

Votre conseillère
de Parc-Extension,
toujours à votre service

Your city councillor
in Park-Extension,
always at
your service

MARY DEROS
Conseillère du District
de Parc-Extension

Villeray
Saint-Michel
Parc-Extension
Montréal

514 872-3103 | mary.deros@montreal.ca
405, ave. Ogilvy #103, Montreal QC H3N 1M3

Nouvelles PARC-EXTENSION News

Le seul journal de Parc-Extension depuis 1993
The only paper in Park-Extension since 1993

Commission scolaire English-Montreal
English Montreal School Board

Centre de l'Éducation des Adultes
High School of Montreal

ENGLISH IMPROVEMENT COURSES &
FRENCH SECOND LANGUAGE COURSES CCBE

Sherbrooke

3711 rue de Bullion, Montreal, QC H2X 3A2
514-788-5937 | www.hsmontreal.ca

\$100 for
3 months

Photo taken
Pre Covid-19



newsfirst
MULTIMEDIA

Vol. 29 - 14

2 avril, 2021 / April 2, 2021

450-978-9999

www.px-news.com

editor@newsfirst.ca



Quebec Budget...

Page 3



Coderre returns to politics

Page 13



Capital campaign launched for Giant Steps Autism Centre

Page 5




Thinking of **Selling** Your Home?

Call me today for a **FREE**
evaluation with no obligation.

VOULA KOTTARIDIS REAL ESTATE BROKER
514 993.5010
AGENTVK@GMAIL.COM

PROTECTION
ROYALE

FREE EVALUATION OF YOUR
HOME WITH **NO OBLIGATION!**

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

HUMANIA CENTRE Agente immobilière
450.682.2121

Vaccination center reopened after community outcry

Only vaccine clinic in Parc-Extension reopens amid fear of third-wave

MATIAS BRUNET-KIRK

The only mass-vaccination clinic located in Parc-Extension reopened to the public on Tuesday, after the health authority attracted condemnation over its decision to move it to another location.

All residents over the age of 60 can now book an appointment to get their vaccine at the Parc-Extension CLSC at 7085 Hutchison Street.

Residents will also be able to make appointments at the former location at the Université de Montréal site close to de l'Acadie Metro, located at 1375 Therese-Lavoie-Roux Ave.

This is in addition to several participating pharmacies in the neighbourhood where residents can get vaccinated.

Health Authority

"In order to ensure local residents have ready access to COVID-19 vaccinations, CIUSSS West-Central Montreal is reopening the COVID-19 vaccination site at the CLSC de Parc-Extension," stated the health authority in a press release.

The reopened location is in a central area of Parc-Extension, close to public transit and within a reasonable walking distance for many residents.

"Our strategy is to offer residents within our territory a variety of vaccination site options," stated Francine Dupuis, Associate CEO of CIUSSS West-Central Montreal.

By providing an additional vaccination site

in the heart of Parc-Extension, we hope this will make vaccination as easy and accessible as possible for the residents of the neighbourhood," added Dupuis.

Attempted move

On Mar. 19, the CIUSSS West-Central Montreal announced it would be moving the mass-vaccination clinic to a new location at the Université de Montréal MIL campus.

This came after a stall in negotiations over a lease agreement for a site across from the CLSC on Parc. This resulted in the health authority moving the location to one located across the train tracks in Outremont.

Although the new clinic is only about a 20-minute walk, it would have been in a new and unfamiliar neighbourhood for many.

Criticism

This attracted the criticism of many residents, local organizations and politicians in the community. Many were upset that the CIUSSS West-Central Montreal would make it more difficult for vulnerable residents to get vaccinated.

Vanessa Viel, Client Support Lead at the Sarker Hope Foundation, said last week that it would make it more difficult for low-income and low-mobility residents to get to the site.

"A lot of seniors do not have means of transportation," said Viel, adding that many were too frail to take public transit or to walk.

Parc-Extension has remained one of the areas of Montreal with the highest number of new COVID-19 cases throughout the city.



Totally unacceptable

City councillor for Parc-Extension Mary Deros also felt this way about the decision and raised the subject with the provincial government.

"We collectively went to the government, to the health board, and said this is totally unacceptable, it's not acceptable," said Deros.

"We need to have something in Park Ex and the CLSC is the best place for them right now," she stated.

Deros was happy that the clinic had been reopened, but also stated she was disappointed that it would have to close again if vaccine doses were not used.

"Unfortunately if people don't go and use the services they're going to close it again," stated Deros, adding that it was now the citizen's responsibility to book appointments and get vaccinated.

Third-wave

The announcement to reopen the vaccination clinic comes as case numbers have begun to steadily rise again, with some experts saying this indicates the start of a third-wave.

Nonetheless, the provincial government says that the situation in Montreal remains stable. "We can see that there hasn't been an increase in cases," said Premier François Legault in an address on COVID-19 on Tuesday.

Premier Legault said the increase was coming mainly from orange zones in the province, namely the Outaouais and Capitale-Nationale regions in addition to five others.

"According to our projections, we would be able to see an increase in cases and hospitalizations," he added.

No new measures

The government still feels that the increase in cases is still within the capacity of local hospitals and stressed that if health measures were properly respected, numbers should not rise further. "The problem is not what is permitted, it is what is not respected," said Legault.

Nonetheless, the government is still worried about respect for health mandates by people over Easter weekend. They also hope that young adults will abide by the rules, 50% of which have been recently been found by the INSPQ to not respect guidelines.

Legault made clear that although they were not planning on tightening restrictions once again, he said that they would not discard the option if conditions changed.

Police arrest alleged Sanjay Vig attacker in Toronto

MATIAS BRUNET-KIRK

The SPVM's Major Crimes Section has arrested a man who they believe is behind the Jan. 28 attack on police officer Sanjay Vig in Parc-Extension. The suspect is thought to have disarmed and attacked Vig, before fleeing the crime scene.

That attack resulted in the wrongful arrest and detention of Mamadi III Fara Camara, who had been pulled over in a routine traffic stop at the time of the incident.

Toronto Arrest

The suspect, 21-year old Ali Ngarukiye, was apprehended in Toronto with the help of the Toronto Police Service, the Durham Regional Police Service and the Ontario Provincial Police.

"The DNA of the suspect was found on the crime scene and the DNA of the victim was found on objects under the control of the suspects," said SPVM spokesperson David Shane. Nonetheless, the police have not yet indicated what Ngarukiye's motive for the attack was.

According to La Presse, the suspect's entourage is also under investigation by the Integrated National Security Enforcement Teams of the RCMP, the agency's counter-terrorism task-force.

Several police sources stated that although the RCMP did not work directly with the SPVM, they had reason to believe some of Ngarukiye's associates may be related to "extremist movements," read the article.

Currently detained at the SPVM's East Operations centre, Ngarukiye appeared via web conference at Montreal's courthouse on Friday.

He answered to seven total charges laid against him, including attempted murder, intentionally unloading a prohibited firearm, disarming a police officer, aggravated assault on a police officer and vehicle theft.

"I don't have a lawyer yet," said Ngarukiye, before legal aid lawyer Elfriede Duclervil agreed to take on his case.

Beyond a reasonable doubt

Crown prosecutor Louis Bouthillier asked the court to not grant bail to Ngarukiye and the suspect was further ordered by the judge to not communicate with officer Vig throughout the trial.

"We are able to say this morning that we are very confident to be able to prove the guilt of the person who was arrested in Toronto beyond a reasonable doubt," said Bouthillier outside of the courtroom.

"This time we are persuaded it is the right person," Bouthillier concluded.

