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editor@newsfirst.ca

Papineau

211/212 polls reporting

44,223 total votes

	<b>Justin Trudeau</b> LIB	<b>49.5%</b> 21,872 total votes Elected
	<b>Christine Paré</b> NDP	<b>22.7%</b> 10,021 total votes
	<b>Nabila Ben Youssef</b> BQ	<b>15.1%</b> 6,676 total votes
	<b>Julio Rivera</b> CON	<b>4.9%</b> 2,152 total votes
	<b>Alain Lépine</b> GRN	<b>3.2%</b> 1,402 total votes
	<b>Christian Boutin</b> PPC	<b>2.3%</b> 1,032 total votes
	<b>Béatrice Zako</b> IND	<b>1%</b> 425 total votes

## Liberals retain minority government Parc-Ex residents choose to reelect Justin Trudeau



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

Justin Trudeau and the federal Liberal Party managed to maintain power in Tuesday's election, forming a minority government with a total of 158 seats, gaining one. The makeup of this parliament will remain virtually unchanged from that of the 2019 elections.

Erin O'Toole and the Conservative Party were defeated

after getting a 119 electoral seats, losing two. This wasn't sufficient to form a government and will instead now form the official opposition.

The New Democratic Party saw a similar trend of not making sufficient enough inroads across the country to get into power, only gaining one seat to a total of 25. The same was the case with the Bloc Quebecois who saw a net gain of two seats totalling 34, but nowhere near their objective of 40.

▶ Continued on page 6



Keeping with the tradition, Tuesday morning, Justin Trudeau shook hands and took selfies with commuters passing through Montreal's Jarry Metro station, which is in his Papineau riding, the morning after the election. (PHOTOS: GEOTV)

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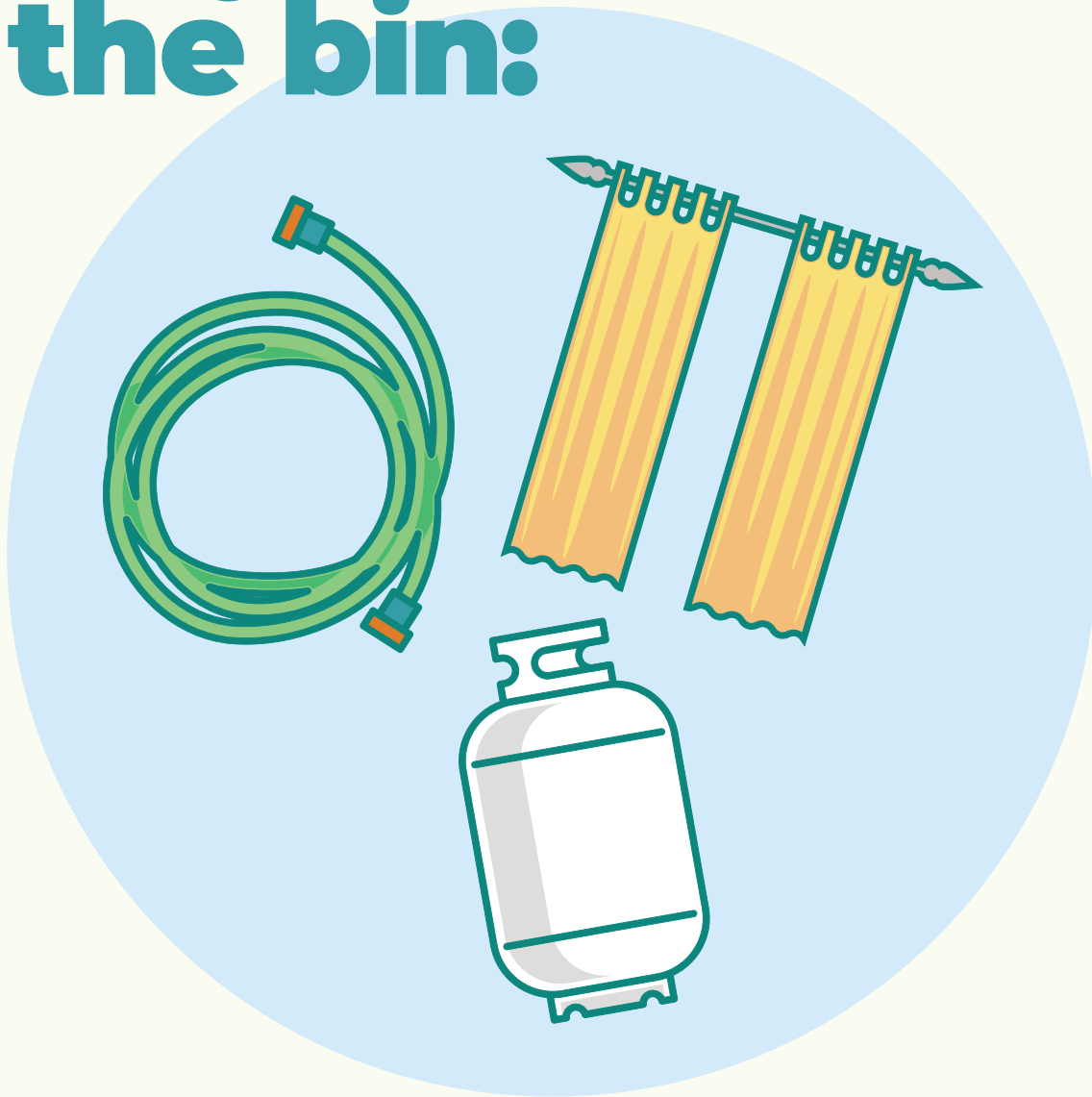


