

Professional Auto Body Repair & Painting

- Insurance Work Accepted • All Work Guaranteed • Expert Color Matching
- Factory Genuine Parts • Import Car Specialists • Major & Minor Repairs




A2 AUTO
1385, Boul. des Laurentides local 103,

Nouvelles PARC-EXTENSION News

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

WAGAR ADULT EDUCATION CENTRE
A CENTRE FOR THE COMMUNITY

Sign up for English or French Classes today!



5785 Ave Parkhaven, Cote St. Luc H4W 1X8 (514) 488-8203
For info regarding documents: www.emsb.qc.ca/wagar

Commission scolaire English-Montreal
English Montreal School Board

Adult Education & Vocational Services

newsfirst
MULTIMEDIA

Vol. 29 - 44

29 octobre, 2021 / October 29, 2021

450-978-9999

www.px-news.com

editor@newsfirst.ca



Parc-Extension Centennial Park finally inaugurated with new artwork

Page 5

From bottom left to top right: Nathalie Vaillancourt, director of the borough; Audrey Villeneuve, communications officer; Mary McCutcheon, president of the Parc-Extension Historical Society; Giuliana Fumagalli, borough mayor; Karine Payette, artist; and Mary Deros, city councillor for the Parc-Extension district; Sylvain Ouellet, François-Perrault district councillor; Geneviève Matteau, cultural development agent at the Bureau d'art public de Montréal; Sasha Dyck, chief of staff at the district town hall; Josué Corvil, councillor for the district of Saint-Michel; Elsa Marsot, director of culture, sports, recreation and social development; Anik Nigella Blondin, landscape architect; Geneviève Roberge, cultural agent; and Andréane Leclerc, head of the culture, libraries and public events division.
Photo: Borough of VilleRay—Saint-Michel—Parc-Extension.

Thinking of **Selling** Your Home?

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



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

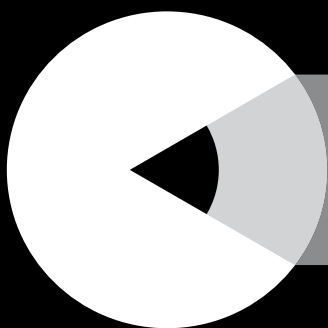
ROYAL LEPAGE
HUMANIA CENTRE
450.682.2121

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

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

Because municipal services
are at the heart of our daily life

**On Sunday,
October 31
and Sunday,
November 7,
2021, from
9:30 a.m. to
8 p.m., let's vote!**



Municipal elections 2021

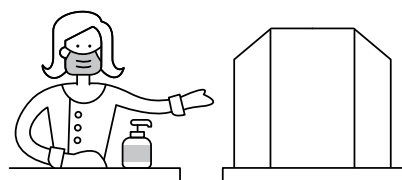


To vote, you must:

- Be entered on the list of electors.
- Be 18 years of age or older on Election Day.
- Have obtained Canadian citizenship no later than September 1, 2021.
- Not be under curatorship nor have lost your electoral rights.

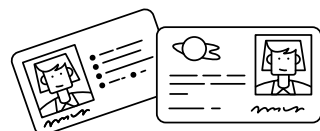
Meet one of the two sets of conditions below as of September 1, 2021:

- If your domicile is located in the municipality, you must have been living in Québec for at least six months.
- If your domicile is not located in the municipality, you must have been the owner of a building (cottage, apartment building, etc.) or have occupied a business establishment located in the territory of the municipality for at least 12 months and must have sent the municipality either an application for entry on the list of electors or a power of attorney, in writing and within the timeframes set forth.



Where to vote?

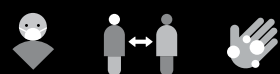
Pay particular attention to the notices sent by your municipality; they will inform you of where you need to go to vote. Do not hesitate to contact your returning officer for full details.



What you need to bring to vote

At the polling station, you must establish your identity by showing one of the following documents:

- Your health insurance card
- Your driver's license
- Your Canadian passport
- Your Certificate of Indian Status
- Your Canadian Forces identification card



1-888-ELECTION (1-888-353-2846)
info@electionsquebec.qc.ca
www.electionsmunicipales.quebec

**élections
Québec**

Introducing the new Liberal Government



Prime Minister Justin Trudeau is kicking off his third mandate with a monumental shift in his cabinet lineup that makes significant changes to senior portfolios.

Governor General Mary Simon oversaw the swearing-in ceremony this morning at Rideau Hall — which saw nine new faces added to cabinet, three names dropped, some prominent shuffles and the creation of new portfolios ahead of Parliament's return on November 22nd.

The new cabinet list adds up to 39 ministers, including Trudeau — slightly larger than the last roster.

In one of the largest shakeups, Oakville MP Anita Anand becomes only the second woman in Canadian history to take on the role of Defence minister, after former prime minister Kim Campbell in the 1990s.

She inherits a tough job as the Canadian Armed Forces continues to battle a sexual misconduct crisis. Multiple high-ranking military officers have been moved out of their jobs while facing allegations.

Anand said the fact she's a woman was part of the "calculation."

"But there are other areas of expertise I will also be imparting to my role, including my expertise in governance and my knowledge of law and process," she told reporters Tuesday afternoon.

"I will say that my top priority is to make sure that everyone in the armed forces feels safe and protected and they have the supports that they need, when they need them, and the structures in place to ensure that justice is served."

Addressing reporters earlier in the day, Trudeau said "there is a crisis within the culture in our Canadian Armed Forces."

"And the women and men who serve in the armed forces deserve better support, deserve a shift in the kind of governance that they have," he said.

"One of the things that people will be learning about Anita Anand in the coming months is that she is a world class expert in governance, with decades of professional experience that she will bring to bear to make sure that the Canadian Armed Forces, the leadership and the operations thereof, are worthy of the extraordinary women and men who choose to serve."

As questions about his handling of that crisis continue to swirl, Harjit Sajjan has been bumped to minister of International Development and minister responsible for Pacific Economic Development Canada.

Trudeau defended keeping Sajjan in cabinet, saying the former defence minister is someone who shows leadership.

"As someone who rose through the ranks of challenging culture in our military and has consistently pushed back against the old boys network, I don't think anyone can be surprised at the kind of pushback he saw as he was trying

to bring about changes over the past number of years," he said.

Mélanie Joly received a major promotion this morning, moving up from minister of Economic Development and Official Languages to a much higher profile as Foreign Affairs minister. She also served as a co-chair of the Liberals' national campaign during the last election.

She served previously as minister of Heritage but took a political hit in her home province of Quebec when she tried to promote the government's [agreement with Netflix](#).

"The vision that we will have at Global Affairs is one that takes into account that very strategic work that Canada is doing across the world and it will be a mix of humility and audacity," she said.

She takes over from Marc Garneau, who is no longer in cabinet, and used part of her time at the microphone thanking him for his role helping to free Michael Kovrig and Michael Spavor from detention in China for more than 1,000 days.

Canada is getting a new Environment and Climate Change minister just days ahead of the United Nations climate change conference in Glasgow (COP26). Long-time environmental activist Steven Guilbeault is taking on the role following his previous posting as Heritage minister.

The Quebec MP, who has worked with groups such as Equiterre and Greenpeace, will have a prominent role in cabinet as the Liberals attempt to slash greenhouse gas emissions by 40 to 45 per cent below 2005 levels by 2030.

In the past, the Conservatives have suggested Guilbeault's presence in the Liberal Party suggests Trudeau is hostile to the oil and gas industry. Guilbeault's appointment is expected to attract more pointed criticism from the sector.

"There is not much of a debate anymore about whether or not climate change is real," Trudeau told reporters today.

"There are some corners of the public sphere where you still see that debate, but for most Canadians and indeed most Albertans, we know that we need to look towards the future."

Guilbeault's predecessor, Jonathan Wilkinson, takes over Natural Resources.

