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## The fence saga continues...



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## JGH research offers hope reduce COVID-19 suffering



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## Deros will run again



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## COVID-19: Easing of rules as of August 1

The new flexibilities will apply throughout Quebec, with all regions at the green level.

Thus, during events during which people remain seated in specific places, including amateur sports and leisure events with bleachers or stands (current capacity of 50 people inside, 100 people outside) assemblies, meetings, congresses or ceremonies, including in places of worship (current capacity of 250):

- outside, a maximum of **500 people** can be accommodated;
- inside, a maximum of **250 people** can be accommodated.

Stadiums, halls and festivals will also see their capacity increased:

- outside, **15,000 people** will be allowed, following the guidelines established for each type of

event. Currently, the capacity is a maximum of **5,000 people**;

- inside, **7,500 people** will be allowed. The capacity of each of the independent sections will also be increased to **500 people**. Currently, the maximum capacity is **3,500 people**, in independent sections of **250 people**.

In addition, establishments such as bars, restaurants and microbreweries will be able to serve alcohol until 1 a.m., instead of midnight as currently. Remember that bars and microbreweries must close at 2 a.m.

It should be noted that distancing measures remain mandatory, both indoors and outdoors.

Wearing a mask or face covering is also required in indoor public places, especially when people are on the move.

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# Fence opens for residents or tennis fans?

## Temporary solution for Ogilvy/de Castelnau crossing to be shortlived



**MATIAS BRUNET-KIRK**  
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The closed crossing at Ogilvy and De Castelnau which has created a groundswell of community militancy over the past months has once again attracted anger and frustration. On July 22, Exo employees installed a gate in the fence and subsequently locked it, opening it only a handful of times.

This is in anticipation of an agreement between Canadian Pacific, Exo and the City of Montreal to grant temporary access to the passage before a permanent solution is installed in November. Although many thought the temporary arrangement would last until then, Canadian Pacific (CP) has indicated otherwise.

Many residents say this is yet another example of the political games being played for a simple fence, shut by Canadian Pacific since May 13 citing security concerns. Anger turned into action on Jul. 23 when resident Daniel Spade took matters into his own hands, breaking the lock and subsequently being arrested for it.

Residents gathered on Jul. 27 for a small protest at the fence to voice their concerns and frustration. It was also attended by what many said was an overzealous police presence, with 7 police cruisers and officers from the riot squad.

### Short-lived agreement

The temporary agreement between the city, Canadian Pacific (CP) and Exo would allow passage at the fence through the new gate between 6 AM and 11 PM, 7 days a week.

"This temporary arrangement is subject to cost-sharing between the City and Exo," said city spokesperson Hugo Bourgoïn, adding that the crossing would be supervised by a security guard. Parties have not yet come to an agreement, the fence has remained closed and CP has indicated the arrangement would be short-lived.

"CP has agreed to the request made by Montreal and Exo to allow temporary public access to the interlink platform at this location," said CP spokesperson Stacy Patenaude, but added that the "temporary arrangement expires on August 15."



Approximately 15 people gathered at the station on Tuesday to voice their anger and frustration over the fence now up since May 13.

Photo: Matias Brunet-Kirk - NEWSFIRST



Many protestors complained of an overzealous police presence, with 7 police cruisers and officers from the riot squad.

Photo: Matias Brunet-Kirk - NEWSFIRST

Many are worried that the agreement is only being put in place to accommodate spectators of the Rogers Cup, hosted at the nearby IGA Stadium from Aug. 6 to 15. Coincidentally, the agreement between the city and CP ends on the same day.

When contacted, the City of Montreal did not want to confirm nor deny this date or its relation to the Roger's Cup, instead stating that "all the partners are mobilized to quickly arrive at a solution that will meet the wishes of the citizens, that we share."

### Legal discussions

Approximately 15 people gathered at the station on Tuesday to voice their anger and frustration at what many see as an unnecessarily confusing and expensive process.

"So far, it's still been closed since last week," said protestor Béatrice Calmel, adding that all the measures taken were unnecessarily complicated and expensive.

"We're at a point where it's really lawyers talking to each other on both sides," said borough Mayor Giuliana Fumagalli, who was also in attendance. She added that once negotiations had finalized the gate could be opened.

When asked about the Aug. 15 expiry date, mayor Fumagalli said it was not the information she had and would not comment on it but keep putting pressure on the city. She nonetheless commended citizens on their involvement and dedication - "they have raised awareness."

Many at the demonstration, including mayor Fumagalli, were

concerned by the heavy police presence. Some commented it was unnecessary and a waste of money to dispatch riot police to such a small event.

### Anger turns to action

Daniel Spade is a longtime Park Extension resident and is very frustrated by the closure of the fence and what he says is becoming a game. "I kind of reached my breaking point that day," said Spade, explaining that he was expecting the fence to be open but then saw it was locked.

"I did something which was really immature, and I went home and decided I wanted to play the game and I got a crowbar and I broke the lock," he stated. Exo security immediately followed and accosted him in a car, trying to block his way by pulling the car in front of him and his dog.

Spade eventually stopped and waited for the police to show up, where he was arrested and given a court date. Spade has yet to look at what he is charged with. "It's on my fridge, I really don't care," he said, adding that he felt good about what he had done and that someone had to take a stand.

Spade was also concerned by what he saw as a flawed solution, asking whether the fence would be opened for spectators attending the Roger's Cup. "That's what I want to know, it's getting geared up just for that and that's in about a week," he concluded.



