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**newsfirst**  
 MULTIMEDIA

Vol. 30-05

11 février, 2022 / February 11, 2022

450-978-9999

www.px-n

editor@newsfirst.ca

# DECONFINEMENT OF QUEBEC

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# Park Ex gets back its culinary edge

*Restaurants allowed to reopen but the industry still faces many challenges*



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

Park Extension has long been known as a culinary destination in Montreal, showcasing a wide variety of global cuisines with something for just about anyone's tastebuds. But like so many other sectors, the COVID-19 pandemic has completely upended the restaurant industry.

After a full month of obligatory restaurant closures due to a surge in COVID-19 cases over the holidays, the provincial government finally gave the go-ahead for restaurants to reopen on Jan. 31.

As of Tuesday, the Legault government also announced that they would allow up to 10 people per table from up to 3 different households as of Feb. 12.

Although restrictions are being lifted for restaurants, the state of the industry in no way resembles what it was at the start of the pandemic nearly two years ago now.

With over 12 cumulative months of forced closures over the past 22 months, many of those still in business are holding on by a thread. A decrease in customers, increased food cost and difficulty in finding and retaining staff are some of the challenges Park Ex restaurateurs have spoken of since reopening last week.

## Safety first

Masum Rahman is the owner and manager of Maharani Buffet on Jean-Talon, specializing in South Asian cuisine in a charmingly quaint dining room. Rahman was exceedingly happy to hear he could finally reopen after a full month



**After a full month of obligatory restaurant closures due, the provincial government gave the go-ahead for restaurants to reopen on Monday, Jan. 31. Photo: Matias Brunet-Kirk**

of forced closure.

"I see a lot of customers that are coming back," said Rahman, adding that his number one concern at the moment was ensuring peoples' safety.

"It's not only for me, it's for all other people, but you also have to be careful," underlined Rahman, explaining that was why he was happy with the governments' gradual reopening plan.

Although he was hopeful things would soon be back on track, Rahman did not mince words on the health of his business. "I'm suffering

financially. We're putting in more hours, it's not pleasant, but we have no choice," he said.

## Staffing shortages

One of the biggest issues restaurateurs have confronted since reopening is a critical shortage of staff. Rahmani has been in the industry for over a decade and said he had never seen the situation this bad.

"Now I have no people, I have to do the work myself every day. It's very difficult. This is the biggest problem I think," continued Rahman.

Further north on Jarry, Fameux Gyros Elatos has still not opened their dining area due to similar staffing shortages and continued restrictions. Sev, the restaurant manager, said that many people had changed industries due to the closures and did not want to return.

"People are asking for 30 to 40 dollars an hour, I can't afford that," he said, adding that continued restrictions like the vaccine passport and obligatory masking make the prospect of fully reopening still not feasible.

"The situation is not conducive to me reopening, not because of the COVID-19 itself but rather all the measures in place," he said. "I'm not going to reopen until everything goes back to normal. It's not worth it."

## Increased food cost

The health of the industry is not only hinging on pandemic restrictions but also many other external factors. The increase in food cost over the past year have hit restaurant pocketbooks hard.

Joseph, manager of the Miss Jean-Talon Restaurant Pizzeria, said his profit margins were decreasing more and more due to suppliers increasing the price of food and ingredients.

"A case of cheese went up 20 dollars," he said, adding that many suppliers cited an increase in gas and transport prices as the reason.



**Masum Rahman is the owner and manager of Maharani Buffet on Jean-Talon, specializing in South Asian cuisine. Photo: Matias Brunet-Kirk**

## Record inflation

Record inflation, not seen in over three decades, is also said to be behind a spike in food prices both for businesses and consumers. Numbers recently published by StatCan reported that grocery prices rose 5.7 percent year over year, the largest annual increase since November 2011.

Joseph added that although food cost was up, he couldn't raise prices for his customers as they would not return. He added the situation in Park Extension was particularly dire as many did not have the budget or desire to eat out.

"If I went to McDonald's and my trio would cost me eight bucks more, I wouldn't want it," said Sev

of Elatos Gyros, adding "we can't raise prices for customers either."

At Buffet Maharani, Rahman said that his all-you-can-eat business model was becoming more difficult and cutting away his margins. "The price of my meat got double," he said.

Although the situation for restaurants remains dire, Rahman was cautiously optimistic he would be able to weather the storm. "I'm hoping to survive. I think I'm trying my best, but it's difficult to say," he said. "It's gonna take time."

*"I'm suffering financially. We're putting in more hours, it's not pleasant, but we have no choice,"*

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# Deconfinement of Quebec

*An almost normal life by March*



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As the entire world seems to be speeding out of the restrictions imposed by the pandemic, Quebec Prime Minister François Legault announced last Tuesday that Quebec will have ended most of the health measures, with the end of compulsory telework, as well as the lifting of restrictions in the restaurants and bars on March 14th.

“So that means that on March 14, most of the health measures will be lifted,” he said during the press conference. François Legault has unveiled a precise timetable for the deconfinement plan for the next few weeks. From next Saturday, limits on private gatherings will be lifted, although Public Health will recommend a maximum of ten people or three family bubbles. In restaurants, the maximum number of diners at a table will increase from a maximum of four to ten people. Unlike private gatherings, this will be a firm maximum. From Monday, sports matches can resume for both young people and adults. Spectators will also be able to take their place in the stands.

The outdoor shows will be able to accommodate 5,000 people. Quebec had already announced that gyms and spas will be able to open their doors at 50% the same day. From February 21, businesses will be able to welcome 100% of their customers.

On February 28, it will be the turn of the bars to be able to open their doors. Sports compe-



titions and tournaments will also be able to resume, teleworking will become a simple recommendation, places of worship will be able to resume their activities at 100% of their capacity.

Finally, as of March 14, restaurants, bars and large halls will be able to open at full capacity.

## The new measures in brief

### Saturday 12 February

Private gatherings: No legal limit, but recommendation of a maximum of 10 people or three family bubbles

Restaurants: Maximum limit of 10 people or three family bubbles (mandatory)

### Monday, February 14

Resumption of matches for both youth and adults

Return of spectators to the stands

Opening of gyms and spas

### Monday, February 21

All businesses will be able to operate at 100% from February 21

Performance halls: lifting of the limit of 500 people, the rule of 50% of the capacity remains in place

### February 28

Opening of bars, with certain restrictions

End of compulsory telework

Opening of performance halls to 100% of their capacity

Reopening of bars and casinos to 50%

### March 14

Dancing and karaoke allowed in bars

Reopening of restaurants to full capacity

The Bell Center and the Videotron Center can reopen to full capacity



## One step further in Saskatchewan

Saskatchewan Premier Scott Moe announced on Tuesday that passport vaccinations will no longer be mandatory in the province as of February 14.

Saskatchewan thus becomes the first province in Canada to announce the end of the proof of vaccination. However, the vaccine passport and QR codes will still be available for citizens of the province who will need them, especially for travel.

Wearing a mask in indoor public spaces will remain in effect until the end of February, the Prime Minister also announced during his press briefing on Tuesday. Moe also said it was time “to take the next step in living with COVID-19 and getting our lives back to normal.”

“Vaccination evidence has been an effective policy, but its effectiveness has run its course,” Scott Moe said. The benefits no longer outweigh the costs. It’s time to heal the divisions about immunization in our families, in our communities and in our province.” he said.

