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PHOTO: Alexandre Tétreault

Thousands of Montrealers celebrated Greek Independence Day
Prime Minister Justin Trudeau was present

See pages 8&9

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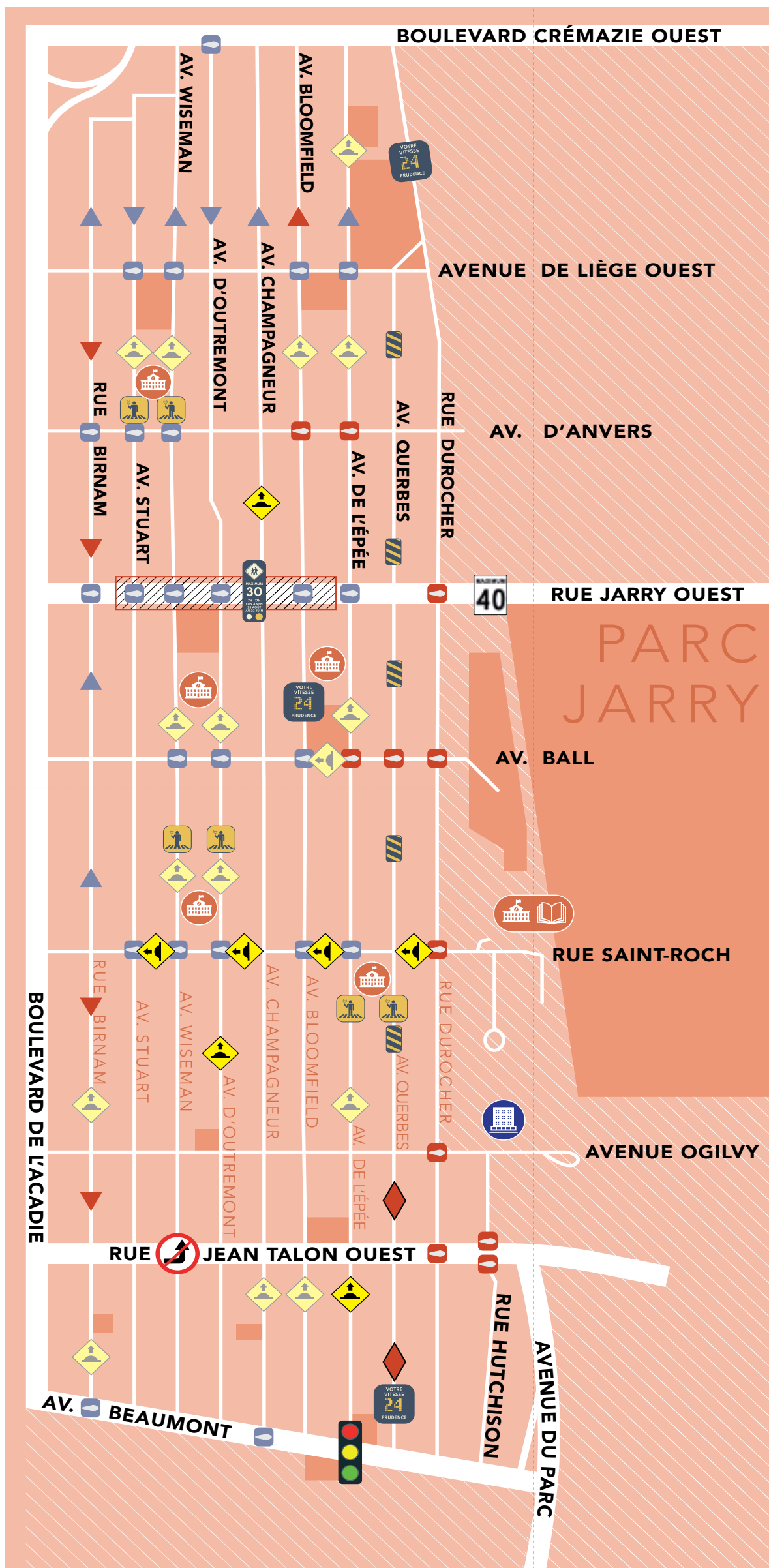
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This map shows the different measures currently in place in your neighbourhood, and those we plan to add starting 2022.

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-  Établissement scolaire
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 -  Mairie d'arrondissement
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 -  Établissement scolaire
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School and Bibliothèque
de Parc-Extension
 -  Nouvelle saillie
Curb extension (new)
 -  Saillie existante
Curb extension (existing)
 -  Balise existante *Retirées pendant l'hiver
Flexible traffic-calming bollards
*Removed in winter
 -  Nouveau marquage écolier
+ Balises de rétrécissement
School zone markings
+ Street narrowing bollards
 -  Nouveau sens de circulation
Change of traffic flow direction
 -  Sens de circulation existant
Current traffic flow direction
 -  Nouveau dos d'âne
New speed hump
 -  Dos d'âne existant
Existing speed hump
 -  Nouvelle zone scolaire 30 km/h
avec panneau clignotant durant
les heures scolaires
New 30 km/h school zone with flashing
speed sign during school hours
 -  Nouvelle vitesse 40 km/h
sur la rue Jarry Ouest
New speed limit of 40 km/h
on Rue Jarry Ouest
 -  Afficheur de vitesse existant
Speed display (existing)
 -  Rétrécissement de la chaussée
avec marquage + Balise 30 km/h
Street narrowing with surface
markings + 30 km/h flexible traffic
calming bollards
 -  Nouveau virage à gauche
interdit en heure de pointe
New signal to prohibit left turn
during rush hours
 -  Nouveau feu de circulation
New traffic light
- Consultez le site Réalisons Montréal pour voir en photo des exemples de ces mesures.

Visit the Making Montréal website to see photos of examples of these measures.

Traffic calming plan announced

Borough asks for citizen input on proposed measures



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After months of study and planning by local officials, the Villeray—Saint-Michel—Parc-Extension borough released its traffic calming plan for the district of Park Extension on Monday.

In the plan, the borough lists several new measures that aim to calm vehicle traffic in the neighbourhood, including the installation of bollards, the changing of speed limits in certain areas and the construction of speed bumps on residential streets.

“These measures are intended to increase safety, but also the tranquillity of the neighbourhood,” said borough Mayor Laurence Lavigne Lalonde in a statement.

The borough also launched a citizen consultation campaign to get the viewpoint of residents. From Mar. 28 to April 18, citizens can voice their impressions and comments before the plan is put into motion in June.

Safety as the primary concern

Studied throughout 2021, the long-awaited plan to calm traffic in Park Extension has four main goals. It aims to enhance the quality of life in the neighbourhood by making streets quieter and calmer.

It also aims to improve pedestrian and cyclist safety while reducing traffic flow on smaller residential streets.

Many residents have voiced their concern about excessive traffic going through the neighbourhood, especially during rush hour, causing safety worries for many people.

To reduce those concerns, the plan also aims to reduce vehicle speeding in the area, by narrowing streets and reducing speed limits in certain areas.

