

**PROFESSIONAL AUTO BODY REPAIR & PAINTING**

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

**514 476-4565**

1385, Boul. des Laurentides,  
Local 103, Vimont, Laval

**A2 AUTO**



# Nouvelles PARC-EXTENSION News

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

**WAGAR ADULT EDUCATION CENTRE**

**A CENTRE FOR THE COMMUNITY**

Sign up for English or French Classes today!

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

Commission scolaire English-Montreal  
English Montreal School Board

Adult Education & Vocational Services



**newsfirst**

Vol. 30-20

1 juillet, 2022 / July 1, 2022

450-978-9999

[www.px-news.com](http://www.px-news.com)

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

**HAPPY CANADA DAY**

Pages 6-7



**Service Dogs program embraced by EMSB**

Pages 2-3



**ENEZ CHERCHER VOTRE  
BAC DE RECYCLAGE  
ENTRE 11 H ET 18 H**

VILLE EN VERT : 514 500-4052

**GRATUIT**



**Au Centre William-Hingston,  
419, rue Saint-Roch :**

- Vendredi 8 juillet
- Vendredi 5 août
- Vendredi 2 septembre

Le sac en plastique transparent est toujours accepté pour les matières recyclables.

En partenariat avec :

Villeray  
Saint-Michel  
Parc-Extension  
**Montréal**

**écoquartier**  
de Villeray-Saint-Michel-Parc-Extension

**Ville en vert**



# Facility Service Dogs program paws-itively embraced by EMSB staff and students

*Teachers utilize Journey in the classroom, with students invited to read to Journey; it has proven to be of particular benefit to St. Raphael students*

**JORDAN STOOPLER**  
MENTAL HEALTH / MHRC

As Dalkeith Elementary School Principal John Wright exits his office, accompanied by his pair of Golden Retriever service dogs Kira and, more recently, Jessie, screams reverberate throughout the school hallways. Some students try to approach the dog in an effort to pet them, while others simply gawk from the classroom windows.

"Nobody is ever happy to see me anymore," jokes Mr. Wright, who fosters the two dogs. "They are only happy if I am with the dogs."

Five year-old Kira has become a veritable "celebrity" at the school, with posters and artwork of the dog plastered throughout the school. Personalized videos featuring a dubbed Kira, have also been created for students celebrating important milestones, such as birthdays or graduations. She has even been included in lesson plans, with a Grade 6 math unit entirely dedicated to Kira the Service Dog.

Kira first arrived at the Anjou school in January of 2020, after undergoing over 3,000 hours of licensed training courtesy of the Asista Foundation. Students and staff have also undergone training since, on how best to approach

a dog and how to ask permission to pet a dog.

Kira often accompanies childcare worker Anna Di Maulo on her daily check-ins with students. She aims to help students with their social interactions, reduce stress and anxiety in students, and helping the children in the recovery phase of a crisis. Some students choose Kira as a reward for good behavior and hard work in the classroom. Such students can spend 15 minutes with Kira or take her for a walk.

In addition, Kira builds students' confidence in their reading through the schools' Reading to Kira program.

"Kids that have difficulty reading out loud in class or don't like reading out loud because they are afraid of their friends making fun of them, can come read a story to Kira," said Mr. Wright. "Reading out loud is an important skill to have."

Kira is now passing on her sensitization training to the next generation of service dogs with Jessie, who first came to the school this past May.

"If it were up to me, every school would have a facility service dog," said Mr. Wright. "They project a calm energy for the students and bring smiles to their faces. We want the students to feel safe and by seeing Kira safe in the hallway, I would hope they feel safe as well. If Kira is not worried, why should they feel worried?"



**LAVAL**

Fourplex situated in a central location, near shopping, metro, schools, transport and highways. Many updates throughout the years. Large storage space. Lots of potential. **Visits with accepted offer only!** - Centris No. 10059329

**FOR RENT**

**CHOMEDEY** spacious appt for rent, close to all amenities, schools, transportation. 3 huge bedrooms, 1 full bath, kitchen/ dinette, huge living room combo. 1 office/storage area, 1 parking included. Call me for more info.

**CHOMEDEY**

**Chomedey cottage** in prime location. 3+1 large bedrooms, living room, dining room, 1+1 bathrooms, finished basement, good size yard. Quiet neighborhood. Close to all shopping, schools and highway 13,15, & 440. Call me for a visit!

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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

**ROYAL LE PAGE**

HUMANIA CENTRE Agence immobilière  
450.682.2121

**PROTECTION ROYALE**

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



Meanwhile, at St. Raphael...

St. Raphael School received their service dog, five year-old Journey, in February of 2020, after a lengthy application and training process.

"Journey is a very sturdy dog, yet super calm," described Clementina Fraga, school secretary and Journey's sitter. "He doesn't get excited. The children love that because they get that connection and it makes them feel secure. Their eyes light up."

"He gets attached to people who are peaceful, quiet and have a soft tone," said Principal Joe Anne Désir. "He likes that kind of feeling and dynamic."

Ms. Désir credits former principal Gail Callender and former regional director John Pevec with getting the program off the ground and ultimately approved by council.

Teachers utilize Journey in the classroom, with students invited to read to Journey. It has proven to be of particular benefit to St. Raphael students.

"Journey helps me with my work," said Alex, a Grade 5 student. "He helps me focus. I really love animals."

The school's speech language pathologist, Pamela Goldsmith, also has come to use Journey as a tool when doing assessments on children.

"The children don't feel it as an assessment session with the dog there," said Ms. Fraga. "He has made Pamela's job that much easier."

Journey's typical school day begins by greeting his handlers and students as they exit the school bus in the morning. He will often sit in the foyer with the children as they arrive, offering support to those in need.