“Individual responsibility to self-monitor, test and isolate” remains essential according to the Prime Minister who believes that “it will be important for all citizens to assess their own level of risk and take the appropriate measures.”

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

Tel: 450-978-9999 • Fax: 450-687-6330  
E-mail: editor@newsfirst.ca

www.px-news.com

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



## Publishers:

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QCNA 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

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# THAT'S WHAT I'M THINKING

Robert Vairo



## That's enough. Time to Shift Covid to an Endemic Phase

It's time to lift Covid restrictions. Canadians are clearly fed up. We seem to have done everything asked of us and despite these efforts, variants will be with us, perhaps always. So, let's do the best we can by first getting our shots, wearing masks in crowded indoor environments, and get on with our lives.

Because Covid-19 is so infectious and can not be eliminated entirely, more and more epidemiologists believe it's best to treat it as a background endemic illness.

In British Columbia Dr. Bonnie Henry, a strong advocate of "aggressive lockdowns", is now suggesting Covid-19 and its variants be treated more like the flu. The soft-spoken former naval officer, managed a respected take charge attitude that avoided the carnage that took place in senior homes in Quebec and Ontario. "We have to change our way of thinking, much like we manage other respiratory illnesses," In other words, remain isolated until you feel better.

Toronto's Medical Officer of Health Eileen de Villa said residents should be treating Covid more like influenza.

Canada's Chief Public Health Officer Theresa Tam has changed her thinking, telling a House of Commons Health Committee, "herd immunity may not be achievable because the virus undergoes constant evolution."

Alberta's Jason Kenney says "After two years of this, we simply cannot continue..." European countries like Spain, France, Germany, Ireland and England, according to the National Post, "have seen their public health establishments signal a shift into the endemic phase."

Germany's Health Minister Karl Lauterbach, an epidemiologist, uses the word "correct" for Germans to return to a normal life as soon as Omicron cases start to show a downward curve.

Denmark is lifting most of its Covid restrictions because they no longer consider it

a "critical threat." Hospitalization in that European country is still high, but the number in ICU is decreasing. And that is with 80% of the population fully vaccinated, about the same as Canada.

One of the drawbacks is the pharmaceuticals, Pfizer and Moderna. They are reportedly producing 350 million doses per month, but focusing on selling expensive vaccines to wealthy countries only. This is not helping to close the global gap. At this rate, former head of the Centers for Disease Control, Dr. Tom Friedman, estimates it would take another "three years to produce enough vaccines for everyone. Shameful."

New variants will persist as long as the world is not vaccinated. Despite admitting this, the head of Pfizer says removing intellectual property is not the answer "Intellectual property is what created the thriving life sciences sector that was ready when the pandemic hit."

There are alternatives. I mentioned one in a recent column

"A patent free Covid vaccine at the Houston Children's Hospital in conjunction with a local college. The hero is Dr. Peter Hotez whose team developed a vaccine to share with the world without personal profit...and 90% effective."

And there is the US Army, working on a universal vaccine to end Covid pandemics and all new Covid-19 variants. Dr. Kayvon Modjarrad, a coordinator at the Walter Reid Army Institute of Research says they have completed phase one, human trials "testing against all the different variants, including Omicron."

For the first time at the United Nations some are pressuring big pharma, operating like a privileged corporation, to make an "omnibus vaccine" against variants that would replace boosters.

The vaccine issue spread to truckers entering

and leaving Canada to the U.S. So-called Freedom Convoy 2022, seemed on the right road, initially. It reflected Canadians' elevated level of frustration. But then a hard-core group did not leave Ottawa after the first weekend. We did not need the Prime Minister's divisive and inflammatory "fringe group" comments. Leadership was needed but again, was not there. And Ottawa police clearly require training on how to avoid occupations of their city.

The scene morphed into something politically far right, if not anarchy. According to one organizer their mission was to "compel the government to dissolve government." This smacks of an attempt to import the Jan 6th extremism into Canada. This is not us. Even if a mere 32% popular vote elected this government, democracy still rules in this country.

Notes:

Conservative favourite, Pierre Poilievre will have the major task of kicking out the few extremists who manage to stamp a stain of disunity in the party.

The Olympics are supposed to celebrate "diversity and inclusion". It mars watching when the country hosting the games is neither.

'Daily Show' Host Trevor Noah has a lesson for Spotify's Joe Rogan: "Black people didn't call themselves 'Black'. You understand that, right?"

Let's privatize the CBC. It eats up \$1.4 billion in taxpayer contributions with an English-speaking audience of less than 5%. With an extra \$400 million promised, they just love the Prime Minister over there.

Premier Legault's bigoted, anglicized "liberals", showed his true colours.

Thank you to the convoy of truckers on the road, crossing the border to keep our food shelves stocked.

That's What I'm Thinking

Robert Vairo

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## #NewsMatters:

The National  
Assembly Report

By Raquel Fletcher

Despite the Coalition Avenir Québec (CAQ) government's repeated insistence that it will maintain the rights of English-speaking Quebecers, anglophones are struggling to see where they stand with this government.

Recent decisions and statements by the premier have only heightened concerns.

Take, for instance, the decision to cancel the Dawson College expansion, a project the government itself chose to accelerate just last fall when it included it in an important infrastructure bill. Last week, the province reversed course and said it was going to prioritize francophone students over anglophone students.

Or take an incident during question period last Thursday when the Blue Room erupted in cacophony amid heated exchanges and loud arguments between MNAs.

The trigger of this eruption was a joke made off camera and off microphone, but still loud enough to be heard by MNAs and journalists. When Liberal Leader Dominique Anglade misspoke, calling Paradis "Mr. Québécois" instead of "Mr. Speaker," Premier François Legault retorted, "Of course, he's a caquiste."

Liberal MNAs interpreted this to mean either the premier was saying only people who vote for the CAQ were "true" Quebecers or people who vote Liberal were not. Either way, they said the premier's "joke" was unacceptable.

When Liberal MNAs questioned the government about Dawson and other issues, including bilingual judges, Legault mocked the opposition, pronouncing the word "Liberal" in French with an English accent.

## Anglos struggle to see where they stand with Quebec government CAQ accused of adopting divisive strategy as election looms

He appeared to be insinuating the Quebec Liberal Party was more interested in defending English minority rights than the French language.

Legault denied his government is trying to sow division and refused Anglade's demand for an apology.

### Deliberate election strategy?

Despite Question Period rules that forbid heckling, chaotic exchanges between the government and opposition Liberals have often made headlines.

Last June, Legault apologized for his tone and promised to try harder to "control his temper." In December, recognizing he hadn't made much improvement, he told journalists he would drink more herbal tea and reiterated the promise not to let opposition parties get under his skin.

However, just three days into the new session, the National Assembly once again veered out of control. This time, though, there is a notable difference. The premier has often blamed his outbursts on the opposition, saying he rises to the occasion when provoked.

But it's now the premier who seems to be the one doing the provoking. Commentators have begun to ask if this is a deliberate electoral strategy to appeal to nationalist voters ahead of this fall's election.

### Dividing Quebecers

While the Liberal Party accuses the premier of deliberately trying to divide Quebecers, the premier seemed to suggest during a recent press conference that Quebecers were already divided, along linguistic lines, when it comes to which political parties they vote for. According to the most recent Leger poll, the Liberals only have the support of 12 per cent of

Quebec francophones. Most Liberal support appears to be concentrated in English Montreal.