Parc-Extension Attack

The arrest came after a nearly two-month-long manhunt to find the person behind the Jan. 28 attack on local police officer Sanjay Vig. This also resulted in the wrongful arrest of Mamadi Camara, a 31-year-old Black doctoral student at École Polytechnique.

Officer Vig performed a routine traffic stop on Crémazie Boulevard and issued Camara a \$500 ticket for allegedly using a cellphone at the wheel of his car.

Officer Vig was then attacked from behind and hit over the head. He was disarmed and the weapon was used by the assailant to fire shots in the officer's direction. The perpetrator then fled the scene, stealing a car in the process.

Camara was then arrested and charged over the attack, including attempted murder with a weapon. He was held by police for six days before surveillance footage from a traffic camera exonerated him.

He was then released and issued with official apologies by the SPVM. Geneviève Guilbault, Quebec's Public Security Minister, subsequently announced an inquiry into the issue.

Conflation

Although Camara has been completely exonerated as a suspect in the case, he is still oftentimes

confused to be the person behind the attack.

A person involved in Friday's court proceedings mistakenly referred to the defendant Ali Ngarukiye as Mamadi Camara. He immediately corrected his statement and apologized to Ngarukiye, but did not issue apologies to Camara.

After the attack, Camara spoke on Radio-Canada's talk-show Tout Le Monde en Parle, stating that the event was "a very traumatizing episode." He has since said he will be suing the Montreal police over the issue.

Proceedings to come

Some of Ngarukiye's family were also present at the court hearing. "His family is in a state of shock," said defence attorney Duclervil adding that "all members of his family wish to remain anonymous given the charges and the media attention on this matter."

Duclervil also stated that she would be requesting that detention centre authorities make sure Ngarukiye is kept safe while in custody, given the high levels of media attention the case has garnered.

The prosecution has unveiled all its evidence to the defence team and plans to move forward with a formality hearing on Apr. 1.

Pick up / Delivery:
450.668.0033
Online Orders:
barbiesgrill.com

BARBIES
RESTO • BAR • GRILL

barbiesgrill.com

Suggested presentation.

Quebec Budget outlines pandemic needs

Money into health care, will delay balancing budget

'We first have to beat the pandemic,' finance minister says in projecting \$12.3B deficit

Jonathan Montpetit · CBC News · Posted: Mar 25, 2021 4:06 PM ET | Last Updated: March 25
Premier François Legault, right, and Finance Minister Eric Girard tabled Quebec's budget on Thursday. They expect to finish 2021-2022 with a \$12.3-billion deficit.

With the end of the pandemic still uncertain, Quebec announced Thursday it is pushing back its timeline for balancing the budget and focusing short-term spending on supporting the health-care system and the economy.

On a day when the province recorded its highest increase in infections since mid-February, Finance Minister Eric Girard tabled what he called a "pandemic budget" that projects a deficit of \$12.3 billion for the 2021-22 fiscal year.

Girard had initially been insisting that Quebec would eliminate its massive deficit within five years, as required by the Balanced Budget Act. But on Thursday he said he will seek to suspend the law temporarily to give the government seven years to get out of the red.

Eric Girard speaks with CBC Montreal's Debra Arbec about delaying balancing the budget. 4:36

The delay will also allow the government to put off difficult decisions about budget cuts until after the next election, scheduled for fall 2022.

"Each thing in its own time. We first have to beat the pandemic," Girard said at a news conference in Quebec City, noting the province will spend an additional \$4.2 billion this year on measures related to COVID-19.

That sum is in addition to the nearly \$12 billion Quebec has spent so far trying to deal with the pandemic, which has claimed 10,630 lives in the province, the highest death toll in the country.

"The past year has been extremely trying," Girard said in his speech to the National Assembly. "Behind the figures are people who lost their lives."

Health care gets bulk of new money

The spending plan released Thursday details \$5.2 billion worth of new spending measures for this year, of which \$2.9 billion will go into the health-care system.

The government's spending priorities for health care appear to be influenced by the disastrous scenes this spring in long-term care homes, where thousands of elderly Quebecers contracted COVID-19 and many died in inhumane conditions caused by staffing shortfalls.

There is more than \$300 million earmarked for initiatives aimed at improving living conditions for elderly Quebecers, and helping them avoid the need for institutionalized care.

The initiatives include increasing the tax credit for home support services, a vague promise to increase supply of these services and financial support for private seniors' residences.

"For the government, it is essential for seniors



and people with disabilities to preserve their independence and stay in their homes for as long as possible," Girard said in his speech.

But the bulk of the 5.8 per cent increase in health-care funding will go toward paying the salaries of health-care workers and buying them protective equipment, as well as front-line services for the public.

The latter sum includes \$350 million that will be spent this year vaccinating Quebecers against COVID-19.

Generating more jobs

Once the pandemic ends, Girard said the government's priority will shift toward guiding the economy back to full employment.

There are \$1.5 billion worth of initiatives in the budget aimed at recapturing some of the economic growth the province lost over the last year.

Much of that money is aimed at boosting the economic potential of Quebec's outlying regions.

But the focus on infrastructure projects to charge up the recovery was poorly received by the opposition parties, who pointed out the male-dominated construction industry is already back operating at full-tilt. (Ryan Remiorz/The Canadian Press)

The ambitious project, supported by the federal government, to bring high-speed internet to everyone in the province will cost just under \$600 million this year.

Sizeable sums have also been set aside for encouraging immigrants to work outside of Montreal and \$283 million for regional economic development.

The largest city in the province, Montreal, receives only passing reference in the budget. A modest sum of \$25 million has been allotted

for revitalizing downtown areas around the province.

"Knowing that Montreal has been the epicentre of the [pandemic], I would have liked to have seen a very strong signal in terms of economic development. That, for me, is what's missing," Mayor Valérie Plante said after the budget was released.

More stimulus money will come in the form of infrastructure projects. Late last year the government fast-tracked the approval process for 180 projects.

Treasury Board President Sonial LeBel said the government will also bring the timeline forward for \$13.4 billion in planned infrastructure spending.

"We are putting everything in place to provide Québec specifically with modern hospitals, new schools, quality seniors' homes, safe roads and a public transit network that match our ambitions," LeBel said in a statement.

But the focus on infrastructure projects to charge up the recovery was poorly received by the opposition parties, who pointed out the construction industry is already back operating at full tilt.

Reactions

The public finance critic for the opposition Liberals, André Fortin, also criticized the Coalition Avenir Québec for drafting a recovery plan that makes little mention of the environment.

"These are old solutions at a time when we need to do things differently," Fortin said. "We needed an ambitious budget, but this one is traditional and conservative."

Along with recapturing lost economic growth, the budget also devotes large amounts for helping students recover from the tumultu-

ous school year.

Spending on higher education will increase by more than eight per cent. The government will fund a one-year freeze on student-loan interest and dole out one-time payments of \$100 per semester for college and university students.

At the primary and secondary level, the government is setting aside \$205 million for tutoring help and school services.

But outside of the government's top three spending priorities — health, economy and education — there are only modest sums to address social inequalities, many of which have worsened during the pandemic.

The government committed to completing 5,000 new social housing units which had already been promised.

The backlog, however, is 12,000 units, according to Chantal Desfossé, who heads an umbrella group of social housing organizations in Quebec.

Desfossé said the government needs to be building 5,000 units per year to meet demand. The budget promises only 500 new units.

Opposition parties were also dismayed at the additional amounts invested in protecting women, which will total around \$10 million this year, on top of what was previously announced.

After a spate of recent killings and a rise in reported cases of domestic violence, they argued not enough is being done to ensure women's safety.

"If they can spend \$1 billion on internet connections, I'm pretty sure they can spend more on protecting women," said Manon Massé, the parliamentary leader of Québec Solidaire.