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# Jewish General Hospital research offers hope to help reduce COVID-19 suffering

*Consortium pursues promise seen in boosting levels of protein 'OAS1'*



**MARTIN C. BARRY**  
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An international consortium, including scientists from the Lady Davis Institute at the Jewish General Hospital in Montreal, has teamed up with a data-based pharma-research firm to identify likely drug candidates that could be given to early diagnosis COVID-19 patients, in order to forestall serious symptoms, hospitalization, intensive care and death.

Earlier this year, a team of researchers with the JGH, the LDI, working in conjunction with the Biobanque Québecoise de la Covid-19, discovered that people who had elevated levels of the protein OAS1 experienced less severe illness and lower rates of mortality when infected with Covid.

## Further study warranted

In a paper published in Nature Medicine, they suggested that small molecules capable of boosting OAS1 warranted further study for their effect in triggering the body's immune response against the coronavirus.

"Despite efforts to vaccinate against COVID-19, the pandemic continues to take a fearsome toll around the world," says Dr. Brent Richards, a senior investigator at the LDI's Centre for Clinical Epidemiology, who is one of the leaders of the consortium which goes under the name CONTEST.

## 'Pursuing the promise'

"Consequently, it remains critical that we develop treatments to alleviate the terrible disease burden it inflicts on individual patients and precarious health care systems. Our consortium is dedicated to pursuing the promise of OAS1 on this front," he adds.

As part of its COVID Stimulus Program, which includes over 20 Covid-related projects (launched in March 2020 as the pandemic was starting), Toronto-based pharma-research firm Cyclica is providing its services to the CONTEST consortium on a pro bono basis.

Using artificial intelligence drug discovery platforms, Cyclica assimilates data relevant to the OAS1 protein to search for existing, but not obvious, drugs in order to identify those that hold potential to trigger its production, thereby improving the patient's immune response to the SARS-CoV2 virus.

## Efficient and economical

According to consortium researchers, this method of drug discovery has the advantage of being efficient and economical because it repurposes small molecules that have already been discovered, and are hence that much closer to clinical approval.

"Given Cyclica's commitment to progressing research within the COVID-19 community, the collaboration with Dr. Richards is an effort we are very keen to support in hopes of continuing to advance knowledge within the coronavirus space, as well as additional virus and disease areas" says Vern De Biasi, Cyclica's chief partnership officer.

"The protective effect of elevated OAS1 was particularly large," adds Dr. Sirui Zhou, a post-doctoral fellow at the LDI and first author of the paper. As such, he said the team had observed a 50 per cent decrease in the odds of very severe COVID-19 per standard deviation increase in OAS1 circulating levels.

## Link to Neanderthals

The researchers believe that OAS1 likely emerged in people of European ancestry through interbreeding with Neanderthals tens of thousands of years ago. Evolutionary pressure

slowly increased the prevalence of this form of OAS1, such that it is now detectable in more than 30 per cent of people of European descent.

They say it is likely that this protein served as protection against earlier pandemics, and may now prove significant for reducing the suffering caused by the current COVID-19 pandemic. Researchers in Dr. Richards' lab made the discovery by analyzing proteins detectable in peripheral blood as a potential target.

According to CONTEST researchers, the challenge lay in determining which proteins play a causal role in disease progression, since their levels may also be influenced by COVID-19 itself or other complicating factors.

## Technological advances

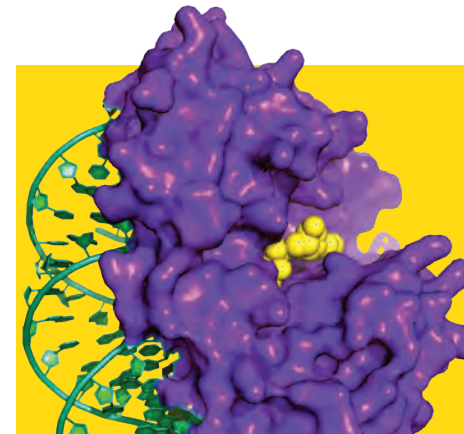
They say recent advances in proteomic technology – which is the capacity to isolate and measure hundreds of circulating proteins all at once – combined with genetic analyses through Mendelian randomization (a method of using measured variation in genes of known function to examine causal effect) – made possible the intricate work of untangling which proteins affected COVID-19 adverse outcomes.

They say the research has now reached the stage where artificial intelligence (AI) can unravel the further mystery of how to activate protective immune functions that will ward off COVID-19.

From genetic determinants of 931 circulating proteins, Dr. Zhou found that an increase in OAS1 levels was associated with reduced COVID-19 death or ventilation, hospitalization and susceptibility in up to 14,134 COVID-19 cases and 1.2 million controls.

## Consistent results

Consortium researchers say the results were consistent in multiple sensitivity analyses. They measured OAS1 levels in 504 patients with



**An illustration of the prophylactic effect of OAS1 (in purple) for COVID 19. According to the researchers, people with higher basal levels of OAS1 after infection were more likely to have less severe illness. There is evidence to suggest that a pharmaceutical agent that artificially increases the levels of OAS1 could help prevent severe COVID-19 outcomes.**

(Photo illustration: Courtesy of Lady Davis Institute, Jewish General Hospital)

different COVID-19 outcomes from Biobanque Québec COVID-19, and found that increased OAS1 levels in post-infection patients were associated with protection against very severe COVID-19, hospitalization, and susceptibility.

The researchers say that with global vaccination levels unlikely to result in herd immunity any time soon, and global COVID-19 case counts recently surpassing 180 million including 3.8 million deaths, research such as theirs for effective treatments is sure to remain a public health priority for a considerable amount of time to come.