"Mrs. Anglade is in a tough position to defend French," Legault said. "I think her predecessors like Jean Lesage or Robert Bourassa were nationalists. I think we can do both: defend the French language and be open to all communities."

Last week's debate drew numerous commentaries in the province's French media, with one opinion columnist insisting the premier should say he's sorry.

"He should offer an apology, say that it was a bad joke," wrote Antoine Robitaille in Le Journal de Québec. "And remember that anglophones are obviously full Quebecers; they should be treated as such."

Can voters expect a debate preceding the election about whether anglophones consider themselves or are considered by others as "true" Quebecers? Things could get messy.

Maybe that's why Liberal MNA David Birnbaum tried to steer debate about Dawson College away from language altogether. Birnbaum has often raised concerns of the anglophone community in the house and has not shied away from asking his questions in English.

"A norm is a norm, is a norm. There is no language involved," Birnbaum said. "The buck stops with the premier. He made the choice to axe the Dawson project. He threw the needs of these Quebec students under the bus."

With Bill 96 currently being studied by the National Assembly, the language debate will not be going away anytime soon. The question is whether debate can stay civil.



# Federal support for low-income seniors who received pandemic benefits



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The Government of Canada announced that because the pandemic rages on, it will continue to support vulnerable, low-income seniors who are experiencing financial hardship due to COVID-19.

The Canada Emergency Response Benefit (CERB) and the Canada Recovery Benefit (CRB) were intended to support people who lost their job through the outset of the pandemic. However, the Government recognizes that some Guaranteed Income Supplement (GIS) and Allowance recipients may face lower benefit payments because of the income they received from the CERB and CRB.

As announced in the Economic and Fiscal Update, the Government will provide up to \$742.4 million for one-time payments. These payments will alleviate the financial hardship of those seniors who qualified and received CERB and CRB in 2020 but who subsequently saw that they counted as income and impacted their GIS or Allowance benefits. This automatic, one-time payment will support those who saw a loss of GIS or Allowance by compensating them for the full, annualized loss amount. Seniors would not need to take any action to receive the one-time payment.

To ensure that this issue does not reoccur, Canada's Minister of Seniors, Kamal Khara, introduced Bill C-12 in Parliament last Tuesday. Bill C-12 would amend the Old Age Security Act to exclude any income received under CERB, CRB, the Canada Recovery Caregiving Benefit, the Canada Recovery Sickness Benefit, and the Canada Worker Lockdown Benefit for the purposes of calculating the amount of GIS and Allowance payable beginning in July 2022.

"Low-income seniors should not be penalized for accessing income support they needed during the pandemic crisis. We will be fully compensating those seniors who are now facing financial hardship as a result of receiving pandemic benefits in 2020. And, because we don't want seniors to face this again, I have introduced legislation to make an important legislative fix so that pandemic benefits won't affect their GIS or Allowance benefit amounts going forward. The Government of Canada continues to demonstrate its commitment to seniors who have more financial needs through real action," said the Minister of Seniors, Kamal Khara

## Some stats

Seniors are the fastest-growing demographic age group in Canada. By 2030, the number of seniors is expected to reach 9.4 million, representing close to one quarter of Canada's population. Every year, tens of thousands of seniors have their Guaranteed Income Supplement (GIS) increased or decreased to reflect changes in their net income. This design ensures the benefits go to the most vulnerable seniors. As GIS benefits are calculated on the basis of the previous year's income, any change in income in a given year will result in an adjustment of GIS benefits in the following July to June payment period.

The targeted, one-time payment is proposed to go to an estimated 183,000 GIS recipients and 21,000 Allowance recipients who received pandemic benefits in 2020, and who faced a reduction or loss of GIS benefits in July 2021.

## Senior support since 2015

Since 2015, the Government boasts that it has provided supports to seniors, such as:

- Increasing the GIS for nearly 900,000 low-income single seniors. As a result of this, and other Government initiatives, an estimated 45,000 seniors were lifted out of poverty.
- Putting thousands of dollars back in the pockets of future Canadian seniors by restoring the age of eligibility for the OAS pension and the GIS benefits to 65.
- Enhancing the GIS earnings exemption for working low-income seniors, to help them keep more of their benefits.
- Reducing income taxes through increases to the Basic Personal Amount. When these increases are fully implemented in 2023, 4.3 million seniors will benefit, 465,000 of whom will see their federal income tax reduced to zero. Every year, singles will save close to \$300 and couples will save nearly \$600.
- Issuing one-time, tax-free payments to help seniors with their extra costs during the pandemic, worth over \$1,500 to a low-income couple. In April 2020, more than 4 million low- and middle-income seniors received a GST credit top-up—worth an average of \$375 for individual seniors and \$510 for senior couples. In July 2020, the Government provided a one-time tax-free payment of \$300 to 6.7 million OAS pensioners and a further \$200 to 2.2 million seniors eligible for the GIS.
- Moving forward with the plan to boost the OAS pension by 10% in July 2022 for seniors 75 and over, including a one-time payment of \$500 in August 2021 to OAS pensioners who will be 75 or over as of June 30, 2022.

# Do you have COVID-19 symptoms?



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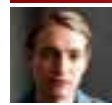


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## Lacez vos patins !

*Les patinoires autorisées dans les ruelles de Parc*



MATIAS BRUNET-KIRK  
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Pour les enfants qui grandissent en ville, le nombre d'endroits disponibles pour jouer est limité. N'ayant souvent pas accès à une cour arrière et les rues étant trop dangereuses, il ne reste que les parcs comme lieu de jeu sécuritaire. Les ruelles, quant à elles, se sont longtemps retrouvées dans le milieu, ni exclusivement pour les voitures ni seulement pour les jeux d'enfants.

La semaine dernière, le conseil d'arrondissement a pris des mesures pour rectifier cette situation, en approuvant un nouveau règlement qui facilite l'installation de patinoires dans les ruelles non déneigées. Auparavant, les patinoires n'étaient pas officiellement autorisées par l'arrondissement, mais plutôt tolérées.

La décision a été prise après que plusieurs résidents de Parc-Extension se soient exprimés sur les difficultés qu'ils ont rencontrées lors de l'installation de patinoires dans leurs ruelles, même avec une majorité de soutiens de leurs voisins immédiats.

### 50 % plus un

Meghan Thurston, une résidente de Parc-Extension et mère de deux enfants, organise une patinoire dans sa ruelle depuis trois ans maintenant. Après quelques problèmes entourant leur patinoire, elle était heureuse de voir l'arrondissement enfin adopter une motion qui régulariserait ces projets communautaires.

« Cette année, après la construction de la patinoire, nous avons été informés qu'elle n'était pas conforme à la nouvelle réglementation et

qu'un voisin s'y opposait », a déclaré Mme Thurston.

« Nos appartements bordent la patinoire, mais une seule personne qui s'y oppose est suffisant pour arrêter son utilisation », a-t-elle poursuivi, critiquant une décision antérieure qui permettait à une seule plainte de rendre une patinoire non conforme.

Elle a ajouté que les désaccords entre certains voisins sur une patinoire sont souvent représentatifs des points de vue divergents sur ce à quoi

« Pour ceux d'entre nous qui font le choix de vivre dans un quartier urbain aussi dense, nous avons besoin de ce genre d'initiative ».

devrait servir l'espace public et l'importance que certaines personnes accordent aux véhicules.