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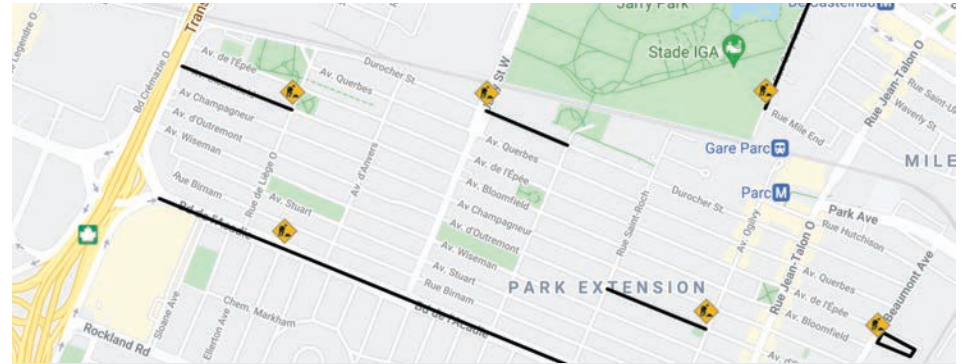
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# The land of orange cones

## Multiple construction projects hamper the mobility of residents



Many residents on and around Durocher Ave. have complained that construction work on the street will last until December. Photo: Matias Brunet-Kirk - NEWSFIRST



A map of the construction projects in Parc-Extension currently being undertaken by the City of Montreal. Photo: City of Montreal



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

Getting in, around and out of Parc-Extension is considered by many locals and non-residents to be a daunting task. The combination of few entry and exit points, narrow streets and high population density make vehicle circulation slow and parking difficult.

But many residents may have found recent weeks even worse with the advent of multiple major construction projects in the area, including both city waterway and Hydro-Québec rehabilitation works.

This has caused major traffic detours across the neighbourhood and has made parking inaccessible to many residents on affected streets. The neighbourhood has long been seen as an enclave blocked from the rest of the city by many physical barriers, with construction projects only contributing further.

### Current projects

The largest project in the area at the moment is that of the aqueduct rehabilitation works on de L'Acadie Boulevard between Saint-Roch and Crémazie. Lasting from Sept. 2 to Sept 29, the project has shut down one lane of the street and blocked westward entrances on both Saint-Roch and Ball, forcing motorists up Birman and onto Jarry. Thru traffic has increased and rush hour traffic jams have gotten worse.

There are also projects currently underway to replace lead water pipes on Bloomfield Ave. between Liège and Crémazie and on d'Outremont Ave. between Ogilvy and Saint-Roch, finishing on Sept. 27 and Sept. 20 respectively.

Durocher Ave. between Ball and Saint-Roch is also undergoing work on sewer and aqueduct networks and is set to wrap up in November.

These city projects also came at the same time as multiple Hydro-Québec projects over

the month of September. This includes the construction of the Beaumont-Fleury underground electricity transmission line which has blocked Querbes since Sept. 1 and is set to continue until December.

### Discontent among citizens

Many residents on streets affected by construction and those nearby have taken to social media to voice their discontent at the projects happening all at the same time. Many say that parking has become close to impossible on many streets and that traffic has become worse due to the partial closure of de L'Acadie.

Lee Soo is a Parc-Ex resident who recently voiced her discontent about the construction and its safety implementation on the community Facebook group Parc-Ex Action Squad. "I understand that the work is necessary but the security measures leave a lot to be desired," she wrote.

Soo added that the measures taken to secure the work area were not sufficient and that the pathway around construction was far too narrow and ill-protected. "There are lots of children and seniors walking on these sidewalks," she added.

"With the street completely closed and the two laneway entrances inaccessible, will this really be our traffic corridor until Christmas?" she deplored.

### Necessary work

Although conscious of the inconveniences these projects cause to citizens, the city said the rehabilitation works in Parc-Extension were necessary and needed to be done in a coordinated manner.

"The City of Montreal is carrying out this work out of necessity," said city spokesperson Hugo Bourgoïn, adding that it "must keep its assets in good condition to avoid having to carry out uncoordinated, emergency work which would inevitably cost more."

"This work is coordinated, as there is no concentration of sites in a small area," said Bourgoïn when asked why the projects were happening at the same time. He specified that nearly all of them would be wrapping up by the end of September. He added that the city had put "all the measures in place to communicate information about construction sites as effectively as possible to citizens."

The city added it had identified around fifty mobility axes on its territory to limit public works and obstacles, including Parc ave. between Van Horne and Jean-Talon, on rue Crémazie between de L'Acadie and Viau and on Saint-Laurent boulevard between Viger and highway 40.

### No parking

It is important to note that the underground infrastructure projects currently taking place

in Parc-Extension are not being conducted at the borough level of Villeray-Saint-Michel-Parc-Extension, but rather is a responsibility of the city center.

"Right now, on almost every street they've got us going in circles," complained Parc-Extension city councillor Mary Deros, deploring the lack of logistical planning to make this necessary construction work less invasive.


"People in Parc-Ex are complaining we have no parking. With all this work being done there's not one street but several major streets where people cannot park," she added.

"Whoever thought of these great ways of moving vehicles, they disadvantaged Parc-Ex," she concluded.

Residents can consult the locations and schedules of all ongoing construction projects on both the City of Montreal's and Hydro-Québec's websites.




The refurbishment of underground infrastructure on De L'Acadie Boulevard is set to wrap up on Oct. 29. Photo: Matias Brunet-Kirk - NEWSFIRST



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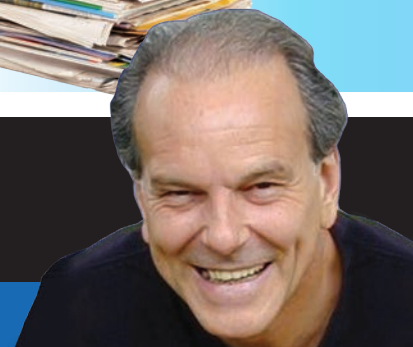
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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo



## Canadians lost the election.

We lost, even if we voted for the winning candidate in our riding. We lost because we did not get answers, solutions. That's what campaigns should be about. Up front information. It's the perfect opportunity to put it on display. It was not. We are no further ahead days after this election than we were when this campaign began.

For example, no leader truly addressed the fact Canada is no longer a player on the international stage. We should expect this new Parliament to point the way with fresh ideas and suggestions outlining how we can climb back on the international landscape as a credible nation. Today, no one calls Ottawa, not even to join a strategic alliance of the United States, Britain and Australia to defend the west against China in the Indo-Pacific.

