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YEAR IN REVIEW 2021

PART 3

See pages 8-11



Anxiety, depression, loneliness AT HIGHEST LEVELS since early pandemic

Page 3

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Anxiety, depression, loneliness at highest levels among Canadians since early pandemic: survey

Nearly 1 in 4 respondents said they needed — but could not access — mental health support last year

Anxiety and feelings of depression and loneliness among adult Canadians are at their highest levels — especially among women and frontline workers — since the onset of the COVID-19 pandemic, a report released Tuesday by The Centre for Addiction and Mental Health (CAMH) suggests.

“After all of the ups and downs of the pandemic, in terms of the overall mental health of Canadians, in many ways we are right back to where we were two years ago,” said Dr. Hayley Hamilton, survey co-lead and senior scientist at the Institute for Mental Health Policy Research.

“With Omicron in full force during this survey period, the relatively lower levels of mental distress reported last summer when the vaccine rollout was in full swing are now a distant memory for a lot of people.”

More than 25 per cent of survey participants reported feeling moderate to severe anxiety — up from 19 per cent in July 2021, CAMH said.

Also, around 24 per cent reported feelings of loneliness in comparison to 18.8 per cent last summer, and roughly 22.3 per cent of people reported having feelings of depression, compared to 18.6 per cent last summer.

Consistent with previous surveys, Canadians between 18 and 39 years old reported the highest levels with 33.5 per cent for anxiety, 29.1 per cent for loneliness and 27.7 per cent for feelings of depression.

Reports of moderate to severe anxiety, loneliness and feelings of depression increased significantly among women in Canada, but only slightly for men.

“These larger increases among women may reflect that they are often carrying a disproportionate burden, including imbalances in care-giving responsibilities and frontline work,” said Samantha Wells, senior director of the Institute for Mental Health Policy Research at CAMH.

Also workers with jobs that expose them to a high risk of contracting COVID-19 reported “large increases in adverse mental health

symptoms,” with 37 per cent reporting moderate to severe anxiety compared to 23.5 per cent last summer and 35.7 per cent reported feelings of depression compared to 24.8 per cent.

“While people are incredibly resilient, as this pandemic wears on it’s the people working on the front lines who are among the most affected,” said Wells.

Fear of contracting COVID-19 doubled

The survey is the ninth and final CAMH survey in a series on Canadians’ pandemic health and substance abuse, conducted in collaboration with Delvinia, a research technology and consumer data collection company.

The results are based on responses from English-speaking Canadians aged 18 and older who completed the survey online. For comparison purposes only, a probability sample of this size would carry a margin of error of +/-3 percentage points, 19 times out of 20.

Survey results also pointed to a significant increase in reports of unmet mental health needs: 24 per cent of participants said they needed mental health services to cope with the pandemic in the past 12 months but were unable to receive them, compared to 19.5 per cent the summer prior.

‘More pessimism, less resilience’

Among other key findings, the survey indicated that the fear of contracting COVID-19 doubled to 28.3 per cent from 14.2 per cent a year ago.

“I think for a lot of people, this wave feels different from the other waves, like the rug has been pulled out from under them after they thought the worst was over,” said Dr. David Gratzer, a psychiatrist at CAMH.

“I am seeing more pessimism and less resilience than in previous waves.”

Financial stresses, economic hardship and issues around housing are all among the factors contributing to the reported levels of anxiety



Samantha Wells, senior director of the Institute for Mental Health Policy Research at CAMH, says frontline workers have been heavily affected by stresses associated with the pandemic. (CAMH)

and depression, Gratzer said.

He said governments and policy makers must make mental health a priority to prepare for the fallout of the pandemic and its impact on the healthcare system.

“Many people are experiencing anxiety and depressive symptoms as well as other mental health problems related to the pandemic,” he said.

“Remember, we were already in a mental health crisis before the pandemic began, and this won’t end when the last COVID-19 patient leaves the ICU.”



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OPINION & Editorial

THAT'S WHAT I'M THINKING

Robert Vairo



The Market dives, Dairy Farmers vs Consumers, Free Vitamin D.

A friend of mine who is not familiar with the stock market, much less what the acronyms stand for, like DOW, S&P 500, TSX etc., asked me "what is going on with the markets?" He was aware of something not being right but couldn't quite figure it out. I don't know that much more about it, but was able to sight the usual symptoms of what market investors call a "correction".

I told him, there seems to be a number of reasons. Nothing is wrong with the companies that lost billions in value last week. In many cases these corporations were overpriced. In other words, the value of their stock did not reflect the company's worth, or capitalization. Another reason is the fear of inflation, now real at nearly 5% and the anxiety it will bring, higher interest rates, expected shortly. And investors, institutional and retail, who increased stock value by the billions during the pandemic, are now selling, cashing in. An example is Netflix down 20%, Amazon down 10%, Peloton down 24% (likely because it's reported it would pause production of its hot selling exercise machines). SHOPIFY, CanAada's great e-commerce enterprise was valued at more than the Royal Bank earlier this month. It lost its title as Canada's biggest publicly traded company plunging from a high of \$2189.32 a share a month ago, to a low of approximately \$1100.00 at the TSX (Toronto Stock Exchange) close last Friday. That's a drop of nearly 50%. Will it come back to its glorious highs, like other stocks that have dropped? Likely, in time, because Shopify and other companies that have lost value this month, are doing nothing wrong.