"If he notices someone is in distress, I have seen him go sit next to that person," said Ms. Fraga. "He will just sit there calmly. There is something about him that even adults who are afraid of dogs feel zen and calm around him."

Ms. Fraga vividly recalls how Journey came to the rescue of the EMSB trauma team on one of his visits to hard-hit schools.

"Journey immediately connected with the people in need and, in some mysterious way, helped them to find comfort even if it was for a short while," she said.

Much like with Kira at Dalkeith, Journey has become a household name around the school. The students celebrated Valentine's Day with a photo booth and dressing up Journey. Students also created cards, name tags and drawings of Journey.

"When we have school pictures or graduation pictures, Journey also is included," said Ms. Désir. "He's really attached himself to the community at St. Raphael. It is part of our mission, to have a pet service dog."

Service dogs also being integrated into adult education

Rosemount Technology Centre (RTC) welcomed three year-old Bouvier Bernois, Gustave, full-time to its facility in March.



Gustave came to the school fully-trained, with staff also taking part in a six week online training program, before Gustave was eventually integrated into the school with students.

RTC Principal John Pevec, who was involved with the arrival of both Kira and Journey to Dalkeith and St Raphael, respectively, while interim regional director, says there has been an increased emphasis on mental health within the adult education & vocational services (AEVS). Psychologists and education counselors visit with students at the school once a week.

"We were finding, more and more with COVID, the counselors were bringing up cases of severe anxiety and depressions amongst our students," said Mr. Pevec. "We knew the personnel was scarce and hard to find. Gustave's arrival was really based on the needs of the students."

He charged his office agent Susie Munno with becoming the dog's primary handler.

"I am going to each classroom and integrating him with students," said Ms. Munno. "Every day, I do a tour with Gustave with his vest on. We also have a wellness room and we are going to integrate Gustave with the psychologists and students there."

Mr. Pevec qualifies Gustave as a "giant stress ball" who has helped students manage their anxiety during exam periods, among other areas. He has also noted a decrease in the amount of high-level crises amongst students since Gustave's arrival.

"You certainly see the impact he has in the halls," said Mr. Pevec. "Just having Gustave around has had a calming effect on the entire student body. Everyone looks forward to seeing him when they come to school each day. That, in and of itself, is a very positive thing."

About the Asista Foundation

Founded in 2011 in Laval, Quebec, the Asista Foundation is a non-profit charitable organization driver to change lives by giving a second chance to dogs that are sometimes in precarious and difficult situations, such as in a shelter, and

train them as service dogs to accompany people with mental health related conditions. Thanks to the precious network of its volunteers, donors, and partners, the Asista Foundation can continue to help people in need.



Burglar • Fire • Cameras • Intercoms

**(514) 289-8585**

*20 years at your service!*

**24 HOUR MONITORING**

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

**\$499<sup>99</sup>**

**System Includes:**

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



# Nouvelles PARC-EXTENSION News

9500  
copies

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:

George Bakoyannis  
George S. Guzman

## General Director:

George Bakoyannis

## VP Sales & Marketing:

George S. Guzman  
sales@newsfirst.ca

## Graphic Design:

Lareine Zakhour  
Elena Molter  
Thomas Bakoyannis

## Advertising Consultants:

Peter Stavropoulos  
peter@newsfirst.ca

Jean Paul Chamberland

## Editorial Staff:

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

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



Member of  
Quebec Community Newspapers Association &  
Canadian Community Newspapers Association

Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL/DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation:

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056



Project funded in part by

Canada

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

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

ENTIRE CONTENTS COPYRIGHT 2022

# OPINION & Editorial



## Canada Day is a very 'moving' day in Québec, but for the wrong reasons

### What makes Québec particular on Canada's National Day?

These past two years have presented incred-  
ible challenges and inflicted untold grief  
on so many in Canada and around the world. It  
has also shown our resilience and our ability to  
step up, to adapt, and to be innovative. Enabling  
decisions that impacted lives and livelihoods  
have been the driving force in the workforce, at  
the helm of corporations, and in medical fields,  
educational institutions, and small businesses.

Canadians should be proud to have time and  
time again proven that they can be innovative,  
agile, and responsive to challenges, some of which  
were unforeseen. The North is True and Strong.

But not all is as it could be and/or should  
be in Our Home and Native Land, and this is  
not only true of the way Canada continues to  
short-change most of its indigenous people, it is  
elusively applicable to the dismissive disregard  
exercised by Québec in its attitude toward  
Canada Day.

The 1st of July - Canada Day for Canadians  
is just "le premier juillet", for most Quebecers,  
or another square on the calendar, declared by  
Québec tradition and precedent as Moving Day,  
traced back to when the province used to oblige  
fixed terms for leases on rental properties. So,  
what's the problem? This date happens to fall  
on Canada's annual celebration of the birth of  
the nation in 1867, a new country created by the  
union of four provinces, with Québec joining  
forces with Ontario, New Brunswick, and Nova  
Scotia, to form the then Dominion of Canada.

The 'moving tradition' was first set in place as  
a humanitarian measure of the French Colonial  
government of New France, who forbade land-  
lords from evicting their tenant farmers before  
the winter snow melted. While originally the  
French law in the 18th Century set the "Moving  
Day" to be on May 1, that later got changed.  
On May 1st children were still in school, and

moving was a huge, quite disruptive, inconven-  
ience for parents.

Thus in 1973, the Québec government decided  
that moving day would be a legal holiday. July  
1st is Canada Day and while it is still somewhat  
celebrated in Québec, one can argue that it is not  
as popular as in the other 9 provinces and three  
territories throughout the country. As well, in  
fact and observance, the 24th of June is Québec's  
Fête Nationale, whereby Quebecers celebrate the  
distinct French identity of the province, both  
culturally, linguistically, and artistically.