Will the elected members we sent to Ottawa seriously probe Canada's National Microbiology Lab in Winnipeg where 2 Chinese scientists were fired but not before precious Canadian confidential and top-secret information was shipped to China's Wuhan Institute of Virology? It was linked to the failed Canada China vaccine, that fortunately never saw the light of day. China merely wanted our priceless research. Can we stop China's war on the west? How will Canada resolve not to allow this to happen again?

Canadians Michael Spavor and Michael Covrig were targeted as spies in China. It happened to these two innocent Canadians. It can easily happen to you and me. What has Canada done to get them back? Not much, because we can't. We are a nobody on the international scene. We have no recognition, no power. Who in his right mind would align with a country like Canada whose Prime Minister at the time was a total embarrassment in India, in China, and at the G7 meetings? Remember Trudeau asking France's Emmanuel Macron "how do you like my new socks?" minutes before a crucial vote? We are weak, and have no ability to deal in foreign affairs. That has to change.

I often hear that Donald Trump was no friend of Canada. Perhaps, but neither is Joe Biden. While the American President has not imposed tariffs on aluminum and steel as Trump did, Biden quickly cancelled our Keystone XL pipeline that Trump had reversed from the Obama administration. It would have provided a much-needed oil route, thousands of Canadian jobs, and help fill Canadian coffers with \$billions to help our transition to green energy. No leader had the fortitude, at the very least, to suggest how to compensate for this major loss in revenue to Canadians. Hopefully a refreshed Parliament will find the way.

More should have been mentioned on Biden's "buy USA" policy, leaving Canada in the cold on any attempt to bid on their lucrative \$3.5 trillion infrastructure bill. Is a stronger Canadian lobby in Congress the answer? Are we resigned to accepting 'no entrance' by the Americans? Pressure your new MP.

And what about our precious nurses, resigning in droves. Try to operate our Public Health system without nurses. Who do you remember most when you leave a hospital, for whatever reason? A nurse. "I use to care for one patient in ICU. Now I have to care for 4, and sometimes have to abandon one because of work overload."

Another nurse, working in intensive care, quit because "I felt like I was going off to war or prison every day going into work."

This is occurring even in private staffing agencies, where there is better pay and flexible schedules.

The numbers reveal the truth. Statistics Canada reports "the health care and social-assistance sector saw a larger year-over-year increase in job vacancies than any other sector". 100 thousand careers disappeared, up 40% from a year earlier. Quebec needs four thousand nurses, now. A provincial jurisdiction, yes, but the new Parliament can still provide leadership and incentives to help turn this around. Will the new faces in Parliament influence the old to act on cyber security breaches by foreign countries, especially Russia and China? Canada's largest, "personal data of nearly 9.7 million Canadians stolen between 2017 and 2019 due to gaps in the security at Desjardins," is just one of several examples, per year.

An overlooked area is Canada's fragile Arctic frontier, already overrun by Russian exploration and war ships. Canada's stronger presence is a must.

The solution to affordability of life's two main necessities, food and shelter, was mildly addressed, by more spending, which would likely make matters worse according to Scotia bank analysis. Inflation (the devaluation of money by producing more money) is now hitting a two-decade high. It is responsible for ratcheting up prices for everything, from groceries to cars, to natural gas.

Can the new Parliament help? In the near term, not likely.

Inflation is now predicted to be "longer and hotter," and will disappear, only when the pandemic does.

**That's what I'm Thinking.**

**Robert Vairo**

[robert@newsfirst.ca](mailto:robert@newsfirst.ca)

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## Parc-Ex residents choose to reelect Justin Trudeau



Voters at the William-Hingston Centre reported a quick and easy process with wait times of up to 10 minutes. Photo: Matias Brunet-Kirk - NEWSFIRST

◀ Continued from page 1

The Green Party managed to clinch two seats losing one in the process and failing to elect leader Anamie Paul in her riding of Toronto Center. The People's Party of Canada failed to elect any candidates, including leader Maxime Bernier who lost in his own riding of Beauce.

### Papineau riding

In the riding of Papineau, the electoral district Parc-Extension shares with Villerey and Saint-Michel, incumbent Justin Trudeau was reelected by a large margin. With a total of 21,872 votes, he managed to get a healthy 49% of the local vote.

Trudeau has held the riding, a longtime Liberal stronghold, since 2008 and this year marks his fifth consecutive electoral win here. It is also the third time he has been elected Prime Minister since 2015.

The NDP's candidate in Papineau Christine Paré came in second with a total of 10,021 votes, accounting for 23% of votes cast. She was followed by the Bloc Québécois's Nabila Ben Youssef with 6,676 votes, the Conservative Party's candidate Julio Rivera with 2,152 votes and the Green's Alain Lépine with 1,402 votes.

### Victory and concession

Trudeau delivered his victory speech from Montreal's Queen Elizabeth hotel in front of party members, reporters and enthusiastic supporters. "The moment we face demands real important change, and you have given this parliament, and this government, clear direction," said Trudeau.

"You are sending us back to work with a clear mandate to get Canada through this pandemic, and to the brighter days ahead. My friends, that's exactly what we are ready to do," said Trudeau, seemingly happy with his largely unchanged minority government.

While spirits were high at the Liberal's victory celebrations, the same was not the case in Oshawa Ont. at Conservative Party headquarters. Erin O'Toole delivered his concession speech in the wake of his party's defeat.

"Five weeks ago, Mr. Trudeau asked for a majority. He said the minority Parliament was 'unworkable.' But tonight Canadians did not give Mr. Trudeau the majority mandate he wanted. In fact, Canadians sent him back with another minority at the cost of \$600 million and deeper divisions in our great country," O'Toole said, complaining of what many across the country saw as an unnecessary election.

### Local Support

Long-time Parc-Ex resident Kyriakos Papadakis was at the polling station at the William-Hingston Center on election day. He was proud to have cast his ballot for Prime Minister Justin Trudeau.

"I think Mr. Trudeau is very experienced, the most experienced politician in Canada right now," proclaimed Papadakis. He understood though that many people were tired of the pandemic and may want to vote for a different leader, which he added would not change much.

Papadakis has been a staunch supporter of Trudeau for several years explaining that he felt the Prime Minister had been close to the many cultural communities of Parc-Ex. "Only to wake up and you see outside on the street the Prime Minister of Canada, for me, it's something," he declared.