Changes to daily life

“Throughout 2021, our teams have studied the Park Extension area to understand the needs and issues related to mobility,” wrote the borough in a statement.

“The measures we are proposing will change the way you move around in your daily life,” they added. The borough listed the proposed changes in a document made public on Monday.

Some major proposals include the changing of directions of certain streets, like Bloomfield and Birnam, the construction of curb extensions throughout the district and the installation of speed bumps on Saint-Roch.

Street narrowing

A section of Querbes between Beaumont and Ogilvy would also be narrowed over the summer months, using removable bollards to reduce traffic speed to 30 km/h.

Many residents in the area have complained that motorists rarely respect the speed limit making the street unsafe for children and pedestrians.

The speed limit on Jarry West will also be reduced to 40km/h and include the implementation of a school zone between Stuart and Bloomfield with a speed limit of 30km/h.

An exhaustive list of the changes is included in a map published by the borough.

Borough-wide initiative

“The measures currently proposed stem



The plan aims to improve pedestrian and cyclist safety while reducing traffic flow on smaller residential streets. Photo: Villeray—Saint-Michel—Parc-Extension.

from this analysis as well as from a community consultation that included neighbourhood schools, the Montreal Fire Department, the Montreal Police Department and local organizations,” wrote the borough.

The plan is part of a larger, borough-wide initiative to address traffic-related issues in residential neighbourhoods, to ensure they are more enjoyable to live in and safer for pedestrians and cyclists.

“Based on an analysis carried out by our teams, these changes will reduce speed and traffic on local streets, in addition to securing the surroundings of certain schools,” continued Mayor Lavigne Lalonde.

The plan was broken down into 14 separate areas of analysis, with the Park Extension neighbourhood being the first to see findings published.

Public consultation

The borough has also launched a citizen consultation process to get feedback from the residents who will be affected the most. Citizens are encouraged to suggest changes or highlight whether or not they address the issues that are important in their daily lives.

“Since this approach is intended to be concerted and rooted in the reality of the population, we are going even further by submitting the proposal to those most concerned, allowing us to improve it further,” said Mayor Lavigne Lalonde.

People can send in their comments via Montreal’s online platform [Making Montreal](#), by leaving written comments at one of the two drop boxes at borough hall and the library or by calling (514) 292-9550.

The measures will be gradually implemented in Park Extension in 2022. Traffic studies and consultations are soon planned for the other districts in the borough.



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OPINION & Editorial



Canadian oil a 'godsend' for U.S. energy security

American Chamber of Commerce leader says reliable supply supports jobs
and helps lower energy costs

A senior leader with the U.S. Chamber of Commerce would rather see the United States focus on oil imports from Canada than other potential partners as the global energy security crisis from Russia's invasion of Ukraine grows.

"From a pure, selfish U.S.-centric viewpoint, we should be careful and very particular where we import from," says Christopher Guith, a senior vice-president at the chamber's Global Energy Institute.

"We have an administration that is currently begging OPEC, specifically Venezuela and potentially even Iran, to increase production when Canada has significant spare capacity, especially long term, that could come online. But the takeaway capacity is not there, primarily because this administration revoked permits for Keystone XL on the first day in office."

Guith says U.S. imports of Canadian oil – which doubled between 2005 and 2019, according to the U.S. Energy Information Administration – have been a "godsend" for energy security.

"If you look back over the last 25 years, bringing Alberta's oil sands production online is the second most important advent to American energy security, second only to our own shale revolution. It transformed our energy economy incredibly and enabled us to push out OPEC imports," he says.

"It happened at the exact right time; 2005 was the lowest point of U.S. oil production in 60 years, and, all of a sudden, here comes our greatest trading partner to the north with essentially a rescue."

Oil supply from Canada isn't just reliable. It also has economic benefits on both sides of the border, supporting jobs and helping lower consumer energy costs, according to a 2021 study published by the American Petroleum Institute (API).

Researchers found that in 2019, absent supply of Canadian heavy oil, U.S. refiners would have spent about US\$6.1 billion more to access and process other crudes. This improves the profitability of the industrial sector, which adds value to the economy on both a state and national level.

The main reason is that U.S. refiners have spent billions to tailor their facilities to specifically process heavy oil like that produced in Canada,

Guith says.

"It tends to trade at a discount, so you can buy it more cheaply. It's always going to be cheaper because it's closer, so it doesn't have to move as far," he says.

"And it's coming from Canada, a liberal democracy that we have arguably the strongest relationship with out of the entire global community."

The U.S. has become an oil production powerhouse thanks to new technology used in shale deposits, with domestic volumes skyrocketing to 12 million barrels per day in 2019 compared to six million barrels per day a decade earlier.

But it makes more sense that much of the U.S. oil is sold on global markets while U.S. refineries stick to Canadian heavy oil, Guith says.

"It is more economic for the U.S. to export a good portion of the light, sweet crude that we produce and then import the heavy crude from Canada," he says.

"If we could get all that we needed, we wouldn't even have to worry about Venezuela, or potentially Saudi Arabia, even Russia, other producers of heavy crude, but the lack of takeaway capacity limits the amount of crude that we get from Canada. And so, we have to turn to others like Russia."

According to EIA data, U.S. imports of Russian oil and products reached a record 672,000 barrels per day in 2021. But with a ban now in place because of the invasion in Ukraine, the U.S. is looking for other sources.

It's a long-term problem that renewable energy alone can't solve, Guith says. But Canada can help.

"You cannot make that transition happen any faster than the pace of innovation. ... Demand for that amount of crude is still there; Americans still need it to drive and to produce petrochemicals that we use. It's just going to come from somewhere else," he says.

"As long as we're going to be realistic and say we are dependent upon these sources of transportation fuel, we might as well get them from the cleanest sources, but also from freedom-loving countries."

Deborah Jaremko

Can Canada fill the gap if the world quits Russian oil?

It won't be easy because we lack the infrastructure to ship oil or gas to Europe directly

With serious endeavours to reduce dependence on Russian energy supplies underway, global energy markets are faced with a real challenge: where will the oil come from to fill the emerging supply shortfall?

As part of their efforts to punish Russia for its Ukraine misadventure, Western countries are trying to cut off their dependence on Russian oil and gas as much as possible.

In the meantime, gasoline prices are breaking records.

All this means additional pain for consumers. How boycotting Russian supplies can be sustained remains uncertain.

New steps are being considered to lower the budget pain for the common man. The United States is considering releasing more oil from its emergency reserves. Some reports say the total could exceed 30 million barrels. Would this impact global gas prices? Given recent experiences, it seems unlikely.

The Canadian role in the emerging global crude oil equation is also under focus. Canada, the world's fourth-largest crude producer, produces about 4.7 million barrels per day (bpd) of oil and exports about four million bpd.

For some time, Canada – and especially energy-rich Alberta – have been pitching that its crude is clean and is a better ethical choice than oil produced in rogue regimes like Venezuela, Saudi Arabia, Iran and Russia. Alberta officials have insisted their crude could offer the additional supply sought elsewhere.