"The minimal sums devoted to fighting violence against women are an insult," Massé added



PROFESSIONAL AUTO BODY REPAIR & PAINTING

- ✓ INSURANCE WORK ACCEPTED
- ✓ ALL WORK GUARANTEED
- ✓ EXPERT COLOR MATCHING
- ✓ FACTORY GENUINE PARTS
- ✓ IMPORT CAR SPECIALISTS
- ✓ TOWING
- ✓ MAJOR & MINOR REPAIRS

A2 AUTO

1385, BOUL. DES LAURENTIDES,
LOCAL 103, VIMONT, LAVAL

514-476-4565

Nouvelles PARC-EXTENSION News

9500
Copies

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

Tel: 450-978-9999 • Fax: 450-687-6330

E-mail: editor@newsfirst.ca

www.px-news.com

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



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Costa Hovris
Elena Molter
Thomas Bakoyannis

Advertising Consultants:

Peter Stavropoulos
peter@newsfirst.ca

Jean Paul Chamberland

Editorial Staff:

Matias Brunet-Kirk
Martin C. Barry
Maria Diamantis
Renata Isopo
Robert Vairo

The views, opinions and positions expressed by
columnists and contributors are the author's alone.
They do not inherently or expressly reflect the
views, opinions and/or positions of our publication

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

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056

Canada

Toute reproduction des annonces ou informations, en tout ou en partie, de façon
officielle ou déguisée, est interdite sans la permission écrite de l'éditeur. Le Journal
Nouvelles Parc-Extension ne se tient pas responsable des erreurs typographiques
pouvant survenir dans les textes publicitaires, mais il s'engage à reproduire unique-
ment la partie du texte où se trouve l'erreur. La responsabilité du journal et/ou de
l'éditeur ne dépassera en aucun cas le montant de l'annonce. Les articles publiés
expriment l'opinion de leurs auteurs, mais pas nécessairement celle de la direction.

Publishers' Liability for Error: The publishers shall not be liable for slight
changes or typographical errors that do not lessen the value of an advertisement.
The publishers' liability for other errors or omissions in connection with any adver-
tisement is strictly limited to publication of the advertisement in any subsequent
issues or the refund of any monies paid for the advertisement. Articles published
reflect writers' opinions, but not necessarily the opinion of this newspaper.

OPINION & Editorial



Canada must stand up to China now

The vote by Canada's Parliament to declare the actions of the Chinese government a genocide against the Uyghur people highlights the growing discordance between Western democracies and the increasingly repressive and aggressive Chinese regime.

The Chinese government also engages in cultural repression, surveillance or discrimination against its Tibetan, Mongolian and Korean minorities.

China has benefited immensely from the open trade, travel and investment system created and nurtured since the Second World War, and which it gradually joined starting about 40 years ago.

However, China engages in behaviour that's counter to the spirit and sometimes the letter of law of the treaties and organizations of which it is party.

As a member of the United Nations, China is required to respect the territorial integrity of other nations. Yet it has launched naval incursions into Japanese, Korean, Vietnamese, Philippine and Taiwanese waters. And it has built permanent military bases in the South China Sea, which it has claimed largely as its own, defying global rulings. It has rammed foreign vessels and otherwise engaged in hostilities in these naval adventures. Its fishing vessels have poached in neighbours' waters.

It has also arrested foreign nationals and held them with little outside contact or counsel. That includes two Canadians, still imprisoned after two years on bogus espionage charges.

China has also violated a treaty with the United Kingdom granting Hong Kong autonomy in domestic affairs until 2047. It has now taken control of Hong Kong.

It has invaded India's territory and assaulted its troops in Ladakh in the northwestern Himalayas, Sikkim in the central Himalayas, in Arunachal Pradesh and in a border area with Bhutan.

It has tried to insert itself into the Arctic Council, although it's not an Arctic nation. It uses the Paris climate accord to its advantage: it doesn't have to cut greenhouse gas emissions until 2035, unlike countries like Canada and the United States. China is building one large coal-fired power station weekly.

It also ties other nations, poor or developed, to it with onerous debt-financed infrastructure projects in its Belt and Road Initiative.

China requires foreign corporations doing business with it to enter into joint ventures that transfer intellectual property to local firms. It conducts industrial and scientific espionage.

It has compelled foreign companies and organizations to kowtow to it on Hong Kong, Xinjiang, Tibet and other matters. It fosters hostility among its citizens to Western nations, its neighbours and others who don't acquiesce.

China uses trade and investment as a weapon. It punished Canada for arresting Huawei executive Meng Wanzhou, incarcerating two blameless Canadians and impeding the import of Canadian canola, meat and other products.

It did similar things to Australia when that nation suggested an independent investigation into the origins of the COVID-19 pandemic. China's actions to hide evidence and silence doctors are contrary to international expectations of transparency, accountability and responsibility.

China has also used trade as a weapon against South Korea and Japan; the former when it dared to install anti-missile defences against the hostile and volatile North Korean regime and the latter when it dared to defend against Chinese incursions in its

East China Sea territories.

Some rare elements mined and refined in China are not easily found elsewhere. They are crucial in many products vital to modern life: electronics, solar panels, fibre optics, wind turbines, batteries, LEDs, computers, televisions, cellphones, electric motors and defence products, among others.

Conscious of this vulnerability, the U.S. and Canadian governments are promoting exploration and development of these minerals elsewhere, a complex and expensive undertaking.

Many large corporations have become dependent on investment, trade and production in China, and access to its large consumer and industrial markets. The huge facilities operated by Apple, Tesla and others could be held hostage in trade or diplomatic standoffs with China.

The American government is attempting to lure more sensitive technological production to the United States. It has also begun forbidding the export or sharing of cutting-edge hardware and software with China. But some of those horses have already left the barn.

Should there be a major standoff with China, Western nations or the Chinese regime could impose trade or investment embargoes or even freeze assets. China could also at any time reassert its socialist mission to control property.

Western governments need to be fully aware of the potential for escalating disputes with China. China doesn't feel confined by international norms or laws, and has great scope in the damage it can do. Investors, businesses, retailers, consumers, importers and exporters should be aware of these risks and limit their exposure to reduce the potential harm of a decoupling from China.

While full conflict with China isn't inevitable, the current regime seems determined to test the limits of what it can extract and extort from the rest of the world. The leadership wants to remake the rest of the globe in its illiberal mould and brooks no opposition.

It may not be possible to interact in confidence with China commercially, financially, legally or otherwise until it changes its political strategy and philosophy. Wariness and resolve are crucial; so is less reliance on markets, products or services from an increasingly adversarial and very strong nation.

The Chinese government has apparently decided to dominate any and all other nations, seeking submission on their terms. It's up to free nations and free peoples to resist and find alternatives. It will be difficult and costly, but it's necessary to preserve cherished values, at home and abroad.

Dependence on an unreliable and adversarial nation, whose leaders have principles and aims antithetical to our own, is dangerous and foolhardy. Inaction by Western democracies to increasing aggression by dictatorships prior to the Second World War nearly allowed those horrific regimes to conquer the globe.

Early intervention requires strengthening economic, industrial, technological and military capabilities. It also means development of alternatives to trade and investment. Wilful ignorance is no longer a viable strategy.

Refusal to co-operate in one's own domination may be unpleasant, but it's the only way to deal with bullies. Sadly, defiance and even force are the only things that work in such circumstances.

Ian Madsen

Capital campaign launched for Giant Steps Autism Centre

Foundation hopes to raise \$24 million for innovative \$50.7 million project



MARTIN C. BARRY
marty@newsfirst.ca

The Giant Steps Foundation has launched a \$24 million fundraising campaign to build the future Giant Steps Autism Centre in eastern Montreal, with the ultimate goal being to position Quebec as a leader in the field of autism education, services and research.

