that we announce the passing of Mr. Antonio Fuoco, on February 23, 2021, at the age of 85. Beloved husband for 61 years of Antonietta Fuoco Di Biasio, cherished father of Roberto and Maria (Anthony), devoted grandfather of Jonathan, Mathieu, Catherine, Jenna and Emily. He will also be deeply missed by his great-grandchildren Emma, Olivia and Julia, and many relatives and friends.

PROSSER, AUDREY MAY 1941 - 2021



Audrey Prosser passed away on February 26, 2021. Her love of nursing, children, animals and travel gave her great enjoyment. Remembered by her brother Charles, his wife Lois, niece Kathryn and by her friends from nursing, from Montreal West and from Knowlton, particularly life-long friends Pat and Yvon Durocher and Family of Ottawa. **May God bless her.**



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HOROSCOPE

Week of MARCH 7 TO 13, 2021

The luckiest signs this week:
ARIES, TAURUS AND GEMINI



ARIES

At work, you'll be happy to take on a new group of clients interested in your products and services. The abundance of work will also get you thinking about starting a new project.



TAURUS

A getaway may be planned at the last minute. You might also consider going to work in another region so you can enjoy new and more enriching experiences. A training course will prove beneficial.



GEMINI

When faced with a need for change, you'll be guided by the little voice in your head that encourages you to live a life of passion and adventure. Doing so will allow you to broaden your horizons.



CANCER

You'll slowly come across the right information to take your life in a new direction. You'll find yourself full of enthusiasm and joy as you plan for the future.



LEO

At work, you'll have to negotiate with a few different groups to reach an agreement following a tense situation. You'll likely play a role in your community or work union.



VIRGO

Professionally, you'll experience success when dealing with a group or the government. In terms of your health, you'll be surprised by the treatment you receive to resolve a long-standing problem.



LIBRA

You don't always enjoy being in the spotlight. However, when you accomplish a major feat, it's normal to want to receive applause and be the focus of everyone's attention for a while.



SCORPIO

You'll start seriously looking into finding a new home or buying a house. Your children will bring you a moment of great happiness.



SAGITTARIUS

You'll be extra chatty this week and always know what to say to get a laugh. A well-timed joke on your part may defuse a tense situation at work or at home.



CAPRICORN

You might start compulsively shopping. You'll also feel a strong urge to get moving and experience new things. Be careful not to drain your bank account.



AQUARIUS

It's important that you take enough time to rest so that you can start the week off on the right foot. You'll need all the sleep you can get to be efficient and up to the task at hand.



PISCES

You'll be very creative. You'll likely draw inspiration from different cultures or ways of life to create a masterpiece. As fatigue creeps up on you, you'll start to plan a vacation to get away from it all.

Coffee Break

CROSSWORDS

PUZZLE NO. 066

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

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ACROSS

- 1 Egyptian snakes
- 5. Depressions
- 9. Wet earth
- 12. Stylish
- 13. "...maids all in ..."
- 14. "My ___ and Only"
- 15. Wedding-cake layer
- 16. "___ No Angels"
- 17. Bowler's aim
- 18. Spread out awkwardly
- 20. Like freezing rain
- 22. Struggle
- 24. Place for mascara
- 27. Bread shape

- 31. Negative word
- 32. Sunday song
- 35. Common ailment
- 36. Twosome
- 38. Dawn announcer
- 40. Landing field
- 43. Go to extremes
- 46. Munchies
- 50. By way of
- 51. Olympic sled
- 53. Hightail it
- 54. Horse's kin
- 55. Psychology topics
- 56. Helsinki native
- 57. Gave permission to
- 58. Amount owed
- 59. Dot

DOWN

- 1. Drama sections
- 2. Cruiser
- 3. Wharf
- 4. Scribble
- 5. Illegal
- 6. Natural mineral
- 7. Most unsatisfactory
- 8. Enlarge
- 9. Pout
- 10. Part of a whole
- 11. Hold back
- 19. Cover, as gifts
- 21. Moray or electric
- 23. Keen
- 24. Purpose
- 25. "___ Light Up My Life"
- 26. Sooner than, to a bard

- 28. Frequently, to Keats
- 29. Beer's bitter kin
- 30. Animal's coat
- 33. Least tight
- 34. Day's beginning
- 37. Sticky roofing material
- 39. Rods
- 41. Dawdled
- 42. Facial cosmetic
- 43. President's ___ Office
- 44. Workbench jaws
- 45. Side of New York
- 47. Cut
- 48. Game of chance
- 49. Forwarded
- 52. Clump