Canada has committed to supplying an additional 300,000 bpd to the markets by the end of the year, Natural Resources Minister Jonathan Wilkinson said Thursday at the end of the International Energy Agency meeting in Paris. Wilkinson said two-thirds of that is oil, and the rest is natural gas.

It won't be easy. Canada lacks the infrastructure to ship oil or gas to Europe directly. Instead, any additional exports would need to travel through existing pipelines to the United States. Reports claim the United States has agreed to reroute the Canadian crude and its products to the

Gulf of Mexico for export to Europe, either before or after it's refined.

However, a BBC report says that the additional volume committed by Canada is a fraction of the three million barrels a day that the IEA says will be removed from global markets by next month because of sanctions against Russia.

And getting this additional volume from Canada to the markets won't be easy. Pipelines carrying Canadian crude are nearly full, said Ben Brunnen, vice-president of oil sands, fiscal and economic policy for the Canadian Association of Petroleum Producers (CAPP), which represents the country's largest oil producers.

A post-pandemic world demand for raw energy mean

Russian oil is here to stay

Producing more Canadian oil will be much easier said than done, considering that production levels were already high this winter. Alberta oil production hit a record high in October 2021 and reached a record for the first 10 months of any year. So the industry hasn't been holding back.

Analysts like Rory Johnston, wonder about how wide Canada could open its taps in the shorter term. Building new oil sands facilities or expanding operations can take several years and billions of dollars. The gestation period is long.

Canada is also looking at reducing the key Russian role in the global nuclear energy sector. The variable nature of solar and wind power means "there is a role for nuclear in many jurisdictions in terms of providing baseload rather than intermittent power. Russia mines and processes a great deal of uranium for power stations. Canada is "absolutely" prepared to export more uranium. Uranium producers actually do have excess capacity and certainly could ramp up to help to fill the gap that Russian supplies will provide."

But the task at hand is ominous.

Rashid Husain Syed

Canada's first ever National Action Plan on Combatting Hate

Federal government launches national consultations



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The Parc-Extension News
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For such a diverse part of Montreal as Park-Extension, racism and hate are problems in the core of its existence. However even though in our borough different races manage to coexist, hate crimes in Canada continue to rise with devastating consequences on victims, their families, and communities.

In Canada and especially in Park-Ex, diversity is a fact, but inclusion is a choice. Far too many lives are devastated by hate and discrimination because of their racial identity, faith, sexual orientation, gender identity, perceived disability, and more. The government also reports a disturbing increase in hate groups and hate crimes across the country, being supported by people beyond Canadian borders, and threatening national security. That is why the Government of Canada is taking action to address the troubling rise in hate incidents.

On March 29th, the Honourable Ahmed Hussen, Minister of Housing and Diversity and Inclusion, launched consultations to build Canada's first ever National Action Plan on Combatting Hate. These consultations build on the extensive work of the Federal Anti-Racism Secretariat appointed by the Government of Canada, which engaged thousands of Indigenous people, as well as members of racialized and religious minority communities. Through such activities as town halls and summits, including the national summits on antisemitism and Islamophobia, over 400 recommendations were collected to inform the National Action Plan and a renewed anti-racism strategy.

The Action Plan will give a voice to those with lived experience of hate and will integrate the unique reality of communities from coast to coast. The consultations will involve First Nations, Inuit, and Métis leaders, as well as leaders of Black, Asian, Latin, Arab, Muslim, and Jewish communities, alongside several other equity-deserving groups, including newcomers, women, faith-based communities, persons with disabilities, and 2SLGBTQIA+ persons.

Those interested in participating in the consultations are invited to fill out an online questionnaire by April 30, 2022. In the weeks ahead, the Government of Canada will also hold a series of

roundtables, which will bring together members of various communities with lived experiences, academics, and activists. People across Canada deserve to feel safe in their communities, and feedback received through these consultations will inform the development of the National Action Plan on Combatting Hate.

"For far too long, people in Canada and around the world have experienced unimaginable acts of hatred just for being themselves, and recent figures have shown a rise in reported hate crimes during the first year of the pandemic. It's time for change. That's why I want to hear directly from people across Canada as we work on the development of the first ever National Action Plan on Combatting Hate. Our government is taking steps to combat hate in all its forms across the country to build a safer, stronger, and more inclusive and equitable future for all," said the Honourable Ahmed Hussen, Minister of Housing and Diversity and Inclusion.

According to Statistics Canada, in the first year of the COVID-19 pandemic, police reported 2,669 hate crimes in Canada, up 37 percent from 2019. This marks the largest number of police-reported hate crimes since comparable data became available in 2009. In 2020, police-reported hate crimes targeting race or ethnicity almost doubled compared with a year earlier, accounting for the vast majority of the national increase in hate crimes.

Building a Foundation for Change

Canada's Anti-Racism Strategy, unveiled on June 25, 2019, after extensive cross-country consultations, is an investment of more than \$95 million to build long-term changes in supporting communities and improving policies, initiatives, and practices in our federal institutions. In the 2021 Speech from the Throne, the Government reiterated its commitment to combatting hate and racism, including with a renewed Anti-Racism Strategy. In July 2021, the Government of Canada hosted two national summits on Antisemitism and Islamophobia to identify ways in which organizations, communities, individuals, and the federal government can work together to increase public awareness, enhance community security, combat misinformation and online hate, and identify new measures necessary to combat antisemitism, Islamophobia, and hate-fueled violence.

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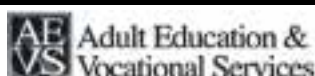


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“Marshall plan” to protect Park Extension

Office de consultation publique de Montréal issues report on MIL campus



The areas highlighted in yellow will be affected by the approved regulatory changes to build a school and new university building. Photo: OCPM.



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On Mar. 22, the *Office de consultation publique de Montréal* (OCPM), the independent body which oversees public consultation mandates assigned by the City of Montreal, issued a report on the Université de Montréal MIL campus and a list of recommendations.

Among the recommendations, the report specifically outlines how the project could better address the realities of neighbouring Park Extension in a bid to mitigate the negative effects the campus is having on the gentrification of the neighbourhood.

“The commission recommends that the Université de Montréal explore, together with the local communities, ways to minimize the negative impacts induced by the development of its campus,” read the report.

Commission president Danielle Casara recommended the implementation of a “Marshall Plan” to protect Park Extension and its residents, referring to the reconstruction and investment effort made in Europe after the Second World War.

Favourable to modifications

Formerly a railway marshalling yard to the south of Park Extension, the area was set for redevelopment in 2005 in a bid to revitalize an unused industrial area, promote education in Montreal and create positive urban, economic and social effects in the neighbouring sectors, read the report.

Starting in the fall of 2021, a public consultation effort was held to collect the opinion of the population before going forward with new regulation modifications.

These modifications would allow for the construction of an elementary school, a centre for Innovation in Digital Intelligence by the University of Montreal and the rezoning of a tract of land to bring it back under the control of the Outremont borough.