So every July 1st, tens of thousands of  
Quebecers move on the same day, creating scen-  
arios that often appear to be beyond insanity.  
Vans jam all streets, anxious people having  
to improvise because they didn't book profes-  
sional movers, an old stove or two languishing  
on some street corner or other, total chaos!  
Canada Day is synonymous to official Moving  
Day in Québec.

In the rest of Canada, July 1st is renowned as  
Canada's birthday: a federal statutory holiday,  
previously known as Dominion Day, garnished  
with fireworks and parades, and a scary  
percentage of Canadians wearing red maple  
leaf-branded baseball caps and T-shirts, and  
the patriotic red and white flag.

Dare it be claimed that Québec's Moving Day  
happening on Canada Day is nothing short of  
the Francophone province - which has carried  
out referendums on separating from the rest of  
Canada not once, but twice - "punching English  
Canada in the eye", as the expression goes.

Imagining Canada to resemble a high school,  
the country would be one of the most popular  
kids in the classroom. More than 300,000 immi-  
grants and refugees recently chose to begin new  
lives here. And scores more are waiting in line  
for a chance to start over in a country known

around the world for its diversity, tolerance,  
and prosperity.

Canada's good reputation is well-deserved,  
with a majority of its 37 million people enjoying  
some of the highest standards of living in the  
world. Our Charter of Rights and Freedoms  
guarantees basic democratic rights that citizens  
of many countries can only dream of. Our  
publicly funded health system provides care  
to all who need it, regardless of income or social  
status. High-quality education, too, is widely  
accessible across the country at affordable costs.

But what appeals most to many newcomers is  
that being Canadian does not mean having to  
fit into a single mold. That's a good thing. Our  
diversity, our willingness to remake ourselves  
and our ability to embrace political, cultural and  
religious differences, for the most part with-  
out conflict, are a source of strength of which  
Canadians can be rightly and justifiably proud.

Yet for all that, complacency is not an afford-  
able option. The country's social fabric is being  
stretched by forces that threaten to erode the  
harmony and prosperity built so carefully by so  
many. In the face of these threats, the pledge  
must be by all, to do better, and demand our  
leaders do the same on this Canada Day 2022.

Regardless of the politics of Québec and  
Canada...Oh Canada, must always be everyone's  
Canada, our Canada.

So, feel free to join in the holiday spirit! Canada  
Day is a fantastic and festive time to be happy  
for the past and hopeful for the future. Everyone  
here at The Laval News would like to once again  
warmly wish our Canadian friends, family, and  
colleagues a happy and fun Canada Day! Or,  
in the case of Moving Day, a productive and  
efficient holiday.

Renata Isopo  
renata@newsfirst.ca

## ANGRY? FRUSTRATED? ANNOYED?

You've got a place to vent!

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



editor@newsfirst.ca



# 10th Volunteer Recognition Award 2022

## Thanks to dedicated volunteers

The borough of Villera-y-Saint-Michel-Parc-Extension honoured five dedicated June 17 at its 10th Volunteer Recognition Awards. The ceremony was held as part of the Volunteer Day where 400 people involved in the community were invited to celebrate their actions.

For borough Mayor Laurence Lavigne Lalonde and her council colleagues, Councillors Mary Deros and Martine Musau Muele, as well as Councillors Josué Corvil and Sylvain Ouellet, it is important to highlight the contribution of these hundreds of volunteers to the development of the community.

"Congratulations to our volunteers of the year! This evening dedicated to our volunteers is an opportunity for us to salute and highlight their exceptional contribution to improving the quality of life of their fellow citizens, especially after two years of pandemic. The elected officials and members of the Borough's management thank them wholeheartedly for their involvement. The time given by our volunteers is priceless, but their involvement has invaluable benefits for citizens," said Laurence Lavigne Lalonde.

### Volunteer Recognition Award

Twenty-four applications were submitted by members of non-profit organizations in which different volunteers work. Following the Borough's analysis of each nomination, four winners – one per electoral district – were

named "Volunteer of the Year" and one winner "Volunteer of the Year – Relève 13-17 years old". They were awarded a work by Bruno Andrus, glassblower and creator of unique pieces.

### 2022 Winners

#### Volunteer of the Year – Parc-Extension District

Nelson Ojeda, Montreal Senior Citizens Forum

#### Volunteer of the Year – District of Villera-y

Christine Landry, Espace Multisoleil

#### Volunteer of the Year – François-Perrault District

Alain-Antoine Courchesne, Healthy Living Saint-Michel

#### Volunteer of the Year – District of Saint-Michel

Antonio Del Sonno, Saint-Michel Vie Sans Frontières

#### Volunteer of the Year – Relève 13-17 years old

Ayana Virgile, Centre de loisirs René-Goupil

A certificate of excellence was also presented to the finalists to highlight their generosity and commitment to their community.

### Congratulations to our volunteers!

For more information on the Volunteer Recognition Awards, visit the borough's website at [montreal.ca/vsp](http://montreal.ca/vsp).



## Fraudulent scheme targeting seniors: eight suspects arrested

Investigators from the Economic Crimes Section of the Service de police de la Ville de Montréal (SPVM) arrested eight suspects on June 16 in connection with a hundred "false representative" frauds committed against seniors living in the boroughs of Anjou, Montréal-Nord and Saint-Léonard. The SPVM takes this opportunity to remind seniors and their loved ones of the importance of being particularly vigilant in order to prevent this type of fraud.

The eight suspects, who range in age from 19 to 21, were apprehended after a weeks-long police investigation. Searches were conducted inside two residences located in Bois-des-Filion and Terrebonne, as well as eight vehicles. Investigators seized cell phones, bank cards, transaction records, uniforms and an air gun. The suspects were released on a promise to appear at the Montreal courthouse in September. They will then face multiple charges.