It's the nature of the market, but a very scary event, especially for seniors who use to rely on high pay outs from Canada Savings bonds and GIC's. In the glory days of the 1990's with mortgage rates at 15%, these savings instruments paid out a handsome 16% to 20% interest, with no risk attached. But today, with returns on savings at less than 1%, the stock market is where to invest to stay ahead, if not afloat. So are cryptocurrencies, that are also taking a dive. If they are not into real estate, and revenue properties, to supplement their income (renting and dealing with tenants is not for everyone) then they are left with little choice but to pay a financial advisor to buy them mutual funds. They have often chosen to invest themselves, without the added expense of 'the middle man', through self-directed investment accounts, and other online brokerage and self-management firms, that charge little or no trade commissions or management fees. No matter who or what

investment method is used, last week especially, everyone suffered.

The crash of 2008 took four years to recover. In 2015, it took over a year. So as history has taught us, we will resurface, and see company valuations slowly but surely regain prominence, only sometimes in another economic sector, and in varying periods. After suffering losses, for some it's the end, and never again will they invest in the stock market. Others see it as just another "buying opportunity".

I read something unusual recently. New Zealand criticized Canada and sided with the United States. In fact, the headline in the Financial Post read "New Zealand cheers Canada's loss in the dairy dispute". I did too. Not our loss, but our win. Canada's overly protected dairy farmers, with the "supply management system that has historically used high tariffs on imports to shield the domestic dairy producers from competition" from the U.S. and Europe, results in Canadians paying much, much more for milk, cheese and all other dairy products. Canada circumvented the North American free trade agreement by passing on the quotas to Canadian dairy companies who have little interest in rivalry, at our expense. And our Prime Minister is just fine with that, always in support of the Quebec vote and the powerful Quebec dairy lobby. Finding Canada in the wrong will hopefully lead to more competitive prices for milk and dairy products and help in lowering our atrociously inflated grocery bills.

While the Trudeau liberals say they are "protecting Canadians with more stringent gun laws", that same government is eliminating mandatory minimum sentences for criminals who use guns in the commission of an offence. That makes so much sense, doesn't it? Meanwhile Canada's homicide rate is up 7% from a year ago. (Statistics Canada)

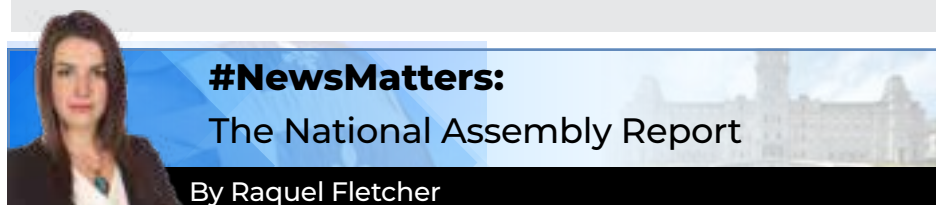
Why are politicians and especially our health officials failing to mention that a strong immune system is also a great fighter against COVID? In Britain, they are giving out vitamin D, free! Seniors are receiving a four-month supply of the vitamin that health officials agree, "optimizing the immune response to mitigate clinical illness for any given viral load". If only our leading medical teams had the wisdom to help out our seniors stuck indoors, with no sunlight, in March of 2020.

Stay healthy. Walk, eat well, keep smiling.

That's what I'm Thinking.

Robert Vairo

robert@newsfirst.ca



#NewsMatters:

The National Assembly Report

By Raquel Fletcher

Premier calls for patience as pressure grows to reopen economy

The journalist was skillful to disguise any hint of desperation in her voice, but the question spoke for itself. "If we did everything right, why are we still in this so deeply?" she asked Premier François Legault at his press conference last Thursday.

Quebec had just announced that it would not be relaxing current health measures in the immediate future because people are still dying.

"It is my duty is to be responsible, to protect the lives of Quebecers, so let's be careful, let's be patient. Think of the staff in our hospitals. We will eventually get out of this together," Legault said.

Why are things so dire?

The premier said he knows how fed-up people are and praised Quebecers for their solidarity. Hence, the burning question: if Quebecers have done everything that has been asked of them over two years of this global health crisis, why then are things still so dire?

The restrictive measures currently in place are imperative to protect Quebec hospitals from breaking apart at the seams as they continue to be over capacity, especially in ICUs.

"I cannot compare really with what's happening in other provinces and states, but we know that right

now the situation (in Quebec) is really tight," the premier said. "We want to be able to continue to treat everybody and not delay important and urgent treatments."

The premier acknowledged, however, the pressure he was under to reopen certain parts of the economy.

Opposition cites "devastating impact"

Liberal Leader Dominique Anglade called for the province to allow children and teens to participate in sports again, citing the "devastating impact" the current situation is having on the mental health of young Quebecers. This plea was echoed again Friday by Quebec Solidaire's Gabriel Nadeau-Dubois during a meeting between the premier and some opposition leaders. Anglade opted out of the meeting after declaring earlier in the week that the CAQ government had lost control of the pandemic.

Quebec is also hearing from bar and restaurant owners who remain closed with no timeline for reopening. To add insult to injury, neighbouring Ontario announced it would allow these establishments to reopen at 50 per cent capacity at the end of the month.

"Please help us!" was how one Montreal bar owner

summed up his desperation Friday.

Martin Guimond, the owner of Le Saint-Bock in downtown Montreal said he is only \$25,000 away from bankruptcy and still has rent and municipal taxes to pay.