# The body of the author of the 14th femicide recovered from the Rivière des Prairies

(NEWSFIRST) The body of Navdeep Gohtra, the alleged perpetrator of last week's femicide in Parc-Extension, was recovered Wednesday morning from the Rivière des Prairies.

According to information, the body of the 30-year-old man was found near the hydroelectric water dam between Laval and Montreal.

As it was reported last week, Navdeep Gohtra ended his life by launching himself into the river from the Lachapelle Bridge shortly after killing his wife, Rajinder Kaur, 32.

## A shocking murder

Navdeep Gohtra reportedly killed his wife in the presence of their two young children. After committing the irreparable, the man allegedly made a video call with his family in India to confess to his crime.

During the same video call, he allegedly showed his relatives the head injuries inflicted on his wife.

Panicked, they reportedly contacted their local police service in India to inform them of the horrific tragedy that had just occurred on the other side of the world, on Birnam Street, in the Parc-Extension district.

The Indian police then allegedly managed, to pass the information on to the Montreal police, who went to the scene of the murder.

Patrollers dispatched to the scene, found the woman bathed in her blood in a room in the apartment #12 whose door had been locked by the suspect.

## Accused of threats

Navdeep Gohtra was known in police circles. He had been charged with death threats against his wife last May and was awaiting trial, which was due to take place in early October.

He was released on condition that he did not approach her and not go to the apartment where the murder occurred.

## A vigil in tribute



Monday night about one hundred people most of them dressed in white, gathered at the corner of Saint-Roch and Birnam, to pay tribute to the most recent victim of a femicide in Montreal, Rajinder Kaur, 32, who lost her life on July 19.

Candles and flowers were placed at the scene, before doves were dropped at 6:45 p.m. as a symbol of peace, according to the vigil organizer and executive director of the Africa for Women organization, Ndjel Rose.

A march against violence against women in the Montreal neighbourhood should be organized in early fall.

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# OPINION & Editorial



## Time for Canada to Level the Digital Playing Field

Around the world, there is growing consensus that the dominant power of Big Tech must be reined in to prevent market failures.

In late June, Congressman David Cicilline, who chairs the Antitrust Subcommittee in the U.S. House of Representatives said, "Today, we have sent a clear message. The United States will no longer let other countries lead the fight against unregulated monopoly power."

These market failures are having an impact on journalism, where the platforms divert about 80 per cent of advertising revenue from Canadian publishers. A U.S. Senate Committee on Commerce, Science and Transportation report found, "Although local journalism has faced numerous challenges adapting to the new media landscape, they are also confronting unfair practices by some of the largest technology companies in the world."

Around the same time, Denmark became the first country in Europe to have media outlets come together to form a collective bargaining organization to negotiate with Google and Facebook. This approach is modelled on the music industry, where musicians can negotiate collectively with streaming services, such as Spotify.

Simply put, the Danish publishers are seeking fair value for the platforms use of content produced by their journalists. This approach seeks to end the 'divide and conquer approach' favoured by the platforms, whereby they negotiate with dominant players to set the standard for others to follow – something that does not benefit smaller publishers.

This week, the French Competition Authority slapped Google with a 500 million euro fine for not complying with the regulator's order on conducting talks in good faith with France's news media publishers. This was the largest fine in the French competition watchdog's history for a failure to comply with one of its orders.

Australia passed a law in February, which was fiercely opposed by the U.S. tech giants. At one point, Facebook even blocked all news content to Australians on its platform, and Google threatened to remove its search engine from Australia – a warning shot to policymakers everywhere, including Canada.

Simply put, the Australian News Media Bargaining Code seeks to level the playing field between platforms and publishers to recreate what would otherwise be competitive negotiating conditions. News supply and payment terms are negotiated between the parties. Only if negotiations fail will an independent arbitrator step in to set the price.

### In Canada...

With COVID-19, Canadians have relied on Canadian journalists as valuable, trusted sources of both information and insight. At the same time, the pandemic and its devastating impact on the economy has seen traditional advertisers reduce their spend or simply vanish.

We need the Australian model for the Canadian news publishing business, whose competitive viability is essential for a vibrant democracy and for communities from coast to coast to coast. Parliament was not able to come

up with Australian-style legislation, a key recommendation from News Media Canada's report Levelling the Digital Playing Field, before it rose for the summer recess. With this continued uncertainty, it is no wonder some publishers made their own deals with Google and or Facebook, rather than waiting for government action – although more than 450 trusted titles across the country, most of them community newspapers, have no such arrangement.

Going forward, Canada's news publishers remain united in the belief that all federal political party platforms should support a sustainable news ecosystem in Canada, and we firmly believe the best way to do that is to allow us to work together in a collective bargaining unit to negotiate competitive terms for the use of our content and intellectual property. Experience elsewhere has shown, it is only through this collective approach that the digital playing field can be levelled between platforms and publishers who hire the journalists, who produce content.

The Canadian Competition Bureau has a role to play to provide guidance on how we can also do this in Canada. It's through a collective approach that all publishers benefit, so we can invest in excellence in Canadian journalism and maintain a strong, fiercely independent press.

We cannot afford to have news deserts in Canada. Some have floated the idea of the platforms contributing to a fund akin to the Canada Media Fund. Given the difficulties associated with getting Bill C-10 passed, a fund seems politically challenging. It raises serious issues around journalistic independence. Who decides where the money goes: Google? Facebook? Government? A fund would also be administratively expensive. For example, the Canadian Media Fund is forecast to have expenses of more than \$20 million in 2021-22. That's not newspaper box change.