### Stratagem

The scheme used by the fraudsters is essentially the same in the 110 fraud cases that were analyzed. First, a first suspect phones a vulnerable senior pretending to be an employee of a financial institution. It uses an application that makes the name of the institution appear on the victim's phone display. The suspect then tells the victim that there was a fraudulent transaction on his credit card and that there is an urgent need to act to correct the situation. In an insistent tone, the suspect asks the victim to provide him with his personal identification number (PIN) and to insert his credit card inside an envelope. He explains that a postman

will quickly pick up the envelope to bring it back to the financial institution. An accomplice in uniform then takes over and comes to the victim's residence to retrieve the envelope and leave.

In each case, the fraudsters rushed to make withdrawals at the ATM or make various purchases with the stolen cards.

### Prevention tips

The SPVM is taking advantage of these recent events to remind us of the importance of being vigilant against this type of fraud. The prevention tips to be retained by the seniors solicited are as follows :

- Never rely on what is written on your phone's display;
- Never give out personal information over the phone;
- Remember that financial institutions never ask their customers to hand over bank cards or disclose their personal identification number (PIN) to someone;
- Never give in to pressure;
- Always consult a family member or a trusted relative to validate the information received;
- If in doubt, do not hesitate to consult your neighborhood police station.

To report fraud, contact:

**Canadian Anti-Fraud Centre**

1 888 495-8501

**Info-Crime Montreal**

514 393-1133

**In an emergency, call 911**

## Residential and commercial asphalt



### with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

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



**Scellant Propre**

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





# Celebrate Canada Day!



## Unique ways to celebrate Canada Day inspired by our national icons

There are many ways to celebrate Canada Day and fireworks, community events and backyard barbecues are all commonly enjoyed on July 1. But if you're looking to do something a little more unique, consider incorporating these national icons into your festivities.

### THE MAPLE LEAF

While the red leaf on our flag is that of the sugar maple, there are

in fact 10 species of maple that grow across the country. This Canada Day, why not plant one of these trees in your yard? Alternatively, you could simply slather some pancakes with maple syrup and call it Canadian pride. Bonus points if you serve them with Canadian bacon.



### HOCKEY

While its exact origins are hotly debated, hockey as we know it today is firmly rooted in Canadian history and culture. Since your neighbourhood rink is likely closed for the season, consider playing a game of street hockey to work up an appetite for your Canada Day barbecue.

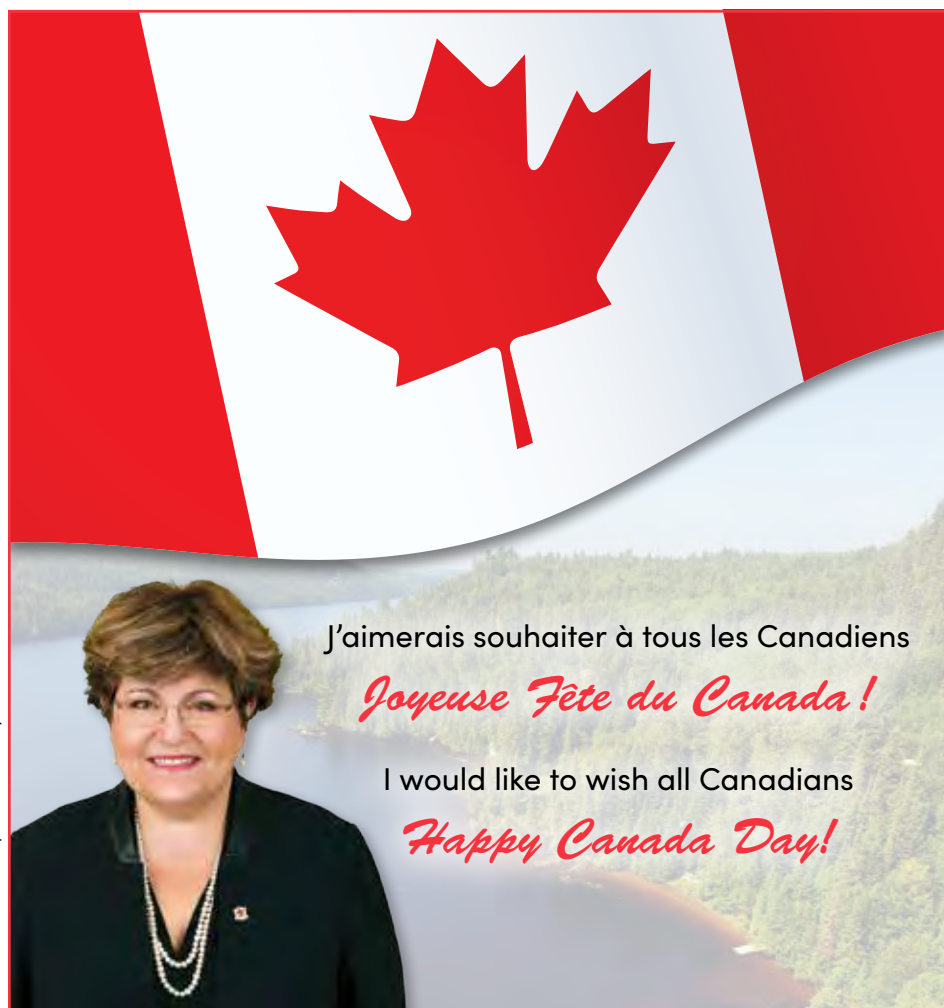
### THE BEAVER

While a number of animals serve as Canadian symbols, it's the bea-

ver that's most recognized as a national icon. This isn't surprising given that our country was largely founded on trading beaver pelts. Since you probably won't see a real beaver on Canada Day, why not indulge in a Beaver Tail pastry instead? This quintessential Canadian treat is a delicious way to celebrate our country.