Morale at a low

Quebecers' morale is at a low, but the premier tried to remain optimistic, declaring that Quebec has now reached the peak of the fifth wave in terms of the number of hospitalizations and things should be improving soon. Twelve thousand health care workers are still missing from the system, mostly due to being sick with COVID-19 themselves, but Legault hopes many of them will return to work this week.

"So Plan B to reduce services will not be necessary," Legault said, referring to a contingency plan made public earlier in the week in the event hospitalizations continued to rise. "It was responsible to have a Plan B, but I want to be very clear, this Plan B has never been applied."

The province also announced a plan to reach out to the 565,000 unvaccinated adults in the province.

Junior health minister Lionel Carmant will be announcing the details this week. The government is particularly concerned about vulnerable populations, including immigrants who do not speak either French or English, who may have fallen through the cracks.

"We are making an extra effort to give the maximum number of chances to those who did not receive the information," said health minister Christian Dubé.

It's also a last effort to give another chance to the health network to handle this latest wave that can only be fought by once again putting the economy on pause.



Plusieurs assouplissements à compter du 31 janvier

« On annonce aujourd'hui certains assouplissements parce qu'on doit notamment penser à la santé mentale des Québécois. Mais on doit y aller tranquillement, progressivement, prudemment. Les experts prévoient, dans les prochaines semaines, une petite réduction des hospitalisations. »

À la suite des recommandations de la Santé publique, le premier ministre du Québec, François Legault, accompagné du ministre de la Santé et des Services sociaux, Christian Dubé, et du directeur national de la santé publique par intérim, Luc Boileau, a annoncé aujourd'hui les détails des prochains assouplissements à venir, qui se dérouleront en deux premières phases.

La plupart de ces assouplissements entreront en vigueur dès le lundi 31 janvier. La seconde phase, dont les allègements concernent les lieux de culte et les événements publics (salles de spectacle et cinémas, notamment), pourra s'amorcer à compter du lundi 7 février prochain.

Ces assouplissements permettront de favoriser une reprise graduelle des activités économiques et culturelles ainsi que de la vie sociale. En fonction de l'évolution de la situation épidémiologique et hospitalière au Québec, de nouveaux assouplissements pourraient être annoncés au cours des prochaines semaines.

Rassemblements privés

Les occupants de 2 résidences, ou un maximum de 4 personnes, pourront se réunir à l'intérieur d'un domicile privé. Il est fortement recommandé que les personnes soient adéquatement vaccinées.

Restaurants

- Réouverture en accueillant les occupants de deux résidences, ou au maximum 4 personnes, par table.
- Capacité d'accueil à l'intérieur réduite à 50 % et respect d'une distanciation minimum de 1 m entre les tables.
- Les restaurants devront cesser la vente d'alcool à 23 h et fermer leurs portes à minuit.
- Notons que les bars, tavernes et les casinos demeureront fermés pour l'instant.

Sports et loisirs

- Activités intérieures de sports au civil ou de loisirs, y compris les cours, seront permises pour les personnes de moins de 18 ans :
- Activités limitées à 25 personnes. Pas de matchs, de compétitions, ni de tournois;
- Entraînement uniquement.
- Ouverture des concessions alimentaires.
- Chalets de ski et relais de motoneige et de quad :
- Ouverture des aires de restauration. Capacité d'accueil à 50 % et distanciation de 1 m entre les tables;
- Capacité intérieure à 50 %.
- Notons qu'à l'extérieur les activités de sports et de loisirs seront permises sans restriction.

Milieus d'enseignement

Accès aux centres récréatifs pour les programmes sport-études.

Réouverture des plateaux d'entraînement pour les étudiants athlètes.

Reprise des activités parascolaires (sans matchs, compétitions, ni tournois). Le passeport vaccinal sera obligatoire pour les personnes de 13 ans et plus.

Activités et lieux particuliers intérieurs

Accès aux centres récréatifs pour les programmes sport-études.

Ouverture de certains lieux intérieurs avec 50 % de la capacité (notamment le Biodôme,

le Planétarium, les aquariums, les jardins botaniques, les insectariums, les jardins zoologiques).

Lieux de culte (dès le 7 février)

50 % de la capacité (maximum de 250 personnes) :

Avec passeport vaccinal

Funérailles (dès le 7 février)

Maximum 50 personnes pour les cérémonies funéraires, les condoléances et l'exposition du corps ou des cendres à l'intérieur.

Sans passeport vaccinal.

Événements publics

(notamment les cinémas et les salles de spectacle) (dès le 7 février)

À l'intérieur : capacité d'accueil à 50 %, ou maximum de 500 personnes :

Passeport vaccinal obligatoire. Aucun entracte.

À l'extérieur : capacité d'accueil de 1 000 personnes :

Passeport vaccinal obligatoire.

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Résidences privées pour aînés (RPA) :

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1 personne proche aidante à la fois est permise, pour un nombre maximal de 2 personnes proches aidantes par jour.

Notons qu'uniquement les personnes adéquatement protégées peuvent avoir accès aux milieux de vie.

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Notons que la plateforme d'autodéclaration des tests rapides est disponible. Les citoyens peuvent dès maintenant y accéder. Ils auront à saisir certaines données d'identification ainsi que le résultat de leur test rapide.