Autism services

The school that was started nearly 40 years ago by autism research pioneer Darlene Berringer, delivering education and therapeutic services for children on the autism spectrum, has decided to expand its mission and reach after being located in other areas of Montreal.

To date, the Giant Steps Foundation has secured commitments for the project totalling over \$14 million from donors, such as Fondation Marcelle et Jean Coutu, Hewitt Foundation, the Molson Foundation and National Bank. An additional \$1.3 million has come from parents. The campaign is being led by co-chairs Andrée Dalaire and André Bourbonnais.

More than a school



In its nearly four-decade history, Giants Steps School has been located in several areas of west-end Montreal, including Westmount, then later in Notre Dame de Grâce. However, the new centre promises to be more than a school, according to Giants Steps board president Nicolas Katalifos.

“Obviously we have outgrown it,” Katalifos said in an interview with the Laval News, referring to Giant Steps School’s most recent home in a multi-storey former school and office building on Connaught Ave. in NDG.

“There are a lot of kids that we don’t have enough room to accept. Because of space issues, we’ve been accepting only one out of 10 applicants, which is something that has been a burden on us. For years, we’ve been wanting to be able to accept more kids and to reach out more.”



Funds from Quebec sought

In addition, the parents have collectively pledged more than \$1.3 million towards the project. The total cost is \$50.7 million, for which Giant Steps is seeking a 50 per cent contribution from the Quebec government – hopefully in the provincial budget expected on March 25.

According to the foundation’s plans, the Giant Steps Autism Centre will include four independent but integrated pillars to help fill the gaps in the current service model. They are:

- An expanded Giant Steps School;
- An adult Education and Employment Centre;
- A resource and Community Centre;
- A research and Innovation Hub.

‘Vision’ for the future

According to Katalifos, several years ago administrators and parents at the school embarked on a consultation process to determine what the needs of the Montreal-area autism community currently are. He said the outcome was a vision for the future Giant Steps Autism Centre. “We decided to go wide, as they say, and to launch the project officially to make people more aware of it,” said Katalifos.

The new 66,500-square-foot centre will be located in the Technopôle Angus neighbourhood of Rosemont in east-end Montreal, where it will have increased capacity for programs. As a result, the school will be going from an enrollment of 90 up to 120 students. The adult education and employment centre is expected to help 150 adults per year, up from the current 20.

A steady path forward

Katalifos agreed that every phase of Giant Steps School’s development from the beginning has been marked by major improvements and

forward development.

“Our mandate has always been to serve the families and the kids at the school,” he said. “But we’ve also tried to go way beyond that by working on projects to expand awareness about autism and that can also help in specific areas.”

Case in point, he noted that part of the new centre will be used to treat autism as a life-long issue that goes on after persons with autism become adults. “Once an autistic person becomes a legal adult, services for them tend to just stop, and there is a huge concern currently over that,” he said.

A life-long issue

“So, part of the vision of this new centre is to look at autism as a life-long issue, and as a result to offer services that can benefit people with autism throughout the course of their lifetimes.”

He said that as things now stand, the unemployment rate among persons with autism is around 85 per cent. “That’s ludicrous, because all the research shows that these are people who make exceptional employees and who do really well and they just need to be given a chance.”



RESIDENTIAL AND COMMERCIAL ASPHALT

FIX IT! DON'T REPLACE IT!

BEFORE **AFTER**

with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

- Cracks
- Pot holes
- Edges of garage entrances and foundations
- Replacement of drains

BEFORE **AFTER**

**Call Natale for a
FREE ESTIMATE
(514) 777-3774**



ENCADREMENT DES GÉANTS DU NUMÉRIQUE

Les éditeurs québécois demandent de l'action

Monsieur le Premier Ministre Justin Trudeau,

Les éditeurs québécois font rarement front commun pour parler d'une même voix. Si nous le faisons aujourd'hui, c'est que nous sommes préoccupés par notre avenir. Nous voulons de l'action de la part de votre gouvernement et de tous les partis la Chambre des communes pour lutter contre la dominance des géants du numérique.

Au Québec, au Canada et ailleurs dans le monde, les médias revendiquent une redistribution équitable des revenus de publicité générés par le partage de nos contenus de qualité sur les plateformes comme Google et Facebook.

L'Australie et la France ont pris les devants pour encadrer les « Goliath » du commerce numérique.

Pendant ce temps, les « David » que nous sommes subissent les pratiques monopolistiques des géants du web. Nous sommes privés de notre juste part des revenus numériques. Et pourtant, nous poursuivons notre mission en informant toutes les semaines la population québécoise sur les enjeux locaux, nationaux et internationaux qui les concernent.

L'apport de nos médias d'information et le travail acharné de nos journalistes contribuent à la vitalité du débat démocratique.

Sans nous, il n'y aurait pas de contrepoids à la désinformation et aux fausses nouvelles qui polluent les médias sociaux.

Nous sommes membres de Médias d'info Canada, qui représente l'industrie des médias imprimés et numériques au Québec et Canada. Cet automne, l'organisme a proposé à votre gouvernement des mesures concrètes pour niveler les règles du jeu entre nos médias et les géants étrangers du web. Ces mesures, inspirées de l'approche australienne, ne coûteraient rien aux contribuables et aux consommateurs des médias sociaux. Elles forceraient les géants du web à négocier en vue de nous verser une compensation juste et équitable pour l'usage de nos contenus et de notre propriété intellectuelle.

L'essor des médias d'information québécois est en jeu. Nous exhortons le gouvernement et le Parlement du Canada à agir le plus rapidement possible pour uniformiser les règles du jeu, restreindre les pratiques monopolistiques des géants de l'Internet et assurer une concurrence équitable pour les journaux au Québec et partout au Canada.

Benoit Chartier
Président du conseil
d'administration



Stéphane Lavallée
Directeur général

**LES COOPS
DE L'INFORMATION**

leDroit

leNouvelliste

leQuotidien
leProgrès

leSoleil

laTribune

laVoixdel'Est

Pierre-Elliott Levasseur
Président



Lucinda Chodan
Première vice-présidente,
rédaction, Postmedia
/ Rédactrice en chef,
Montreal Gazette



Brian Myles
Directeur

LE DEVOIR

Lyne Robitaille
Présidente et éditrice



Lily Ryan
Présidente



Francis Sonier
Président



**Nouvelles
PARC-EXTENSION
News**

On a tous de bonnes questions sur la vaccination



Au Québec, la vaccination contre la COVID-19 s'est amorcée en décembre 2020. Cette opération massive vise à prévenir les complications graves et les décès liés à la COVID-19 ainsi qu'à freiner la circulation du virus de façon durable. Par la vaccination, on cherche à protéger la population vulnérable et notre système de santé, ainsi qu'à permettre un retour à une vie plus normale.

LA VACCINATION EN GÉNÉRAL

Pourquoi doit-on se faire vacciner?

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.

À quel point la vaccination est-elle efficace?

La vaccination est l'un des plus grands succès de la médecine. Elle est l'une des interventions les plus efficaces dans le domaine de la santé. Cela dit, comme tout autre médicament, aucun vaccin n'est efficace à 100 %. L'efficacité d'un vaccin dépend de plusieurs facteurs, dont :

- l'âge de la personne vaccinée;
- sa condition ou son état de santé (ex. : système immunitaire affaibli).