## Happy Canada Day!



J'aimerais souhaiter à tous les Canadiens

*Joyeuse Fête du Canada!*

I would like to wish all Canadians

*Happy Canada Day!*

### MARY DEROS

Conseillère de la Ville du district de Parc-Extension  
Présidente du C.C.U. & Vice-présidente de la commission  
de la diversité sociale et la diversité montréalaise  
514 872-3103 | mary.deros@montreal.ca

Villeray  
Saint-Michel  
Parc-Extension  
**Montréal**

## 5 things Canadians do best

Canadians have a global reputation for being friendly and polite. However, Canucks have a lot more going for them than being well-mannered. To celebrate Canada Day, here are five things that this country and its citizens do best.

### 1. COMEDY

What do Eugene Levy, Mike Myers, Samantha Bee, John Candy, Catherine O'Hara and Jim Carrey have in common? They all hail from the Great White North and are prominent names in the world of comedy.

### 2. HOCKEY

This sport is an inarguable part of the Canadian identity. Professional teams have won more championships than any other country, and national teams regularly top the world rankings.

### 3. COTTAGE COUNTRY

Canada has more lakes than any other country in the world. When combined with ocean coastlines, mountain ranges, unique deserts and abundant wilderness, Canada provides more opportunities to get away from it all than just about anywhere else.

### 4. SLANG

In addition to their regional accents, Canadians use terms and idioms that're all their own. Where else can you say, "I'm going to put on my toque, drive a few clicks down the road and pick up a two-four"?

### 5. SNACK FOODS

From Nanaimo bars and butter tarts to poutine and donairs, Canada is home to some of the best snack foods out there. Our chocolate bars are also second to none. In fact, Coffee Crisp, Smarties, Mr. Big, Aero and Caramilk can only be found on Canadian shelves. Additionally, dill pickle and ketchup chips are unique to Canada.



This year on July 1, take a moment to reflect on all the things that make this country and its citizens great. Happy Canada Day!



## 6 things you probably didn't know were invented in Canada

Canadian people and their ideas have made a great impact on the world. These are just six of the many things that were invented right here at home.

### 1. PEANUT BUTTER

Originally invented as a source of protein and calories for people with no teeth, peanut butter was first patented in 1884 by a Montreal pharmacist.



### 2. SNOWBLOWER

You can thank Montreal's Arthur Sicard the next time you clear your driveway with a snowblower. He was inspired by agricultural equipment when he invented this back-saving alternative to shoveling.

### 3. INSTANT REPLAY

In 1955, Hockey Night in Canada changed forever when a CBC producer used a kinescope to replay parts of an NHL game a few minutes after they occurred.

### 4. INSULIN

This hormone was discovered in 1922 by Canadians Frederick Banting and Charles H. Best. They found that insulin lowered a diabetic dog's blood glucose to normal levels. Within a year, they in-

vented a way to purify insulin, and used it to successfully treat a boy suffering from severe diabetes.

### 5. GARBAGE BAGS

They may not be glamorous, but it's hard to imagine a time before plastic disposable bags were readily available. They've come a long way since their invention in 1950. Garbage bags have become more environmentally friendly over the years, with recyclable and biodegradable versions now widely available.

### 6. THE CAESAR

The Caesar. Invented in Calgary in 1969, the Caesar has been a staple of the Canadian brunch scene ever since. This savoury mix of clam juice, tomato juice and vodka can be garnished with a stalk of

celery, a pickled bean or a wedge of lime and is served over 350 million times a year.



The next time you enjoy a PB&J, watch a replay of a great hockey play or take your garbage to the curb, know that you have a fellow Canadian to thank for it.

# Happy birthday, CANADA!

## Canada by the numbers

On July 1, Canadians celebrate their home country for its beauty, culture and history. Many people partake in colourful events, such as performances, parades and fireworks displays to mark the occasion. Others take the day to reconnect with family and friends in a festive atmosphere to show their colours and express their civic pride.

As you raise a glass to Canada, think about all the things that make this country great and give you cause for celebration. Here are a few noteworthy facts and figures.

- **12.9** is the length, in kilometres, of the Confederation Bridge that links Prince Edward Island to New Brunswick. It's the longest bridge in the world crossing ice-covered water.
- **18** is the number of times Canadians have won the prestigious Nobel Prize, including six for physics and five for chemistry.
- **563** is the number of Canada's lakes with a surface area of over 100 square kilometres. Canada has the most lakes of any country in the world. The Great Lakes alone comprise 18 per cent of all fresh water on the entire planet.
- **1000+** is the number of cheese varieties produced in the country. If you're a cheese lover, that's plenty of reasons to celebrate.
- **340,000** is the number of square kilometres of land and freshwater protected inside Canada's 48 national parks and park reserves. Canada has vast areas to protect. After all, it's the second-largest country in the world.



Le très hon. / The Rt. Hon.  
**Justin P. J. Trudeau**  
Député / MP Papineau



1100 Crémazie Est, Bureau 220, Montreal (QC), H2P 2X2  
T: 514-277-6020 E-mail: justin.trudeau.c1c@parl.gc.ca



# The Ombudsman de Montréal's 18th annual report

*Complaints increased in 2021 with 2,365 files processed, including 211 new inquiries, covering a wide range of subjects*

*The files processed are for insalubrious dwellings, discrimination, home adaptation and homelessness, among other topics*

The Ombudsman de Montréal, Me Nadine Mailloux, today tabled her annual activities report for the year 2021 to City Council. Presented under the theme Here for You, the report shows a record number of complaints, with 2,365 files processed, including 211 new inquiries, 40 of which were initiated by the OdM, compared with 2,150 files processed in 2020.