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COVID-19 pandemic - Several

Following the recommendations of Public Health, Québec Premier François Legault, accompanied by Health and Social Services Minister Christian Dubé and Acting National Director of Public Health Luc Boileau, today announced details of the upcoming flexibilities, which will take place in the first two phases.

Most of these flexibilities will come into force on Monday, January 31. The second phase, the relief of which concerns places of worship and public events (theaters and cinemas, in particular), can begin as of Monday, February 7.

These flexibilities will make it possible to promote a gradual resumption of economic and cultural activities as well as social life. Depending on the evolution of the epidemiological and hospital situation in Quebec, further relaxations could be announced in the coming weeks.

Private gatherings

Occupants of 2 residences, or a maximum of 4 people, will be able to meet inside a private home. It is strongly recommended that people be adequately vaccinated.

Restaurants

Reopening by welcoming the occupants of two residences, or a maximum of 4 people, per table. Indoor capacity reduced to 50% and respect for a minimum distance of 1 m between tables.

Restaurants will have to stop selling alcohol at 11 p.m. and close at midnight.
Note that bars, taverns and casinos will remain closed for the time being.

Sports and recreation

Indoor civil sports or leisure activities, including classes, will be permitted for persons under 18 years of age:

- Activities limited to 25 people.



No matches, competitions, or tournaments;

- Training only.

Opening of food concessions.
Ski chalets and snowmobile and quad relays:
Opening of food courts. 50% capacity and distance of 1 m between tables;

50% indoor capacity.

It should be noted that outdoor sports and leisure activities will be allowed without restriction.

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flexibilities as of January 31



Educational settings

Access to recreation centres for sport-study programs.

Reopening of training facilities for student athletes.

Resumption of extracurricular activities (without matches, competitions, tournaments). The vaccination passport will be mandatory for people 13 years of age and older.

Special indoor activities and places

Access to recreation centres for sport-study programs.

Opening of some indoor spaces with 50% of the capacity (including the Biodôme, the Planetarium, aquariums, botanical gardens, insectariums, zoological gardens).

From 7 February

Places of worship

50% of the capacity (maximum of 250 people):

With vaccination passport

Funeral

Maximum 50 people for funeral ceremonies, condolences and the display of the body or ashes inside.

Without a vaccination passport.

Public events

(including cinemas and theatres))

- Inside: capacity at 50%, or maximum of 500 people;
- Vaccination passport required. No intermission.
- Outside: capacity of 1,000 people;
- Vaccination passport required.

Living environments for seniors

Private Seniors' Residences (RPAs):

A maximum of 4 caregivers per day is allowed, and it is possible for a resident to receive 2 caregivers at a time.

In the dining room, a caregiver can accompany a resident.

Residential and long-term care centres (CHSLDs) and intermediate resources that welcome seniors:

1 caregiver at a time is allowed, for a maximum number of 2 caregivers per day.

It should be noted that only adequately protected persons can have access to living environments.



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YEAR IN REVIEW 2021 PART 3

We take a thoughtful look

While the pandemic dominated, t

SEPTEMBER

Vaccine passport

The arrival of September marks the end of summer for many Montrealers. Although the days are still warm and enjoyable, people return from time off work and the school year starts, but this September was a little different.

On Sept. 1, the province-wide vaccination passport came into effect, thus preventing unvaccinated people from entering certain businesses including restaurants, bars, gyms and many municipal services.

Mandatory for all people aged 13 and over, people now had to prove they were doubly vaccinated to enter businesses and locations that were not deemed essential by the government of Québec. A buffer period was provided up to Sept. 15.

The response to this new regulation in Park Extension was tepid. Gurnam Malhi, the owner of Malhi Sweets, felt happy to do his part in verifying vaccine passports. "It's good if everybody gets vaccinated," he said, adding "it's good for all the public."

Rotisserie Panama manager Tina Koukoutsis expected that business would fall significantly with a mandatory vaccine passport. "We've lost so much already, and this is another handicap for us because not everybody is vaccinated," said Koukoutsis.

The mandatory vaccine passport has remained in place and has since been expanded to include other types of businesses, including the SAQ and the SQDC along with large box stores such as Walmart and Costco.

Construction woes



As the summer drew to a close, many in the neighbourhood saw a substantial increase in the number of construction projects taking place all at once. With the advent of multiple major construction projects in the area, including both city waterway and Hydro-Québec rehabilitation works, many residents complained of restricted mobility in the area.

In mid-September, there were approximately six municipal roadway construction projects along with two other Hydro-Québec refurbishment projects. Many residents on streets affected by construction and those nearby took to social media to voice their discontent at the construction happening at the same time.

"I understand that the work is necessary but the security measures leave a lot to be desired," said Lee Soo on the community Facebook group Parc-Ex Action Squad. "There are lots of children and seniors walking on these sidewalks," she said, adding "with the street completely closed and the two laneway entrances inaccessible, will this really be our traffic corridor until Christmas?"

While many complained of the difficulty of getting around, more traffic jams and reduced parking spaces, the City defended the work stating it needed to be done. "The City of Montreal is carrying out this work out of necessity," said city spokesperson Hugo Bourgoin, adding that it "must keep its assets in good condition to avoid having to carry out uncoordinated, emergency work which would inevitably cost more."

Justin Trudeau reelected

On Sept. 21 people from Park Extension and across the country went to the polls for an early federal election. Liberals retained their minority government with only 158 seats, while Park Extension residents chose to reelect Justin Trudeau in the riding of Papineau.