### News isn't entertainment.

As New York Times columnist Charles M. Blow wrote recently, "Democracies cannot survive without a common set of facts and a vibrant press to ferret them out and present them. Our democracy is in terrible danger. The only way that lies can flourish as they now do is because the press has been diminished in both scale and stature. Lies advance when truth is in retreat."

Far better than a fund is having the publishers negotiate collectively with the platforms and invest the proceeds in editorial content, rather than in administria. Real content, created by real journalists, can only be produced in fair and competitive financially viable markets. The Australian model is a simple, ready-made, off-the-shelf solution that does not require taxpayer money, new taxes, or fees. It's a win-win.

**Jamie Irving**

*Chair of News Media Canada*

*and*

**Paul Deegan**

*president and chief executive officer  
of News Media Canada*

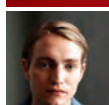


# Candidates announced for VSP

*Ensemble Montréal unveils its team for municipal elections in the borough*



**Coderre reiterated his desire to equip police officers with body cameras.**  
Photo: Matias Brunet-Kirk - NEWSFIRST



**MATIAS BRUNET-KIRK**  
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On a rainy Sunday morning, mayoral candidate Denis Coderre and members of his party Ensemble Montréal gathered at the Centre Leonardo Da Vinci in Montreal's east-end to announce new candidates for the boroughs of Villieray—Saint-Michel—Parc-Extension and Saint-Leonard.

Among the candidates announced was current city councillor for Park Extension Mary Deros, who has now been in office since 1998. This was in addition to the announcement that city councillor for Saint-Michel Josué Corvil would also be running again.

They were also accompanied by the candidacy announcements of ex-police officer Suzanne De Larochelière for Saint-Léonard West and former commissioner of the Pointe-de-Île School Board Arij-Abbar El Korbi for Saint-Léonard East.

The event was followed by discussions around security concerns in the city's North-East, where a string of shootings have caused many to worry about their safety. Coderre reiterated his intention if elected to give police more resources to deal with a rise in violence as well as equipping them with body cameras.

## Still more to be done

Mary Deros has been city councillor for Park Extension over multiple mayoral mandates, including those of Michael Applebaum, Pierre Bourque and Gérald Tremblay. It came as little surprise to many residents that she would be running again.

"I'm proud to be their voice and I'm here to listen," said Deros on her mandate to the people of Park Ex. "There's still much to be done in Park Extension," she added, explaining she and her team would work to address the issues both in the district and in the borough.

Deros also underlined the harmonious multi-ethnic nature of Park Extension. "The *vivre ensemble* ethos is done well in Park Extension, with 115 communities from all origins living together in peace and harmony," she said.

"We will continue to work together, listen to residents and always work towards a better Montreal," she concluded. If re-elected, this would be Deros' 7th mandate as city councillor.

## Diversity

Making the announcement hours before

leaving for a short holiday to the Magdelaine Islands, Denis Coderre again underlined the diversity of his party and further stressed the importance of citizen involvement in the political process.

"They embody the *Vivre Ensemble* ethos that Ensemble Montréal advocates, as well as the peaceful and harmonious cohabitation that we wish to put in place," said Coderre of his team, adding they would make an effort on better community consultation.

"It is time to bring Montrealers together, to take a closer look at their needs and to make their voices resonate," he added.

## Gun violence

Saint-Leonard was the location of a deadly shooting in February when 15-year-old Meriem Boundaoui was shot and killed inside a parked car. This has been accompanied by a rise in gun violence across the city's northeast.

Coderre pushed against what he says is the Plante administration's desire to defund and disarm the police and reiterated his desire to better equip police to fight crime. "We should maybe finance in another, better way without removing resources," he said.

He added that the implementation of body cameras would protect police, keep officers accountable and allow citizens to regain trust in the police force. "All the prevention tools that we're putting together will have an impact on the way that you intervene and in the relationship that you have with the population," added Coderre.

Valérie Plante's administration has also promised that if re-elected, it would implement police body cameras by 2022. But, third mayoral candidate Balarama Holness told CTV News that body cameras were not a solution. "Solutions are better housing, more support for infrastructure and green spaces," he added.

## Park Extension election

So far, the borough mayoral race will be decided between incumbent Mayor Giuliana Fumagalli, Ensemble Montréal's candidate Guillaume Lavoie, Projet Montréal's Laurence Lavigne Lalonde and Aminata Ndiaye for Mouvement Montréal.

Sam Donald for Mouvement Montréal, Nawal Bekhechi for Ralliement Pour Montréal and Geneviève Morency for Projet Montréal have all announced they would be throwing their hats in the ring. Quartiers Montréal, mayor Fumagalli's new party, has yet to announce a contender.

The municipal election will be held on November 7.



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# Local community groups step up to meet Park-Ex mental health needs

**JOE BONGIORNO**  
LOCAL JOURNALISM INITIATIVE REPORTER

Park-Extension residents face a host of obstacles to mental health services including long waiting lists, language barriers, and cost of treatment. Neighbourhood community groups are filling in the gaps to help meet Park-Extension's mental health needs.

## Waiting lists, high cost, unmet needs

Mustaque Sarker founded the Sarker Hope Foundation with a mandate to establish orphanages in Ghana, but the foundation has since refocused its charity work on its own neighbourhood where it provides mental health support among other services.

According to Asad Rahman, director of programs at the Sarker Hope Foundation, government services and non-profit organizations are not providing a sufficient amount of services to meet the needs of Park-Extension residents.