"In 2021," said Me Mailloux, "our team drew on its expertise and developed it in order to listen, understand and resolve files regarding topics that touch on a variety of subjects, such as discrimination, home adaptation and Indigenous homelessness."

## Main complaint topics

The 2,365 files processed in 2021, including the 89 inquiries launched before 2021 and still active as of January 1, 2021, dealt with many topics. Among those, the main concerns involved: Public Works (320), City Services; communications, politeness, delays and procedures (220), Nuisances (172) and Trees, community gardens and parks (132).

It is worth noting that interventions by the OdM can take multiple forms and rest on many bases. In some cases, the Montréal Charter of Rights and Responsibilities represents not simply a jurisdictional basis but also plays a key role in their outcome.

## Montréal Charter of Rights and Responsibilities

In 2021, the OdM amended the way it categorizes files in order to better reflect the number of inquiries in which a right protected under the Charter would not have been respected. This way, the files in which the OdM invoked the Charter are clarified and reflect more faithfully its use in our inquiries.

42 inquiries launched in 2021 involved the Charter and 66 City principles, undertakings and responsibilities contained in the Charter were involved in these inquiries.

## Indigenous and Inuit



## homelessness in the Milton-Parc area

On May 4, the OdM published its report on Indigenous and Inuit homelessness in the

Milton-Parc neighbourhood. It shines a light on a humanitarian crisis in the heart of the city and contains five recommendations which are a call to action to authorities, particularly Ville de Montréal.

## Home Adaptation Program (HAP) of Montréal

The OdM intervenes in the file of a citizen and insists on the fact that the systemic problem of delays in administering the Home Adaptation Program (HAP) of Montréal is worrisome and is liable to end up as a denial of essential services for many vulnerable people.

The OdM obtains several commitments from the Service de l'habitation, notably to document, gather and communicate its weekly statistics so as to keep delays under control. The OdM team will monitor the situation closely to ensure that the risk that vulnerable persons are forced to leave their homes because their dwelling cannot be adapted in a timely manner is reduced.

## Universal accessibility

Residents of a seniors' residence must travel 30 metres, cross the new bicycle path and get into the paratransit vehicle in traffic lanes rather than from the sidewalk.

The OdM asks the Borough to build a drop-

off zone with a sidewalk ramp without delay in front of the residence's entrance, which was eventually done after a lengthy inquiry. This file highlights the importance of integrating the principles of universal accessibility from the outset, at the design stage of new developments.

## People in the parks

In the summer of 2021, with the pandemic still very much active, the vast majority of city parks were swamped by Montrealers. The OdM receives many complaints from people living alongside some of these parks about persons urinating and defecating on their property or their parking areas, soiled tissue papers thrown not in the trash or foul smells.

Long lines in front of the few sanitation facilities, a reduced number of available washrooms and chemical toilets deemed insalubrious are among the reasons invoked for the problem. The OdM begins discussions with several Boroughs, which are responsive and willing to provide solutions.

Among these was the Borough of Rosemont-La Petite-Patrie, which added a chemical toilet in the parc des Carrières, immediately resolving the problems in that area. Responding to the OdM's suggestion, the Borough adjusts the signage in parc Sainte-Bernadette that indicates at strategic points the presence of nearby sanitation facilities. A similar situation was settled in the same way by the Ville-Marie Borough, to the north of parc Jeanne-Mance.

## Nuisances emanating from Clos des Carrières

After complaints from residents living along Clos des Carrières regarding nuisances related to municipal activities there, the OdM intervened.

The OdM inquiry resulted in improvements for residents: replacing vehicle back-up alarms with quieter models, the resurfacing of a problematic stretch on rue des Carrières and of the site, the addition of speed signs, directives for supervisors, replacing and relocating some devices, etc.

## Discrimination and exclusion

After noticing that citizens who belong to certain ethnic or cultural groups, particularly in the poorest areas of Montréal, made little use of its services, the OdM redoubled its efforts to highlight its jurisdiction over discrimination issues.

Currently, more sophisticated methods of tabulating sociodemographic data concerning people who contact the OdM are being deployed in order to better adapt services. Moreover, due to wide disparities in that regard and to specific issues that may exist in a Borough, emphasis is placed more on areas than on Boroughs.

Lastly, the entire OdM staff has received extensive training on various forms of discrimination as well as on investigative and analysis methods specific to processing complaints on that subject. All employees have also received their certification in gender-based analysis with an intersectional approach (ADS+).

**Problems with pests, insects or rodents???**

**Why suffer with infestation!**

**All kinds of insects and rodents**

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

**S.D Exterminating Service Inc.**

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

SINCE 1971

Serving the community for over 50 years

CS50279  
Membre of Canadian Association





**PANIER DU FERMIER**

**BASKET OF  
Fruits and Vegetables**

**16 to 20 VARIETIES**

**2 EASY STEPS:**

- 1 Book your basket online or by phone from Monday to Thursday
- 2 Pickup Thursday, Friday or Saturday. Delivery available



A value of **\$60+** at the supermarket  
**You pay only \$35**

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!  


**@PANIERDUFERMIER**

**Our weekly customers  
save  
up to \$1,200  
per year**

**NOW WE DELIVER IN MONTREAL**

**(514) 473-4591**  
**3151-B boul. DAGENAI S OUEST**  
 (near Curé-Labelle) Laval, Québec H7P 1T8  
[panierdufermier.ca](http://panierdufermier.ca) | [panierdufermier@gmail.com](mailto:panierdufermier@gmail.com)

# CLASSIFIEDS • CAREERS • JOBS

News THE NORTH SHORE PARC-EXTENSION THE LAVAL **news** Call 450 978.9999 Payment:   

**WE ARE HIRING**

- waiters/waitresses
- busboys/busgirls
- barista.

**All positions are permanent, full and part-time.**

Our restaurant is very busy, so experience is necessary for all positions.