This left Erin O'Toole's Conservative Party in second place with 119 seats and Jagmeet Singh's NDP in with only 25 seats. Although many pointed to the early election call as an effort by the Liberals to clinch a majority government, the electoral map remained largely unchanged.



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

Trudeau has held the riding, a longtime Liberal stronghold, since 2008 with 2021 marking his fifth consecutive win. It was also the third time he was elected Prime Minister, a position he has held since 2015.

Antennes de Parc-Ex



September also marked the official launch of Park Ex's latest outdoor art installation *Les Antennes de Parc-Extension*. Started by Park Extension residents Jon Cohen and Lisa Baum, the collective reaches out to local artists and finances them to retrofit disused satellite dishes on building with original artwork.

"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 aimed to make art more accessible to people and to embellish the streets of the neighbourhood at the same time, including work from over 30 local and non-local artists.

Organizers and artists alike gathered in Park Lèstre on Sept. 25 to celebrate the official launch of the project. The free activity included a guided tour of the satellite dishes across the neighbourhood as well as the unveiling of an interactive map to help explore the different dishes. The beautifully painted and ornate

satellite dishes are still displayed on several buildings across Park Ex.

OCTOBER

Municipal campaign kicks off



With the federal election now in the rearview mirror, Montrealers saw the municipal election campaign kickoff in earnest. Set for Nov. 7, October was the month that the various parties vying for power pitched citizens on their platforms and jockeyed for support.

Ex-mayor Denis Coderre and his party Ensemble Montréal promised at the end of September that if elected, his administration would rebuild de l'Acadie Boul. and erase what he called a "symbol of social inequities." He added that he would see to have the fence that has separated Park Extension and the Town of Mount Royal removed, even though he had not consulted either of the mayoral candidates in the neighbouring municipality.

Roughly one week later, Valérie Plante and the ruling Projet Montréal party made several electoral promises from the steps of the William-Hingston Centre. Among others, she promised that if re-elected she would work closely with the provincial government to ensure more CPEs be built in Park Extension, even though it remains of provincial jurisdiction.

"We're in Park Extension and there aren't a lot of CPEs here," said Plante, adding that "it's not sufficient." She also announced she would halve the price of public transit passes for teens as of Oct. 1, bringing the monthly STM pass for 12 to 17 year-olds from \$54 down to \$27 per month.

MIL Université de Montréal draws ire of borough mayor



On Oct. 19, then borough Mayor Giuliana Fumagalli authored and presented a 12-page report outlining issues related to the campus along with her recommendations to the *Office de consultation publique de Montréal* (OCPM), an independent organization with the mission of carrying out public consultation mandates regarding urbanization and development projects.

The report outlined the negative effects the new campus has had on Park Extension, namely by acting as a vector for gentrification

back at last year's news

here were many other newsmakers

MATIAS BRUNET-KIRK



on the neighbourhood and pushing low-income, immigrant populations out of the area. The report also put forward several recommendations for the university and city to better address the issues.

"One of the main consequences of the phenomenon is an increase in forced residential displacements due to the rise in the cost of rent, discrimination in access to housing and the rise in evictions," wrote Fumagalli, adding that investment interest in the neighbourhood caused in part by the university campus was causing property prices to soar.

Although the report was in no way binding, it outlined several recommendations. "One of the first steps that the University of Montreal could take would be to explicitly acknowledge its role in the ongoing gentrification of Park Extension and to act quickly to try to mitigate the negative consequences for community organizations and residents," read the report.

"Intolerable" living conditions at 1040 Ball



The same week the report on gentrification was published, some Park Extension residents gathered in front of 1040 Ball to protest what they saw as unhealthy and unsafe living conditions they were forced to live in.

Cockroaches, mice and harassment were some of the things being brought up by residents of the small residential building, who held placards and banners demanding safer and healthier living conditions.

"Tenants in the building have been waiting for years for their housing conditions to improve, and the fact that they have been forced to live during all this time in apartments with mould, rodents, cockroaches and bedbugs, because of the landlord's neglect, is an infringement of their rights and of human dignity," stated Rizwan Khan, a community organizer at CAPE.

The poor situation in the building came to light at the start of October when the *Tribunal administratif du logement* (TAL) ordered the building owner Richard Liu to pay \$12,000 in compensation to 75-year old tenant Smaro Tzanetoulakos, who had been living with an infestation of cockroaches, bedbugs and mice.

Centennial Park



At the end of the month, Park Extension inaugurated its newest park on Oct. 21 at the corner of Saint-Roch and Stuart. Attended by volunteers, city employees and local elected officials, the ceremony introduced the newly renovated park, which showcases a photo wall displaying historical images of Park Extension along

with an art piece that also serves as a playground for children.

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.

"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," said the mayor at the time.

"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.

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 Park Extension from a century ago. Provided by the Park Extension Historical Society, it offers park-goers a look into the past.

NOVEMBER

Festival of lights



Although November brings cold weather and shorter days, the start of the month was marked with light and joy in the streets of Park Extension as many in the South Asian community celebrated the holy day of Diwali.

Diwali marks the start of a new year as families and friends come together to celebrate a fresh start. Festivities include the lighting of fireworks and family feasts, where *mithai*, a type of Indian sweets, are served and gifts are shared.