"Sometimes it takes three months, four months, six months to get an appointment," said Rahman. "We received so many calls from a lot of seniors. They contact the CLSC six, seven, eight times, but they [cannot] get [an] appointment."

To fill in the gaps, the foundation offers telephone counselling in a variety of languages other than English and French such as Bengali, Hindi, and Urdu.

Callers are mostly comprised of seniors, people who have lost their incomes or have had their incomes reduced because of the pandemic. Other callers include parents with disabled children, refugee claimants, and asylum seekers navigating the immigration system.

Stella Bailakis spends her Friday afternoons at



Man ruminates on a Jarry Park bench. Joe Bongiorno NEWSFIRST.

the Round Table calling seniors to check in. She believes that the neighborhood is underserved and ignored when it comes to mental health, especially between Jarry and Crémazie "For the amount of problems with mental health that we have in this area, there should be more [services] available to people."

According to Bailakis, the CLSC does not have the capacity to provide an adequate level of services on its own. For greater accountability, mental health services should be administered by entities separate but connected to the CLSC, while the staff of local health institutions should be more representative of the community, she said.

Tung Tran, director of the Mental Health and Addiction Program at the CIUSSS West-Central Montreal, agrees on the importance of involving local community organizations. "I think that we need to work more with community organizations," said Tran.

"They are closer to the patient, as they are able to provide like that first contact with

people and provide the support that they might need. [People] don't [all] need a psychologist. Sometimes they just need someone to listen to them."

Tran also believes that a greater understanding of mental health in different cultural communities is imperative to citizens overcoming stigmas and seeking existing services, both in the younger and older populations.

Many in the neighbourhood are unaware of basic services like 811, Tran explained. "For me, working in the field of health, I thought that was obvious, but it's not. Knowing services is really the first barrier," said Tran.

## A suffering province

But a lack of services is not limited to Park-Extension. According to Ella Amir, executive director of AMI Quebec, the lack of mental health personnel in Quebec is an old problem.

Marginalized people and people who cannot afford services in particular face barriers to access, Amir said. "How can they access services

that cost an arm and a leg?"

Dr. Christine Grou, president of the order of Quebec psychologists, believes Quebec province must hire more mental health professionals in public health services including in schools. "There is [currently] a huge demand for psychological Services, even in private practice.

"It is hard to get the right service at the right time by the right professional when you need it," said Grou. "When you're suffering, you don't want to wait for six months or a year on a waiting list."

Tran agrees that delays in care pose a significant obstacle to access. "We really have people waiting way too long on waiting lists before they start having an assessment by a professional [and] then starting their therapy with a professional."

"[People] wait so long before they start their therapy that they might need now more services, and they may need like medication to take care of their mental health."

According to Tran, although plenty of funds are available there is a lack of personnel to deliver services to those in need. "There is a lot of money right now [...] in mental health, but the reality is those positions remain empty because everybody is fighting for the same [professionals]."

Although psychologists are needed, social workers, nurses, and other mental health care professionals should be utilized to meet the population's needs, Tran said. Other solutions include group counselling and greater use of telehealth tools.

Despite the challenges, Park-Extension remains committed to alleviating the psychological strain in the community.

"Our health system is overloaded," said Mustaque Sarker. "We are trying to ease their burden. If the burden continues, we will continue."



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Si vous avez de la difficulté à contrôler votre agressivité, votre colère ou vos émotions dans votre relation de couple, plusieurs ressources sont disponibles pour vous aider.

Consultez **Québec.ca/ressourceshommes** pour connaître les organismes d'aide qui offrent des services de soutien, d'entraide ou des traitements destinés aux hommes qui vivent des situations difficiles, ayant des comportements violents, qui sont auteurs d'agressions sexuelles ou ayant été abusés sexuellement durant leur enfance.

Ces organismes sont là pour vous aider.

La violence faite aux femmes,  
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## **Que faire si vous êtes victime de violence conjugale ?**

Si vous avez besoin d'une aide immédiate, contactez le 911.

Si vous avez besoin de soutien, d'écoute ou de conseils concernant les démarches à suivre, contactez SOS violence conjugale au **1 800 363-9010**.

Cette ligne d'écoute est confidentielle, bilingue et en fonction 24 heures sur 24, 7 jours sur 7.

Les intervenantes sont là pour vous écouter, vous rassurer et répondre à toutes vos questions. Ce sont aussi elles qui pourront vous aider à trouver une maison d'hébergement temporaire pour vos enfants et vous.

**Québec.ca/violenceconjugale**

Québec 



Do you behave  
violently toward  
your partner?

**It's time to seek help.**

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



If you are having difficulty controlling your aggression, anger or emotions in your couple relationship, know that resources are available to help.

Go to **Québec.ca/ressourceshommes** to find social agencies that provide support, mutual assistance and treatment for men whose circumstances are difficult, behave violently, and who are perpetrators of sexual abuse or were themselves sexually abused as children.

These resources are ready to help you.

Violence against women.  
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## **What to do if you are a victim of domestic violence?**

If you need immediate help, call 911.

If you need support, compassion or advice on what to do, call SOS violence conjugale at **1 800 363-9010**.

The help line is confidential, bilingual and open 24 hours a day, 7 days a week.

Our female frontline workers will listen to you, reassure you and answer all your questions. They can also help find a temporary shelter for you and your children.

**Québec.ca/violenceconjugale**

Québec 



# Ms. Weed-no-more

*A small plant behind a big problem*



**MATIAS BRUNET-KIRK**  
matias@newsfirst.ca

Every year at around the same time at the end of the summer people across the country start getting itchy eyes, runny noses and congestion. But unlike the flu, this affliction is not caused by a virus but rather a small leafy plant.