**BISTRO GREC**

*Philinos*

**APPORTEZ VOTRE VIN**

BISTRO GREC PHILINOS IS AN UPSCALE RESTAURANT IN LAVAL. WE ARE THE 2<sup>ND</sup> OF TWO RESTAURANTS, FAMILY OWNED.

**1670, boul. St-Martin Ouest, Laval, Québec H7S 1M9**  
**T: 579.640.9099 • [laval@philinos.ca](mailto:laval@philinos.ca) • [www.philinos.ca](http://www.philinos.ca)**

Please email your resume to the above address or in person Wednesday-Sunday between 4-8pm.



**JOB OPPORTUNITY**

<p><b>AU VIEUX DULUTH</b> LAVAL RESTAURANT</p> <p><b>MANAGER</b> FULL TIME</p> <p>1755 INDUSTRIAL BLVD. LAVAL QC</p> <p>CALL VICKY 450 663 1165</p>	<p><b>ALIMENTS GOURMETS</b> MEDOR WAREHOUSE</p> <p><b>CENTRAL KITCHEN HELPER</b> FULL TIME</p> <p>815 BOUL. ST MARTIN O. LAVAL QC</p> <p>CALL JOHN 450 663 1165</p>
---	---

[auvieuxduluth.com](http://auvieuxduluth.com) | [info@auvieuxduluth.com](mailto:info@auvieuxduluth.com)

**WE BUY GOLD AND DIAMONDS**  
 - For over 38 years -

450-681-1363

**Before selling elsewhere, come see us!**

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

[achatorlaval.ca](http://achatorlaval.ca)

**Same address since 1989**  
 1799, boul. Curé-Labelle,  
 Chomedey (North of St-Martin)



**CURÉ-LABELLE**  **SAINT-MARTIN**



# In Memoriam & Obituaries

The right  
funeral service  
for you



If one thing is inevitable, it's that we'll all take leave of this world at one point or another. Funeral home services have evolved a lot in recent years, and ceremonies can now take many different forms in order to pay tribute to loved ones who have passed away or on the anniversary of their deaths. They're meant to honour their memory and celebrate their lives, which we had so much pleasure in sharing.

The loss of a loved one is a very difficult moment in anyone's life. You can count on the expertise of consultants to help you understand all the administrative procedures surrounding death, which are not always easy to unravel during this difficult time.

Whether it's for yourself or to help you say goodbye to a loved one who has passed away, you can plan a personalized ceremony that respects everyone's feelings as well as your budget. It will help you have peace of mind by ensuring that, when the time comes, everyone's last wishes will be respected.

Even though this ceremony may not seem important to you now, don't forget that it is key to the loved ones you leave behind. Among other things, it will allow them to say goodbye and begin the mourning process. That is why it is essential to think about this and make the important decisions yourself. Choosing a burial or cremation and the type of funeral service will spare your family the burden of these choices, which are sometimes a source of conflict when a death occurs.



**DUPLANTIS, Carmen**  
1931 — 2022

In Verdun, on June 27, 2022, at the age of 91, passed away Mrs. Carmen Duplantis, wife of the late Jean-Pierre Hébert.

She is survived by her children Pierre (Caroline) and Nathalie (Daniel), her grandchildren Robin, Audrey, Marie-Pier, Jérémie and Sophien, her great-granddaughter Zoé, her sisters Jeannine (late Jean) and Francine (André), as well as several relatives and friends.



**PAQUETTE, Victor**  
1929 — 2022

In Montreal, on Sunday, June 26, 2022, passed away, at the age of 93, Victor Paquette, husband of Réjeanne Moisan.

Besides his wife, he is survived by his sisters-in-law Pierrette Moisan, Marielle Moisan, and Jocelyne Harvey Paquette, numerous nieces and nephews as well as other relatives and friends.



**ST-ONGE, Réjeanne**  
1926 — 2022

At *Résidence Les Pionnières*, on June 26, 2022, passed away, at the age of 95, Sr. Réjeanne Saint-Onge of the *Congrégation de Sainte-Croix*.

Besides her religious family, she is survived by her sisters-in-law Berthe Lafrance (late Clovis Saint-Onge) and Brigitte Saint-Yves (late Bruno Saint-Onge), as well as numerous nieces and nephews and their children.



**BEAUSÉJOUR, Serge**  
1944 — 2022

On June 24, 2022, at the age of 77, passed away Mr. Serge Beauséjour of Montreal, formerly of St-Michel-des-Saints. He was the husband of Nicole Jobin.

Besides his wife, he is survived by his daughter Marie-Claude, his granddaughter Frédérique, his brother and sisters: Ginette (Robert Plouffe), Jocelyn (Diane Rondeau), France (Denis Lemieux), Carole (late François Paquin), Lynda (Raymond Coutu), Guylaine (André Bédard), other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue  
**NO CHARGE** Email: [production@newsfirst.ca](mailto:production@newsfirst.ca) • Tel.: 450-978-9999



**514.228.1888**  
(Day & Night)



**AETERNA**  
Complexe funéraire • Funeral Complex

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

**55 Gince, Montreal • [www.complexeeterna.com](http://www.complexeeterna.com)**



# HOROSCOPE

Week of JULY 3 TO 9, 2022

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



## ARIES

Work will occupy your full attention. You'll have a host of details to consider. You'll need to pay attention to the minutiae and take your time to get things right.



## TAURUS

You'll be offered an opportunity to oversee a project. Although the situation will be demanding, the experience will improve your self-esteem and build self-confidence.



## GEMINI

Whether or not you're on vacation, you may spend a good part of the week at home. Some family stories will demand your special attention. Your health might also require you to get more rest.



## CANCER

It won't always be easy to reach some people. Be prepared to wait a while for people to get back to you, even if you leave a lot of messages. Emergency or not, you'll have to be patient.