L'EFFET DES VACCINS EN UN COUP D'ŒIL



- L'Organisation mondiale de la santé (OMS) estime que la vaccination permet d'**éviter plus de deux millions de décès** dans le monde chaque année.
- Depuis l'introduction des programmes de vaccination au Canada en 1920, la **poliomyélite a disparu** du pays et plusieurs maladies (comme la **diphtérie**, le **tétanos** ou la **rubéole**) sont presque éliminées.
- La **variole** a été **éradiquée** à l'échelle planétaire.
- La principale bactérie responsable de la **méningite bactérienne** chez les enfants (*Hæmophilus influenzae* de type b) est maintenant **beaucoup plus rare**.
- L'**hépatite B** a **pratiquement disparu** chez les plus jeunes, car ils ont été vaccinés en bas âge.

LA VACCINATION CONTRE LA COVID-19

Le vaccin est-il sécuritaire?

Oui. Les vaccins contre la COVID-19 ont fait l'objet d'études de qualité portant sur un grand nombre de personnes et ont franchi toutes les étapes nécessaires avant d'être approuvés.

Toutes les étapes menant à l'homologation d'un vaccin ont été respectées. Certaines ont été réalisées de façon simultanée, ce qui explique la rapidité du processus. Santé Canada procède toujours à un examen approfondi des vaccins avant de les autoriser, en accordant une attention particulière à l'évaluation de leur sécurité et de leur efficacité.

Quelles sont les personnes ciblées pour la vaccination contre la COVID-19?

On vise à vacciner contre la COVID-19 l'ensemble de la population. Cependant, le vaccin est disponible en quantité limitée pour le moment. C'est pourquoi certains groupes plus à risque de développer des complications de la maladie sont vaccinés en priorité.

Peut-on cesser d'appliquer les mesures sanitaires recommandées lorsqu'on a reçu le vaccin?

Non. Plusieurs mois seront nécessaires pour protéger une part suffisamment importante de la population. Le début de la vaccination ne signifie pas la fin des mesures sanitaires. La distanciation physique de deux mètres, le port du masque ou du couvre-visage et le lavage fréquent des mains sont des habitudes à conserver jusqu'à nouvel ordre.

Comment les groupes prioritaires ont-ils été déterminés?

La vaccination est recommandée en priorité aux personnes qui courent un risque plus élevé de complications liées à la COVID-19, notamment les personnes vulnérables et en perte d'autonomie résidant dans les CHSLD, les travailleurs de la santé œuvrant auprès de cette clientèle, les personnes vivant en résidence privée pour aînés et les personnes âgées de 70 ans et plus. À mesure que les vaccins seront disponibles au Canada, la vaccination sera élargie à de plus en plus de personnes.

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.

Est-ce que je peux développer la maladie même si j'ai reçu le vaccin?

Les vaccins ne peuvent pas causer la COVID-19, car ils ne contiennent pas le virus SRAS-CoV-2 responsable de la maladie. Par contre, une personne qui a été en contact avec le virus durant les jours précédant sa vaccination ou dans les 14 jours suivant sa vaccination pourrait quand même faire la COVID-19.

La vaccination contre la COVID-19 est-elle obligatoire?

Non. Aucun vaccin n'est obligatoire au Québec. Il est toutefois fortement recommandé de vous faire vacciner contre la COVID-19.

Est-ce que le vaccin est gratuit?

Le vaccin contre la COVID-19 est **gratuit**. Il est distribué uniquement par le Programme québécois d'immunisation. Il n'est pas possible de se procurer des doses sur le marché privé.

Si j'ai déjà eu la COVID-19, dois-je me faire vacciner?

Oui. Le vaccin est indiqué pour les personnes ayant eu un diagnostic de COVID-19 afin d'assurer une protection à long terme.

Québec.ca/vaccinCOVID

1 877 644-4545

Québec 

We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

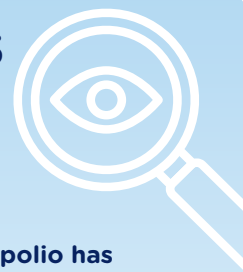
There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

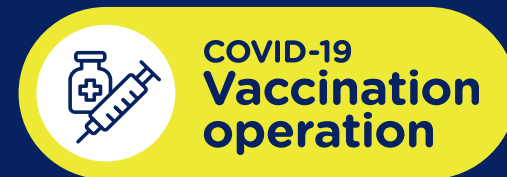
Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria**, **tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—*Haemophilus influenzae* type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.



COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 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 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase 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.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection.

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

1 877 644-4545

Québec



Coderre returns to politics

Denis Coderre announces he will run in the 2021 mayoral race

MATIAS BRUNET-KIRK

Former Mayor Denis Coderre made the much-awaited announcement on Sunday night that he intended to seek re-election in Montreal's 2021 municipal election in November.

While on Radio-Canada's Sunday talk-show *Tout le monde en parle*, Coderre said after a long period of introspection after his defeat to current mayor Valérie Plante, he now felt ready to lead the city again. He had been mayor from 2013 to 2017.

"I'm not running against Valérie Plante, I'm running for Montrealers," said Coderre, adding he thinks "Montreal deserves better."

"Yes, I will be a candidate for mayor," he said adding he wanted "to make sure that we can have a Montreal for all Montrealers."

Working as a team

Coderre hopes to enter the race as a new and changed candidate compared to his last year in office, which he says was "extremely difficult on a personal level."

"But with my team, we're in a position to give this city a renaissance. What is most important is that this isn't the story of one man. We will do this as a team," said Coderre.

His vision for Montreal is outlined in his recently released book, *Retrouver Montréal*. In it, he speaks of his vision of a higher-density city, with more bike paths and wider sidewalks that are not at the expense of cars. He also wants to capitalize on Montreal's provincial status as a Metropolis.

Reinventing policing

During the interview, he also spoke of the need to reinvent the way policing is done, without directly defunding it. Coderre also added that recognizing systemic racism would be a step in the right direction for the city.

He also voiced opposition to the notion of burying the REM East light-train project under the downtown core, criticizing the Plante administration's obstruction to the above-street version.

Nonetheless, Coderre conceded that his long-held plan to bring back baseball to Montreal may have to wait. "The timing isn't good because we're in the middle of the pandemic," he said.

Parc-Extension

City councillor for Parc-Extension Mary Deros was happy to hear the news. Running with the same political party, Deros has worked with Coderre for many years throughout her political career.

"Denis is somebody that I have worked with, even before he became the Mayor of Montreal," stated Deros.

"We have always been with the *vivre ensemble*; working with all cultural communities, making them all feel that they are part of the city, that they are all citizens of Montreal," said Deros of Denis and her party.

She said she felt confident that Coderre was coming back for the right reasons and wanting to work "for all Montrealers."

"He went through a lot in his last year in politics, with his own personal health. With his personal family life. He's overcome that," said Deros.

Permanent leadership

He is set to run with municipal party Ensemble Montréal, which emerged from Équipe Denis Coderre in 2018, following Coderre's announcement he was quitting politics.

The party forms the official opposition in city hall but has been unable to keep a permanent leader since Coderre left.

Mayor Valérie Plante of Projet Montréal



June 2017: Montreal mayor Denis Coderre joined other elected officials from the City of Montreal as well as provincial MNAs and federal MPs at the corner of Jean Talon St. and Park Ave. where a new sculpture depicting the arrival of Greek immigrants decades ago was unveiled on June 30 as part of Montreal's ongoing 375th anniversary celebrations. From the left, Hellenic Congress of Quebec president John Theodosopoulos, sculptor Giorgos Houliaras, Borough Mayor Anie Samson, Montreal Mayor Denis Coderre, Park Extension city councillor Mary Deros, St-Michel city councillor Frantz Benjamin, sculpture committee president Justine Frangouli-Argyris, Hellenic Community president Nicholas Pagonis and Greek Ambassador George Markantonatos. (ARCHIVE PHOTO MARTIN C. BARRY-NEWSFISRT)

defeated Denis Coderre in the 2017 municipal election by a margin of 27,000 votes, winning 34 of the 33 seats needed for a majority.