Ragweed is endemic to North America and is one of the lead causes of various respiratory illnesses and seasonal hay fever. Ragweed affects about 1 in 8 Quebecers according to the figures by the Association pulmonaire du Québec.

While municipal bylaws used to fine people for not pulling it out, one Park Extension resident has taken it upon herself to pick up the slack and pull the weed from the neighbourhood.

## Ms. Weed-no-more

Mary McCutcheon is a longtime Park Extension resident and works to pull out as much ragweed as she can in a fight to help keep the neighbourhood's air allergen-free.

"It's something that no one's really looking after in a systematic way," said McCutcheon of the weed that grows throughout Montreal. Along with her friend Grace Go, the pair seek out ragweed and pull it out from leaf to root.

McCutcheon decided to start pulling the plant as she feels not enough is being done about it and not enough attention is being attributed to what she sees as a local health issue.

"We try and inform people, we educate them," said McCutcheon of her efforts, adding that most people aren't even aware the plant causes allergies. McCutcheon explained that by removing the plant, less pollen is released into the air and therefore reduces allergies in the population.

## Small plant, big effects

Ragweed is a small flowering plant that creates and spreads pollen notorious for causing allergies like hay fever.

With a height ranging from 5 centimetres to upwards of 1.5 metres, the plant has green, carrot-like leaves and thick buds with yellow pollen. The release of pollen is at its peak between mid-August to early October and is worst between 10 AM and 3 PM.

This also coincides with peak times for hay fever amongst Canadians, which causes allergic effects such as itchy eyes, a stuffy nose and congested symptoms. Its cause is directly related to allergens and pollen in the air.

The weed is often found in places where it faces

little competition from other plants, especially in small cracks in pavement and along the sides of asphalted alleyways.

## Ragweed patrol disbanded

The issue also came up at the June borough council meeting when resident Thérèse Nadeau asked why the borough had not renewed its dedicated ragweed pulling brigade this year.

"I am deeply disappointed on the decision to not prolong the ragweed eradication project by the borough," said Nadeau, adding that "if it isn't controlled it will multiply and all the efforts deployed since 2018-2019 will be in vain."

Mayor Giuliana Fumagalli said that the city had cancelled the program to redirect resources towards other strategies.

"We decided to put in place a pilot project to renaturalize green spaces," she said, adding that other boroughs that had adopted the strategy had noticed a better capacity to handle invasive plants like ragweed.

She nonetheless encouraged citizen initiatives stating that "eradicating ragweed is a lengthy task and everyone must get their hands dirty to get there."

## New strategies

While McCutcheon doesn't feel its only up to the city to deal with ragweed, she thinks they could implement more innovative solutions. "They should be conscious of it," said McCutcheon, adding that the city could recruit young people over the summer.

"When teachers are taking their little groups of kids and are walking up and down, they can teach them 'that is ragweed; pull it out, take it home,'" she said. "It would raise the awareness of it," she added.

This is also a strategy that the borough has adopted, including a section on ragweed and how to remove it in its monthly newsletter. They write that the weed is responsible for 75% of summertime allergies and costs the Quebec health system an estimated \$240 million a year.

The borough and the city continue to encourage people to contribute to the fight against the weed but have increasingly depended on prevention rather than removal strategies. People who want to remove it simply have to pull the plant out with the root and dispose of it in a bag to ensure the pollen doesn't spread.

## Help needed

"Once you become a ragweed picker you find yourself looking down," McCutcheon joked while looking out for more weeds to pull. Although she enjoys her evening strolls and



**Mary McCutcheon is a longtime Park Extension resident and has taken it upon herself in past years to pull out as much ragweed as possible. Photo: Matias Brunet-Kirk - NEWSFIRST**

ragweed picking, she would like to see more people join in the cause.

"It doesn't cost you anything, you can do it on your own time and it's good exercise," she said jovially, adding that the city could do more to raise awareness and to encourage more volunteers.

"When I'm walking the metro, I just take an extra 10 minutes to look around and you have the satisfaction of helping solve a problem," said McCutcheon. "Many people are motivated by being able to help help their neighbours," she concluded.

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## 5 tips for cold calling your way to a new job

While it might seem like most professional communication happens online these days, making phone calls is still an effective way to look for a job. In fact, doing so allows you to reach out directly to prospective employers and be proactive about pitching your skills and scheduling a meeting.

However, in order to make a good impression, you need to be prepared. Here are some tips to keep in mind:

1. Research the company before you call. Among other things, you should try to find the name of a supervisor in the department where you want to work.
2. If you're told that the person isn't available at the moment, ask when would be the best time to reach them rather than leave a message.
3. Prepare a clear and concise statement to introduce yourself and explain the purpose of your call. Ideally, you should rehearse your pitch a few times beforehand.
4. Be kind and respectful to the re-

ceptionist who answers your call. Remember to smile when you speak, as this will come across in the tone of your voice.

5. Take notes during the call so that you don't forget important information. Confirm that you have the right spelling for an email or the correct time and date for a meeting.

Finally, be sure to end the call by thanking the person for their time. You should also send a follow-up email to reaffirm your interest and provide a copy of your CV or portfolio.



## 7 jobs that are in high demand



Are you trying to decide what you want to do for a living or looking to switch career paths? Here are seven occupations with a growing number of opportunities.