## LEO

This week, the story is money. You may need to review your budget and redo some calculations. Check all your invoices: an error may have slipped in. Later, you'll be able to scale up your financials.



## VRIGO

You'll need to act. You'll find the motivation you need to improve your situation and start again on a fresh, more stimulating footing. You'll experience some form of a new beginning when you're bold enough to step out of your comfort zone.



## LIBRA

It's imperative to think before you act. The more essential your projects are, the more thought you'll need to devote to them. Once you get moving, the elements you need to move forward will fall into place.



## SCORPIO

You'll participate in a unifying event, possibly political in nature. At the very least, you'll find you get further faster when you're on a team. A friend will be demanding, and you won't be able to refuse them anything.



## SAGITTARIUS

You'll use the summer to undertake a new project or redefine your career. You'll find yourself in an excellent position to start your own business. This is a time of considerable achievement.



## CAPRICORN

If you haven't planned your summer vacation already, you'll need to get a move on. The more time you spend planning, the better it'll be. You'll make some lovely discoveries and have lots of fun.



## AQUARIUS

You may run the gamut of emotions and realize you need to make some significant changes around you. Time for moving; if you're prone to nostalgia, you may find you have tears in your eyes.



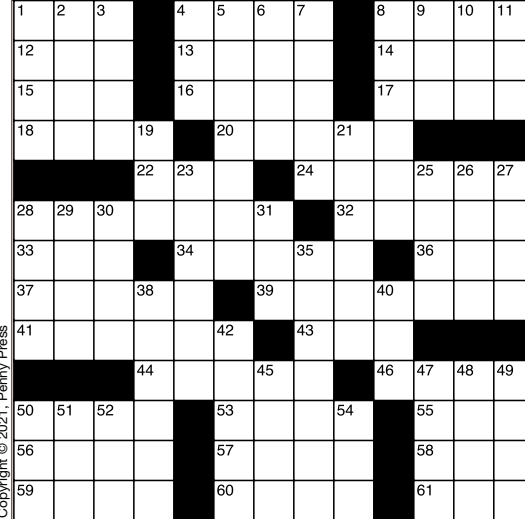
## PISCES

In some situations, possibly at work or in a more personal aspect of your life, you'll finally manage to get along with the people concerned. Financially, you're in an excellent position to apply for a loan or finalize an agreement.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 128



Copyright © 2021, Penny Press

### ACROSS

1. Reserved
4. Competent
8. Finish
12. Small round vegetable
13. Shortcoming
14. Rain hard
15. Bible boat
16. Pull behind
17. Dividing preposition
18. Pitch
20. Exhaust
22. Beer's kin
24. Spun
28. Coddles
32. Desire strongly
33. Frozen block
34. Kilt
36. Decimal base
37. Serving platters
39. Booklovers
41. Final year student
43. Moistureless
44. Pass, as a law

### DOWN

1. Petty argument
2. Good guy
3. Babbles
4. Moreover
5. Amok
6. Vault
7. Lawn tool
8. Eight-legged creature
9. Unit of weight
10. Not in
11. Expert, for short
19. Tree's juice
21. Honey source
23. School assignment
25. Not on time
26. Happily \_\_\_\_ after
27. Grizzlies' homes
28. Peach leftovers
29. Land measure
30. Nasty
31. Title for Gielgud
35. Bureaucrat's delight: 2 wds.
38. Capitulates
40. Change color
42. Freeway entrances
45. Cover with paint
47. Inspires with fear
48. Exclusive
49. Oxen neckwear
50. Full amount of
51. Hive builder
52. Enjoy dinner
54. Faucet

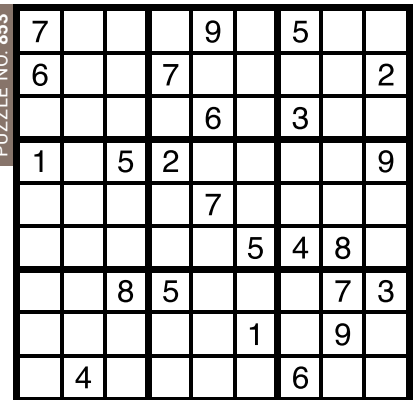
# Sudoku

## 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. 853

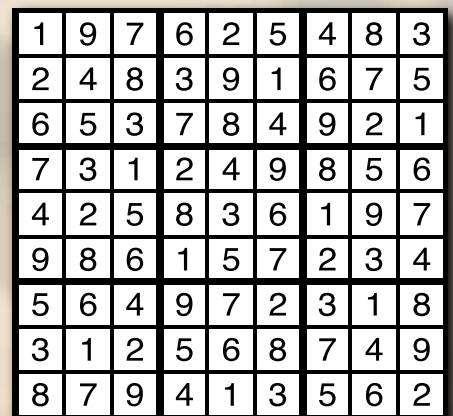


## Last Issues' Answers

## CROSSWORDS



## Sudoku



SHAKER STYLE DOOR  
starting at \$10,000

DIRECT FROM OUR FACTORY

FREE ESTIMATION | FAST INSTALLATION  
FASTER DELIVERY THAN ANYONE

CONCEPT G7

www.conceptg7.com

- Versatile cabinet making manufacturer
- Years of experience in residential projects
- Turnkey solutions, specialized in kitchen renovation and hardwood flooring
- Total quality control in every stage (design - production & installation)
- Deadlines respected within budget

Visit our showroom for a free consultation!

514-691-2922 | INFO@CONCEPTG7.COM | 7491 Rte Transcanadienne, Ville St-Laurent, QC, H4T 1T3





## Professional Auto Body Repair & Painting

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

**514 476-4565**

1385, Boul. des  
Laurentides, Local 103  
Vimont, Laval