While the commission gave a green light to the modifications, they included several recommendations to better protect the interest of residents and local stakeholders.

Positive outcomes

The report outlines “concerns about the safety of citizens, especially that of the children of the

new school, the already difficult mobility in this sector, the deficient connection with neighbouring districts, the lack of green spaces and the potential for gentrification in adjacent areas.”

To better protect Park Extension, the commission recommended the City of Montreal and the Université de Montréal put in place tangible mechanisms to address the gentrification the project is causing.

“The commission considers it particularly important that the opportunities resulting from significant public efforts and investments can benefit all populations, by virtue of a principle of equity and social inclusion,” read the report.

Although the commission recognizes the positive outcomes the construction of higher education institutions has on Montreal, they stress that these positive effects must be shared equally.

If development is accompanied by poorly controlled gentrification which favours a certain social group to the exclusion of others, the results become less positive, wrote the OCPM.

Recommendations

Among other recommendations, the commission took particular care to highlight the special situation of Park Extension in relation to the MIL campus, explaining that socio-economic realities on the ground made it particularly vulnerable.

The commission, therefore, encouraged stakeholders and elected officials to act swiftly on issues such as increasing rent prices and the relocation of residents, while creating better government mechanisms between the municipal and borough levels.

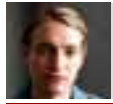
“The improvement of the quality of housing for the benefit of the current populations of the district, in particular by upgrading the housing stock,” is one of the OCPM’s recommendations.

They also call for the protection and enhancement of the identity of the district in its cultural, economic, social and heritage dimensions, while also ensuring the development of community infrastructure which has been lacking in Park Extension.

“If it is understood that the identity of a neighbourhood is a dynamic thing, it is the entire Montreal community that loses out when the diversity of experiences in the City gives way to the homogenization of lifestyles,” read the report.

Annnonce du plan d'apaisement de la circulation

L'arrondissement demande l'avis des citoyens sur les mesures proposées



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Après des mois d'étude et de planification, l'arrondissement de Villeray–Saint-Michel-Parc-Extension a rendu public lundi son plan d'apaisement de la circulation pour le quartier de Parc-Extension.

Dans ce plan, l'arrondissement énumère de nouvelles mesures qui visent à calmer la circulation des véhicules dans le quartier. Le plan compte notamment l'installation de balises, la modification des limites de vitesse dans certains secteurs et la construction de dos d'âne sur les rues résidentielles.

« Ces mesures ont pour objectif d'accroître la sécurité, mais aussi la tranquillité dans le quartier », a déclaré dans un communiqué la mairesse de l'arrondissement Laurence Lavigne Lalonde.

L'arrondissement a également lancé une campagne de consultation citoyenne afin de recueillir le point de vue des résidents. Du 28 mars au 18 avril, les citoyens pourront faire part de leurs impressions et commentaires avant la mise en œuvre du plan en juin.

La sécurité au cœur des préoccupations

Étudié tout au long de l'année 2021, le plan pour apaiser la circulation dans Parc-Extension a quatre objectifs principaux. Il vise à améliorer la qualité de vie dans le quartier en rendant les rues plus tranquilles et calmes.

Il vise également à améliorer la sécurité des piétons et des cyclistes tout en réduisant le flux de circulation dans les petites rues résidentielles.

De nombreux résidents ont fait part de leur inquiétude quant au trafic de transit excessif qui traverse le quartier, en particulier aux heures de pointe, ce qui suscite des craintes pour la sécurité de nombreuses personnes.

Pour apaiser ces inquiétudes, le plan vise également à réduire la vitesse des véhicules dans le quartier, en rétrécissant les rues et en réduisant les limites de vitesse dans certains secteurs.

Des changements dans la vie quotidienne

« Tout au long de l'année 2021, les équipes de l'Arrondissement ont étudié le territoire de Parc-Extension pour comprendre les besoins et enjeux qu'on y rencontre en termes de mobilité », a écrit l'arrondissement dans un communiqué.

« Les mesures proposées amèneront des changements dans vos déplacements au quotidien », ont-ils ajouté. L'arrondissement a énuméré les changements proposés dans un document rendu public lundi.

Parmi les principales propositions figurent le changement de direction de certaines rues, comme Bloomfield et Birnam, la construction de saillies de trottoirs à travers le secteur et l'installation de dos d'âne sur Saint-Roch.

Rétrécissement de certaines rues

Une section de Querbes entre Beaumont et Ogilvy serait également rétrécie pendant les mois d'été, à l'aide de bornes amovibles pour réduire la vitesse de circulation à 30 km/h.

De nombreux habitants du quartier se sont plaints que les automobilistes respectent rarement la limite de vitesse, ce qui cause des enjeux de sécurité pour les enfants et les piétons.

La limite de vitesse sur Jarry Ouest sera



De nombreux habitants du quartier se sont plaints que les automobilistes respectent rarement la limite de vitesse, ce qui cause des enjeux de sécurité pour les enfants et les piétons. Photo: Hilary Bergen.

également réduite à 40 km/h et comprendra la mise en place d'une zone scolaire entre Stuart et Bloomfield avec une limite de vitesse de 30 km/h.

Une liste complète des changements est incluse dans une carte publiée par l'arrondissement.

Une initiative à l'échelle de l'arrondissement

« Les mesures actuellement proposées émanent de cette analyse ainsi que d'une consultation du milieu qui a inclus les écoles du quartier, le Service d'incendie de Montréal, le Service de police de la Ville de Montréal et des organismes » a déclaré l'arrondissement.

Le plan fait partie d'une initiative à l'échelle de l'arrondissement visant à résoudre les problèmes liés à la circulation dans les quartiers résidentiels et à faire en sorte qu'ils soient plus agréables à vivre et plus sécuritaires pour les piétons et les cyclistes.

« Basés sur une analyse effectuée par nos équipes, ces changements permettront de réduire la vitesse et le transit sur les rues locales, en plus de sécuriser les abords de certaines écoles », a poursuivi la mairesse.

Le plan pour l'ensemble de l'arrondissement a été divisé en 14 zones d'analyse, le quartier de Parc-Extension étant le premier à voir ses résultats publiés.

Consultation publique

L'arrondissement a également lancé un processus de consultation des citoyens afin de recueillir les commentaires des résidents qui seront les plus touchés. Les citoyens sont encouragés à proposer des changements ou à souligner s'ils répondent ou non aux problèmes qui sont importants dans leur vie quotidienne.

« Puisque cette démarche se veut concertée et ancrée dans la réalité de la population, nous allons encore plus loin en soumettant la proposition élaborée aux gens concernés, ce qui nous permettra ainsi de la bonifier », a déclaré la mairesse.

Les gens peuvent envoyer leurs commentaires via la plateforme en ligne Réalisons Montréal, ou en laissant des commentaires écrits dans l'une des deux boîtes à la mairie d'arrondissement et à la bibliothèque ou en téléphonant au (514) 292-9550.