1. Software developer. Design, code and manage software programs, websites and mobile applications that look great and are easy to use.
2. Financial adviser. Provide clients with advice and support that helps them manage their assets, set financial goals and reduce debt.
3. Truck driver. Ensure the safe transportation and timely delivery of goods to and from warehouses, vendors, businesses and homes.
4. Registered nurse. Administer medication, monitor vital signs and provide

other types of care for patients at a hospital or in their home.

5. Welder. Use specialized tools to create and maintain metal structures in industries such as construction, aerospace, manufacturing and mining.
6. Information security analyst. Install, test and maintain software and other digital security systems to protect an organization's computer networks.
7. Administrative assistant. Answer calls, input data and perform a variety of other clerical tasks in departments such as human resources or accounting.

To find out about specific career opportunities in your area, consult a local recruitment agency.

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# In Memoriam & Obituaries

## Final wishes

### Maintaining the quality of life of your loved ones



Life insurance exists to protect the surviving members of your family from financial loss associated with your death. Theoretically, people who have the most to gain from taking out life insurance are those who will leave others in need when they die, such as a spouse or children.

By taking out sufficient life insurance, you can guarantee the preservation of your family's lifestyle and goals in the event of your death. The first step is to evaluate your personal situation. The best way to go about this is to establish an up-to-date financial plan that takes into account your family's needs. The goal is to calculate the immediate living expenses that must be met so that your family will not have to deal with any financial worries in case of death.

An estimate of final expenses should also be made, especially funeral expenses, lawyer fees, as well as estate taxes —when a death occurs, the assets of the deceased are taxed before being passed on to heirs. The policy holder's debts should also be taken into consideration, such as credit card balances, a mortgage, and personal loans.

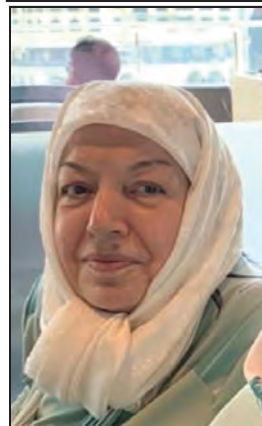
The death of a family member will have an effect on the family budget; there will, of course, be a drop in income if the deceased worked, but this might be balanced by a reduction in certain expenses, such as groceries, clothing, and transportation. In short, a sufficient amount has to be planned for so that beneficiaries will be able to maintain the lifestyle they are used to.

*Adequate life insurance can prepare you and your family for the unexpected.*



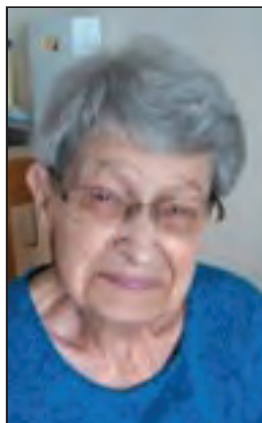
**Beloche, Emery**  
1932 - 2021

In Verdun, on July 13, 2021, at the age of 88, passed away Mr. Emery Beloeche. He is survived by his daughter Louise (Claude), his son Jean (Sandra), his grandchildren, his great-grandchildren -children, as well as relatives and friends.



**Bdeir Mahayri, Mouna**  
1943-2021

It is with heavy hearts that we announce the peaceful passing of Mouna Bdeir, beloved wife of Nizar Mahayri, on July 15, 2021 surrounded by her family. Mouna will be dearly missed and lovingly remembered by her husband Nizar, her children Diya, Basma (Ahmad Tamsah), Zeina (Mohammed Al-Sheikhah) and Amjad (Raghad Alnouri), her adoring grandchildren Hazar, Bilal, Yaman, Rayan, Leen, Farah, Nizar and Sarah. As well as her siblings Bashar, Amer, Bushra, Hanan, Bariah, Iman, their kids and her late brother Hamza's kids.



**Lacombe, Jeannine**  
1926 - 2021

In Laval, on July 17, 2021, at the age of 95, passed away Mrs. Jeannine Lacombe, wife of the late Raymond Léonard. She is survived by her children; Louise (Marc Blais), Danièle (James Browell) and her grandchildren; Marc-André, David (Frédérique), Emilie and Elise. She is also survived by her goddaughter Ghislaine as well as cousins, cousins and friends.



**Zappia, Bruno**  
1951 - 2021

It is with deep sadness that the family announces the passing of BRUNO ZAPPIA on Tuesday, July 20, 2021 at the age of 69. He will be sadly missed by his beloved wife Angela Giurleo Zappia, his loving children Franco (Carmelisa) and Stefania (Ivano) his cherished grandchildren Layla, Giulianianna, Emma and Sebastiano as well as other relatives and friends.



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# HOROSCOPE

Week of **AUGUST 1 TO 7, 2021**

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



## ARIES

You'll have to make time for your family. Your children or elderly parents need you. You won't hesitate to give them your full attention and display your devotion. Love will be felt deeply by sharing small moments.



## TAURUS

You might go back to school, or at least sign up for a brief but rewarding course. Even though it'll require considerable effort and you don't have much time to spare, you'll reap the benefits very quickly.



## GEMINI

At work, you'll likely put in some extra hours and be paid handsomely for it. This extra effort will earn you a promotion and put you in the good graces of upper management. In your love life, romance is in the cards.



## CANCER

If you're about to make a fresh start in your professional life, you'll finally be on the path to a rewarding career. Your salary will be impressive and allow you to save more. Most importantly, you'll be able to loosen up and find happiness.



## LEO

You'll be inspired. You'll manage to define your priorities and visualize your future. You'll have a realization about a new path to follow, and you'll have the opportunity to learn about a new culture.