That defeat followed what Coderre said was a difficult last year in office, going through many personal issues, such as divorce and illness.

Not surprised

In a Tweet published on Sunday evening, Mayor Plante welcomed Coderre to the race, joking about the announcement not being a surprise to anyone.

"You can't say we didn't expect it," she wrote. Mayor Plante also added that she looked forward to debating with the former mayor on their different visions for Montreal.

Opposition

Sylvain Ouellet, city councillor for François-Perreault and third in command in the Plante administration was more critical in his response to Coderre's vision for the city, publishing a long response to the former mayor's book.

"He's still the old Denis Coderre from the Jean-Drapeau Park chainsaw massacre or of the Pierrefonds wetlands," said Ouellet, adding that it would be, "a return to urban planning thought dead for over 50 years."

Given Coderre's plan to foster a higher-density city, some are worried about what Ouellet is outlining. That is a boom in the construction of condo towers without proper planning for public amenities, green-space and proper transportation to accommodate an increase in people.

But Deros said that she deeply disagreed with the comment and felt that her party would work towards consulting all stakeholders and working in conjunction with citizens.

"We will look at each and every project, work with the local citizens, and make sure that all of the decisions are favourable to their surrounding areas."

The municipal elections are set for Nov. 7 2021 and will take place throughout Montreal's 19 boroughs.

Consult all our listings at www.tellides.com

1. Pierrefonds
Large 6 1/2 for rent
newer construction (2004)
available immediately excellent
location just steps from Pierrefonds Blvd
renovated kitchen with granite countertops
parquet floors master bedroom with ensuite bathroom
and walk in closet 2 full baths and 1 powder/laundry room in
basement 2 car garage and 2 car exterior parking included

2. New Bordeaux for rent Beautiful 2 bedroom condo for rent in an
excellent location, large living room, 2 good size bedrooms, new counter tops
and backsplash in kitchen, freshly painted, very clean and well maintained
building. Includes 1 indoor parking spot. **Available immediately!!!**

Soula Tellides
514-927-3721
Chartered Real Estate Broker

George Tellides
514-258-1829
Real Estate Broker

Carol Deros
514-258-8845
Real Estate Broker

ROYAL LEPAGE
LE CARREFOUR
www.tellides.com



Fruits and Vegetables

16 to 20 Varieties

Fresh of the day at amazing prices!

Reserve yours today!

NOW!
THURSDAY ONLY!
10AM to 7PM
Baskets can now be
purchased
in store!

Read what people are saying about us:
<https://www.facebook.com/PanierDuFermier/>



This week's basket:

- Blueberries
- Broccoli
- Potatoes
- Zucchini
- Clementines or Oranges
- Kiwis
- Mango
- Plums
- Pears
- Bananas
- Brussel Sprouts
- Lettuce
- Turnip
- Onions
- Limes
- Dates
- Mystery item

Our weekly
customers
save
\$1,200
up to
per year

We now
deliver to your
home!

Ordering is as easy as 1,2,3

- 1 Place your orders online or by phone before 9pm on Thursday.
- 2 or place your order on Facebook (\$5. for delivery) 
- 3 Pick up your baskets on Friday or Saturday

3151-B boul. DAGENAIS OUEST
(near Curé-Labelle) Laval, Québec H7P 1T8

(514) 473-4591 | panierdufermier.ca | panierdufermier@gmail.com

A value of
\$60+
at the supermarket
You pay only
\$35



A Simple Caramelized Onion Pizza!

Sometimes less is more especially when it comes to pizza toppings. Funny how as a kid when my family would order out for pizza it was always all dressed. As for my piece, I always ended up picking and sorting out most of the toppings. Green peppers, mushrooms, pepperoni, the classic toppings never appealed to me. I love simplicity. Don't get me wrong! All those ingredients are lovely, and I do love them as pizza toppings. But when I want a pizza, a simple caramelized onion white pizza, I do mean simple! As for my choice of toppings, I love caramelized onions! it's amazing how much flavor there is in caramelized onions.

Even the pizza crust could be ready-made pita or flatbread for convenience!

Any base works well! You could use the Greek Lagana, Jewish Matza, Armenian Lavash, or even Spanish Torta ...the world is your oyster ... I mean pizza crust!

And so, go ahead, make your meal easy and do this recipe!

You're welcome!

Did you know?

Flatbreads were amongst the earliest processed foods, and evidence of their production has been found at ancient sites in Mesopotamia, ancient Egypt, and the Indus civilization.

In 2018, charred bread crumbs were found at a Natufian site called Shubayqa 1 in Jordan (in Harrat ash Shaam, the Black Desert) dating to 12,400 BC, some 4,000 years before the start of agriculture in the region. Analysis showed that they were probably from flatbread containing wild barley, einkorn wheat, oats, and *Bolboschoenus glaucus* tubers (a kind of rush).

Primitive clay ovens (*tandir*) used to bake unleavened flatbread were common in Anatolia during the Seljuk and Ottoman eras, and have been found at archaeological sites distributed across the Middle East. Of the hundreds of bread varieties known from cuneiform sources, unleavened *tinuru* bread was made by adhering bread to the side walls of a heated cylindrical oven. This type of bread is still central to rural food culture in this part of the world, reflected by the local folklore, where a young man and woman sharing fresh *tandir* bread is a symbol of young love, however, the culture of traditional bread baking is changing with younger generations, especially with those who reside in towns showing preference for modern conveniences.

Ingredients

- Ready made pizza dough or a 1 10-inch flat bread or large pita bread (for even an easier pizza recipe)
- 3 tsp olive oil
- 1 tbsp butter
- 2 large white Spanish onions sliced 1/4 inch thick
- 1 tsp dried thyme
- 1 tbsp honey
- 1 tbsp balsamic vinegar
- 5 oz cream cheese or goat cheese or just olive oil to coat !
- salt and pepper to taste

Instructions

- Preheat oven to 400 F degrees.
- Coat a pizza baking sheet with non-stick cooking spray or olive oil. Roll the pizza dough so that it fits on the baking sheet. Brush 1 tsp of the olive oil over the top of the dough. Bake 5 to 7 minutes or until golden brown. Remove from oven and let cool.

- (if you are using a premade flatbread or pita, just add all the ingredients and bake directly, just don't forget to caramelize the onions before!)
- For the caramelized onions, in a large skillet heat remaining 2 tsp olive oil over medium-high heat 1 minute or until hot. Add butter; melt. Add onions, thyme, and salt and pepper to taste.
- Cook 5 to 8 minutes without stirring. Reduce heat to medium; stir in honey and vinegar. Cook another 15 to 20 minutes or until onions are caramelized, stirring occasionally. Remove skillet from heat and let it cool slightly.
- Spread cream cheese or goat cheese over the top of the base (pizza dough or flatbread, whatever you use). Spread onions evenly over cheese. Pop into oven for additional 5 minutes. Remove and Cut into squares, sprinkle with parsley or basil leaves, and serve.

Deadline: WEDNESDAY before publication at 1 p.m.

Classifieds

FOR SALE SERVICES ARTICLES WANTED FINANCIAL SERVICES COURSES EMPLOYMENT & BUSINESS OPPORTUNITIES NOTICES

514-978-9999

THE LAVAL news

THE NORTH SHORE News

Nouvelles PARC-EXTENSION News



AUTOMOTIVE | AUCTIONS | SNOW REMOVAL | HEALTH & WELLNESS | VACATION & TRAVEL

DOMESTIC HELP WANTED:

Caregiver needed part time to help with a special needs person.
Tel: 514-692-6389.