Les mesures seront progressivement mises en œuvre dans Parc-Extension à partir de juin 2022. Des études de circulation et des consultations sont prévues prochainement dans les autres districts de l'arrondissement.

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Greeks show pride at Friday evening gala for Independence Day

Hellene of the year 2022 was Montreal physician Dr. George Tsoukas

PHOTOS: Martin C. Barry-Newsfirst



MARTIN C. BARRY
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Hundreds of patriotic Greek Montrealers converged on the Hellenic Community Centre in Montreal's Côte des Neiges district on the evening of Friday March 25 to take part in the annual Greek Independence Day gala.

For Greeks around the world, March 25, 1821 marked the beginning of the revolutionary fight that ended 400 years of Ottoman rule.

Following a protracted war in which Greek patriots received support from Russia, Britain and France, Greece finally received recognition from the world as an independent nation in 1832.

Due to COVID-19 restrictions the last time the festivities took place was back in 2019.

Many notable guests

Among the dignitaries seated at the head table were Greek Consul General in Montreal Michalis Gavriilidis, Saint-Laurent Liberal MP Emmanuella Lambropoulos, Park Extension city councillor Mary Deros, Bordeaux-Cartierville city councillor Effie Giannou, Laval-Les Îles Liberal MP Fayçal El-Khoury and Vimy MP Annie Koutrakis.

Also seated at the head table were Sainte-Rose MNA and parliamentary secretary Christopher Skeete, Laval city councillors Aglaia Revelakis and Vassilios Karydogiannis (representing Mayor Stéphane Boyer), Saint-Laurent Borough Mayor Alan DeSousa and Hellenic Community of Greater Montreal president Andy Crilis.

2022 Hellene of the Year



The 2022 Hellene of the Year (chosen by a nominating committee that included Bishop Iakovos and Dr. Lila Amiralli of the McGill University Department of Child Psychiatry), was Hellenic Community Fundraiser committee president and well-known Montreal physician Dr. George Tsoukas.



President Andy Crilis speech

Better have an hour of free life than forty years of slavery and prison.

-"I have sown a rich seed; The hour is coming when my country will reap its' glorious fruits" !!,

Dear friends..., Feraios did not live to witness Greece's independence, but his words echoed..., reaching Greece with the hope and the optimism which the Greeks were about to live.

We must be proud!, we must remain true!, first to ourselves!, then our faith and to our Greek roots, because surely if our forefathers managed to hold dear these sentiments for over 400 years!, we too can pass them along to future generations for many years to come.



Children's poetry and singing



A choir of children from Montreal-area Greek schools demonstrated their proficiency in the Greek language while performing Hellenic folk songs and reciting works of Greek poetry. The national anthems of Greece and Canada were sung by students from École Socrates-Démosthène.

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Thousands cheer Greek Independence during annual Montreal parade

Prime Minister Trudeau shows support by attending once again



MARTIN C. BARRY
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Despite very cold temperatures, several thousand people from many cultural backgrounds – although primarily Greeks – lined the sidewalks of Jean-Talon St. in Park Extension on Sunday March 27 for the year's biggest celebration by Montreal's Hellenic community – the Greek Independence Day Parade.

Special guest Trudeau

Among those appearing on the parade reviewing stand was Prime Minister Justin Trudeau, who had been Parade Marshall at the 2017 Greek Independence Day Parade. As he has done in past years, the Prime Minister praised members of the Montreal and Canadian Greek community for their courage and strong values.

Noting that Greek independence became a reality in 1821, Trudeau pointed out that Independence Day is a time for Hellenic-Canadians to celebrate their heritage and connect with their roots, while also being an opportunity for Canadians of all backgrounds to gain a deeper appreciation of Hellenic traditions.

Parade Marshall Minister Joly



This year's parade Grand Marshall, Foreign Minister Mélanie Joly, led the dignitaries westward on Jean Talon St. up to Athena Park at the corner of Bloomfield Ave. where they climbed the stairs onto an outdoor stage to review the marchers passing by.

According to Hellenic Community of Greater Montreal President Andy Crilis. She was very happy and honoured to have been given the invitation.

Many flags flying

Greek or not, most people brought many flags to the parade in order to pay tribute to the history, heroism and the independence of Greece – the nation that gave birth to modern-day traditions of democracy. The Hellenic Community of Greater Montreal (HCGM) was continuing a decades-old tradition with the organization of a series of commemorative events all weekend marking Greek Independence Day.



Continuing his tradition, Prime Minister Justin Trudeau came to encourage the parade participants accompanied by cabinet ministers and Liberal MPs.



Mary Deros

Conseillère municipale / City councillor
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Canadian donations reaching people in Ukraine and surrounding countries



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The Canadian Red Cross continues to provide vital assistance to people in Ukraine and surrounding countries. Red Cross teams are working in Ukraine and neighbouring countries to provide urgent items in an effort to alleviate human suffering caused by the conflict. Collectively, the Red Cross has supported more than one million people who have been impacted to date.

Funds for the Canadian Red Cross Ukraine Humanitarian Crisis Appeal have raised more than \$128 million, which includes \$30 million in matching funds from the Government of Canada. Funds, including multiple donations from efforts in Park-Extension, are being used to provide neutral and impartial emergency assistance such as vital medical supplies, food, water, clothing, shelter, hygiene items, heating fuel, psychosocial support, and other urgent items to help those in need.

The situation is complex and Red Cross teams are adjusting to evolving situations. On a daily basis, the Red Cross is providing life saving support and continues to scale up relief

efforts, working alongside other humanitarian organizations and local authorities to ensure the response is effective at reaching as many people as possible with critical assistance. Specifically in Ukraine, 10-thousand volunteers are delivering key items such as water, food, and blankets. Red Cross teams have also worked with local authorities to support the emergency evacuation of communities, bringing approximately 58-thousand people to safety.

"Thanks to the generosity of Canadians, the Red Cross continues to provide vital assistance and scale-up its response to helping those who are inherently vulnerable when fleeing conflict. Around the world, the Red Cross is known for its ability to navigate complex environments and our teams are experts in reaching people who are negatively impacted by tragic events, such as what is occurring in Ukraine. As a neutral and impartial organization, the Red Cross is committed to addressing the immediate and evolving humanitarian needs of everyone affected," said Conrad Sauvé, President and CEO of the Canadian Red Cross, (photo above.)

For residents of Park-Extension wishing to donate to the Ukraine Humanitarian Crisis Appeal they can either do it online at redcross.ca, by calling 1-800-418-1111 or by texting UKRAINE to 20222 to donate \$10

Social housing in danger

The Parti Québécois and the FROHME want urgent action to prevent the privatization of other social housing



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Social housing has always been a lifejacket for many families and individuals with financial difficulties especially in our borough of Park-Extension. On March 24th, at the National Assembly, representatives of the Fédération des OSBL d'habitation de la Montérégie et de l'Estrie (FROHME) as well as the MNA for Gaspé and spokesperson of the Parti Québécois on housing, Méganne Perry Mélançon, held a press briefing in the hope of getting the government to move because according to them, many buildings dedicated to social housing are likely to soon pass into the hands of private interests. "A moratorium must be decreed," summed up Méganne Perry Mélançon.