### No substantive change

While many people in Papineau are Trudeau supporters, not all are so fond of the local parliamentarian. Humeyra Karsli also cast her ballot on Tuesday but felt somewhat disillusioned by the political process.

"The face changes, but I don't really think it changes much," said Karsli, adding that real change came from larger policy shifts rather than the election of specific politicians. She added she would like to see the new federal government do more to address local issues in Parc-Extension.

"I hope that it will change things for the better," said Karsli of Trudeau's victory, explaining that this could only be accomplished by giving people "the means for change, like better options, better integration for immigrants and more employment opportunities."

While Elections Canada did say they were experiencing technical difficulties at some polling stations causing long wait times, those interviewed for this article reported a quick and easy process with wait times ranging between 5 and 10 minutes.

### 850 000 ballots still to be counted

The final results of Monday's vote have not been released yet, as election officials are counting more than one million ballots that were mailed in – an increase compared with previous years due to the coronavirus.

### PAGES 8 & 9: JUSTIN TRUDEAU'S VICTORY SPEECH



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## Trudeau's victory speech 2021

With another minority government mandate, Liberal Leader Justin Trudeau said he will continue to work for Canadians and "brighter days ahead."

Read the full text of Trudeau's victory speech below:

"Thank you, my friends.

You are sending us back to work with a clear mandate to get Canada through this pandemic, and to the brighter days ahead, and my friends, that's exactly what we are ready to do.

There are still votes to be counted. But what we've seen tonight is that millions of Canadians have chosen a progressive plan. Some have

talked about division, but that's not what I see. That's not what I've seen these past weeks, across the country. I see Canadians, standing together. Together, in your determination to end this pandemic. Together for real climate action, for \$10-a-day child care, for homes that are ... for middle class families. For our shared journey on the path of reconciliation. As Canadians, you've elected parliamentarians to deliver on all this, and our team, our government, is ready.

*(Translation from French)*

When I became prime minister six years ago, I didn't know, I couldn't know what the future would have for us. We didn't know that our country would face the pandemic of the cen-



tury or a world economic crisis.

What I knew already, however, is that together Canadians are able to go through any obstacle, and that's exactly what we will continue to do. I've heard: You don't want us to talk about politics or elections. You want us to focus on the job that we need to do for you.

*(Back to English)*

I hear you when you say that you just want to get back to the things you love, not worry about this pandemic or about the election, that you just want to know that your members of parliament of all stripes will have your back through this crisis, and beyond.

The moment we face demands real important change, and you have given this parliament, and this government, clear direction.

*(Translated from French)*

You have a choice. You have given parliamentarians a clear mandate for us to ... end this pandemic once and for all and build a better future. You have elected a government in Ottawa that will fight for you and will deliver for you every day.

We heard you. We're hearing you when you say you want more daycare places and a stronger health-care system, affordable housing and good green jobs and continue to go forth on the way of reconciliation, investments for the middle class and all those working hard to be part of it.

My friends, I'm ready. I'm ready to continue this fight. Our team is ready. But before anything tonight, I want to take time to thank a few people.

*(English)*

To the leaders of the other parties and their

families, thank you for being part of this important moment. Political life isn't easy. This is a path you choose because you believe in serving those around you. Thank you for your service.

To the Elections Canada staff and volunteers who signed up to be part of this democratic process and who will be working around the clock to count votes and tally results, thank you. This election has confirmed that our democracy and our institutions remain strong.

And to my fellow Canadians, there is no greater honour than serving you and serving this country. If you voted for our party, thank you. Thank you for putting your trust in our team to keep moving forward for everyone. And if you did not vote for us, I want you to know that we will stand up for you and work for you every single day. Because, no matter how you voted, just like no matter where you come from, what language you speak, the color of your skin, the way you pray, I hear you. I hear you when you say that we can only move forward if no one is left behind. Our shared future is built, vote by vote, door by door, and above all, person by person.

That's something I learned when I first ran in Papineau 12 years ago.

*(Translated from French)*

In the last 12 years as MP of Papineau, I've had the opportunity to meet so many people from all kinds of backgrounds. It's an honour for me to represent you, and it's with you that I started this amazing adventure, so thank you for your trust and I will continue to be there for you, my dear friends of Papineau.

*(English)*

There are a lot of people who've worked hard,

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banque de photos posé par des mannequins.

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Clairs, faciles à lire, les faits entourant le cannabis sous toutes ses formes y sont abordés ouvertement, et l'information y est présentée de manière objective. Tout au long du livret, Vieillir activement Canada en profite pour rappeler aux lecteurs l'importance de faire preuve de modération et de mener une vie saine et active.

Rédigée à partir des recherches compilées par Vieillir activement Canada, passée en revue par des experts, et mise à l'essai partout au Canada auprès d'adultes âgés, la brochure Soyez informés a été conçue dans le but d'aider les personnes âgées à connaître les faits sur le cannabis au moment de déterminer si, pour eux, l'usage de cannabis est une bonne ou une mauvaise idée.