People of all ages, from young children to elders, gathered on Nov. 4 at the *Shree Ramji Hindu Temple* on Durocher Ave. to partake in a religious ceremony known as a *Puja*. Fireworks and music resounded across Park Extension as people celebrated the start of a new year and the hopes of a brighter future.

This special day is celebrated every year by millions of people around the world at the end of the harvest. "Diwali is a big festival for Indians," said CB Singh, president of the India Canada Association Of Montreal. "They call it the victory of the devil to goodwill," said Singh, adding that "god sends us from dark to light."

Municipal elections



Every four years, Montrealers go to the polls in the late fall to elect their new borough and municipal governments. On Nov.

7 Montrealers overwhelmingly voted to reelect incumbent Mayor Valérie Plante, who received 52 percent of ballots.

This put her opponent former Mayor Denis Coderre of Ensemble Montréal in a distant second place with approximately 38 percent of the vote. Third-party candidate Balarama Holness came in third with approximately 7 percent.

In Villeray—Saint-Michel—Parc-Extension, Laurence Lavigne Lalonde replaced outgoing Mayor Giuliana Fumagalli by a healthy margin with 53.3 percent of ballots cast. "THANK YOU to the citizens of Villeray- Saint-Michel-Parc-Extension," said mayor Lavigne Lalonde after her victory. "It was so inspiring to meet you, discuss your ideas, projects and concerns," she added.

In the district of Park Extension, City Councillor Mary Deros of Ensemble Montréal kept her seat with 2,871 votes, accounting for 43 percent of the ballots cast. First elected in 1998 under the Vision Montréal banner, she is now serving her seventh mandate.

"I'm looking forward to another mandate," said Deros the day after the election. "I thank the citizens for their support for the seventh time and I pledge to continue to work for the betterment of Park Ex," she added.

Speeding on Querbes



During the fall, many residents on Querbes came out publicly demanding something be done about speeding cars on the residential road. "It's really very scary our street because people speed so intensely," said resident Hilary Bergen, explaining she feels unsafe when walking her daughter to the park or her daycare on Beaumont.

"It's a 30 zone, but people go 50, 60 even sometimes 70 kilometres an hour down Querbes," deplored the resident, adding that the issue had gotten even

worse since construction began on Dickie-Moore Park at the corner of Beaumont and de L'Épée.

"Using data collected by a speed analyzer in August 2021, a V85 of 48.61 km/h on the southbound direction and 52.90 km/h on the northbound direction were recorded on Querbes," read a statement by Anouk Violette, an advisor to the city's ombudsman.

Both residents and elected officials pointed to the continuation of the Querbes bike path as a potential solution. "The most important thing we can do to slow the traffic on the street is to narrow the street by prolonging the Querbes bicycle path all the way to Beaumont," said Mayor Giuliana Fumagalli. This was also an electoral promise made by Projet Montréal and Ensemble Montréal. No concrete plans have yet been put forward.

Borough budget 2022



With a newly elected borough council, the first order of business for the coming year was to decide on the borough's annual budget and its ten-year program on fixed assets for 2022 to 2031. The Nov. 23 meeting marked the first in-person council meeting since the start of the pandemic.

The newly sworn-in council discussed budgetary provisions for 2022 that were subsequently sent to the Executive Committee at the City of Montreal. For the coming year, the borough estimated a required budget of \$61,669,100, roughly 2.2 percent above last years' budget of \$60,365,500.

YEAR IN REVIEW 2021

PART 3

We take a thoughtful look back at last

◀ Continued from page 9

"This year we didn't dip into surpluses as much as we did last year, which is good news," said Mayor Lalonde. Priorities this year included maintaining local tax at the same level, balancing the budget and growing local revenues especially related to the environmental transition.

For every dollar spent, 18.5¢ will go to sports and recreation, 15.2¢ will go to roads and

lighting and 13.4¢ to culture and libraries. The city hopes to balance services provided to citizens while also optimizing money spent on operations.

"Sometimes we say that 60 million dollars isn't a lot of money," said Mayor Lalonde but specified that "60 million to pay all city employees, to adequately maintain the network and to offer adequate services to our 148,000 residents, well it's a budget that we have to manage wisely because there's no room for improvisation."

ing that if elected he would refurbish de l'Acadie Boul. and work to have the fence removed.

In an interview with *La Presse*, TMR Mayor Peter Malouf said that the fence would not be taken down during his mandate. "What fence?" quipped the Mayor. "I see a hedge and trees. After that, I see six lanes for cars."

"There are openings in the fence, and we are going to rearrange them to ensure the safety of cyclists," added Malouf, pointing to the many

sections of de l'Acadie Boul. that still don't provide enough sidewalk space for pedestrian crossings.

For many residents, the two-kilometre stretch of road has epitomized the inequality experienced by some Montrealers, with the affluent, lushly tree-lined streets to the west and the densely-populated, concrete jungle of Park Ex to the east. The physical separation is both visible from street level and satellite imagery.

DECEMBER



TMR Fence

The fence separating the two communities of Park Extension and the Town of Mount Royal had been a contentious issue for many years now. But in December, the newly elected mayor of the Town of Mount Royal said the fence would stay for the foreseeable future.

The fence became a major electoral issue and point of contention among parties in the

November municipal election, with Ensemble Montréal mayoral candidate Denis Coderre promis-

Barclay Schoolyard



In December, a petition called *Sauvez le parc Barclay* (Save Barclay park) was launched by resident Einrika Siguineau, demanding the borough prevent the *Centre de services scolaire*

de Montréal (CSSDM) from creating temporary, modular classrooms in the schoolyard at École Barclay to accommodate students forced to move by proposed renovations.