In all regions, hundreds of social housing units are at risk of going private, but there is a solution according to Mélançon: impose a moratorium on the sale of the buildings housing them. The CAQ government must take into account the vulnerability of clientele and recognize the importance of social housing in Quebec.

According to FROHME the agreement for several buildings belonging to residential NPOs and housing social housing is coming to an end, in all regions of Quebec. As a result, hundreds of them could soon end up on the market, likely to go into private hands; it is even already a reality for some.

Last week, Méganne Perry Mélançon called for the imposition of a moratorium on the sale of these buildings, the time to review the legal framework which governs them. "While Quebec is already sorely lacking in social housing, we risk seeing hundreds, even thousands, disappearing over the next few years simply because we have not acted quickly enough; it's time for the Minister of Housing to wake up!" she said,

pointing out that the tenants in question are mostly elderly women, whose incomes, on average, are below \$25,000 a year. Many, therefore, could not assume an increase in their rent, whatever it may be.

"In Quebec, there are 14,000 housing units that are no longer under agreement or will soon no longer be funded by CMHC. It is a collective asset of inestimable value for the regions and communities that still offer, now without public funding, non-profit and affordable housing. These buildings also have a land value of \$1.4 billion that could be used as leverage by communities to build other affordable and non-profit housing buildings. If the government wants to exercise its jurisdiction over housing, it must take action to protect this housing stock from real estate speculation. At the moment, the organizations are receiving offers by mail and, unfortunately, not all the administrators are aware of the value and impact of these units on the social level," said Martin Bécotte, director of FROHME.



Photo: "While Quebec is already sorely lacking in social housing, we risk seeing hundreds, even thousands, disappearing over the next few years" said PQ MNA Méganne Perry Mélançon

\$117 million to the City of Montreal for the fight against climate change



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After the unveiling of its 2022-2023 budget, the Government of Quebec detailed this March 28th the aid of more than \$117 million that it grants to the City of Montreal to support it in its efforts to fight against climate change. These new measures, which will contribute to the achievement of several objectives of the Plan for a Green Economy 2030 (PEV 2030), target the electrification of modes of transport, the replacement of fossil fuels by renewable energies in municipal buildings and the prevention of risks linked to climate change for citizens. This will breathe fresh air, literally into an aging borough like Park-Extension plagued by intense urbanization and inner-city pollution woes.

The Minister of the Environment and the Fight Against Climate Change, Minister responsible for the Fight against Racism and Minister responsible for the Laval region, Mr. Benoit Charette, made the announcement in Montreal. He was accompanied by the mayoress of Montreal, Ms. Valérie Plante.

Thanks to these sums, the City will be able to intensify its

actions on three major fronts of its 2020-2030 Climate Plan by installing 800 public charging stations for electric vehicles with the objective of reaching 2,000 public charging stations by 2025, decarbonizing its building stock by carrying out conversion work in some fifteen municipal buildings as well as adapting to the impacts of climate change by planting trees, creating facilities to protect citizens against floods and heat islands, and installing green infrastructure.

“With its 2020-2030 Climate Plan, the City of Montreal has made major commitments in terms of ecological and climate transition. Our government is proud to recognize the leadership and support the efforts of cities like Montreal, because their actions will have a significant effect on achieving Quebec’s climate transition targets. » Benoit Charette, Minister of the Environment and the Fight Against Climate Change, Minister responsible for the Fight against Racism and Minister responsible for the Laval region

Valérie Plante from her part said that “Montreal is at the forefront of the fight against climate change. Our administration has made it a priority and has not hesitated to take strong action to accelerate the ecological transition and improve Montreal’s resilience. Our Climate Plan demonstrates this well. And recent IPCC



reports encourage us to do more. The \$117 million envelope that the Government of Quebec is giving the City of Montreal today as part of the Plan for a Green Economy 2030 will allow us to go even further and faster.”

Welcome news for housing in Park-Ex

Quebec budget 2022-2023



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Welcome news for Park-Extension and its ever present housing problem is the announcement that as part of the 2022-2023 budget, the Government of Quebec is investing more than half a billion dollars, or \$634 million, for structuring housing measures.

In particular, the Government of Quebec is investing an additional \$247 million in the AccèsLogis program to support housing projects under development that have seen their construction costs increase, among other things. A sum of \$100 million is also being invested in the new Québec Affordable Housing Program to provide even more affordable housing to Quebecers.

\$30 million for housing projects in Montreal

Of the amounts provided for in Budget 2022-2023, \$247 million will be used to complete the delivery of 3,500 social and affordable housing units to Quebecers in need, through the AccèsLogis program. Of this amount, \$30 million will be used for housing projects in Montreal. This injection of additional money

into this program brings the government’s effort to more than \$977 million to ensure the realization of various social and affordable housing projects that were underfunded by previous governments.

Moreover, since 2018, 8,000 social and affordable housing units have been built or are under construction. In last November’s economic update, amounts were also set aside to fund 2,200 affordable housing units and, under the budget, more than 4,500 social and affordable housing units will have the necessary leverage to see the light of day. The Government of Quebec thus finances nearly 15,000 social and affordable housing units.

The Québec Affordable Housing Program

Launched on February 3, the Québec Affordable Housing Program, with an envelope of nearly \$200 million to build 2,200 housing units, has already been increased by \$100 million for the construction of more than 1,000 additional homes. The government announced that it wishes to ensure that a maximum number of eligible projects will obtain the necessary financing. Community organizations, private sector businesses, housing cooperatives and housing offices have until May 5, 2022 to submit a project under the current call for projects.

“I am very proud of the budget presented by

my colleague, the Minister of Finance, Eric Girard. We are announcing more than half a billion structuring housing measures! Not only is our government respecting its commitment to finance the construction of 15,000 housing units, thanks to all our actions since 2018, but above all we are making sure to offer Quebecers even more social housing at affordable prices. » said Andrée Laforest, Minister of Municipal Affairs and Housing and Minister responsible for the Saguenay–Lac-Saint-Jean region



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Canada's poverty rate dropped in 2020

Federal emergency and recovery benefits mitigated the pandemic's economic impact



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The economic shock wrought by the pandemic required an unprecedented government response to help Canadians weather its after-effects. For families in Park-Extension that had to navigate the difficult economic situation, a new survey showed that the government assistance programs had the desired effect. Federal emergency and recovery benefits introduced in 2020 through Canada's COVID-19 Economic Response Plan—in addition to programs at the provincial, territorial and municipal levels—played a key role in mitigating the pandemic's impacts among vulnerable populations.

Between 2019 and 2020, the overall poverty rate fell by more than one third, from 10.3% to 6.4%, representing over 1.4 million fewer Canadians living in poverty, including 332,000 children and 162,000 seniors. In particular, the supports introduced in 2020 helped lift Canadians with the lowest income – those who were on the brink – out of poverty. In addition, income inequality in 2020 was at its lowest level in 45 years, which demonstrates meaningful progress towards the government's goal of building a more inclusive and resilient economy.