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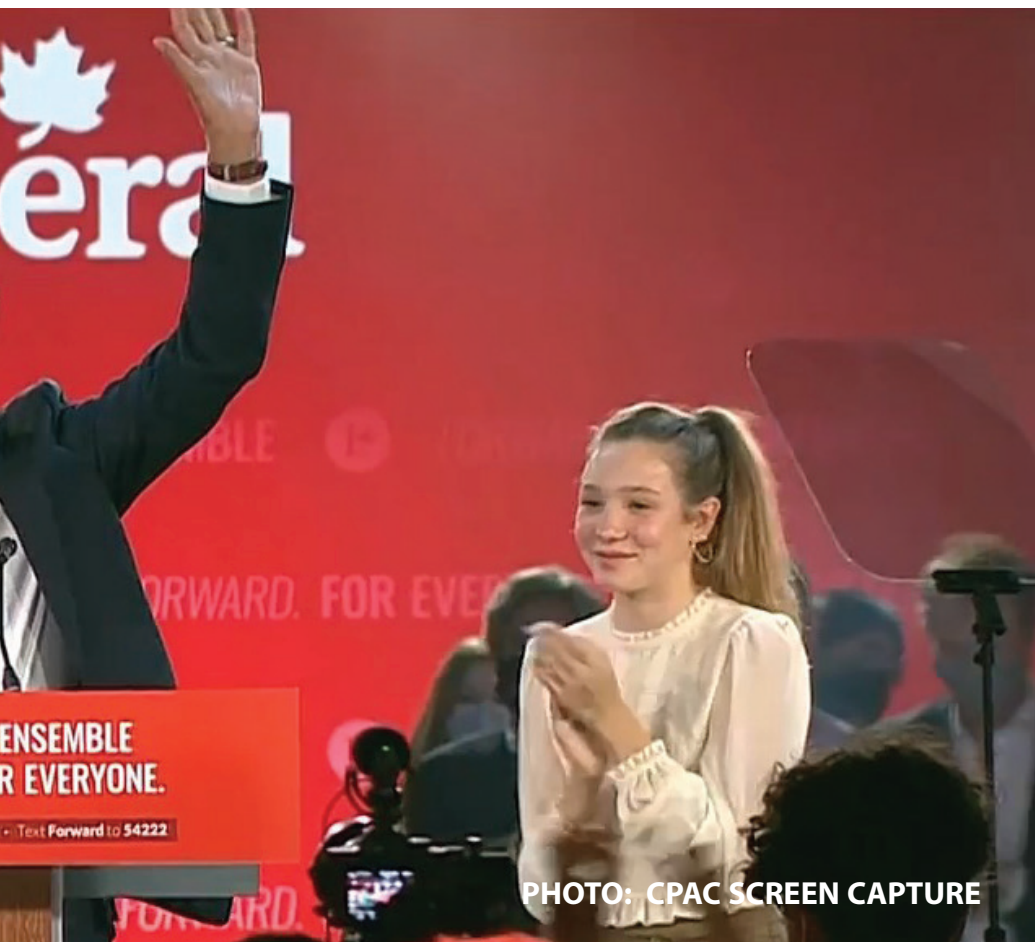


PHOTO: CPAC SCREEN CAPTURE

very hard to get here tonight. First off, my fellow Liberals, my friends: congratulations. Whether you're a candidate, staff or volunteer, I know there have been a lot of late nights and early mornings. There have been tough days, but together, we've done something incredible.

*(Translated from French)*

And beyond everything I want to thank my family.

*(English)*

I want to thank, as always, my mom, who's here tonight, who started going to election nights like this when she was a little girl when my grandfather was running for parliament in Vancouver North. But thank you mom for al-

ways being there.

*(Translated from French)*

And Sophie: 12 years ago when we decided to be involved together in politics, it's because we wanted to defend our values, because we wanted to contribute to build a stronger Canada. And since the beginning, we did that together. Thank you.

And to my children, Xavier, Ella-Grace, Hadrian, who's been sleeping for many hours already like we should all be, for working hard to build the best future, the best future for your generation and the generations coming.

Every day, you remind me of this important job that we are doing together. So thank you, for your patience workers as I need to do this job. Thank you for the sacrifices that you are doing.

*(English)*

We've all worked so hard over the last few weeks and over the last few years, and we have come so far. My friends, tonight, I think of something Prime Minister Wilfrid Laurier said as his generation was at the dawn of a new century. He said: 'Let them look to the past, but let them still more look to the future. Let us not forget the past and the dark days we have come through together. But let us still more look to the future and all that is still to come and all that we have still to build together. Let us feel the warmth of a new dawn, and above all, let us seize the promise of a brand new day.'

Thank you my friends."

## Be Wise

**Cannabis and Older Adults** is factual information about cannabis for older adults. Easy to understand, written in clear language, the Be Wise booklet is meant to help older adults make wise decisions about cannabis use.

Published by Active Aging Canada, research has been gathered from across Canada and around the world about older adults and cannabis. The result of that work is presented in this comprehensive booklet.

Bright, easy to read, the facts about all forms of cannabis are discussed openly, and the information about cannabis is presented in an objective manner. As well, throughout the book, Active Aging Canada promotes a message of

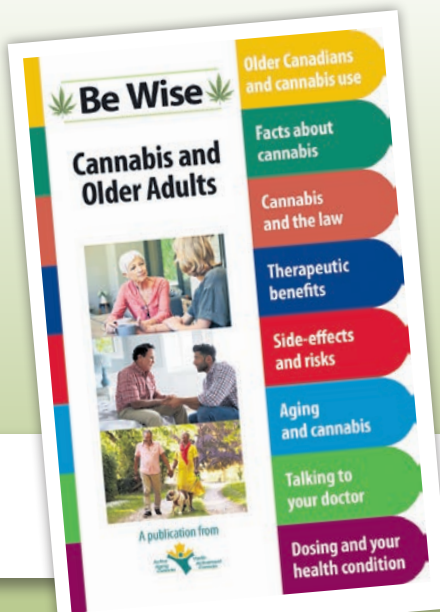


moderation and healthy active living.

Authored using Active Aging Canada research, reviewed by experts, tested across Canada with older adults, the Be Wise booklet is designed to help older adults know the facts about cannabis before they decide whether or not cannabis use is for them.

**Be Wise is available in 16 languages** (English, French, Farsi, German, Greek, Italian, Korean, Mandarin, Polish, Portuguese, Punjabi, Russian, Spanish, Tagalog, Tamil and Vietnamese) as well as in Braille and in e-pub form and podcasts (English only).

Active Aging Canada is a national charity. Request your free copy of Be Wise booklet. Visit [www.activeagingcanada.ca](http://www.activeagingcanada.ca) to download a digital copy or fill out the order form for a free mailed copy.



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# The community cats of Parc-Extension

*Those who care for them say more needs to be done*



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

If you were to take a stroll down the alleyways that criss-cross the blocks of Parc-Ex, it would come as no surprise to run into a four-legged feline darting across your path. Community cats are a staple of the neighbourhood and have been for decades.

These community cats also referred to as stray and feral cats, are un-owned domestic cats that live outdoors in small and large groups called colonies. Although there are no official counts on the number of strays in the neighbourhood, it is fair to say Parc-Ex is home to several hundred.