As the country still grapples with the lingering effects of the pandemic, Jean-Yves Duclos takes over the health ministry. He's being replaced as president of the Treasury Board by Ottawa-area MP Mona Fortier.

Patty Hajdu, who took on the health ministry just months before the pandemic hit, becomes minister of Indigenous Services and minister responsible for the federal economic development agency for Northern Ontario.

Hajdu will work on the Liberals' reconciliation agenda with Marc Miller, who slides over to

▶ Continued on page 3

Crown-Indigenous Relations.

Their new appointments come amid renewed calls for justice for residential school survivors and for the federal government to compensate First Nations children. Ottawa has until Friday to decide whether it will appeal a decision by the Federal Court to uphold two Canadian Human Rights Tribunal orders requiring Ottawa to pay out billions of dollars to Indigenous children.

Former government house leader Pablo Rodríguez takes over as Heritage minister, keeping the portfolio in the hands of a Quebec MP. Former whip Mark Holland moves into a cabinet position, taking over Rodríguez's old job.

New portfolios

A number of portfolios have been created, broken up or renamed.

After years overseeing various Indigenous files, Carolyn Bennett moves to a new position as minister of Mental Health and Addictions and associate minister of health.

The veteran politician was recently forced to apologize publicly to Jody Wilson-Raybould after suggesting the Indigenous MP's expressions of concern about residential schools and Indigenous rights were actually a ploy to secure a generous MP's pension. Wilson-Raybould described the message as "racist & misogynist."

Former Public Safety minister Bill Blair becomes president of the Queen's Privy Council and takes on a new role as minister of Emergency Preparedness — a file that used to be housed under public safety.

Marco Mendicino takes over a slimmer Public Safety department.

Dominic LeBlanc stays on as minister of Intergovernmental Affairs but also takes on the infrastructure and communities files.

Ahmed Hussen becomes minister of Housing and Diversity and Inclusion.

Karina Gould becomes minister of Families, Children and Social Development.

Joyce Murray becomes the new minister of Fisheries, Oceans and the Canadian Coast Guard.

Mary Ng becomes minister of International Trade, Export Promotion, Small Business and Economic Development.

Seamus O'Regan becomes minister of Labour.

Genette Petitpas Taylor gets a second chance in cabinet as minister of Official Languages and minister responsible for the Atlantic Canada Opportunities Agency.

Filomena Tassi becomes minister of Public Services and Procurement

Dan Vandal stays on as minister of Northern Affairs but also takes on responsibility for Prairies Economic Development Canada and the Canadian Northern Economic Development Agency.

New faces

There will be some fresh faces around the cabinet table as well.

Former broadcaster and Toronto MP Marci Ien becomes the new minister for Women, Gender Equality and Youth.

Brampton West's Kamal Khera has been named minister of Seniors; the previous minister, Deb Schulte, was defeated in September's election.

Pascale St-Onge, elected in Brome—Missisquoi, has been appointed minister of Sport and minister responsible for Canada Economic Development for Quebec Regions. She previously worked as a union leader in Quebec's cultural sector.

Alberta will get a seat at the table — Edmonton Centre MP Randy Boissonnault is the new minister of Tourism and associate minister of finance. He was first elected in 2015 but lost his seat in 2019, only to win it back last month by a narrow margin. He served previously

as a special adviser to the prime minister on LGBTQ2 issues.

Nova Scotia MP Sean Fraser, who was first elected in 2015, finally gets a spot at the table as the new minister of Immigration, Refugees and Citizenship.

Newfoundland and Labrador's Gudie Hutchings moves in as minister of Rural Economic Development.

Helena Jaczek, a former Ontario MPP and provincial health minister, becomes the minister responsible for the Federal Economic Development Agency for Southern Ontario.

Returning ministers

A few ministers are keeping their old jobs. Deputy Prime Minister and Minister of Finance Chrystia Freeland has agreed to remain in both roles and David Lametti stays as attorney general and minister of justice.

Transport Minister Omar Alghabra keeps his job, Marie Claude Bibeau remains at Agriculture and Agri-food, Dianne Lebouthillier stays at National Revenue and Lawrence MacAulay keeps Veterans Affairs.

Carla Qualtrough also remains minister of Employment, Workforce Development and Disability Inclusion.

Francois Philippe Champagne stays on as minister as Innovation, Science and Industry.

Along with Garneau, Waterloo MP Bardish Chagger and Winnipeg Jim Carr were dropped from cabinet.

"It has been an honour and a privilege to serve my country," Garneau tweeted.

Trudeau said that building a cabinet involves making difficult choices.

"Bringing forward people who've served, giving new challenges to folks who haven't and looking at the right balance of regional, diversity, experiences to deliver," he said.

«What I have right now [is] an extraordinary team that is reinvigorated, that is ready to step up and fight for the big things for Canadians ... a team I'm very, very much looking forward to working with.»

When asked about rumours that Garneau will be given an ambassador role, Trudeau said "this cabinet is the news of the day."

Remuneration...

There are many reasons MPs covet a spot around the cabinet table — such as the opportunity for more power and influence. Ministers are also paid \$88,700 on top of the current annual base MP salary of \$185,800 and are entitled to an official car and driver.

O'Toole criticizes PM's picks

Conservative Leader Erin O'Toole was quick to criticize the new cabinet lineup, saying it's filled with "largely inexperienced and ideologically driven individuals."

"With inflation at a near twenty-year high, causing gasoline, grocery and housing prices to skyrocket, and businesses suffering from major supply chain interruptions, it is clear from today's appointments that the Trudeau government is not serious about addressing Canada's economic challenges," he said in a media statement.

"Today's changes to cabinet represent just another example of the prime minister continuing to reward ministers who have consistently demonstrated incompetence and a lack of accountability."

NDP Leader Jagmeet Singh...

NDP Leader Jagmeet Singh said he expects Anand to usher in "immediate change in the culture of the Canadian Armed Forces" and to implement recommendations from the 2015 Deschamps review into sexual misconduct in the forces.

He also urged the two ministers in charge of Indigenous files to not appeal the Federal Court decision and to concentrate on ending boil water advisories on reserves.

WAGAR
ADULT
EDUCATION
CENTRE



Sign
up
for
French
or
English
Classes
today!

A CENTRE FOR ALL COMMUNITIES



KNOWING FRENCH MEANS \$\$\$



-Better Paying Jobs
-Communicating Better
with all around
-Improved Lifestyle

REGISTER TODAY FOR OUR
DAY & EVENING SESSIONS
ENGLISH COURSES ALSO AVAILABLE
Full time and part time

CALL TODAY 514 488-8203

- **MULTICULTURAL:** Our students hail from over 49 different countries
- **COMPREHENSIVE:** Our courses include everything you need to start learning as an adult.

-Free Parking

-Bus Stop nearby (Take the 80 to Park Avenue corner Van Horne and then take the 161



SEE YOU IN CLASS

Course Fees:

•English Courses \$100.00 (includes required book) •French Courses \$85.00 (includes required book)

5785 Ave Parkhaven, Cote St. Luc H4W 1X8 (514) 488-8203 For info
regarding documents: www.emsb.qc.ca/wagar



Commission scolaire English-Montréal
English Montreal School Board



Adult Education &
Vocational Services



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Elena Molter
Thomas Bakoyannis

Advertising Consultants:

Peter Stavropoulos
peter@newsfirst.ca

Jean Paul Chamberland

Editorial Staff:

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

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



Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association

Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL/DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation:

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056



Project funded in part by

Canada

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

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

ENTIRE CONTENTS COPYRIGHT 2021

OPINION & Editorial



The 26th Blah Blah Blah Festival (aka COP26)

*Those who care about the climate act; those who care about blah
blah blah will all be in Glasgow*

The Cop26 climate summit starts in Glasgow, UK, on October 31, and countries must deliver tougher pledges to cut emissions to keep the goal of 1.5C within reach. According to the UN, carbon emissions will rise by 16 per cent by 2030, rather than fall by half as governments previously agreed to in Paris at COP 2015. Twenty thousand people are expected to attend the Glasgow meetings.