« Ils ont rendu officiel que nous pouvons avoir une patinoire avec 50% plus un », a poursuivi Mme Thurston, ajoutant que « la mairesse de l'arrondissement est venue visiter la patinoire la semaine dernière, ce qui était très agréable ».

### Nouvelle réglementation

La nouvelle règle est entrée en vigueur le 1er février lors de la réunion du conseil d'arrondissement, où les membres du conseil ont voté en faveur de la résolution. La règle permet





Les patinoires doivent respecter certains critères, notamment l'utilisation d'une signalisation adéquate et de chemins piétonniers. Photo : Matias Brunet-Kirk - NEWSFIRST

## Parc-Extension

officiellement l'installation de patinoires dans les ruelles non déneigées de l'arrondissement, alors qu'auparavant elles n'étaient que tolérées par les inspecteurs.

« Il est important de s'assurer que les résidents dont la résidence borde directement l'espace utilisé pour la patinoire sont favorables au projet », peut-on lire dans le règlement de l'arrondissement, qui stipule « qu'une majorité de 50% plus 1 doit être obtenue ».

Une fois l'adhésion de la majorité des voisins obtenue, les résidents doivent informer l'arrondissement de leur projet de patinoire, en incluant un formulaire de consentement rempli et signé par les résidents favorables au projet.

### La sécurité avant tout

Quand le processus d'approbation est terminé, les résidents peuvent procéder à l'installation. Selon les nouvelles règles de l'arrondissement, la patinoire doit respecter certains critères pour être conforme.

La patinoire doit comporter des bandes de traversée de 60 cm ou plus de chaque côté pour que les piétons puissent circuler en toute sécurité. Ils doivent également inclure une signalisation appropriée à chaque extrémité et autour de la patinoire pour indiquer la présence d'une surface de glace.

Les résidents doivent également retirer tout objet obstruant l'allée après avoir utilisé la patinoire et doivent également respecter toutes les règles sanitaires actuellement en vigueur. À la fin de la saison, les résidents sont responsables du nettoyage de l'installation et doivent veiller à ce que la ruelle retrouve son état initial.

### Accueil chaleureux des élus

La mairesse de l'arrondissement et les conseillers municipaux se sont montrés généralement favorables à l'initiative régularisant la présence de petites patinoires dans les ruelles du Villera-Saint-Michel- Parc-Extension.

« Le règlement qui a été adopté répond à cette

problématique », a déclaré le maire Lavigne Lalonde. « Ce que nous voulons assurer, c'est qu'il y a une majorité de voisins qui sont en faveur de l'installation d'une patinoire et qu'une seule personne ne peut pas faire obstacle à un projet comme celui-là », a-t-elle ajouté.

La mairesse ajoute que le règlement vise les ruelles qui ne sont pas déneigées et donc peu utilisées en hiver, à l'exception de l'usage occasionnel pour le réapprovisionnement en combustible de chauffage et la réparation des télécommunications.

« Je suis favorable à cette mesure parce que je pense qu'il est important que les familles aient un endroit où jouer », a déclaré Mary Deros, conseillère pour le district de Parc-Extension. Elle a ajouté qu'elle espérait que le nouveau règlement tiendrait compte de l'avis des autres voisins et de la nécessité de livrer du combustible et d'effectuer des réparations dans les allées.

### Un potentiel d'amélioration

Bien que Mme Thurston et ses voisins soient satisfaits du nouveau règlement, elle estime néanmoins qu'il a encore de la place à l'amélioration. Mme Thurston a souligné qu'un mandat pluriannuel pour une patinoire serait moins contraignant pour les résidents.

« De cette façon, nous ne serions pas chargés de faire du porte-à-porte chaque année. C'est une sorte d'accord entre les résidents du quartier pour, disons, trois ou peut-être cinq ans », a suggéré M. Thurston. « Nous pouvons la revoir et refaire le sondage si cela semble nécessaire », a-t-elle ajouté.

« C'est de cette manière que l'espace public devrait être utilisé, à moins qu'il n'y ait de réelles préoccupations en matière de sécurité ou de vie privée, qui, dans ce cas-ci, n'existent pas », a déclaré Mme Thurston.

« Pour ceux d'entre nous qui font le choix de vivre dans un quartier urbain aussi dense, nous avons besoin de ce genre d'initiative », a-t-elle ajouté.

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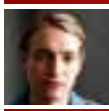
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# Four seasons on two wheels

Free winter biking workshop in Jarry Park this Saturday



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

Atelier Culture Vélo will host a free winter biking workshop in Jarry Park this Saturday for anyone interested in winter cycling but may not know how to get started. There are also additional workshop dates on the three following Saturdays.

The workshop will include a theoretical course on the essentials of winter cycling including clothing, bike maintenance, proper winter driving and best bike equipment, as well as a practical part where participants will be able to try out studded bikes and have their questions answered by instructors.

The classes are free of charge and open to anyone interested in starting to cycle in the winter. They will take place behind Atelier Culture Vélos' offices located at the centre of Jarry Park.

"At a time when winter cycling is becoming more popular in the media, Atelier Culture Vélo invites you to safely discover the practice of urban cycling in the winter on the varied terrains of Jarry Park," reads a statement for the event.

## All about cycling

Founded in 2007 as a not-for-profit organization, *Vrac environnement* (VE) launched Atelier Culture Vélo in 2012 intending to inform and raise awareness, initiating and equipping the population of the neighbourhood for the practice of cycling as a means of utilitarian transport.

The organization offers bicycle repairs at budget prices as well as several workshops on proper cycling techniques and basic bicycle maintenance. "During the first 4 years of Culture Vélo activities, 1,200 people, including 400 young people, received mechanical services or had access to a bicycle at very low cost," read a statement on their website.

According to their website, their mission is to promote and popularize cycling and active transportation in the neighbourhood by offering a support service to users. They want to offer affordable bicycle mechanic services that compensate for what they say is a completely absent service in the Parc-Extension district.

"We want to continue to offer training on everything related to cycling, create jobs and promote civic participation in the neighbourhood, particularly among young people and the immigrant population," the group added.

### How to sign up

The workshops will take place every Saturday from February 12 to March 5 from 3 PM at Jarry



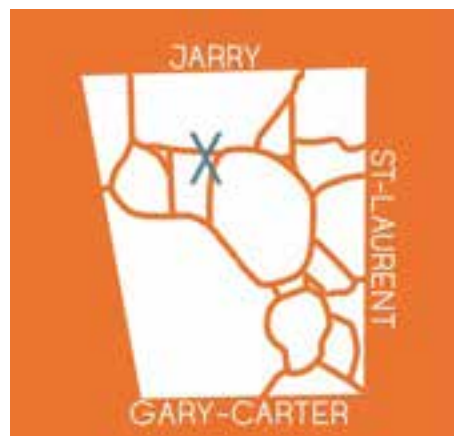
The organization offers bicycle repairs at budget prices as well as several workshops on proper cycling techniques and basic bicycle maintenance.  
Photo: Atelier Culture Vélo

*"At a time when winter cycling is becoming more popular in the media, Atelier Culture Vélo invites you to safely discover the practice of urban cycling in the winter on the varied terrains of Jarry Park,"*

Park. The events will take place outside and will last approximately 1 hour. Participants are asked to dress warmly but would be notified if the workshop is cancelled due to severe weather.

Although open to all, reservations are required to participate and places are limited given COVID-19 restrictions. Each class will include approximately 10 people ensuring everyone can try out a bike.