Although often used interchangeably feral and stray cats are quite different. Stray cats refer to previously owned or abandoned cats that are socialized and comfortable around humans. On the other hand, feral cats are those which have rarely or never had physical contact with humans, making it close to impossible to socialize them.

Although these creatures are part of the urban landscape like pigeons and squirrels, many see them as pests and a nuisance. This has resulted in several occurrences of animal cruelty, with reports of one cat being shot with a pellet gun in early August.

## Not enough adoptions

While some dislike these neighbourhood animals, others take it upon themselves to care for them. Chrisoula Skarperos is a Parc-Extension resident who feeds and provides shelter to over 60 neighbourhood cats around Champagneur Ave. and Saint-Roch.

“What the problem is right now is there is nowhere to put these cats,” said Chrisoula Skarperos as she completed her morning feeding rounds that she pays for out of pocket. She says that many of them can be socialized into loving pets.

Skarperos also participates in the Montreal SPCA’s Trap-Neuter-Release-Maintain (TNRM) program, which works to trap and spay community cats before reintroducing them into their environment. This has been shown to reduce populations over time. Although Skarperos sees the program as crucial, she would like to see more of the cats she cares for put up for adoption.

She added that the Montreal SPCA had also been releasing socialized and adoptable cats back into the streets instead of putting them up for adoption. Although correct, the Montreal



**Chrisoula Skarperos is a Parc-Extension resident who feeds and provides shelter to over 60 neighbourhood cats around Champagneur Ave. and Saint-Roch. INSET: One of Parc-Ex’s many community cats. Photos: Matias Brunet-Kirk - NEWSFIRST**

SPCA defended this stating that they did so for several ethical and practical reasons.

## Humane treatment

Élise Desaulniers is the executive director at the Montreal SPCA and is a staunch defender of TNRM programs, which she says is the most effective tactic at managing community cat populations.

Desaulniers said that although she encourages people to adopt community cats that they are taking care of, she added that her organization’s TNRM program is designed to reintroduce cats into their habitat.

“It’s a technique that has shown in other cities around North America that it is the most efficient way to reduce the population of feral cats,” Desaulniers explained, specifying it was also the most humane way to deal with these populations.

“What we realize also is that putting a cat in a cage at the SPCA so people can adopt them is not always the best thing to do for the cat welfare,” she added, explaining that there still weren’t enough homes to send many of these

cats to.

## Conflicting evidence

While many studies show that these programs are successful, a 2020 study conducted by researchers at the Institute of Food and Agricultural Sciences at the University of Florida found otherwise.

The study concluded that most TNRM programs were not broad and thorough enough to significantly affect feral cat populations. They concur with another 2009 study that finds that “TNR colonies do not decrease without high adoption/removal rates.”

“These colonies are both a danger to the cats themselves and to nearby humans and wildlife,” the study adds, explaining that “euthanizing sick, injured, or unadoptable cats may be the only solution in cases where adoption rates are low.”

Desaulniers stated that although the Montreal SPCA would not release sick or injured cats back into their colonies, she felt the TNRM program was the most humane and deemed successful in Montreal.

## Need for aid

Although Skarperos takes care of Parc-Extension’s cats on a volunteer basis, she would like to see more financial and legislative help come from the city. “I cannot afford 600 bucks a month,” she added, explaining that the expenses of feeding all these cats were too much.

Extra funding would not only help feed and shelter the cats but also provide those who care for them the possibility to access affordable veterinarian care. “The vets are too expensive, we need at least special prices for the people that work with cats,” she said.

This stance is shared by the Montreal SPCA. Desaulniers added that laws had to change to ensure people don’t abandon their cats and further contribute to the problem. “The reason that comes back often is that people are moving and they have a hard time finding an apartment that allows cats or dogs,” she explained.

Both agree that more has to be done to ensure these cats can have better, healthier and less dangerous lives. “People don’t understand that cats are loving just like dogs. Why are dogs treated differently?” asked Skarperos.



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# Alleyway or art gallery?

*Art-Extension to launch open-air art exhibit*



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

The streets and alleyways of Parc-Extension will transform into an open-air art exhibit this weekend, as local collective Art Extension is set to launch their newest outdoor art installation on Saturday.

Art-Extension has been working with local building owners and tenants across the neighbourhood to paint and print art onto old disused satellite dishes.

Some residents may have already noticed the art pieces adorning buildings across the neighbourhood as the group has been installing them over the past few months. The group will be officially inaugurating the exhibit this Saturday at 1 PM a Lèstre Park.

The group, headed by Jon Cohen and Lisa Baum, will be offering a walking tour around the neighbourhood to visit some of the retrofitted satellites. They will also be unveiling the accompanying website, which features a virtual map showcasing the works of art, the artists behind them and where they are located.

## Canvases everywhere

Jon Cohen and Lisa Baum are the people behind the art project which reaches out to local artists and finances them to put up their art on buildings with visible satellite dishes.

“The idea came to us during the pandemic when we didn’t have access to galleries and indoor spaces—noticing all of these disused satellite dishes in the neighbourhood made me realize that there are canvases everywhere, and our streets are viable art galleries for the talented visual artists who just want a place to exhibit their work,” said Cohen.

Funded by the *Conseil des Arts de Montréal* through a \$25,000 grant, the project aims to make art more accessible to people and to embellish the streets of the neighbourhood at the same time.

Featuring over 30 local and non-local artists, the public will be able to explore and discover the art installations by using an interactive virtual map.

## Inspired by Parc-Ex

Parc-Extension resident Camille Zurini is a ceramist, photographer and visual artist by trade and participated in the Art-Extension project by working on two satellite dishes included in the exhibition.

Although she has painted in the past and continues to for certain projects, she prefers



**Parc-Extension resident Camille Zurini is a ceramist, photographer and visual artist. Photo: Camille Zurini**

to work with image transfer processes in her artistic work. “I use photos that I like and then I make Xerox photocopies,” said Zurini, explaining that she then adheres and layers these images onto her canvas to create her work.

“What I like about working on my canvases is that there will be imperfections,” added the artist, explaining that “when I decompose the paper, by putting too much water or rubbing too hard, it will also decompose the medium.”