Since 1995 the UN Conference of the Parties (COP) has been meeting in a world festival of talking, challenging, and demanding. But make no mistake, these meetings are about money, disguised as a meeting about climate change. Together with India and China, small island states and emerging economies want \$100 billion a year from the developed world to compensate for the CO2 "pollution" they experience and help them accelerate their move to green energy and reduce their own contributions to CO2 emissions.

The developed world does not want to give money to these countries or even accept the basis of their demand – that the developed world's CO2 emissions are the cause of their current and potential damage due to changes in climate. Like many other COP commitments, the \$100 billion a year promise from past COP sessions has yet to be met.

The NGO community wants all governments to spend more money transitioning their economies from oil and gas to green energy. The UK, for example, has announced that it will be a net-zero economy by 2050 at a cost of \$2.4 trillion. New taxation will also be required to pay for the massive costs of this transition, including new taxes to make up for lost tax revenue from the sale of gasoline (in the UK this is approximately \$46 billion annually).

Canada has also made promises to spend large amounts pursuing net-zero by 2050 and has allocated billions to achieve it. But our track record is dreadful. Canada is the only G7 country whose emissions have risen every year since the Paris Accord when we promised to cut them every year.

The governments of the world want to reduce the costs of the energy transition, in part through delay and in part through making it all more complicated than it needs to be. But their reluctance will be disguised through "booster bullshit" language and technical details, with little result. Greta Thunberg had it right when she said that world leaders just talk "blah blah blah"

and have done so for 30 years, as is evidenced by the continued growth in emissions ever since COP1.

These meetings are also about abusing the idea of science. Science is the rigorous, relentless questioning and analysis of data in pursuit of truth – the use of data, reason and analysis and the testing of a range of hypotheses. COP science is about resisting alternative explanations for various climate events and insisting that the "science is settled."

For some, science is shorthand for a near-religious belief in certain key tenets of the climate agenda. For others, science is a vehicle for securing the funds they are seeking. For yet others, science is a cudgel with which to beat up politicians who do not "follow the science" and accept the projections of computer simulations. But the scientists themselves (especially those on the International Panel on Climate who have made subtle changes in the AR6 assessment) are now questioning the utility and value of computer climate model simulations and suggesting that the computer models are now based less on physics than on politics.

Climate summit forced to confront inconvenient truths by Rashid Husain Syed

What can we expect from COP26? Again, Greta Thunberg speaks some sense:

"We can no longer let the people in power decide what is politically possible. We can no longer let the people in power decide what hope is. Hope is not passive. Hope is not blah, blah, blah. Hope is telling the truth. Hope is taking action. And hope always comes from the people."

We should not look to the Glasgow talk-fest for answers: we should look to what our city leaders are doing; we should look to our own energy companies and their investors and ask what they are doing. The answer is obvious. They are transitioning to green energy and doing the work. The investment community is also making the shift happen. It is on track to invest \$500 billion in green initiatives in 2021, with \$1 trillion annually in 2023.

We need to stop looking to governments and green activists to act on climate change. We need to look at our own behaviour and ask ourselves, "what are we doing?"

Those who care about the climate act; those who care about blah blah blah will all be in Glasgow.

Stephen Murgatroyd



You've got a place to vent

ANGRY? FRUSTRATED? ANNOYED?

Send a letter to the editor
and get your opinion heard
loud and clear.

editor@newsfirst.ca

Parc-Extension welcomes its newest park

Centennial Park finally inaugurated with new artwork



MATIAS BRUNET-KIRK
matias@newsfirst.ca

The rain and grey weather last Thursday didn't stop residents from gathering to inaugurate the neighbourhood's newest park at the corner of Saint-Roch and Stuart. Over two years after it was first announced, the borough officially opened Centennial Park to the public.

Attended by volunteers, city employees and local elected officials, the ceremony introduced the newly renovated park, which now showcases a photo wall displaying historical images of Parc-Extension along with a brand-new art piece that also serves as a playground for children.

Both Mayor Giuliana Fumagalli, local City Councillors Mary Deros, Josué Corvil, and Sylvain Ouellet, were present, along with Côte-des-Neiges City Councillor Magda Popeanu, responsible for culture on the executive committee of the City of Montreal.

The artist behind the new installation Karine Payette as well as Mary McCutcheon, president of the Parc-Extension Historical Society, were also in attendance.

The park itself commemorates Parc-Extension's centennial anniversary in 2010, nearly 12 years ago now. Parc-Extension was founded in 1910 and was largely comprised of agricultural land and smaller residential areas.

Commemorating 100 years

"The layout and the name of the park recall the centenary of the district, celebrated in 2010," said borough Mayor Giuliana Fumagalli. "This project also constitutes an improvement in the quality of the green space offered for the residents of the district," added the mayor.

The new park features several sitting areas and picnic tables, along with a specially made reading area with accompanying bookcases. The parks' centrepiece is undoubtedly the newest multifunctional art piece.

The park is also illuminated by light bollards and directional spotlights lighting up the area with the sculpture.

Terre en vue

Terre en vue was created by visual artist Karine Payette and depicts a panda on the shoulders of a polar bear on a boat out at sea, accompanied by a swimming dolphin. The installation also acts as a jungle gym for children to climb and play on.

"Payette's work contributes to the dynamism of the park and encourages people to take a moment out of their day or evening to enjoy this island of freshness," added the mayor.

"Artist Karine Payette wanted to pay tribute to the immigrants who shaped the identity of this neighbourhood," said Magda Popeanu.

The boat itself represents the displacement of communities and the instability and loss of reference points that many immigrants experience. "The scene reflects the constant need for

living beings to adapt to their environment, and highlights the importance of species conservation and the fragility of ecosystems," read a statement by the borough.

The art piece also includes two micro libraries, housing a collection of books for people to peruse. *Un livre à la mer* showcases smaller versions of the panda and polar bear sitting in inner-tubes in the ocean.

A view into the past

At the very back of the park, a wire-frame wall covered in vines acts as an open-air photo gallery, displaying historical images of Parc-Extension from a century ago. Provided by the Parc Extension Historical Society, it offers park-goers a look back in time.

Mary McCutcheon, president of the Parc-Extension historical society, described the neighbourhood as a very different place 100 years ago. "In the northern part, it was still very rural," she said, explaining that it only started to develop as landowners subdivided and sold lots.

A century ago, people began to settle around de l'Épée and close to the Parc train station, urbanizing the area rapidly. "It was an area in transition," said Muchetheon, adding that many of the photos depicted the change occurring in the area at the time.

A long time in the making

Terre en vue is the result of the first public art commission for the Municipal Collection. In addition to appealing to children's curiosity, the panda and the polar bear pushes them to question the potential fate of the endangered species and ecosystems.

The park itself has been open for over a year



The art piece also includes two micro libraries, housing a collection of books for people to read. Photo: Borough of Villeray—Saint-Michel—Parc-Extension
Photo: Matias Brunet-Kirk - NEWSFIRST

but had not been fully completed with its artistic centrepiece. St-Sophie's church had once stood on the plot of land before it was destroyed by fire and left vacant for several years. The church was eventually rebuilt on the eastern corner, with the remaining space sold to the city for a park.

It was only in 2019 that funding was approved and a contract was awarded to build the new green space for an original budget of \$828,703. The public work of art was funded through a cultural development program with the collaboration of the *Bureau d'art public du Service de la culture de la Ville de Montréal*.

ÉQUIPE

DENIS CODERRE

Avec Ensemble Montréal Équipe Denis Coderre, retrouvons notre ville.
With Ensemble Montréal Équipe Denis Coderre, let's bring our city back.