HELP WANTED:

Dishwasher and charcoal person needed for full time or part time work. Good working conditions. Please call Dora: (438) 763-9320

PUBLIC NOTICE

In accordance with the Loi sur les compagnies, the Academie Our Lady of the Youth Inc., Academie Notre-Dame de la Jeunesse Inc., is making a formal request to the Registraire des Entreprises for dissolution, and to cease to exist forthwith.

En accord avec la loi sur les compagnies, Academie Notre-Dame de la Jeunesse Inc., (Academie Our Lady of the Youth Inc.,) demande au Registraire des Entreprises la dissolution, et cesse d'exister immédiatement.

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling elsewhere, come see us!

Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:00pm
Saturday - 9am to noon
Sunday - Closed

solutionrl.com

*No price by phone

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)



PHAHMED

Comptabilité et Gestion d'Affaires Inc.
Accounting & Business Management Inc.

Mustaque A. Sarker

Accountant & Business Consultant

Accounting + Bookkeeping
Business Management & Taxes

524, Jean Talon St. West, suite 3
Montreal, Qc H3N 1R5

T. 514.274.5793

F. 514.274.5793

phahmed.acc@gmail.com



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.



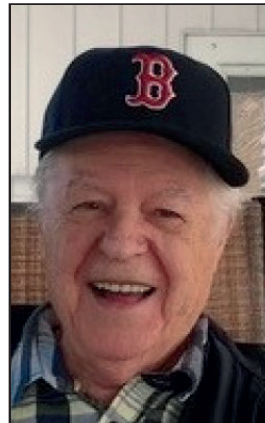
RACETTE, DENISE
1940 - 2021

In Sainte-Mélanie, surrounded by her family and in all serenity, on March 15, 2021, at the age of 81, passed away Mrs. Denise Racette, wife of the late Normand Demers. She is survived by her children Linda Racette, Chantal Corbeil, Michelle Corbeil (Yves Arhambault) and Pascal Corbeil, her grandchildren and their spouses, her great-grandchildren, other parents and friends.



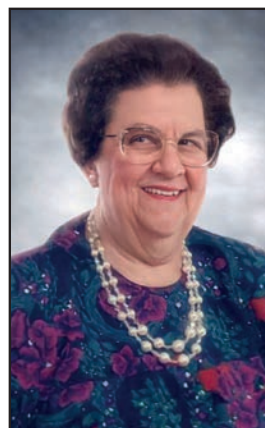
LEMIRE, LÉO-PAUL
1930-2021

In Montreal, on March 23, 2021, at the age of 90, passed away Mr. Léo-Paul Lemire, friend of Mrs. Andrée Boivin. Besides his friend, he is survived by his brothers Clément (Jeanne Mance Lemaire) and André; his sisters Anita (Gaétan Lemaire) and Lucie; his sisters-in-law Gisèle Lemire and Germaine Lemire; his nephews and niece as well as many other relatives and friends.



RÉMILLARD, GEORGES
1925 - 2021

At Fleury Hospital in Montreal, on March 28, 2021, at the age of 95, passed away Mr. Georges Rémillard from Farnham. Son of the late Raoul Rémillard and the late Blanche Alice Leduc. He is survived by his brother Léopold (Denise) and was also the brother of the late Marcel (late Thérèse), the late André (Hélène) and the late Jean-Marie. He also leaves his nieces, Marie (Étienne), Julie, Lucie (Éric) and Isabelle (Sylvain) as well as several cousins, cousins and other relatives and friends.



PAUL (TREMBLAY), FRANÇOISE
1925 - 2021

In Montreal, on Saturday March 27, 2021 passed away, at the age of 95, FRANÇOISE TREMBLAY, beloved wife of the late Réal Paul. She is survived by her son Robert (Mireille), her grandchildren Patrick (Sonia) and Isabelle (Marc), her great-grandchildren Océanne, Camille (Maxime) and Sarah-Maude as well as nephews, nieces and friends.



AETERNA
Complexe funéraire • Funeral Complex

*Honor and celebrate life
in accordance to your traditions, values and customs,
while easing your experience during the difficult moments.*

55 Gince, Montreal • 514.228.1888 (Day & Night)
www.complexeeterna.com

HOROSCOPE

Week of **APRIL 4 TO 10, 2021**

The luckiest signs this week:
ARIES, TAURUS AND GEMINI



ARIES

You'll face a lot of pressure at work, and you'll need to spend time with friends to get your mind off the stress. Much to your delight, you'll be in charge of planning an event with your loved ones.



TAURUS

You'll come to a realization that guides you toward a new career path that's more in line with your ambitions. A training course will help you achieve, or at least identify, a new goal.



GEMINI

You'll start considering summer vacation options with your partner or family. It's important to plan ahead if you want to have a wonderful experience with your loved ones.



CANCER

You'll feel extra sensitive, so be sure to rest before you start taking things personally. You might want to consider going on vacation so you can take a load off.



LEO

It's always easier to negotiate with people when you don't have an emotional connection. You'll get along well with anyone you meet, but you'll bicker with your children, for example.



VIRGO

There's plenty of room to grow in your professional life, so take full advantage of these opportunities. Use your instincts and organizational skills to carve a place for yourself at the top of your field.



LIBRA

You'll be warmly applauded for an achievement, even if you see it as trivial. Your actions will be considered heroic, even if all you did was listen to someone who needed help.



SCORPIO

Your focus will be on family and anything that concerns your day-to-day life. In terms of your career, you may start a family business from home.



SAGITTARIUS

You'll be feeling excited about the various trips you have planned for the summer. Your curiosity is in overdrive, and there's no stopping you from quenching your thirst for knowledge.



CAPRICORN

You might take the initiative to broaden your experiences, which could take you to the other side of the world. At work, a position you've long had your eye on will finally open up.



AQUARIUS

You'll constantly be on the move. You'll improve your mental well-being by expanding your spiritual practice. You might also invest in a cause that brings you answers.



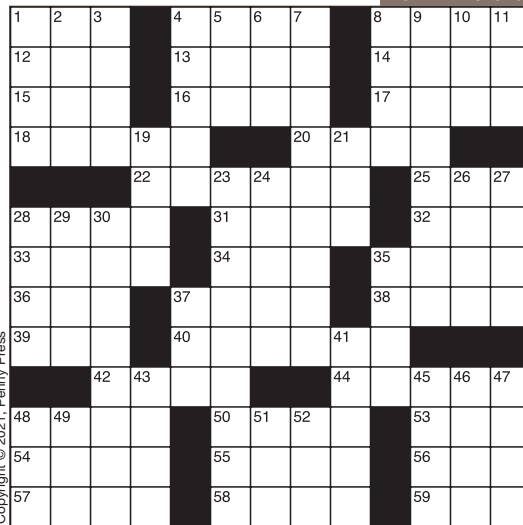
PISCES

You'll be overwhelmed by a variety of unique ideas. You'll work to create a masterpiece or do something incredibly generous for someone else.