Those who are interested or have questions can reach out to Atelier Culture Vélo for more information. To sign up people can email at [atelier.cult.velo@gmail.com](mailto:atelier.cult.velo@gmail.com) or book a spot through their website at [www.atelierculturevelo.ca](http://www.atelierculturevelo.ca).



Atelier Culture Vélo will host a free winter biking workshop in Jarry Park this Saturday for anyone interested in winter cycling.  
Photo: Atelier Culture Vélo



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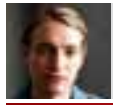
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# Lace up your skates

Skating rinks now permitted in Park Ex alleys



**MATIAS BRUNET-KIRK**  
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For kids growing up in the city, the number of places available to play is limited. Without access to backyards like suburban kids and the streets dangerously busy, only parks are left as a safe place to play. Alleyways on the other hand have long found themselves in the middle, neither exclusively for cars nor only for play.

Last week, the borough council moved to rectify this, officially approving a new regulation that made the installation of alleyway ice rinks easier for residents. Previously, skating rinks had been tolerated by the borough but not officially permitted.

The decision came after several Park Extension residents spoke out on the difficulty they encountered when building rinks in their laneways, even with a majority of support from their immediate neighbours.

## 50% plus one

Meghan Thurston, a Park Ex resident and mother of two, has organized an alleyway rink for three years now. After some issues surrounding their laneway rink, she was happy to see the borough finally adopt a motion that would regularize their status.

"This year after the construction of the rink we were informed that it was not compliant with the new regulations and that one neighbour was opposed to it," said Thurston.

"Our apartments border the rink but only one person opposed to it is considered sufficient to stop its use," she continued, criticizing a previous decision that allowed one complaint to render an ice rink nonconforming.

She added that disagreements among certain neighbours on a rink are representative of differing views on what public space should be used for. "They've made it official that we can have a rink with 50% plus one," continued Thurston, adding that "the borough mayor came to visit the rink last week, which was nice."

## New regulation

The new rule came into effect on Feb. 1 at the boroughs' monthly meeting, where council members voted in favour of the resolution. The new rule officially permits the installation of outdoor rinks in unplowed back alleys and laneways in the borough, whereas previously they had only been tolerated by inspectors.

"It is important to ensure that the residents whose residence directly borders the space used for the skating rink are in favour of the project," read the boroughs' rule, stipulating that "a majority of 50% plus 1 must be obtained."

Once the adhesion of the majority of neighbours is obtained, residents must inform the borough of their plans to build, including a completed consent form signed by the residents in favour of the project.

## Safety first

Once residents have gone through the approval process, they can proceed with the installation. According to new borough rules, the rink must abide by certain criteria to be considered legal.

The rink must include crossing strips of 60 cm or more on either side to ensure pedestrians can walk around safely. They must also include proper signage at each end and around the rink to indicate the presence of an unusual ice surface.

Residents must also remove any object obstructing the lane after they use the rink and must also observe all COVID-19 health regulations currently in place. At the end of the season, residents are responsible for cleaning

up the installation and ensuring the alleyway returns to its original state.

## Warm reception among elected officials

The borough mayor and city councillors were generally in favour of the initiative regularizing the presence of small skating rinks in the alleys of Villeray—Saint-Michel—Parc-Extension.

"The regulation that was adopted, responds to this issue," said mayor Lavigne Lalonde. "What we want to ensure is that there is a majority of neighbours that are in favour of the installation of a rink and that a single person cannot impede a project like this one," she added.

The mayor added that the regulation is aimed at alleyways that are not plowed and therefore not heavily used in the winter, except for occasional use for heating fuel replenishment and telecommunications repairs.

"I'm in favour because I feel it's important that families have a place to play," stated city councillor Mary Deros, but added that she hoped the new regulation would take into account the view of other neighbours and the need to deliver fuel and do repairs in alleys.

## Potential for improvement

Although Thurston and her neighbours were pleased with the new regulation, she nonetheless felt that there could still be an improvement. Thurston highlighted how a multi-year mandate for a rink that wouldn't require approval every year would be less cumbersome for residents.

"That way we're not tasked with going door to door every single year. It's kind of an agreement among the neighbourhood for, let's say, three years or maybe five," suggested Thurston. "We can revisit that and do the survey again if it seems necessary," she added.

"This is how public space should be used barring any real security concerns or privacy concerns, which in this case, really, I don't think exist," stated Thurston.

"For those of us who are making a choice to live in such a dense urban neighbourhood, we do need this kind of initiative," she added.



Meghan Thurston (right), a Park Ex resident and mother of two, lobbied the city to make regulations easier for residents. Photo: Matias Brunet-Kirk - NEWSFIRST

*"For those of us who are making a choice to live in such a dense urban neighbourhood, we do need this kind of initiative,"*



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# Lack of listings and experienced buyers, skyrockets real-estate prices

According to the Quebec Professional Association of Real Estate Brokers



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The Quebec Professional Association of Real Estate Brokers (QPAREB) has just released its residential real estate market statistics for the Montreal Census Metropolitan Area (CMA) for the month of January, based on the real estate brokers' Centris provincial database.

"The combination of the return of tighter health restrictions due to the Omicron wave, the expected upward movement in interest rates which are already seen in 5-year fixed mortgage rates, and the arrival of new opportunities at the start of the year has once again made the acquisition of a new property a priority for experienced buyers and investors" says Charles Brant, QPAREB Director of Market Analysis. "This renewed interest is particularly evident in the Island of Montreal's peripheral areas. With rising sales in higher-price segments while down in others, we are noticing a further acceleration in prices, particularly on the North Shore, the South Shore, Vaudreuil-Soulanges

and Saint-Jean-sur-Richelieu," he points out.

## January real-estate highlights

According to QPAREB sales in Montreal (2,836) are down sharply for this time of year. You would have to go back to 2018 to find a lower level of sales. This decline contrasts with properties selling for over \$700,000 which accounted for 22 per cent of the market in January 2022, 8 per cent greater than in 2021 and which is experiencing an 11 per cent increase in sales. This implies that first-time home buyers continue to be less active in the market, particularly in the periphery, which has also contributed to lower overall sales. The most significant decreases were recorded for several peripheral markets, notably Vaudreuil-Soulanges (-40 per cent), the North Shore (-33 per cent), and the South Shore (-30 per cent). The drop in sales is slightly less significant in Laval (-26 per cent), Saint-Jean-sur-Richelieu (-24 per cent) and on the Island of Montreal (-21 per cent). These sharp declines are primarily due to a shortage of properties coming to market and a particularly high level of activity at the same time of year in 2021. The slowdown in sales across the CMA was most significant



for single-family homes (-32 per cent), small income properties (-23 per cent) and condominiums (-22 per cent).

Active listings in the Montreal CMA continue to decline, although at a more moderate rate (-15 per cent), which is attributable to the approach of a floor.

Several factors explain this new acceleration in prices:

- o Extreme market conditions, still to the advantage of sellers.
- o The effect of a greater share of properties

selling in the higher price ranges.

o A context in which overbidding is involved in one out of two sales in the peripheral areas of the Island of Montreal.

The result is record median price increases and levels in January. Single-family homes reached \$541,000 (+25 per cent) and condominiums reached \$381,000 (+19 per cent). Prices for plexes also reached a new price record for this period of the year at \$712,500 (+9 per cent). However, the percentage increase is not a record.