PARC-EXTENSION

ALLEZ VOTER GO VOTE

OCTOBRE • OCTOBER

30-31

ensemble
mtl



**DENIS
CODERRE**
MAIRE DE MONTRÉAL



**MARY
DEROS**
DISTRICT PARC-EXTENSION
CONSEILLÈRE DE LA VILLE



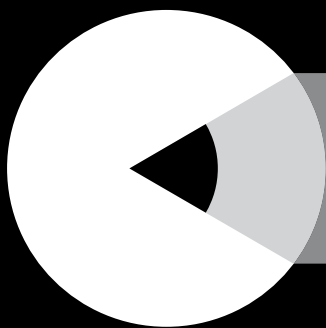
**GUILLAUME
LAVOIE**
MAIRE D'ARRONDISSEMENT
VILLERAY-SAINT-MICHEL-
PARC-EXTENSION

Adresse du local : 752 Liège Ouest, coin Champagneur, Montréal
Le téléphone : 514-495-7645

Jonathan Cohen, agent officiel d'Ensemble Montréal - Équipe Denis Coderre

Parce que les services municipaux sont au cœur de notre quotidien.

**Les dimanches
31 octobre et
7 novembre,
de 9 h 30 à 20 h,
allons voter!**



Élections municipales 2021

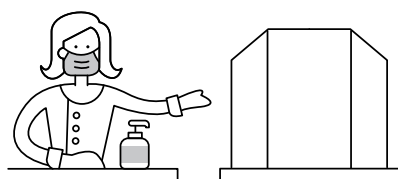


Pour voter, vous devez :

- Être inscrite ou inscrit sur la liste électorale ;
- Avoir 18 ans ou plus le jour de l'élection ;
- Avoir obtenu la citoyenneté canadienne au plus tard le 1^{er} septembre 2021 ;
- Ne pas être sous curatelle ni avoir perdu vos droits électoraux ;

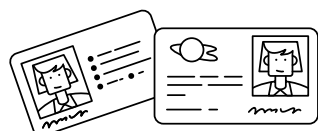
Remplir l'un des deux groupes de conditions suivants au 1^{er} septembre 2021 :

- Si votre domicile est situé dans la municipalité, vous devez habiter au Québec depuis au moins six mois ;
- Si votre domicile n'est pas situé dans la municipalité, vous devez être propriétaire d'un immeuble (chalet, immeuble à logements, etc.) ou occuper un établissement d'entreprise situé sur le territoire de la municipalité depuis au moins 12 mois et avoir transmis à la municipalité une demande d'inscription à la liste électorale ou une procuration, par écrit, dans les délais prévus.



Où voter ?

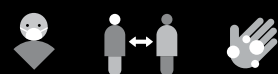
Portez une attention particulière aux communications émises par votre municipalité ; elle vous informera de l'endroit où vous devez vous rendre pour voter. N'hésitez pas à communiquer avec votre présidente ou président d'élection pour connaître tous les détails.



Ce qu'il faut apporter pour aller voter

Au bureau de vote, vous devez établir votre identité en montrant l'un des documents suivants :

- Votre carte d'assurance maladie ;
- Votre permis de conduire ;
- Votre passeport canadien ;
- Votre certificat de statut d'Indien ;
- Votre carte d'identité des Forces canadiennes.



1 888 ÉLECTION (1 888 353-2846)
info@electionsquebec.qc.ca
www.electionsmunicipales.quebec

 **élections
Québec**

Parc-Extension accueille u

Le parc du Centenaire enfin inauguré accompagn



MATIAS BRUNET-KIRK
matias@newsfirst.ca

La pluie et le mauvais temps de jeudi dernier n'ont pas empêché des citoyens de se rassembler pour inaugurer le plus récent parc du quartier au coin de Saint-Roch et Stuart. Plus de deux ans après son annonce, l'arrondissement a officiellement ouvert au public le parc du Centenaire.

En présence de bénévoles, d'employés de la Ville et d'élus locaux, la cérémonie a présenté le parc récemment rénové, qui présente désormais un mur de photos affichant des images historiques de Parc-Extension ainsi qu'une toute nouvelle œuvre d'art qui sert également de terrain de jeu pour les enfants.

La mairesse Giuliana Fumagalli, les conseillers de ville Mary Deros, Josué Corvil et Sylvain Ouellet étaient présents, ainsi que la conseillère de Côte-des-Neiges Magda Popeanu, responsable de la culture au comité exécutif de la Ville de Montréal.

Également présentes à l'inauguration étaient Karine Payette, l'artiste derrière la nouvelle installation, ainsi que Mary McCutcheon, présidente de la Société historique de Parc-Extension. Le parc lui-même commémore le centenaire

de Parc-Extension en 2010. Fondée en 1910, Parc-Extension était à l'époque en grande partie composée de terres agricoles et de petites zones résidentielles.

100 ans déjà

« L'aménagement et le nom du parc rappellent le centenaire du quartier célébré en 2010 », a déclaré la mairesse d'arrondissement Giuliana Fumagalli. « Ce projet constitue également une amélioration de la qualité de l'offre en espace vert pour les résidentes et résidents du quartier », a ajouté la mairesse.

Le nouveau parc comprend plusieurs aires de repos, de tables de pique-nique, ainsi qu'un espace de lecture accompagné de deux microbibliothèques. La pièce centrale du parc est sans aucun doute l'œuvre d'art multifonctionnelle.

Le parc est également éclairé par des bornes lumineuses et des projecteurs directionnels éclairant la zone avec la

sculpture.

Terre en vue

Terre en vue a été créée par la artiste Karine Payette, représentant un panda sur les épaules d'un ours polaire à bord d'un navire en pleine mer, accompagné d'un dauphin nageant à côté. L'installation agit également comme une aire de jeux où les enfants peuvent y grimper et jouer.

« L'œuvre de Karine Payette participe au dyna-

« L'artiste Karine Payette a voulu rendre aussi hommage aux personnes immigrantes qui ont façonné l'identité de ce quartier »

Un tout nouveau parc

né d'une nouvelle œuvre d'art



L'arrondissement a inauguré le plus récent parc du quartier au coin de Saint-Roch et Stuart.
Photo : Karine Payette.

misme du parc et invite les gens à prendre un temps d'arrêt de jour comme de soir dans cet îlot de fraîcheur. », a indiqué la mairesse.

« L'artiste Karine Payette a voulu rendre aussi hommage aux personnes immigrantes qui ont façonné l'identité de ce quartier », a souligné Magda Popeanu.

Le bateau lui-même représente le déplacement des communautés, autant que l'instabilité et la perte de repères que vivent de nombreux immigrants. « La scène traduit le besoin d'adaptation constant des êtres vivants avec leur milieu, et met en lumière l'importance de la conservation des espèces et la fragilité des écosystèmes », indique un communiqué publié par l'arrondissement.

L'œuvre d'art comprend également deux microbibliothèques, abritant une collection de livres que les gens peuvent consulter. Un livre à la mer présente des versions plus petites du panda et de l'ours polaire assis dans des bouées de sauvetage dans l'océan, représentant les livres comme des outils de survie.

Un regard sur le passé

Tout au fond du parc, un mur en fil de fer recouvert de vignes sert de galerie de photos à ciel ouvert, affichant des images historiques de Park-Extension d'il y a un siècle. Fourni par la Park Extension Historical Society, il offre aux visiteurs du parc un retour dans le temps.

Mary McCutcheon, présidente de la société historique Parc-Extension, décrit le quartier d'il y a 100 ans comme un endroit très différent. « Dans la partie nord, c'était encore très rural », a-t-elle dit, expliquant que le développement n'a

seulement commencé lorsque les propriétaires ont subdivisé et vendu leurs propriétés.

Il y a un siècle, les gens ont commencé à s'installer autour de l'Épée et à proximité de la gare du Parc, urbanisant le quartier assez rapidement. « C'était une zone en transition », a déclaré Muchettheon, ajoutant que de nombreuses photos montraient les changements qui se produisaient dans le quartier à l'époque.

Une longue préparation

Terre en vue est le résultat de la première commande d'art public pour la Collection municipale de la Ville de Montréal. En plus d'éveiller la curiosité des enfants, le panda et l'ours polaire les poussent à s'interroger sur l'avenir de ces espèces et de leurs écosystèmes menacés.