One of her pieces for Art Extension is based on the fountain at Jarry Park, of which she took a photo and then layered the images onto a disused satellite dish. “I’m inspired by nature and architecture,” explained Zurini, adding that she felt it was important to be inspired and bring out the beauty of Parc-Ex.

## Bringing art to everyone

Zurini is an artist by trade and makes her living by making and selling her works of art. She nonetheless saw the importance and democratizing nature of Art Extension’s project by bringing art to anyone for free and making it available to people simply walking by on the street.

“I find it inspiring to see public art,” said Zurini, reminding people that “it brings even more colour and diversity to an area which already has a lot.” She felt it was important to get art and culture into the hands of people who wouldn’t

usually feel inclined to.

“It works on the creativity of people who may not be of that nature. People who will think differently or not go to the museum on their own, but who will appreciate these things without even knowing it,” she explained.

## Les antennes de Parc-Ex launch

Organizers and artists alike will be gathering in Park Lèstre on Saturday, Sept. 25 at 1 PM



**A piece by the collective’s youngest artist Maïna Gouanvic, 19 years old, on Durocher just south of Ball. Photo: Art Extension**

to celebrate the official launch of the group’s exhibition. The free activity, open to all, will include a guided tour of the satellite dishes across the neighbourhood.

There will also be live music, dish painting and activities for kids. Although the event is open to anyone who wants to attend, organizers will limit the capacity to 50 people as per public health guidelines.

The event will take place at the corner of Ball and Bloomfield and run from 1 PM to 4 PM.

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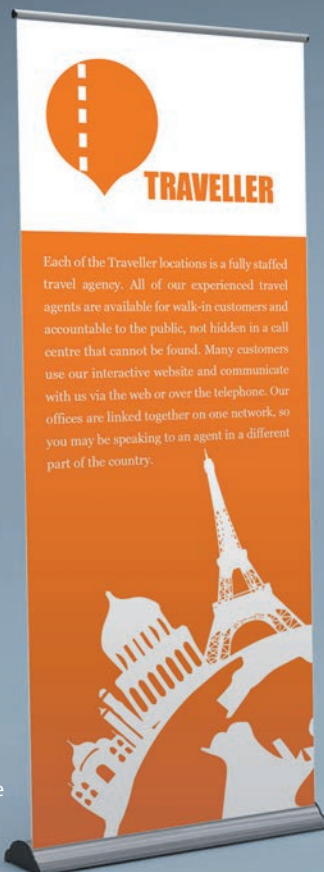
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## 3 tips for at-home workers

Working from home has its perks but for some people, it can be more challenging to remain on task. Here are some tips for being efficient, productive and motivated if you work from home.

### 1. Have a fixed schedule

To stay focused when working from home, many people benefit from having a fixed schedule that reflects the average nine-to-five workday, complete with the standard coffee and lunch break. Having a set schedule also means truly logging off when the workday ends. Let your colleagues know when you'll be reachable.

### 2. Invest in your office

Working from home is much more pleasant and productive when you have a good work setup. Get the furniture and equipment you need to work in comfort. An ergonomic chair and desk are essential, as is good lighting. In addition, now may be the time to invest in that second monitor, those noise-cancelling headphones or that fancy espresso machine.

### 3. Stay in touch with colleagues

For many people, the lack of face-to-face interaction with co-workers and clients is one of the main challenges of working from home. Find ways to stay in touch with your colleagues, whether it's through videoconferencing, telephone calls, online messaging or the occasional in-person meeting.

The most important thing is to figure out what works best for you, as everyone has their own style of working. Don't be afraid to try different approaches, and don't get discouraged if it takes time for you to find your groove.

## How to avoid hiring the wrong candidate

Poor recruitment practices can cost a business a lot of money. Here are some tips for weeding out unsuitable candidates and finding the best person for the job.

### Be clear about your expectations

Your job posting should be as precise as possible. Include the qualifications and experience you require from the candidate, the tasks the job entails and, if applicable, the duration of the employment contract. This will help to limit the number of applicants and attract the talent that truly meets your company's needs.

### Verify candidates' qualifications

Ask technical questions and administer aptitude tests to ensure that candidates have the skills and qualities they profess to possess. In addition, be sure to check up on their references in order to form a better idea of their past job performance and personality. If they have no references, that's a big red flag!



### Watch out for "job hoppers"

Hiring and training new staff is costly, so be on the lookout for people who switch from one job to another on a regular basis. Frequent job changes and gaps in candidates' resumes are possible indicators of a lack of commitment.

Once you find the person you want to hire, consider instituting a trial period before you fully bring them on board. At the end of this interlude, both you and the new hire will be free to continue or terminate the collaboration.

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# In Memoriam & Obituaries

## Gone but not forgotten

### Thanatophobia: understanding and overcoming death anxiety



#### FUNERAL AND ESTATE PLANNING

If you want to plan for your death and make things easier for your loved ones after you're gone, look into writing a legal will and pre-planning your funeral.

It's normal to have concerns about aging or to worry about how your loved ones will cope after you're gone. However, for some people, a fear of death or dying can cause severe anxiety that disrupts their daily life. This is referred to as thanatophobia. Here's what you should know.

#### SYMPTOMS

Thanatophobia, also known as death anxiety, is a type of anxiety that generally only manifests itself if the affected person thinks about or is confronted with the subject of death. Depending on the severity of the phobia, it can cause a variety of symptoms such as:

- Increased anxiety about dying or losing a loved one
- Chronic insomnia stemming from a fear of dying in your sleep
- Persistent feelings of guilt, sadness or anger

• Panic attacks when the subject of death is brought up  
Someone with thanatophobia might also avoid places that remind them of death, such as hospitals and cemeteries, and activities they view as potentially fatal such as driving or flying.

#### TREATMENTS

If thanatophobia prevents someone from living a normal life, there are therapies that can help ease the fear associated with death. Cognitive behavioural therapy, for example, focuses on changing thought patterns and developing strategies to deal with feelings of anxiety. Practising relaxation techniques such as meditation and deep breathing can also help.

If death anxiety is interfering with your daily life, don't hesitate to speak with your doctor or consult a mental-health professional.