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## Used Cars - Say No to Surprise Fees



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Year after year, the used car market remains the one that generates the most complaints to the Office de la protection du consommateur. Consumers must therefore be vigilant if they want to get a good deal. The Office de la protection du consommateur intends to help them over the next few weeks with an information campaign on the purchase of a used vehicle. The office wants to warn customers against the costs that are illegally added to the advertised price of a vehicle.

The Office points out that the law prohibits the merchant from demanding a price higher than the advertised price, excluding the Québec sales tax and the goods and services tax. Adding surprise charges to the advertised selling price – administration, preparation, inspection, etc. – constitutes a violation of the Consumer Protection Act. Unfortunately, many merchants still seem to use this practice, despite the civil remedies and the criminal and administrative sanctions to which they are exposed. When such charges are added, consumers should refuse to pay them and file a complaint with the Agency.

Consumers shopping for a vehicle will notice, over the next few weeks, messages on the Web and on social media, inviting them to visit a page on the Office's site that provides useful tips for making an informed purchase: [opc.gouv.qc.ca/stuff](http://opc.gouv.qc.ca/stuff).

A descriptive label is mandatory on any used car that a merchant offers for sale or lease. The consumer must be able to buy the car at the price advertised on this label and in the advertisement, or less. The merchant can add the Québec sales tax and the goods and services tax. He cannot add any other charges, unless they are associated with additional options,



products or services added at the request of the consumer, and only for an amount equal to the products and services added.

Financing the purchase of an automobile over several years reduces the amount of the payments, but considerably increases the total amount that the consumer must pay, not to mention the risks associated with over-indebtedness. The Office offers a calculator on the Web that allows potential car buyers to see the costs associated with the duration of the repayment of a car loan.

Before purchasing, the consumer should examine the used automobile, take it for a test drive and, although he is not obliged to do so, he would benefit from having it inspected by the technician of his choice, at a reasonable distance from the establishment of the used automobile dealer. No merchant can refuse these requests.

Any stipulation by a merchant indicating that a vehicle is sold without warranty is prohibited.

The Agency's campaign on buying a used car promotes the page [opc.gouv.qc.ca/trucs](http://opc.gouv.qc.ca/trucs), which provides tips to help Quebecers to enforce their rights and avoid multiple costs. Its practical advice can be downloaded, so that one can have a checklist on hand when shopping for a vehicle. It also presents a simple calculator, which allows people to realize that the longer they pay for a vehicle, the more they pay for it. A video clip is more specifically aimed at young people who want to buy their first car.



# Launch of an Observation organisation on Success in Higher Education



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In order to increase the graduation rate of the Quebec population as part of the Action Plan for Success in Higher Education, the Minister of Higher Education, Ms. Danielle McCann, and her parliamentary assistant and MNA for Charlevoix-Côte-de-Beaupré, Émilie Foster, announced the creation of the Observation organisation on Success in Higher Education. The goal of this entity will be to promote the transfer of knowledge on accessibility, perseverance and success in college and university education.

The Observation organisation on Success in Higher Education will have four major mandates, namely:

- to monitor and disseminate the various trends and prospects arising from research and practice;
- promote the circulation of knowledge resulting from research and practice and its transfer to higher education settings;
- contribute to the mobilization of this knowledge and to the networking of the various actors concerned by these issues in higher education thanks to an attractive and user-friendly interface;
- become a vector of change encouraging the adoption of new practices by the communities.

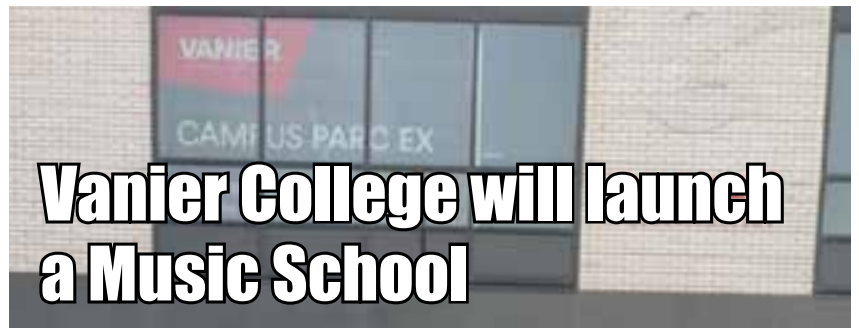
The Government of Quebec will invest a total of \$2.85 million for the deployment of this new organization, which will be provided by the Consortium for animation on perseverance and success in higher education (CAPRES). In fact, CAPRES will considerably expand its activities to become, over the next few months, the Observation organisation on Success in



Higher Education.

“I am very proud of this project, a first of its kind in Quebec, which demonstrates the significant mobilization of stakeholders in higher education for the success of the student community. Increasing the number of graduates is fundamental to the prosperity of Quebec society. I take this opportunity to thank the Animation Consortium on Perseverance and Success in Higher Education for taking under its wing the mandate of the Observatory on Success in Higher Education. I am convinced that the expertise of its team will enable all establishments to implement promising practices to support students on the path to success.” said Danielle McCann, Minister of Higher Education

The deployment of the Observatory will take place gradually over the next few months. It is expected to be operational in the fall of 2022.



## Vanier College will launch a Music School

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Vanier College announced that next fall it will launch the Vanier College Music School to offer after-school and weekend music classes. In its press release the college justified the need for a music school to the gradual disappearance of school bands and music classes in Montreal elementary and secondary schools. Therefore, students wanting to study music at the Cegep level are not able to get any training in preparation for advanced learning. For the last few years VANIER COLLEGE has a Park-Ex campus.

The new Music School is the brainchild of Alena Perout, Dean of Faculty of Social Science, Commerce, Arts, Letters and Music at Vanier College. “With music programming reduced due to limited funds at public schools, there is a big gap as many potentially talented young musicians are being lost in the community,” Perout says. “So, Vanier College has decided to respond to this need by

opening an after-hours Music School for students to learn about music while still young.”

“We want to make the cost as reasonable as possible to ensure access to anyone who is interested. Music lessons should not just be for the elite,” says Perout. To that end and to facilitate and support students, Alena Perout also spearheaded the creation of the Sheldon Sazant Memorial Fund, to honour the former manager of Steve’s Music Store who was a Vanier graduate and a supporter of young musicians.

From now on students registered in Vanier’s Music School will have access to scholarships provided by the Sazant Memorial Fund. The scholarships will be used to subsidize the cost of lessons as well as the rental or purchase of instruments. Above all, the Memorial Fund and Music School aims to offer students faced with slashed music programs an opportunity to attend after-school and weekend classes at Vanier.

In its press release, Vanier College is asking for musical instrument donations as well as monetary donations to the Sazant Memorial Fund.

# Green and digital transitions

*Minister Jean Boulet announces \$46 million to support skills enhancement and requalification in companies undergoing transformation. Parc Ex Businesses should apply.*



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The Minister of Labour, Employment and Social Solidarity, Minister of Immigration, Francisation and Integration and Minister responsible for the Mauricie region, Mr. Jean Boulet, together with the Labor Market Partners Commission (CPMT), is launching a call for projects under the Ambition-Compétences program. An envelope totaling \$46 million is available to support businesses that want to promote the upgrading of skills or the requalification of their workforce to accelerate their green and digital transitions.