Le parc lui-même est ouvert depuis plus d'un an, mais n'avait pas été achevé avec sa pièce artistique. L'église Sainte-Sophie s'était autrefois dressée sur le lot avant qu'un incendie l'ait détruit, laissant le terrain vacant pendant plusieurs années. L'église a finalement été reconstruite à l'angle est, avec l'espace restant vendu à la ville pour la construction du parc.

Ce n'est qu'en 2019 que le financement fut approuvé et qu'un contrat a été attribué pour la construction du nouvel espace vert, avec un budget initial de 828 703 \$. L'œuvre d'art public a été financée dans le cadre d'un programme de développement culturel avec la collaboration du Bureau d'art public du Service de la culture de la Ville de Montréal.

Même vacciné, faites-vous dépister.



Si vous avez été en contact avec un cas
de COVID-19

ou si vous avez des symptômes
s'apparentant à ceux de la COVID-19,
tels que :



Fièvre



Toux



Perte du goût
ou de l'odorat

Respectez les consignes d'isolement
et passez un test de dépistage.

On continue de se protéger.

[Québec.ca/testCOVID19](https://quebec.ca/testCOVID19)

Help for sexual assault just a phone call away, though the problem isn't disappearing

Montreal Sexual Assault Centre launches a re-branded Sexual Violence Helpline



MARTIN C. BARRY
marty@newsfirst.ca

A province-wide 24-hour phone referral service for victims of sexual violence was given a new name and an official send-off last week, refocusing attention on a problem that continues to impact women, but also increasingly men, children and the elderly.

Deborah Trent, director of the Montreal Sexual Assault Centre (MSAC), announced the new name of the Sexual Violence Helpline during a webconference held in conjunction with representatives from other similarly-mandated organizations.

'One victim too many'

Previously known as the Provincial Helpline for Victims of Sexual Assault, the renamed Sexual Violence Helpline has been operating 24/7 for more than 10 years thanks to a partnership with the Quebec Justice Ministry.

According to the MSAC, the rebranding takes place as the helpline continues its mandate to provide assistance to a greater number of people affected by all forms of sexual violence. The group says in a press release that "every victim of sexual violence, no matter what form it takes, is one victim too many."

Cases are increasing

"Reported cases of cyber violence and sexual exploitation have only increased in recent years," said Deborah Trent, director of the MSAC.



Clockwise from the top left, Mylène Gauthier, Coordinator of the Provincial Helpline for Victims of Sexual Assault at the Montreal Sexual Assault Centre, webconference moderator Véronique Saumure, Deborah Trent, Director and Spokesperson for the Montreal Sexual Assault Centre and Roxanne Ocampo, Communications Officer for the Regroupement québécois des Centres d'aide et de lutte contre les agressions à caractère sexuel, are seen here during the web launch of the Sexual Violence Helpline.

"Sexual violence is pervasive. We were initially mandated to help people who had been sexually assaulted, but we quickly adapted our services to respond to calls related to harassment, cyber violence and particularly sexual exploitation.

"Having been in operation for over 10 years, our team of telephone counsellors is on the front lines, providing support in both French and English across Quebec. When the need for support arises, whether for sexual violence that occurred recently or in the past, the source for resources is always available."

Getting the message out

According to the MSAC, too many people in the greater Montreal region are still unaware of the existence of the Sexual Assault Helpline. They say that people from all walks of life, no matter where they are in the province, should have access to this kind of support as quickly and as efficiently as possible.

The organization feels that the new branding, combined with an increased presence in the digital sphere – particularly on social media – will allow more people to find their way more easily to the help offered by the Sexual Violence Helpline when it is needed.

"For us, the issue is not to encourage victims of sexual violence to follow a specific path, but rather to ensure that they are welcomed, listened to and supported every step of the way, no matter what path they choose," said Roxanne Ocampo of the Regroupement québécois des CALACS (Centre d'aide et de lutte contre les agressions à caractère sexuel).

Leaving no one behind

"To do this, there must be adequate special-

ized resources and services to serve the entire territory, with particular attention given to the specific needs of marginalized people. To be able to respond in a way that respects the reality of each survivor, collaboration such as that between CALACS and the Sexual Violence Helpline is essential. We are all working towards the same goal: ensuring that no victim of sexual violence gets left behind."

The two groups say that the last few years have demonstrated beyond a doubt that thousands of people across the province still need support services to deal with sexual violence. Many organizations and specialized services are available to help these individuals regain control of their lives.

Finding the resources

They say what is needed now is to promote the Sexual Violence Helpline as the starting point for resources that can help steer victims towards services adapted to their needs. The team, which is specially trained to work with victims of sexual violence, is made up of nearly 20 counsellors who serve the general public and are capable of meeting new challenges.

Available 24 hours a day, 7 days a week, the Sexual Violence Helpline is anonymous, confidential, free of charge and bilingual. The line is open to anyone affected by sexual violence, regardless of age or gender, including victims, their loved ones, counsellors, people in doubt, as well as the general public.

The service is managed by the MSAC and is mandated and funded by the Ministère de la Justice du Québec. The Sexual Violence Helpline's phone number remains unchanged: 1-888-933-9007.

FLU VACCINATION

It is recommended to get vaccinated against the flu if you are aged 75 and over or if you live with a chronic illness such as diabetes, an immune disorder or a cardiovascular, respiratory or kidney disease.

**Vaccination is available
by appointment at the following locations from
November 1 to December 18, 2021**

- Décarie Square vaccination clinic
- 7101 du Parc Avenue vaccination clinic
- CLSC de Benny Farm
- CLSC Métro

To make an appointment for flu vaccination



www.clicsante.ca



514-270-1536

Monday to Friday, 8:00 a.m. to 5:00 p.m.

Centre intégré
universitaire de santé
et de services sociaux
du Centre-Ouest
de l'Île-de-Montréal

Votre
gouvernement

Québec



Discovering the Bibliothèque de Parc-Extension



LOGOTHETIS KRITIKOS
Local Journalism Initiative Reporter
For Nouvelles Parc-Extension News

Visiting the Bibliothèque de Parc-Extension, one is unexpectedly impressed with this cultural gem, hidden in this corner of Saint-Roch. Wandering through its aisles you will find that the library hides treasures that can pique the interest of any visitor who decides to cross the threshold. With hundreds of volumes of books and magazines, the Bibliothèque de Parc-Extension can satisfy the reading interest of a wide range of social groups. But most importantly, with a commendable willingness to reach out to groups of people who did not belong to its reading public, it made sure to have in its collection, not only books in French and English, but also of dozens of other nationalities and languages! Thus, we find in its aisles, a Spanish and Italian books section, a significant variety of books in Hindi, Ourdou, Pendjabi, Tamoul, Bengali, Gujarati, while the Greek collection is considered perhaps the largest in Montreal!

Its children's section is just as impressive! In a friendly and warm environment with a playful mood and reading corners, fairy tales, literary books and comics welcome young visitors by stimulating their interest and encouraging their desire to read about their favorite heroes, discover new ones and travel with their imagination to the ends of the world! And while the majority of books are in French and English, there are quite a few children's books that you find in other languages, such as Spanish, Italian, Greek, Bengali, Hindi, Ourdou, Gujarati, Pendjabi, Tamoul. This way, the library expands its call, successfully, trying to embrace even more children, the future of this world, who



so desperately need contact with books and literature, and who, unfortunately, technology, with all its positives and negatives, it still tries, fortunately unsuccessfully, through its progress, to deprive them of it...

At the same time, the Bibliothèque de Parc-Extension has an important collection of English and French music Cd's (classic's, jazz, modern and others), dvd's with movies, board games, video games and comics for children and adults and with free internet access, not only is it daily, an inexhaustible source of knowledge, but also a promise for spiritual, cultural and social development of this historic neighborhood. After all, knowledge has not only been the shining beacon of the arts, literature and sciences, but also of reconciliation, acceptance and coexistence, elements that should express multicultural social environments such as those of the city of Montreal.