A growing number of residents who live around Parc-École Barclay are worried that they would soon lose yet another green space when major renovations at both École Camille-Laurin Annexe and the William-Hingston Centre begin.

"We depend on our school parks," said resident Valérie Bloch, outlining that 8 out of 10 Parc-Extension residents don't have access to a backyard. "It's not a question of pragmatism with residents but rather of a relation and communication with the school boards in particular."

Borough Mayor Laurence Lavigne Lalonde said they had still not received an official request



st year's news



but would analyze all aspects of the project in full.

"If we reject a request for temporary classrooms, we would have to find other places or

find a good reason to explain to the parents who may no longer be able to send their children to school in the neighbourhood," she added.

Opening of Ogilvy de Castelnau



Over six months after its closure, Dec. 9 marked the day when the crossing at Ogilvy and de Castelnau finally reopened to the public. It was first shut in mid-May when the Canadian Pacific erected a fence on the path used by many residents citing safety concerns.

The crossing was recently rebuilt by the City of Montreal with new red-coloured asphalt, newly adapted signage and bicycle traffic calming baffles, for a total price of \$509,000. While the path was now open, it took another week for much of the permanent infrastructure to be installed.

While most residents were happy to see the crossing finally reopened, many also felt the newly constructed infrastructure was not worth the \$509,000 bill, especially in the state it was in at its opening.

"The ugliness is astounding," said resident Clayton Bailey on the Facebook group *Ouvrons la voie - Make way*, which has amassed over 700 members in the past few months. "Many months of construction and \$500,000 spent on the passage, it is impossible to imagine a more sloppy, more inhuman, ill-conceived and uglier result," he added.

Testing sites overloaded



While many across Park Extension were preparing for the holiday period with family, others were lining up at the Park Ex COVID-19 testing clinic amid an unprecedented surge in cases a week before Christmas.

Within only a few days, the Omicron variant spread wildly across the city with many testing services completely overflowing. One of the major walk-in clinics in the city, the Park Extension testing clinic extended its hours in mid-December, anticipating an increase in demand for testing.

"We are responding to the evolving needs of

the pandemic by offering more availability to users on our territory," said the spokesperson for the CIUSSS West-Central Barry Morgan at the time, adding "there are more people requesting testing."

An article published in *La Presse* on Dec. 15 stated that the surge was resulting in misleading numbers of reported cases, where actual total cases could be nearly double. "It's impossible to get a true picture of the situation," said Roxane Borgès Da Silva, professor at the School of Public Health at the University of Montreal.

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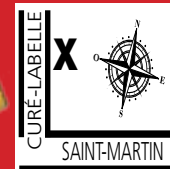
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In Memoriam & Obituaries

When

Life Ends

How to support a loved one in mourning



The best way to offer your support to a loved one in mourning is to be present in their time of need.

There's no magic word or miracle formula to comfort someone in mourning. However, if someone close to you is stricken with grief from the loss of a loved one, lending them a sympathetic ear when they need to talk is the best way to be supportive in their time of need.

First, instead of making clichéd comments like "time heals everything" or "he or she is in a better place," let them know that you're available to listen, and respect their silence in the meantime. If, on the contrary, the grieving person wishes to talk, encourage them to reminisce about the good times they shared with the one they loved so dearly.

On the other hand, the person grieving may need space to mourn in peace. If so, respect their decision by remaining patient and compassionate to their plight. Remind them that you're always available to meet if they need to get their mind off things.

In addition, don't hesitate to offer more practical assistance. Simple gestures like preparing dinner, looking after the kids or tidying up the house allow a great weight to be lifted off the shoulders of the bereaved.

In short, always be present for your friend, colleague, neighbour, etc., and never judge their pain or suffering. If necessary, encourage them to consult a health professional who could offer them the necessary resources and support to overcome their heartache.



KELEPERAS Nicholas
1962-2022

It is with heavy hearts that we announce the passing of Nicholas (Nick) KELEPERAS at the age of 59. He leaves behind his beloved cousins Helen (Gerry), Angela, John (Peggy), Billy (Tanya), Fedra, Tommy, Frank, Mihali, Fedra, Flora, John, George, his Goddaughter Dora. He will leave a deep void in the heart of his dear companion Helen and her entire family who loved and cherished him. Nick will be deeply missed by all his friends and family who had the privilege of knowing him.



NASELLA Maria
1944 - 2022

It is with deep sadness that the family announces the passing of MARIA NASELLA on Friday, January 21, 2022 at the age of 78. She will be sadly missed by her beloved sister Betty, her nieces Teresa (Emilio), Tina (Gaby), Leonardo (Sabina), Ricardo (Cecilia) as well her great grandnieces and great grand nephews.



RIBEIRO Maria Adelaide
1930 - 2022

On January 24, 2022 passed away Mrs. Maria Adelaide Ribeiro at the age of 91. She is survived by her daughter Maria Elisabeth (Harold), her grandchildren Olivier (Noémi), Jérémy and Lydia, her great-grandchildren Victor-Emmanuel, Adrian Mateo and Dominic, as well as many other relatives and friends.



DELORME Claire
1949-2022

In Montreal, on January 20, 2022, at the age of 72, passed away Mrs. Claire Delorme, daughter of the late Gérard Delorme and the late Marie-Marthe Gauthier. She is survived by her daughter Marie-France (and her children), her brothers Jean (Lise), François (Sarah-Maude) and Claude as well as many relatives and friends.