Coffee Break

CROSSWORDS

PUZZLE NO. 070



ACROSS

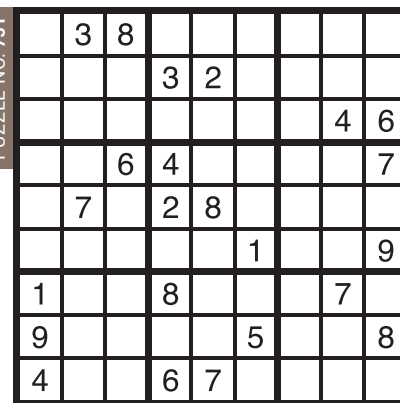
1. Huck's friend
4. Farce
8. Manhandle
12. Climbing plant
13. Skirt length
14. Unit of land
15. Breeze maker
16. Gambler's concern
17. Zest
18. Narrow bottle
20. Prepared a golf ball
22. Organ levers
25. Breakfast item
28. Recipe instruction
31. Wool producers
32. Damage
33. Vinegary
34. Plump

DOWN

35. Opera star
36. This woman
37. Superman, e.g.
38. Received an "A" on
39. Long, skinny fish
40. Make beloved
42. Inlets
44. Mom's brother
48. Float
50. Steel source
53. Place
54. Banish
55. Air shaft
56. Enjoyed a meal
57. Swimsuit tops
58. Preholiday nights
59. Join together
1. Spat
2. Track shape
3. Talking bird
4. Fire sign
5. Secreted
6. Also
7. Christmas decoration
8. Spouse
9. Scholastic
10. Coffee vessel
11. Knee's locale
19. Zoomed
21. Racetrack feature
23. Wary of attack
24. Prize
26. Bestowed
27. Alum
28. Diamond feature
29. Feel great pity
30. Polish sausage
35. Fix socks
37. Exclamation
41. Fathers' sisters
43. Liberal
45. Talon
46. Behind time
47. Viewed
48. Shed tears noisily
49. "___ Town"
51. Gun in neutral
52. Single

Sudoku

PUZZLE NO. 751



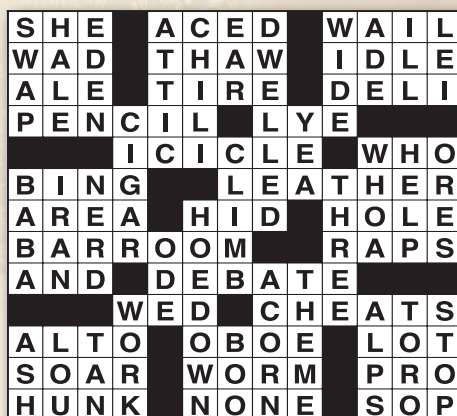
HOW TO PLAY:

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

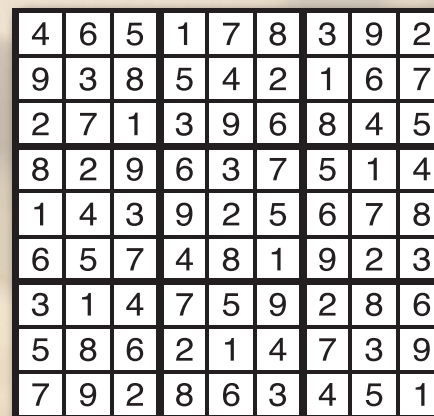
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



SAVE MONEY

Print your cheques
with us with confidence

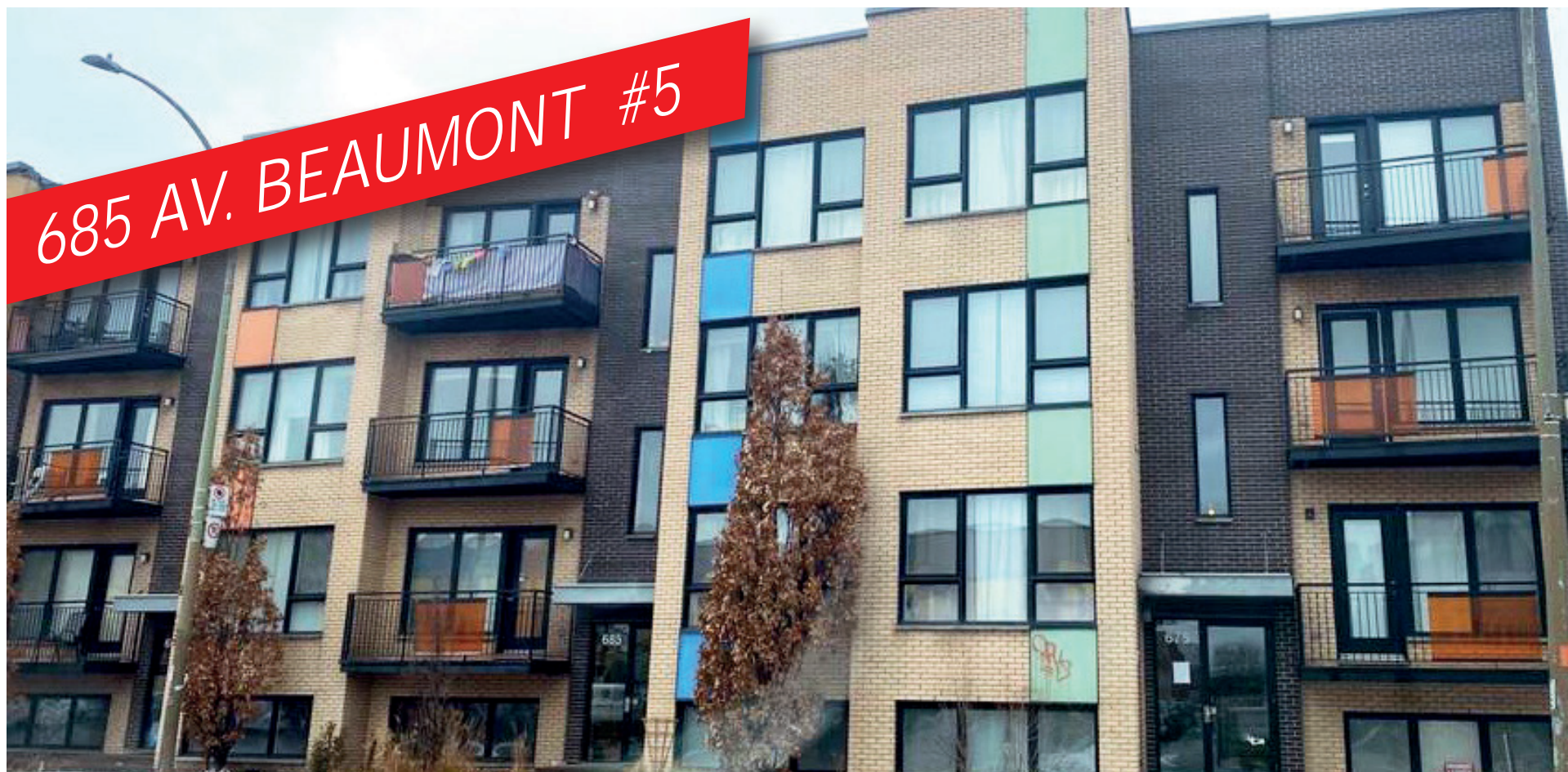
We print all
kinds of cheques:
**Business,
Canada or USA**
Fast Delivery!

Amazing Prices!
250 for **\$87**
500 for **\$127**
1000 for **\$187**

MEDIA-TREK
Communications - Promotions - Marketing

Full Banking Security Features

Call us for more information **450.978.9999**



\$349,000

MLS: 28732459

PARC-EXTENSION, MONTRÉAL
(VILLERAY/SAINT-MICHEL/PARC-EXTENSION), MONTRÉAL

Beautiful and bright open concept unit situated in the heart of everything.
Offering 2 bedrooms 1 bath with shower, laundry area, large windows, 2 balconies, close to all shopping and University de Montreal. Varnished floors and freshly painted.
A Must See!! Impeccable unit.
CALL ME FOR MORE INFO.



VOULA KOTTARIDIS REAL ESTATE BROKER
514 993.5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS
ROYAL LEPAGE
HUMANIA CENTRE Agence immobilière
450.682.2121



- Delays and Withdrawals
- Special assessments for co-ownerships
- Legal Assistance
- Latent Defects