The poverty rate in Canada has decreased steadily since 2015. While the results in the 2020 Canadian Income Survey are encouraging,



they must be considered in the context of a year which saw unprecedented and temporary government income support measures.

“Quick government action helped lift Canadians out of poverty, when the pandemic could have pushed them over the brink. Today's report is encouraging, but we know there is more to do to reduce poverty in Canada and ensure an inclusive recovery. Our government is working hard to grow a more resilient and inclusive economy that gives all Canadians a real and fair chance at success,” said the Minister of Families, Children and Social Development, Karina Gould on the 28th of March.

Quebec food autonomy gets a boost



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The Minister of Agriculture, Fisheries and Food, Mr. André Lamontagne, announced the granting of financial assistance totaling \$7.1 million to three organizations involved in the food processing sector. First, the Quebec Food Processing Council (CTAQ) is getting \$750,000 to support its project entitled “Accompaniment and development of food processing business markets”. Second, the Quebec Duck and Goose Breeders Association (AECOQ) is receiving \$366,911 to help it carry out a similar project with companies in the animal protein sectors.

These two projects, with a total value of approximately \$1.7 million including contributions from all the partners, essentially consist of meeting the needs of small, medium and larger agri-food businesses to support them in the development of their markets. They aim to provide food processing companies with the expertise, guidance and tools to promote and increase the sale of their products on the Quebec market.

This financial assistance is granted under component 2 of the biofood market development program of the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation.

In addition, the Royal Institution for the Advancement of Science/McGill University is granted financial assistance of \$6 million, for the fiscal years 2021-2022 to 2025-2026, to continue the work of the Consortium for Research and of innovation in food processing (RITA Consortium). Created in 2017, the RITA Consortium develops and supports research, innovation and technology transfer activities in all food processing sectors in Quebec. The project, worth \$11.273 million, including contributions from McGill University and those of partners and companies, revolves around

the innovation of products and technological processes intended to increase the competitiveness of food companies and to support food self-sufficiency and sustainable food.

“To achieve greater food self-sufficiency, it is important that processing companies unite to participate in collective marketing, research and innovation initiatives. The government is supporting them on this path through various measures, including the Biofood Market Development Program and support for the RITA Consortium. The projects presented by the CTAQ, the AECOQ and the Royal Institution for the Advancement of Science/McGill University will contribute to increasing the supply of food from here on the local market while promoting the economic recovery of the regions.” said Mr. André Lamontagne, Minister of Agriculture, Fisheries and Food.

In Park-Extension



In the Park-Extension on Hutchinson Street one can also find the Conseil du Système alimentaire montréalais (SAM Council), established in October 2018, and its 200 partners. The creation of the SAM Council is the response to the need expressed by the Montreal community to have a regional food consultation body. The SAM Council mobilizes active food players from a multitude of sectors in order to achieve a common vision: healthy, diversified, local, affordable and sustainable food for all.

Home support in Quebec

The Health and Welfare Commissioner will examine the performance of home care



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As the population of Montreal ages, more and more seniors in Park Extension are looking for home care. This is not a Park-Ex phenomenon only and it represents part of the major shift towards home care that the government of Quebec announced on March 25th that it wants to deal with. The Minister of Health and Social Services, Christian Dubé, and the Minister responsible for Seniors and Caregivers, Marguerite Blais, announced that the Health and Welfare Commissioner (CSBE), Ms. Joanne Castonguay, will analyze the performance of government programs to improve home care and support services.

In a situation where the number of seniors will increase significantly over the next decade and staying at home is the aspiration of the vast majority, the government wishes to pursue the major shift towards home care. In order for the government to make the right choices there is a need for a commissioner whose mandate will be to draw a portrait of the current situation of home care and support services offered in Québec and to document the evolution of future needs in terms of home support. The Commissioner begins her mandate now and will submit her recommendations no later than December 2023, with an interim report in December 2022.

“The pandemic has highlighted significant challenges that we must address quickly to meet the needs of Quebecers and so that we never experience such a situation again. This is why our government wishes to improve its home support offer to allow people who wish to do so to stay at home, in order to preserve their autonomy as much as possible. I have full confidence in the team of the Health and Welfare Commissioner, as an independent entity, to guide us on what we need to put in place to improve the way we take care of our clientele, especially the elderly.” said Christian Dubé, Minister of Health and Social Services

In Quebec, in 2020-2021, 397,702 people received home support services and 72% of them were over 65 years old. This represents a total of 24.4 million hours of services offered in this way. However, for the same period, more than 41,000 people were waiting for home support services.



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Park Ex through the viewfinder

Local photographer puts neighbourhood front and centre in his work



Greizis documents a neighbourhood and community that may not exist in the future due to demographic changes and gentrification. Photo: Martin Simon Greizis.



An elderly man collects cans and bottles in the bins that line the streets on his only day off. Photo: Martin Simon Greizis.



MATIAS BRUNET-KIRK
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In one photo, a line of damp clothes runs through the leafy canopy of a green, back alley, crisscrossed by the dark shadows of electricity lines. In another, an elderly man collects cans and bottles in the bins that line the streets on his only day off.

These are some of the many everyday Park Ex scenes local photographer Martin Simon Greizis captures in black and white through his viewfinder. They are scenes of everyday life in this neighbourhood, a moment captured in

time. Native to Park Extension, Greiz has seen the area change immensely over the years. "It's surprising how much it's changed," said Greizis, sitting across a cup of lemon tea at his kitchen table.

"I was here from 1970," he said, "I saw the different flux of different people moving into the neighbourhood." The ever-changing nature of this neighbourhood is one aspect of what Greizis tries to capture in his work

Following light

"I've always done photography, but it was only about 10 years ago that I really got back into it," continued Greizis, who had previously worked

as a sound mixer.

"When I started getting back into it, I was doing a lot of photography of shows," he added, explaining that "when I would be mixing live shows, I would have my camera all the time, so I would take photographs."

After moving back to Park Extension several years ago, he turned his lens toward the neighbourhood he grew up in.

"A lot of what I photograph is fluke and when I go out what I'm doing is following light," he explained, adding that the people he encounters offer interesting stories and insights and add depth to his work.

Capturing a moment in time

Although not the main objective of his art, Greizis acknowledges that he is documenting a neighbourhood and community that may not exist in the near future, due in part to demographic changes and gentrification.

"I have been documenting the people that live in the neighbourhood, the so-called regulars," he said, adding "there's a group of old Greeks that hang out by the subway station and they're there all the time and even in the last four years, there are faces I don't see anymore"

"There is a desire to document who was here before," added Greizis. "There's going to be a whole community, a whole era that's going to disappear, that people are no longer going to know existed."

"So I guess maybe it's me being me is a little

bit of being nostalgic about my childhood," quipped Greizis.