## VIRGO

You'll have to organize an event in accordance with safety restrictions. It'll only take a few words to restore the peace with those around you. In your love life, changes need to be made in order to strengthen your connection.



## LIBRA

You'll be promoted after a colleague resigns. A new lifestyle will lead to some great and, at times, surprising accomplishments. Relatives will invite you on a short trip that will go a long way to recharging your batteries.



## SCORPIO

A multicultural project in your community will capture your attention. You'll also sign up for one activity after another. Despite your shy and reserved personality, you'll follow through on your ideas and achieve your goals.



## SAGITTARIUS

It takes time and patience to realize your dreams. After all, Rome wasn't built in a day. Collaboration is a great tool to advance your projects, ambitions and goals. Some-times, it's necessary to tear things down in order to build.



## CAPRICORN

At work or elsewhere, you'll have to exercise your patience to reach an agreement. You can't keep bickering with people. If you have a legal matter to settle, you'll likely win your case.



## AQUARIUS

If you've been struggling with health issues, your doctor will finally find the right treatment. At work, you can expect a promotion. Your significant other will have some tender, romantic words for you.



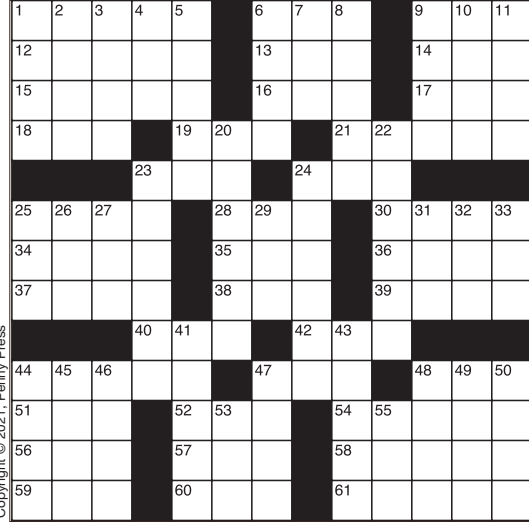
## PISCES

You'll be proud of a significant achievement. You might save someone, even if it's just by listening to them at the right moment. This will earn you their eternal gratitude. However, someone else might take advantage of your generosity.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1017



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## ACROSS

1. Lawful
6. Volcanic discharge
9. No \_\_\_\_, ands, or buts
12. Cherish
13. Flowered necklace
14. Small spot
15. Carved pole
16. Type of dance
17. Flock mother
18. Subways' cousins
19. Con's opposite
21. Sunday song
23. Bambi's mother
24. Soak
25. Actor Donahue
28. Go down the slopes
30. Ripened
34. Expect
35. No-win contest
36. Barely cooked
37. Legendary creature
38. Printers' concerns
39. Piece of marble
40. Motion agreement
42. Palmer's peg

44. Straighten
47. Fellow
48. Lawyer's charge
51. Muscle twitch
52. Messy dwelling
54. Linger
56. Iron source
57. Vast timespan
58. Delete
59. Cushion
60. Boston \_\_\_\_ Party
61. Marry again

## DOWN

1. Past curfew
2. Revered person
3. Portable beds
4. Outrage
5. Beat
6. Female singer
7. Baltic or Bering
8. African mammal
9. Concept
10. Chicken
11. Bloom support
20. Took a break
22. Thin
23. Coloring
24. Midday nap
25. Old pronoun
26. Fish eggs
27. Choose
29. Relations
31. "A \_\_\_\_ in Calico"
32. Time division
33. Society girl
41. Start
43. One who finishes
44. On the peak of
45. Italian money, once
46. Made cold
47. Talking bird
48. Imperfection
49. Additional
50. Stared at
53. Tip of Italy
55. Have being

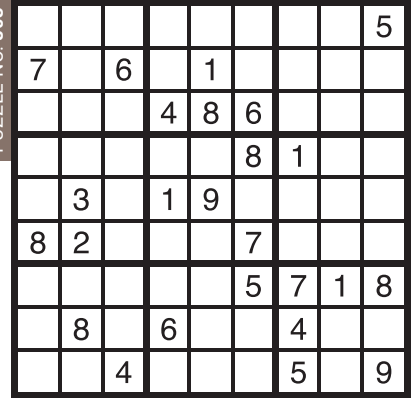
# Sudoku

## HOW TO PLAY:

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

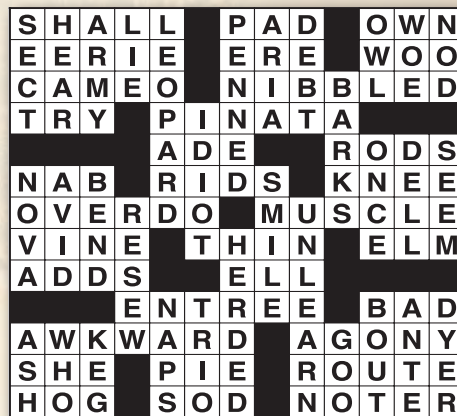
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 803

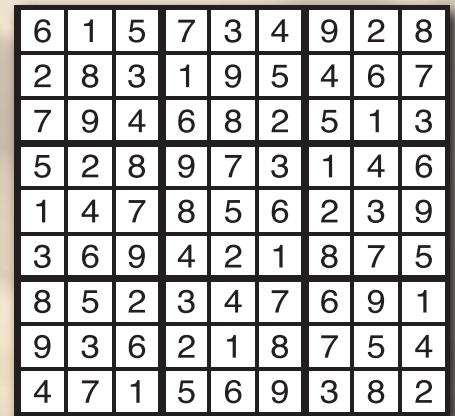


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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