The projects, which must be submitted by collective promoters recognized as eligible by the CPMT, such as workers’ associations, employers’ associations, sectoral manpower committees and Aboriginal organizations working in employability and development, will be eligible for reimbursement of up to 85% of eligible expenses, including the salaries of participants in the projects, the fees of trainers and the costs of creating teaching materials adapted to needs.

The call for projects for the Ambition-Skills program was designed to complement the

Plan for a Green Economy 2030 as well as the Digital Transformation Offensive launched by the Government of Quebec.

“Supporting companies that are going digital or accelerating a transition to a green economy is crucial in the current context of rapid changes in the labor market. The success of these shifts depends on the upgrading of skills and the requalification of the labor force already employed. I am therefore delighted with the efforts put together by all the stakeholders in the labor market, around the CPMT, to ensure the achievement of our objectives. It is essential for

our companies to be at the forefront and to position themselves as leaders to ensure their productivity and competitiveness.” said Jean Boulet, Minister of Labour, Employment and Social Solidarity, Minister of Immigration, Francisation and Integration and Minister responsible for the Mauricie region

The call for projects will be open until funds are exhausted. The Ambition-Compétences program aims to develop the skills of the employed workforce. It is intended to be flexible and open to a wide range of activities and training resources, including the analysis of needs, the development of training content and the adaptation

or updating of existing training. Among the particularities of this program is that it will also be possible for training projects aimed at regulated trades not covered by a professional order to be supported.

The various calls for projects resulting from this program will target specific needs, a given sector of the economy or a type of job. These actions will support companies facing needs that the CPMT describes as strategic or priority. The projects must take place over a maximum period of 36 months.

Exceptionally, this call for projects targets a wider range of collective promoters. Industrial clusters whose sectors of economic activity are not covered by the sectoral workforce committees (CSMO) are eligible, as well as promoters recognized as eligible under the Digital Transformation Offensive.

The CPMT is a national forum bringing together leaders representing businesses, the workforce, community organizations active in the field of employability, the education community and economic and social ministries.



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# Québec Aerospace Strategy

*\$334 million to support the development of Québec's aerospace industry*



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The Government of Quebec is launching the Quebec Aerospace Strategy (SQA) Horizon 2026 with the aim of fostering the recovery of the industry and ensuring its long-term growth.

With a financial framework of \$334 million to be invested by 2024, this strategy includes eight measures to support the realization of investments estimated at nearly \$2.8 billion. The SQA Horizon 2026 revolves around three areas of intervention: designing the aerospace of tomorrow through innovation, diversifying the industry, then strengthening value chains and propelling them internationally.

The SQA is the result of a consultation with key stakeholders in order to take into account the findings, ideas and vision for the future of businesses and community organizations. It emerged that the growth of the sector inevitably goes through the development of a greater number of promising business segments. To do this, the Québec aerospace industry must capitalize on its strengths, in particular its ability to design, innovate, develop, and market aerospace products.

"Despite the impact of the pandemic, our aerospace industry remains one of the most innovative, competitive and diverse in the world. With the new Québec Aerospace Strategy, we are providing the necessary tools to ensure the progress of the sector and solidify its position on the international scene. It will generate solid spinoffs in terms of growth, competitiveness and job retention in Québec," said Pierre Fitzgibbon, Minister of Economy and Innovation and Minister responsible for Regional Economic Development.

The SQA was created following a consultation process that resulted in more than 90 recommendations submitted in 24 briefs. Its industry includes five well-established major prime contractors (Airbus, Bombardier, Bell Textron Canada, Pratt & Whitney Canada and CAE), 209 SMEs as well as some fifteen first-tier suppliers, equipment manufacturers and major overhaul and heavy maintenance companies.

#### A world class ecosystem

In 2020, companies in the sector achieved sales of \$15.8 billion and had more than 36,000 highly skilled jobs. The aerospace industry then ranked first in terms of Quebec exports, with 10.5% of total manufacturing exports from Quebec. Since 2016, thanks to the interventions of nearly \$500 million from the Government of Quebec, the SQA has generated investments of \$2.38 billion, which has made it possible to create and consolidate nearly 9,900 jobs in Quebec.

With 36,000 quality jobs in some 230 companies and annual sales of \$15.8 billion in 2020, aerospace is a strategic economic sector for

Québec. Internationally, Québec's aerospace industry has distinguished itself for several decades by its ability to design and manufacture new products in niches as varied as business, regional and commercial aviation, helicopters, propulsion and simulation, as well as the space sector.

The strength of the industry lies in the presence of many prime contractors, equipment manufacturers, suppliers, and specialized subcontractors. It forms a truly world-class ecosystem, whose members have established close ties through the realization of major projects.

#### A strategy to support a pillar of the Quebec economy

Québec Aerospace Strategy briefly:

- Significant and enhanced financial support (from 2021-2022 to 2023-2024).
- A fiscal framework of \$334 million, including additional \$95 million announced in the 2021-2022 budget, including more than \$70 million for research and innovation.
- Interventions worth \$789 million to support investments estimated at nearly \$2.8 billion.

#### Three areas of intervention

The Québec Aerospace Strategy – Horizon 2026 is structured around three axes, broken down into eight measures. It aims to promote a recovery in the activities of The Québec aerospace industry, improve its resilience, ensure its long-term growth, and propel all value chains towards promising markets.

The first Axis aims to design the aerospace of tomorrow through innovation, design the aircraft and space technologies of tomorrow in Québec, concretize and commercialize Quebec innovations and propel Québec innovations internationally.

The second Axis aims to diversify the industry by attracting key companies and support large-scale strategic projects, by promoting and strengthening the security and defense sectors at the same time it aims to develop remotely piloted aircraft systems and space technology sectors.

The final axis aims to strengthen value chains and propelling them internationally by improving business performance and equipping the workforce of tomorrow.

#### An unprecedented mobilization

In response to the global air transport crisis, the Government of Québec began a consultative process in the summer of 2020 to examine the findings, ideas and vision for the future of stakeholders in the field.

Nearly thirty meetings were held with industry representatives from companies, trade unions, higher education, and science circles as well as various ministries and agencies. More than 90 recommendations were made in 24 briefs and documents filed by all stakeholders.



# Robberies at Tim Hortons in Montreal's east end

*The SPVM is asking for the public's help in identifying a suspect*



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
For The Parc-Extension News  
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Investigators from the East Criminal Investigation Section of the Montreal Police Service (SPVM) are appealing to the public to identify a suspect linked to robberies and break and enters committed in seven different Tim Hortons restaurants located in the east end of Montreal. These events occurred in late December 2021 and early January 2022.

Footage from the security cameras shows the suspect entering the business either through a drive-thru window at night or through the main door when the business is open in pretending to be an employee. Depending on the case, the suspect fetches the cash drawers, or sometimes rips them out, and leaves on foot. The individual proceeds without any threat or violence to those present.

According to the Service de police de la

Ville de Montréal is that of a Suspect Profile Caucasian male, approximately 20 years old. He speaks French with a North African accent.

During these robberies, he was dressed in a dark colored coat with a Canada Goose logo and black Air Force 1 Jordan style shoes with a metallic rectangle on the laces. In some of these robberies he wore gloves and in other instances he put neon yellow stockings in his hands. He used three different backpacks during the robberies. Two times it was a black shoulder bag with a white skull.