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HOROSCOPE

Week of **JANUARY 30 TO FEBRUARY 5, 2022**

The luckiest signs this week:
ARIES, TAURUS AND GEMINI



ARIES

You are surrounded by many good people in your personal and professional life. You'll devote yourself to someone you love. However, you may be taken advantage of.



TAURUS

You'll have a stressful week. However, it'll motivate you to focus on your health or exercise more. You enjoy the finer things in life. Therefore, try boosting your morale by occasionally treating yourself.



GEMINI

Your plans may be delayed due to unforeseen circumstances. At work, space out your meetings to avoid putting more stress on yourself. This is an excellent time to start your own business.



CANCER

Your friends will ask you to go on a spontaneous adventure. Nothing makes you happier than a change of scenery, even if it's just a walk in the park.



LEO

You may be going through an emotional time. Some people don't deserve your friendship and are draining your energy. Demand the respect you deserve.



VIRGO

You may be under a lot of pressure to make an important decision. However, take the time you need to gather all the facts and weigh the pros and cons.



LIBRA

You may find yourself inundated with work. Although you feel stressed, putting in the extra effort now will help you advance your career in the future.



SCORPIO

Although you prefer to keep a low profile, this week you'll be put in the limelight. You'll have to overcome your shyness and acknowledge those cheering you on.



SAGITTARIUS

If your children no longer live with you, you may decide it's time to sell your home to enjoy more freedom. If you're in a new relationship, you may discuss moving in together in the near future.



CAPRICORN

You'll have plenty of engaging conversations this week. At work, you'll expand your client base. Your advice will be well received and could help improve your finances.



AQUARIUS

Money is a source of stress for many people. Give yourself a break by taking the time to contact an expert and find a suitable solution.



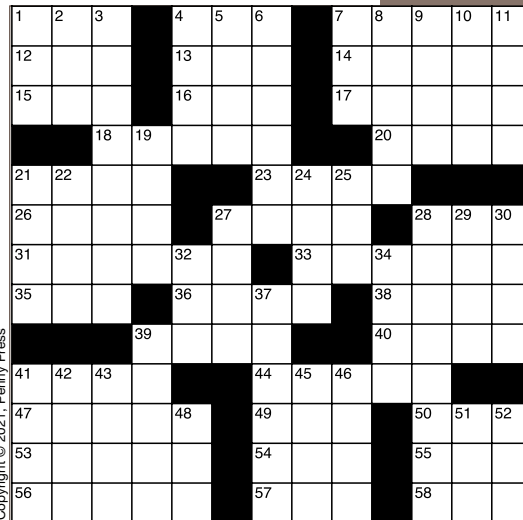
PISCES

This week, you'll feel like you can do anything. You'll be inspired to take on a professional or personal activity that fulfills your innermost desires.

Coffee Break

CROSSWORDS

PUZZLE NO. 110



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ACROSS

1. Barnyard male
4. On's opposite
7. Single printing
12. Smallest bill
13. Major-league athlete
14. Showery
15. Pigment
16. Roof goo
17. Miss ____ ("Dallas" role)
18. Sample
20. Youngsters
21. Mr. Redding
23. Elephant hue
26. Uncle's wife
27. Night light
28. Mister
31. Government
33. Regard highly
35. Viper's sound
36. Surrounded by
38. Pens' contents

DOWN

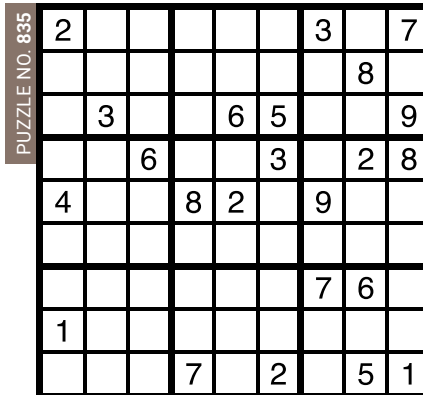
39. Blemish
40. Shopper's aid
41. At the summit
44. Bumpkins
47. Flutters
49. Chick's mother
50. Oolong, e.g.
53. Identical
54. Long fish
55. Go wrong
56. Smooth
57. Withered
58. Traitor
10. Individual
11. Watches closely
19. Wine region
21. Skiff movers
22. Monday's follower: abbr.
24. Path
25. Also
27. Business note
28. Menacing
29. Annoys
30. Remains
32. Travel guide
34. Soothing
37. Yearned
39. Very little bit
41. Fills with wonder
42. Cab
43. Almost round
45. Sidelong glance
46. Solely
48. Hog's haven
51. Important time
52. Painting, e.g.

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.**

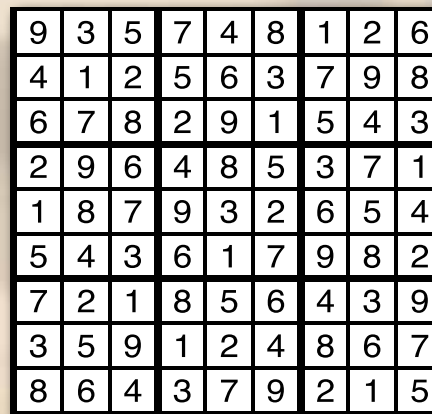


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