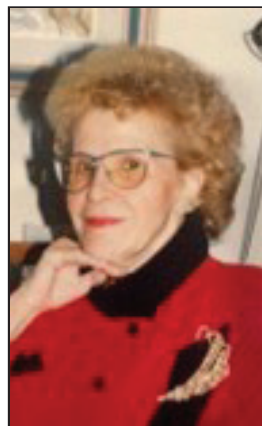
**Tremblay, Richard**  
1973 - 2021

In Montreal, on Monday, September 20, 2021 passed away, at the age of 48, RICHARD TREMBLAY. He is survived by his mother Émilienne Bernard, his father Gérard Tremblay (Marthe Fortin), his brothers Eric and Jonathan, his nephews and nieces Juliette, Etienne and Evelyne as well as all his friends whom he appreciated.



**Fortin Côté, Solange**  
1935-2021

Passed away, at the Saint-Joseph-de-la-Providence accommodation center in Montreal, on August 30, 2021, at the age of 86 years and 3 months, Mrs. Solange Fortin, wife of the late Mr. Laurian Côté, residing in Montreal and native of Normandin. She was the daughter of the late Mr. Conrad Fortin and the late Ms. Cécile Bouchard.



**Turcot, Germaine**  
1919 - 2021

Germaine Turcot (née Beaudoin) 1919 - 2021 passed away at the age of 102, Germaine Beaudoin. She joins her husband René Turcot, her son Ronald and her daughter Line. She is survived by her children Francine, Alain (Lise Desparois), Thérèse (Alain Jolicoeur), her grandchildren, great-grandchildren, great-great-grandchildren as well as other relatives and friends.



**Piccoli, Isabella**  
1936 - 2021

On Tuesday 21 September 2021, Mrs. ISABELLA D'ETTORRE PICCOLI passed away from the affection of her loved ones. Mrs. ISABELLA D'ETTORRE PICCOLI now finds herself with her husband Domenico Piccoli. She leaves her children, Anna Maria (Antonio) and Dora (Ruggiero), her grandchildren, Rosa (Michelangelo), Dario (Diana), Loredana (Andrew), Antonio and Danilo in the deepest pain, her great-grandchildren and Madelyn, his sister Anna and his brothers-in-law, nephews, relatives and friends.



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

**♈ ARIES**  
Buying a property is a dream for many people, and you'll gain the tools to achieve it. Your family will be a good source of financial and emotional support. If you're in a new relationship, you'll make plans to live together soon.

**♉ TAURUS**  
You'll take the time to spoil yourself. Turn on your GPS app, or at least make sure you have the right directions if you need to go somewhere unfamiliar. Otherwise, you'll spend hours going in circles.

**♊ GEMINI**  
You'll find a solution to all your financial difficulties. You'll land the perfect job by having the audacity to reach out to your dream company. All you have to do is take action and you'll succeed.

**♋ CANCER**  
You'll feel like the time is right to make a change, and you'll discover the tools you need to leap headlong into an exciting new direction. The law of attraction isn't just a myth, and it'll have a powerful effect on you.

**♌ LEO**  
Either at work or in your love life, you'll receive many interesting proposals. A little thought is necessary before you make a decision. When you're in good company, you'll have a better perspective of the situation.

**♍ VIRGO**  
You'll be perfectly happy in the company of your loved ones; they're your haven. You'll be greatly inspired to create a masterpiece, and you'll draw on your abundance of intuition to do it. Every great achievement begins with a dream.

**♎ LIBRA**  
At work, with considerable effort, you'll get a surprising promotion. You'll commit yourself to a new diet that promises quick results to improve your health. Let pleasure be your guide in your marriage.

**♏ SCORPIO**  
A spiritual movement of some kind will inspire you and bring you great inner riches. You'll find your place among a special group, much to your surprise and delight. An adventure could be spontaneously organized.

**♐ SAGITTARIUS**  
Don't be afraid of change; it can only do you good. Whether at home, at work or in your love life, it's simply a matter of readjusting your aim to find happiness again. You should also be able to resolve a conflict among your loved ones.

**♑ CAPRICORN**  
Agreements made in haste often end just as quickly. Take the time to talk things over and straighten everything out to avoid endless repetition. You just need to develop your attention to detail if you want to be successful.

**♒ AQUARIUS**  
At work, there will be plenty of documents piling up on your desk. You need a better methodology in order to increase your income and possibly get a promotion. If you lead by example, your team will be happy to follow you.

**♓ PISCES**  
It takes time to build self-confidence. An achievement will make you stand out and you'll be recognized for it for a long time. At the very least, you'll be applauded for receiving a medal. Discussions about you will feature the word "respect."

# Coffee Break

## CROSSWORDS

PUZZLE NO. 095

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

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### ACROSS

- Antlered deer
- Fearful wonder
- Load
- Brave person
- Trim, as a lawn
- Sheltered nook
- Thanksgiving dish
- Mine shipment
- Back end
- Desert floor
- Land surrounded by water
- Exhausting
- Soda \_\_\_\_
- Change to fit
- Gamblers
- Floral wreath
- Appear as a ghost
- Contest
- Most peaceful
- Occurrence
- Unruly kid
- Sips

- Current measures, for short
- Fair: hyph.
- Golfer's target
- That dude
- Tosses
- Bloodhound's clue
- Prior to, in poetry
- Nobleman
- Evergreen shrubs
- Married
- Waiter's aid

- Egg-shaped
- "Wish You \_\_\_\_ Here"
- Song of praise
- Fine powder
- Hunch
- Fence
- Corral
- Aquatic mammals
- Except
- Kitchen hot box
- Skating arena
- Tennis-game units
- Certain snake
- Stingy people
- Purple flower
- Having an arched ceiling
- Sailor's call
- A la \_\_\_\_
- Farm implement
- Regal form of address
- Chop down
- Rowing device
- Bikini top
- Tricky

### DOWN

- Reserved
- Iced \_\_\_\_
- Branch
- Busybody
- Between
- Part of a sentence
- Female sheep
- Handwriting
- On one's \_\_\_\_ (alert)

# 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. 820

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

### Last Issues' Answers

## CROSSWORDS

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

## Sudoku

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



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