The Service de police de la Ville de Montréal shares images captured from surveillance cameras that can help identify the individual. SPVM is urging anyone with information that could help investigators in apprehending the suspect to contact 911 or their neighborhood police station. It is also possible to file a report anonymously and confidentially with Info-Crime Montreal at 514-393-1133 or online.

# Classifieds

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# In Memoriam & Obituaries

## What to do if a loved one passes away abroad



Learning about the death of a loved one is never easy, especially if they passed away while abroad. Managing formalities in a country where the language, laws and customs differ from your own can make the grieving process that much more harrowing for family and friends involved. If a loved one has sadly passed away while abroad, continue reading to find out the right course of action.

### FUNERAL ARRANGEMENTS

The representative must quickly decide if the deceased's body will be repatriated (either in a coffin or urn) or buried in the country where the tragedy occurred. It's important to keep in mind that funeral practices and related costs (burial, cremation, etc.) vary greatly from one country to the next. In fact, certain regions in the world prohibit cremation while others impose strict time constraints for embalming or incinerating a corpse.

Furthermore, specific documents and certificates are necessary in many cases. Depending on the circumstances and place of death, long delays, among numerous other factors, can interrupt the body's repatriation. In addition, every airline has its own requirements and restrictions in relation to the transport of coffins or cremated remains.

Finally, all the costs related to the funeral arrangements and repatriation of the deceased's corpse or ashes are the family's responsibility. In the case where the deceased had travel insurance, the insurer may cover the entire or partial cost of related expenses.



**GIROUX Marcel**  
1953-2022

At the CHUM de Montréal, on February 3, 2022 passed away at the age of 69, Mr. Marcel Giroux, son of the late Mr. Gérard Giroux and the late Mrs. Monique Auger. He lived in Montreal but was originally from Shawinigan. He is survived by his brother Denis (Brigid Bogena) of Brossard and his sister Andrée Giroux (Michel Beaulieu) of Trois-Rivières and their respective families



**SIMARD Richard**  
1944 - 2022

In Montreal, on Saturday, February 5, 2022 passed away, at the age of 77, RICHARD SIMARD, son of the late Louis-Thomas and the late Clémence Tremblay. He is survived by his brothers and sister the late Maurice, Michel, Denise (Gilles), Pierre (Diane), Serge (Francine) and all his nieces and nephews.



**TRUDEL Hélène**  
1965 - 2022

The members of the Trudel family regret to announce the death of their sister HÉLÈNE TRUDEL, which occurred on Tuesday, January 18, 2022 in Montreal, at the age of 56. She is survived by her sister Susann (Alain Lacerte), her brothers Denis, Guy (Denise Dion) and Serge (Isabelle Forget), her niece Perle Dion-Trudel, her nephews Nibert Dion Trudel, Jean-Judy Dion-Trudel, Félix Forget-Trudel and Thomas Forget-Trudel as well as many other relatives and friends..



**ALMOND Ivan**  
1934-2022

Ivan Frederick Almond passed away in his home on January 30th, 2022 at the age of 87, surrounded by family.

He leaves behind his loving wife Micheline Lavigne, his sister Betty (Keith), his three children; Kim (Ron), Steven, Terri (Terry) and stepson Shawn, three grandchildren; Amanda (Patrick), Jennifer (Steven) and Ryan. His loving, kind approach to life will live on and his witty sense of humour will be missed. A private gathering will be held in the spring.



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# HOROSCOPE

Week of **FEBRUARY 13 TO 19, 2022**

The luckiest signs this week:  
**LIBRA, SCORPIO AND SAGITTARIUS**



## ARIES

You're under a lot of pressure at work and may find it hard to close a deal or sign a contract. You'll start working out more consistently to improve your health.



## TAURUS

You'll spend a lot of time at work and your efforts won't go unnoticed. You'll take up a new hobby or sport, which will be good for your social life.



## GEMINI

You'll be outspoken but may also face criticism. Try to be as tactful as possible in unfamiliar situations. You'll be more spontaneous in your love life.



## CANCER

If you're thinking about becoming a homeowner, by the end of the week you'll come across an opportunity that'll suit your budget and please the whole family. Be mindful of your finances.



## LEO

Whether it's driving others around or running errands, you'll be on the move this week. It may be a good idea to renew your cellphone contract to ensure you're not overpaying.



## VIRGO

The winter blues may hit you hard. But, moving your body more regularly will help you feel better and maybe lose weight. At the very least, you'll discover a new winter sport.



## LIBRA

If you're feeling fatigued, visit a massage therapist or doctor. If you're single, your love interests may lack common sense at times.



## SCORPIO

You'll feel overwhelmed and stressed. Make changes to your lifestyle to correct the situation. Don't be afraid to be bold.



## SAGITTARIUS

Your friends will invite you to go an adventure with them. Your love life will be filled with romance. If you're single, you'll connect with a new love interest after Valentine's Day.



## CAPRICORN

You deal with a full range of emotions this week. If you're stressed about your finances, don't hesitate to ask for assistance. It's easier than you think to get help.



## AQUARIUS

A close friend may declare their love for you, which will leave you confused. At work, you'll organize a meeting or event that'll bring together more people than you expected.



## PISCES

You'll take the time to finish certain things you started but were putting off. You'll also discover something new that'll improve your health and overall quality of life.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 112

|    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 |    |    | 13 |    |    |    |    | 14 |    |    |
| 15 |    |    | 16 |    |    |    |    | 17 |    |    |
|    | 18 | 19 |    |    | 20 | 21 |    |    |    |    |
| 22 | 23 |    |    | 24 | 25 |    |    |    |    |    |
| 26 |    |    | 27 |    | 28 |    |    | 29 | 30 | 31 |
| 32 |    |    | 33 | 34 |    |    |    | 35 |    |    |
| 36 |    |    | 37 |    |    |    | 38 | 39 |    |    |
| 43 | 44 | 45 | 46 |    |    |    | 47 | 48 |    |    |
| 49 |    |    |    | 50 | 51 |    |    | 52 | 53 | 54 |
| 55 |    |    |    | 56 |    |    |    | 57 |    |    |
| 58 |    |    |    | 59 |    |    |    | 60 |    |    |

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## ACROSS

- Radio promos
- Exchange
- "Of \_\_\_ I Sing"
- Church bench
- Operatic highlight
- Repair
- She-sheep
- Scot's skirt
- Strays
- In a dead heat
- Wander
- Middle Eastern bread
- Benefit
- Fight site
- Disintegrate
- Make a choice
- Clip
- Garbage
- By means of
- Pack animal
- To's opposite
- Used up

## DOWN

- Impersonate
- Mountain moisture
- Sugarcoats
- Welfare
- Twist
- Feel terrible
- Reverse, for one
- Not us
- Seasoning green
- Jars
- Neighborhood
- Bothersome dispute
- Train parts
- Pimples
- Messy fellow
- Take up a skirt
- Display
- Lose interest
- Valuable mineral
- Chops
- Convey
- Turn brown
- James \_\_\_ Jones
- Different
- Moving truck
- Pays up
- Mama's fellow
- Garden bloomer
- Fire-setting crime
- Horrible
- Passed beyond
- Evergreen tree
- So long, in London: 2 wds.
- Checks
- Duffer's goal
- Detest
- Jumble
- Throbbing pain
- Igloo material
- Embroiders
- Still sleeping
- Mislead
- Period of time
- Grown boys

# 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. 837

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

## Last Issues' Answers

## CROSSWORDS

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

## Sudoku

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



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