Disappearing skylines

While demographics and the social makeup of Park Ex are changing, so is the built landscape of the neighbourhood. "What I've noticed is there's a lot of changes happening in terms of architecture and also disappearing skylines," explained Greizis.

This became especially apparent to him when he stopped seeing Mount Royal from many of the neighbourhood streets. "At one point, I saw this structure, I was like what the heck is this, I don't see the mountain. And it was the university, the new campus," recalled Greizis of seeing the Université de Montréal MIL campus for the first time

"It had such a big impact on me because every street that you would be on you'd be able to see the skyline, a little bit of the mountain. But now what's happening is it's completely blocked," he continued.

Greizis understands that this will only continue happening and the physical makeup of the neighbourhood will vastly change in the coming years, as it already has to the south of the neighbourhood around Beaumont.

The local photographer will keep at his craft for the coming future, continuing to publish his work online. Photos are posted regularly on Parc-Ex Social Club, a Facebook group dedicated to neighbourhood initiatives.



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These are some of the many everyday Park Ex scenes local photographer Martin Simon Greizis captures in black and white through his viewfinder. Photo: Martin Simon Greizis.

HOROSCOPE

Week of **APRIL 3 TO 9, 2022**

The luckiest signs this week:
LEO, VIRGO AND LIBRA



ARIES

You may be tempted to buy a new car. However, you must be reasonable to avoid financial stress. After thinking about it, your taste for luxury could fade away.



TAURUS

Your heart will be filled with affection. You must communicate with your significant other to ease tension and improve your relationship.



GEMINI

You'll be full of energy and feel ready to solve all your problems. You'll be relieved that most of your worries are now behind you.



CANCER

You may be worried about a minor health problem. If you take the situation seriously, you'll be able to get the care you need.



LEO

You'll be surrounded by a lot of people. Your friends will invite you on several outings. Agree to the suggestions that interest you the most.



VIRGO

At work or home, you'll be given a lot of responsibility. To move forward, you must get your priorities straight and stop procrastinating.



LIBRA

You'll explore a new form of spirituality that allows you to improve your mental and physical health. You must learn something new or share your knowledge.



SCORPIO

Let yourself feel every emotion. Your family and friends will help you get through a difficult situation. You'll be able to clear your mind and see the light at the end of the tunnel.



SAGITTARIUS

It's easier to get along with people you don't know well. Your relationships with those closest to you may be more strained than those with your acquaintances and colleagues. You may have to take a step back.



CAPRICORN

It's important to be analytical about new opportunities. You'll be promoted at work. However, you must negotiate the terms and conditions of the position to gain more power and responsibility.



AQUARIUS

If you're single, love will come your way. A long-time acquaintance may declare their love for you. Financially, you'll be entitled to a large sum of money that practically falls from the sky.



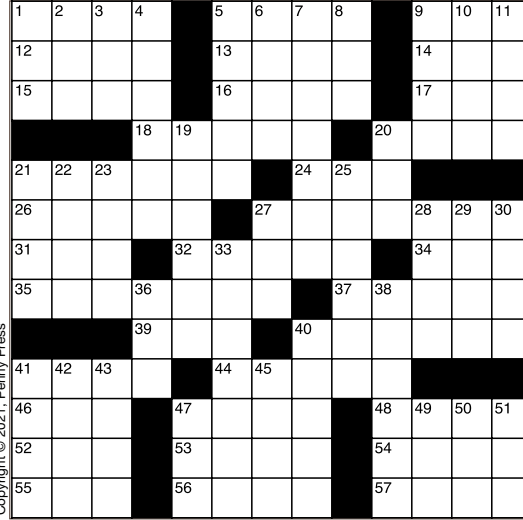
PISCES

You're thinking of moving to a new home. This week, you'll put your family's needs first even if your schedule is overloaded. You're dedicated to the people you love.

Coffee Break

CROSSWORDS

PUZZLE NO. 119



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ACROSS

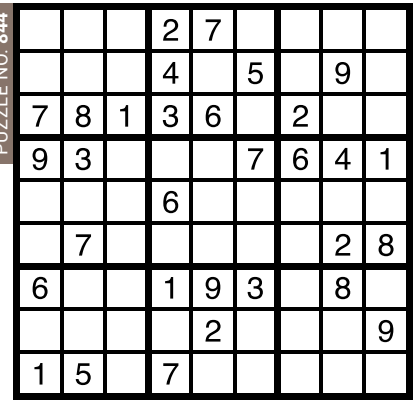
- President's ___ Office
- Hunger
- Felon's flight
- Italian money, once
- Drive away
- Hatchet
- River barriers
- Period preceding Easter
- Scramble (for)
- Haste
- Final
- Jacket features
- Certain poem
- In flames
- Former: hyp-
- Kind of music
- South American range
- Uncooked
- Clad
- Cream of the crop
- Pod dweller
- Springs up

DOWN

- Out-of-date
- Passing through
- Limb
- Lower
- The British ___
- Biblical pronoun
- Pardon
- Spicy
- Molten flow
- Center of rotation
- Flat bread
- Goes on and on
- Grape or orange drink
- Ice mass, for short
- So long, in London: 2 wds.
- Negative linking word
- Employer
- Self-images
- Shady tree
- Hang around
- "Broadcast ___"
- Tournament
- Satisfy
- Gave permission to
- Fat
- Long way off
- Duct
- Dry wilderness
- Peculiar
- Pupil site
- Ship's officer
- Female sheep
- Least distant
- Health haven
- Pay attention
- Mad
- Window glass
- Worshiped object
- School session
- Section
- Public vehicle
- Ripen, as cheese
- Pull or haul
- Wild donkey

Sudoku

PUZZLE NO. 844



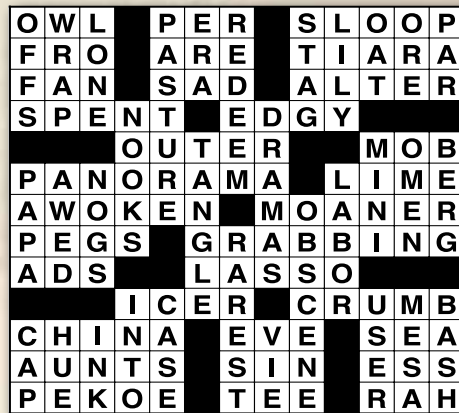
HOW TO PLAY:

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

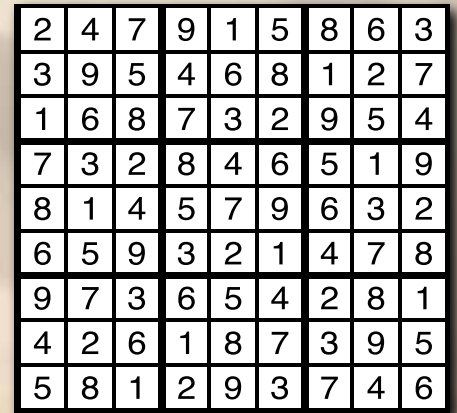
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



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