Sudoku

PUZZLE NO. 747

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

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

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

Sudoku

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

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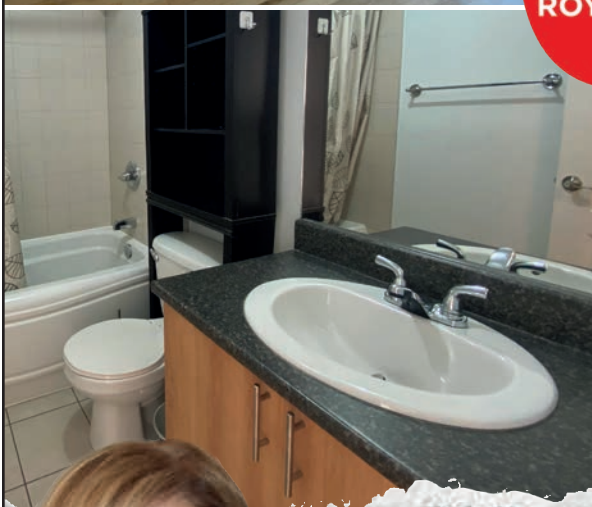
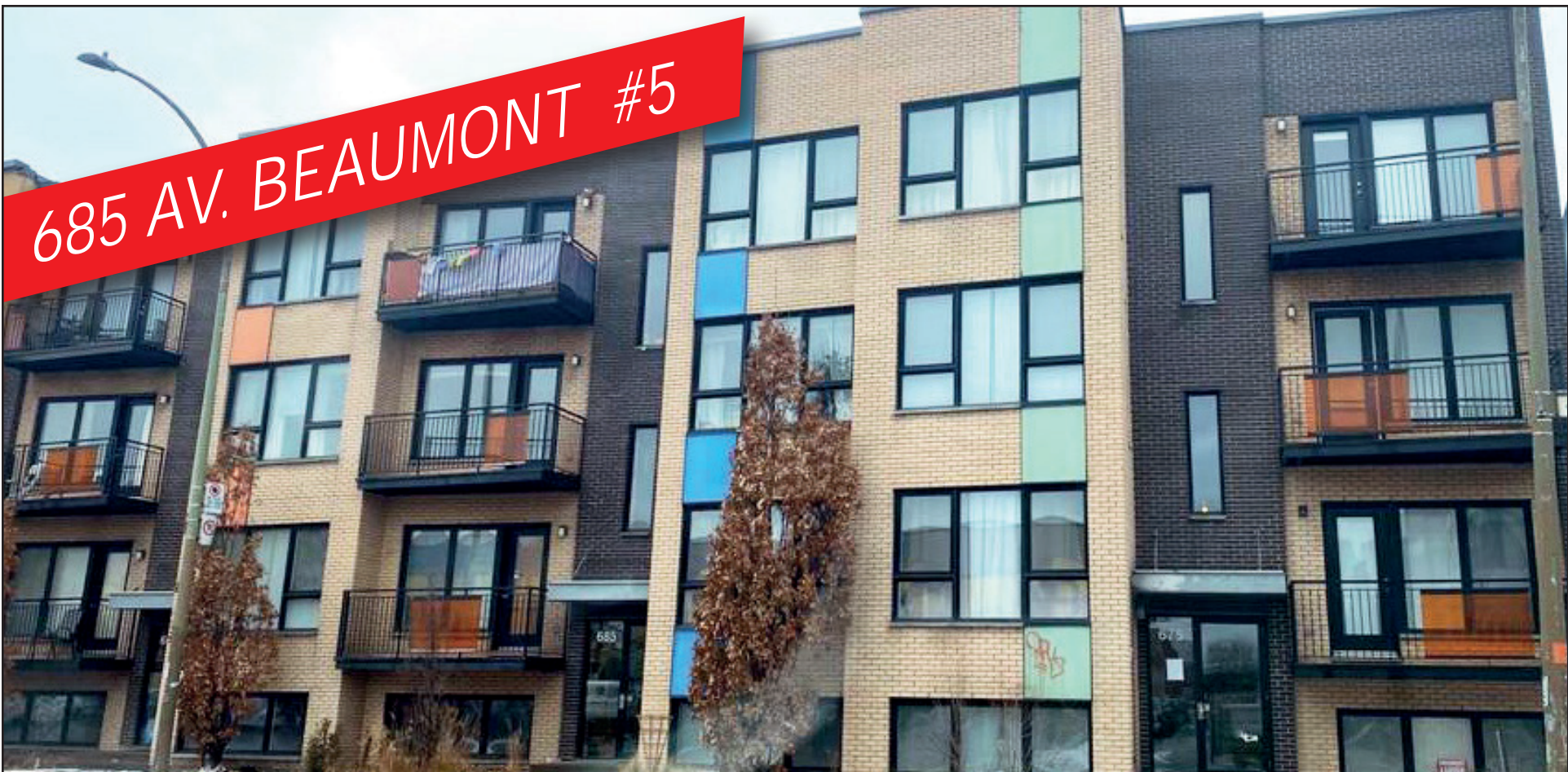
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