Let's all take a walk by there, issue a membership card and allow ourselves to take home with us, everything that touched us from our tour of the Bibliothèque de Parc-Extension ... We owe it to our neighborhood ... We owe it to our children and the generations that follow...

For more information about the library and its opening hours visit the site <https://montreal.ca/lieux/bibliotheque-de-parc-extension>



Parc - Extension Library, photos taken by Logothetis Kritikos

Get tested, even if you've been vaccinated.



If you've been exposed to COVID-19
or you have COVID-like symptoms
such as:



Fever



Cough



**Loss of smell
or taste**

**Follow self-isolation guidelines
and get tested.**

Let's continue to protect ourselves.

Québec.ca/testCOVID19

Votre
gouvernement

Québec

CHOMEDEY



RARE SPLIT

Detached split situated close to all conveniences. Offering 3+2 bedrooms, 3 full baths, large entrance, living room, dining room, family room, large playroom, double garage, beautiful backyard.

A MUST SEE!!



SOLD IN 12 DAYS !!!

\$569,000

Centris No. 11860051

507, RUE LAVERGNE, LAVAL

Impeccable townhouse situated in great location of Ste-Dorothee. Open concept offering 3 bedrooms plus 1+1 baths. Many renos and updates done to property. Close to all shopping, schools, transport and highways. Beautiful backyard with large balcony and heated pool.

MUST SEE!!

CALL ME FOR MORE INFO.



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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



HUMANIA CENTRE Agence immobilière 450.682.2121



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

Housing crisis:CAQ disregard



Andrés Fontecilla asked that the Legault government take measures to address increased residential property speculation.

Photo: Assemblée nationale du Québec.



MATIAS BRUNET-KIRK
matias@newsfirst.ca

On Oct. 21, the provincial government voted against the study of a petition brought forward by Québec Solidaire MNA for Laurier-Dorion Andrés Fontecilla. Fontecilla asked that the Legault government take measures to address increased residential property speculation.

With over 1347 signatures, petitioners demanded that the government do more to control rent increases, put in place a lease registry and reverse the burden of proof regarding renovations from tenants to owners.

Fontecilla, who is the official opposition critic for housing at the National Assembly, deplored the fact that Premier François Legault did not address the housing crisis during his inaugural speech at the National Assembly on Oct. 20.

The premier instead spoke about the continuing pandemic, the need to decentralize the healthcare system and the need to move Quebec towards a green economy, among other issues.

A rising share of household expenses

Fontecilla criticized the Legault government's inaction on housing issues and what he has called on several occasions to be a growing problem both in Montreal and across the

province.

"These measures are direct assistance to tenants that the government stubbornly refuses to grant them," deplored the MNA. "Quebec families will suffer the worst increase in the cost of living in 30 years and the CAQ continues to refuse to act for access to housing, which nevertheless represents the biggest household expense," he continued.

The provincial government has on multiple occasions denied that a housing crisis exists, for which Fontecilla berated them. "It's all well and good to deny the housing crisis, but here it becomes frankly insulting," he said.

He added that the Quebec model for housing regulation through the *Tribunal Administratif du Logement* is "completely outdated" and "taking a turn for the worst no longer ensuring that the rights of tenants are protected," he added.

Rising rent prices across the country

In a recent study published by Bullpen Research & Consulting, a real-estate consulting agency, the group found that the average monthly rent in Canada had slowly bumped upward to \$1,769 in September, up about 0.3%.

While Montreal came in 21st in the country for average rent price at \$1,506 for a one-bedroom and 16th for a two-bedroom at \$1,918, its average rent increase was found to be far above the national average.

ds petition on housing presented by Andrés Fontecilla



Many in Parc-Extension have protested for the implementation of stricter rent controls as prices continue to sore. Photo: CAPE

“Month over month, average rents in Montreal in September were up 3.1% for a one-bedroom and 1% for a two-bedroom,” read the report.

“September marked the first time this year that the average rent in Canada wasn’t cheaper than last year, as rental rates continue their upward trend. Canada’s 10 largest municipalities all experienced quarterly rent growth, showing the recovery is not regional but nationwide,” said Bullpen Research & Consulting president Ben Myers.

Support from many Montrealers

To address the growth in rental prices across the province, Fontecilla wants to see the prov-

incial government do its part to address the issue. He added that many of the demands in the petition were supported by various segments of society, including the Montreal metropolitan community.

“The creation of a rent registry, a measure that Québec Solidaire has been calling for for several years, would curb the frantic rise in rents,” read a statement published by the MNA.

Both municipal mayoral candidates Valérie Plante with Projet Montréal and Denis Coderre with Ensemble Montréal have included such measures as electoral promises in their respective campaigns.

Residential and commercial asphalt



with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

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



Scellant Propre

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

Problems with pests, insects or rodents???

Why suffer with infestation!
All kinds of insects and rodents

- Free Estimate
- Written Guarantee
- Residential
- Commercial
- Industrial

www.sdextermination.com

S.D Exterminating Service Inc.

220 Jean-Talon Ouest, Montréal, Qc. H2R 2X5
Call 514 274-1100 or 514 274-1459

Serving the community for over 50 years

Member of Canadian Association

SINCE 1971

Colourful celebrations at the William-Hingston Centre

Himalaya Seniors of Quebec celebrate the victory of PM Justin Trudeau



General Secretary Nizam Uddin gave the inaugural address at the victory party.
Photo: Himalaya Seniors of Quebec



MATIAS BRUNET-KIRK
matias@newsfirst.ca

Local community organizations, the Himalaya Seniors of Québec and Loisirs du Parc, jointly hosted a victory celebration last Friday to commemorate the re-election of local member of parliament and Canadian prime minister Justin Trudeau.

Held in a basement room at the William-Hingston Centre, approximately 30 ardent Trudeau supporters gathered to hear speeches and celebrate the third federal victory of the Prime Minister.

In attendance were Himalaya Seniors of Québec president Vathany Srikandarajah, along with General Secretary Nizam Uddin. Also present was Nelson Osse from Loisirs du Parc as well as other prominent residents and volunteers.

Although Justin Trudeau was not able to make it to the event as he was in Ottawa attending private meetings, several members of his staff attended and gave speeches. Director of Justin Trudeau's constituency office Stavroula Daklaras attended along with Constituency Assistant India La Haye.

Speeches and thanks

The event was kicked off with a speech by General Secretary Nizam Uddin to a crowd made up of Parc-Extension residents from many different backgrounds. He outlined his

"excellent relationship" with the Prime Minister, recalling how Trudeau had contacted Uddin during his first election and initial nomination as the leader for the Liberal Party of Canada.

Vathany Srikandarajah, president of the Himalaya Seniors of Québec also spoke to those in attendance, outlining past encounters and a pleasant working relationship with the member of parliament for Papineau.

Organizers were then joined by Justin Trudeau's constituency staff, who gave speeches and awarded the organization with a letter from the prime minister himself. They read a message from the prime minister, thanking organizers and attendees for the event and what they said was a "wonderful victory party."

Colourful occasion

Once speeches had wrapped up and ceremonies had finished, organizers introduced the festive portion of the evening. Two belly dancers in traditional Caribbean carnival attire often called "mas" performed a dance number for those in attendance.

Performing for over 45 minutes, members of the crowd as well as organizers joined in on the festivities and danced alongside the performers. The mood amongst those at the event was jovial and festive.

The event wrapped up at around 7:15 PM as people began to stream out, getting to take home a lunch box including samosas and sweets. "The participants departed happily with smiling faces, together as one big family," concluded Nizam Uddin.



Organizers were joined by the Director of Justin Trudeau's constituency office Stavroula and Constituency Assistant India La Haye, along with two belly dancers who performed for the crowd.
Photo: Himalaya Seniors of Quebec



SÉCURITÉ
SPARTAN
SECURITY

Burglar • Fire • Cameras • Intercoms

(514) 289-8585

20 years at your service!

24 HOUR MONITORING

**ALARM SYSTEM INSTALLATION +
12 MONTHS MONITORING!**

\$499⁹⁹

System Includes:

- 1 x Alexor 9155 main alarm unit
- 1 x WT5500 wireless 2 way keypad
- 1 x WS4904P wireless motion detector
- 2 x WS4945 wireless door/window sensors
- 1 x WT4989 wireless 2 way key chain remote with icon display
- 1 x battery backup, power supply, telephone jack
- Incl. 1 year monitoring





4 benefits of working for a family business



No matter what industry they're in, family businesses are unique. If you're looking for a new job, here are some of the advantages of working for one.

1. They offer a sense of belonging. If you don't want to feel like a number, joining a family-owned business is the right choice. You'll likely be part of a small, close-knit team that's truly invested in your well-being.
2. They subscribe to strong values. Family businesses are generally driven by strong values such as reliability, trust, respect, solidarity and transparency. These values are reflected in the way they treat their customers, suppliers, partners and employees.

3. They tend to endure for a long time. Since family businesses are passed down from one generation to the next, they continue to develop and grow over the years. This changing of hands keeps things fresh and ensures the company continues to thrive.
4. They have a good reputation. Family businesses have a strong interest in protecting their reputation to encourage pride in the family name. They not only want to present a positive image to their customers, but they also want their employees to speak well of them.

If you want to be part of a company run by a devoted and caring team, consider working for a family business.

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling elsewhere, come see us!

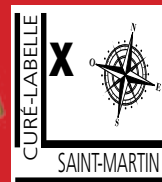
Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:00pm
Saturday - 9am to noon
Sunday - Closed

solutionr1.com

*No price by phone

Same address since 1989

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



We are hiring!

If you are looking for a permanent position with full benefits, higher than average salary, a respectful working environment and additional performance based compensation, Rose Hill Foods may be the ideal workplace for you!

Located in Ville Saint-Laurent (Montreal), with nearly 40 years of continuous evolution since its founding in 1983, **Rose Hill Foods** has become a leader in the Canadian food industry.

We are currently looking for capable and energetic people to work in our **Production and Packaging Line**.

The most valuable asset of our business is our employees!

Want to know more? Contact:

Vasileios Bourmpounis
E-mail: vboumpounis@rosehillfoods.com
Tel.: (514) 745-1153 ext.: 245

ROSE HILL Foods Inc.

7171 boul. Thimens, St-Laurent, Qc. Canada H4S 2A2 • www.rosehillfoods.com
Tel: 514-745-1153 • SF: 800-361-3102

In Memoriam & Obituaries

Dearly departed

MOURNING • REMEMBERING • COMMEMORATING

Dealing with grief: four tips for grappling with loss

Grief is something that needs to be actively worked through. Freud outlined this idea in his seminal essay "Mourning and Melancholia," and his theory of grief work remains at the core of modern approaches to handling loss. Here are four strategies for actively dealing with grief.

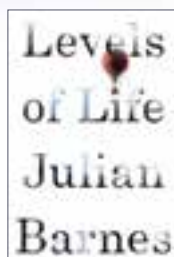
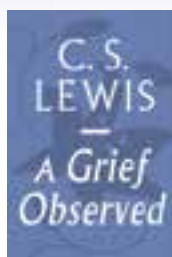


1. OPEN UP TO OTHERS

Grieving individuals need to express what they're feeling. Bottling up or ignoring one's emotions only causes them to fester. For most people, talking with friends and family members about what they're feeling is the most natural and easy way of unburdening themselves.

2. EXPRESS YOURSELF THROUGH ART OR JOURNALING

Not everyone is comfortable opening up to those around them. When this is the case, a person can express his or her feelings in a variety of other ways. Dancing, making music, and painting can all be effective means of expressing grief. Journaling is another method of releasing pent-up feelings, with the typical method being to write down everything felt and thereby identify and explore the full range of emotions.



3. READ BOOKS ON GRIEVING

Many mourners find solace, strength and wisdom in books in which novelists talk about their experience of loss. There are also books in which experts on grief and grieving provide tools for dealing with a loved one's passing. Here are some notable ones:

- *Levels of Life* by Julian Barnes (essay)
- *The Year of Magical Thinking* by Joan Didion (memoir)
- *It's OK That You're Not OK* by Megan Devine (self-help)
- *A Grief Observed* by C.S. Lewis (collection of reflections)

4. EAT WELL AND EXERCISE

Self-care is essential when grieving. Eating well, drinking lots of water and exercising regularly will help balance the griever's mood and improve their well-being. The exercise needn't be strenuous; stretching, brief yoga sessions and short walks can be a good start.

Actively working through one's grief tends to be very helpful. However, oftentimes individuals need additional support, guidance or simply a listening ear. In such cases, getting support from a grief counselor can be invaluable.



Edmond Bachoura
1941 - 2021

It is with great sorrow that the family of Edmond Bachoura announces his death at the age of 80 at Royal Victoria Hospital in Montreal, Quebec, on Saturday, October 16, 2021.

He is survived by his beloved wife Silva Mikha and children: Madonna and her husband Majd Arbash, Bachar, Yvonne and his grandson George Arbash. He will be deeply missed by his sister Jeanette, his brother Georges, the family of his sister Marie, the family of his brother Said, and many nephews and nieces as well as other relatives and friends.



Gary Lyn BETTS
1948 - 2021

Gary Lyn Betts passed away as he fell asleep the morning of Oct 9th at the age of 73. Gary was born July 13th 1948 as the eldest of 7 children which might have something to do with how good he was at caring for others. Everyone that Gary met was treated with sincere kindness and generosity. He was a father figure, uncle figure and mentor for so many of us he treated us all as family no matter how long we knew him. Gary did not let his bad heart or COPD rule his life and lived his life to the fullest with a quick wit and dry sense of humor. He will be missed with the fondest of memories. No grave could keep such a free soul God called him home so he could go fishing in the great blue sky.



JEANNINE BOURDON
1956 - 2021

In Montreal, on Saturday, October 9, 2021, at the age of 65, passed away JEANNINE BOURDON, daughter of the late Camilla Bordeleau and the late Rosario Bourdon, as well as sister of the late Robert Bourdon.

She is survived by her brothers and sisters Francine, Denis (Nicole), Nicole (Dominique) and Jocelyne (Pierre), her nephews and nieces Alexandre, Caroline, Guillaume, Florence and Delphine, her sister Dyane (Mario) and her daughter Marie-Eve, relatives and friends including Céline and Gisèle who accompanied her during last moments.



Zella Singerman Hayman

It is with great sadness that the family of Zella Singerman Hayman announces her passing on Monday, October 25, 2021. Beloved sister and sister-in-law of Harriet and Yehuda Pardo, Leon and the late Hilda Maliniak. Cherished aunt of Talya Pardo and Mani Ricardo, Aytan Pardo; and Jenny Maliniak. Loving great-aunt of Sarah and Gracie. Zella will be fondly remembered by all those whose lives she touched.



AETERNA
Complexe funéraire • Funeral Complex

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

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

HOROSCOPE

Week of **OCTOBER 31 TO NOV. 6, 2021**

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS



ARIES

You'll find yourself with quite a bit of work to do, and a minor cold could slow you down. Make sure you get enough sleep. You'll also need to pay more attention to your health in general.



TAURUS

You'll find yourself in the spotlight for some reason. Fortunately, you'll be able to lighten the mood with your quick wit. Someone may share a secret with you that will leave you wondering what to do.



GEMINI

You might have some work to do on your house before winter. A family member will be a source of concern. If you plan on moving, you'll need to prepare well in advance if you want to make things easier on yourself.



CANCER

Don't forget to use a GPS app when you hit the road so you don't wind up driving in circles. You'll finally get confirmation on certain matters, and you'll return calls from important people.



LEO

You'll finally receive a sum of money that's been owed to you for quite some time. You'll win the battle for a re-fund or insurance claim. Justice will be on your side this week.



VIRGO

You'll have a front-row seat to an interesting event. Your initiatives will get things moving. In your professional life, everything is falling into place for that funding or raise you've been after.



LIBRA

The week will begin with confusion. You'll need a second cup of coffee to keep you alert. You'll have your head in the clouds on several occasions, but this will encourage creativity.



SCORPIO

Colleagues and relatives will put you in charge of numerous activities when you would prefer to play a supporting role. Have faith in yourself, and you'll impress many people.



SAGITTARIUS

If the company you work for is restructuring, you'll feel a little bit anxious about keeping your job. Fortunately, you'll have the opportunity to move up the ladder to a senior management position.



CAPRICORN

You may suddenly be inspired to start a training program that could lead to some exciting new career opportunities. As for your spiritual side, you'll find that you need to strengthen your convictions.



AQUARIUS

You'll be more sensitive than usual and easily moved. Change could generate some anxiety, but you'll find the outcome to be quite liberating. You'll begin the process of buying property.



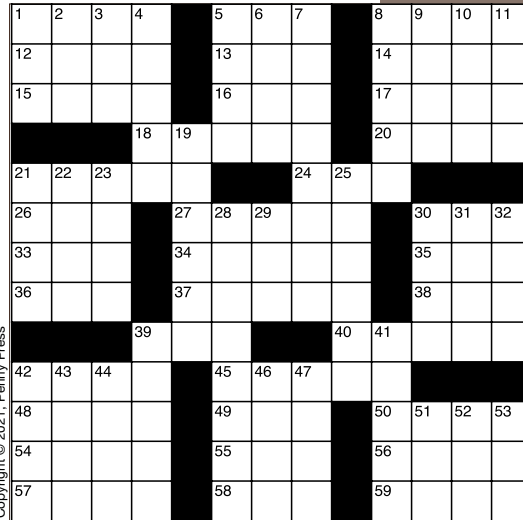
PISCES

It's important to gather all the necessary information before making a decision, even if you feel rushed. Take the time to reflect on your choices before you show your hand to others.

Coffee Break

CROSSWORDS

PUZZLE NO. 100



Copyright © 2021, Penny Press

ACROSS

1. Stick around
5. That girl
8. Final
12. Confederate
13. King Kong, e.g.
14. Yodeling sound
15. Howl
16. ___ service
17. Track competition
18. Notable period
20. Chances
21. Mexican sauce
24. Baseball's Swoboda
26. Deadlock
27. Small piece
30. Also
33. Lyric poem
34. The ones there
35. Admit for a visit
36. Part of mph
37. Devoured
38. Elongated fish

DOWN

1. Manner
2. Foamy brew
3. Unwell
4. Kinds
5. Crown of light
6. Saga
7. Word another way
8. Defective auto
9. Did better than a B

10. Discard
11. Tykes
19. Soft hue
21. Eight-sided sign
22. Deputy
23. Impolite look
25. Unlocked
28. Book divisions
29. Decay
30. On a voyage
31. Shortcoming
32. Remove from print
39. Mature
41. Brink
42. Droplet
43. Bait
44. Oh, woe!
46. Amtrak travel
47. Military force
51. Not young
52. Marsh
53. Lamb's mother

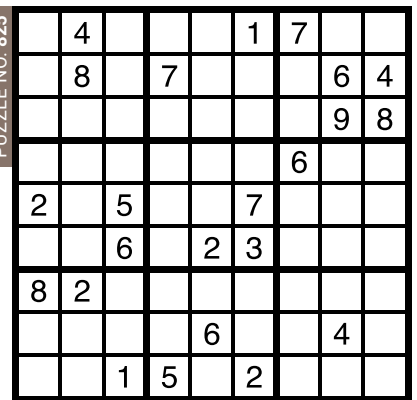
Sudoku

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.

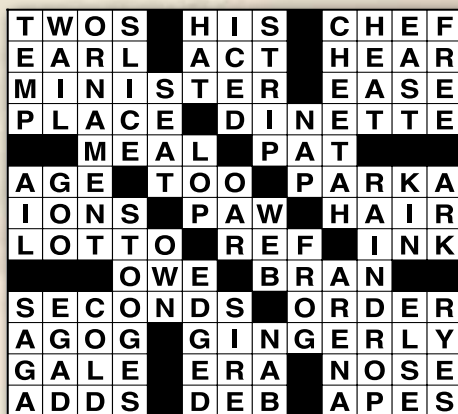
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 825

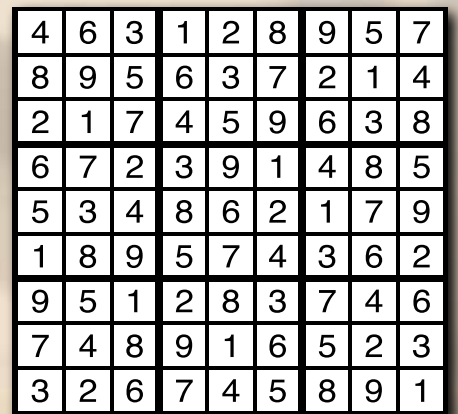


Last Issues' Answers

CROSSWORDS



Sudoku



YOUR COMPANY NAME
ADDRESS
CITY, PROVINCE, P.C.

DATE
Y Y Y Y M M D D

PAY
to the order of

\$

DOLLARS

Full Banking Security Features

SAVE MONEY

Print your cheques
with us with confidence

MEDIA-TREK
Communications - Promotions - Marketing

Call us for more information **450.978.9999**

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

Amazing Prices!

250 for \$87
500 for \$127
1000 for \$187



ZERO IN ON THE NEW

\$
DOWN



with
Fido Payment Program¹

0% interest, on approved credit
with select phones and plans.

NOW IS A GOOD TIME

Visit **mobifone.ca**
to see all current offers

Place Forest
10539, Pie-IX Blvd.
514 325-7100

Decarie Square
6900 Decarie, Unit K001
514 739-6838

436, Jean-Talon St West
du Parc Metro
514 272-2355

680, Jarry St East
Jarry Metro
514 490-0099

MONTREAL

Complexe Desjardins
175, René-Lévesque Blvd. West
Place-des-Arts Metro
514 669-1880

Place du Quartier
(Chinatown)
1111, St-Urbain St
Place-des-Arts Metro
514 667-0077

Place Alexis Nihon
1500, Atwater Av.
Atwater Metro
514 939-5552

4190, St-Laurent Blvd.
Mont-Royal Metro
514 439-9934

Le Boulevard Shopping Centre
4270, Jean-Talon St East
514 887-7784

SOUTH SHORE

Valleyfield Centre
50 Dufferin, Unit 1200
Valleyfield
450 373-2335

Châteauguay Regional Centre
200 d'Anjou Blvd.,
Châteauguay
450 692-7769

NORTH SHORE

Galeries Terrebonne
1185, Moody Blvd.
Terrebonne
450 471-8972

LANAUDIERE

Galeries Joliette
1075 Firestone Blvd.
Joliette
450 499-3014

OUTAOUAIS

Les Galeries de Hull
320, St-Joseph Blvd.
Hull
819 205-1390



EXCLUSIVE DEALER **fido**

Offers subject to change without notice. A Setup Service Fee of \$50 applies to set up your device and related services. Taxes extra. **1. Fido Payment Program:** 0% APR on approved credit with a Fido Payment Program Agreement (FPPA) and an eligible Fido mobile plan. A larger down payment may be required based on our evaluation of your credit. FPPA based on full price less any down payment plus taxes (excluding promo credits, if applicable, which are applied monthly on your bill for as long as your FPPA is in place). Any down payment plus taxes is due in full upon purchase. If your FPPA is terminated or your mobile plan is cancelled, the outstanding Fido Payment Program balance becomes due and the promo credit (if applicable) will end. TMFido related names & logos are trademarks used under licence. © 2021 Fido