

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

NOW ONLY 5 STOPS AWAY FROM PARC METRO (92 or 93 bus)

WAGAR ADULT EDUCATION CENTRE

Sign up for English or French Classes today!

A CENTRE FOR THE COMMUNITY

ONGOING REGISTRATION 110 rue Jean Talon Ouest, Montréal, H2R 2X1 (514 271 3533 ex 208)

Commission scolaire English-Montréal / English Montreal School Board

newsfirst

Vol. 30-26

7 octobre, 2022 / October 7, 2022

450-978-9999

www.px-news.com

editor@newsfirst.ca

Legault re-elected with a stronger majority government

Division of opposition parties, boosted CAQ

(NEWSFIRST) It took only eight minutes after the polls closed for tva host Pierre Bruneau to say the magic words: "If the trend continues, the next CAQ government will be in the majority." A result that will not surprise anyone, in light of the many opinion polls that gave the winning CAQ team even before the start of the electoral marathon.

As soon as the first results of the advance poll were announced, the CAQ's advances were such that the election of several candidates from François Legault's party was confirmed.

The Coalition avenir Québec (CAQ) won the election and led another majority government. François Legault's party, which won the 2018

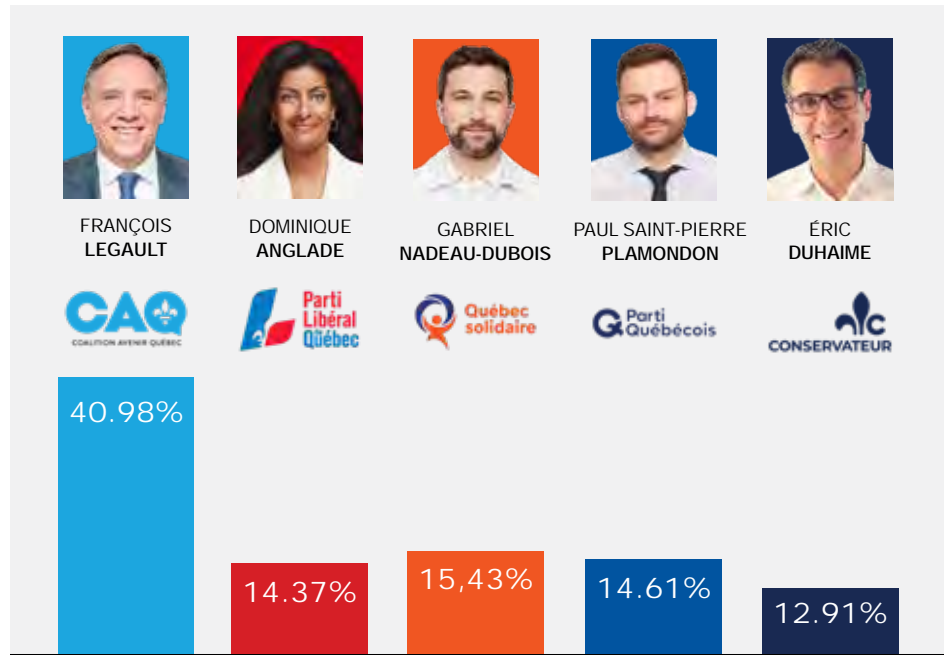
election, won a second consecutive term. For its part, the Quebec Liberal Party (QLP) will return to the benches of the official opposition.

This is the first time since 2008 that a political party has won two general elections in a row. And it is also the first time since 1998 that Quebecers have entrusted the same party with two successive majority mandates.

The pollsters will therefore have seen it right: the CAQ had been given favorite from the beginning of the campaign, on August 28.

The government will once again be led by François Legault.

▶ Continued on page 5



GRAPHIC - LAREINE ZAKHOUR - NEWSFIRST

Laurier-Dorion

	QS	PLQ	CAQ	PO	PCQ
MP	Andres Fontecilla	Deepak Awasti	Vicki Marcoux	Maxime Larochelle	Guy Diotte
%	48.80	19.58	11.73	10.26	5.53
Votes	13,323	5,344	3,202	2,800	1,511



Andrés Fontecilla re-elected

The Chilean-born Quebecer dedicated his victory to his son Ismaël and all the children of Quebec, for whom he says he has worked every day as an MP for the past four years and will continue to do so for four more.

"I am fighting for you to give Ismaël and all the children of Quebec safe neighbourhoods, less polluted towns, and villages, where we can live well. I want you to know, my son, that everything we do at Québec solidaire is to build a planet where life is good for everyone", he mentioned.

In his victory speech to Québec solidaire

supporters, Fontecilla also said he was proud to be part of a political party that represents the best in Quebec.

"Over the next 4 years, we will fight for more inclusion. So that immigrants who have chosen Quebec, who have chosen French as their language, are recognized. [...] We are the party of inclusion, the party of all those who have chosen Quebec and who only want dignity. Fortunately, Quebec is not as François Legault portrays it. At Québec solidaire, we represent the true face of Quebec. Hospitality, generosity, and inclusion", he concluded.

Thinking of Selling Your Home?

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

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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE
HUMANIA CENTRE Agente immobilière 450.682.2121

FREE EVALUATION OF YOUR HOME WITH NO OBLIGATION!

Epic Galaxy. Epic Network.



SAMSUNG
Galaxy S22 Ultra

Get Samsung Galaxy S22 Ultra
on Canada's largest & Most Reliable **5G** network¹ for

\$
Down **0** Interest
%

on approved credit with financing and a
Rogers Infinite™ plan.²

 **ROGERS**™

Visit planetemobile.ca
to see all current offers

MONTREAL

2100, Marcel-Laurin Blvd.
Ville St-Laurent
514-856-1884

9012, l'Acadie Blvd.
514-387-9999

Place Alexis-Nihon
1500, Atwater St
514-865-9949

Complexe Desjardins
5 Complexe Desjardins
514-842-0288

7600 Boul Viau, Unit 331
(514) 376-6667

NORTH SHORE

Centre Laval
1600, boul. Le
Corbusier
450-978-1081

Galleries Terrebonne
1185, boul. Moody
450-964-1964
450-964-8403

SOUTH SHORE

Chateauguy Regional
Centre
200, d'Anjou Blvd.
450-692-5136

Centre Valleyfield
50, Dufferin
450-373-0519

LANAUDIERE

Galleries Joliette
1075 Firestone Blvd.
Joliette
450 499-3014

OUTAOUAIS

Les Galeries de Hull
320, St-Joseph blvd
819-663-8580
819-775-3687

 PLANÈTE
MOBILE

 **ROGERS.**
Authorized Dealer

Offer subject to change without notice. A Setup Service Fee of \$50 per line applies to set up your device and related services. Taxes extra. ¹ Rogers was ranked first in the uMlout Mobile Data Performance audit in Q2, 2021. Rogers achieved Best In Test in the uMlout Mobile Network Benchmark Canada for 2021. Visit <https://www.umlout.com/en/benchmarking/canada>. Largest based on total square kilometers of Rogers 5G coverage compared to published coverage of other national networks. ² 0% APR on approved credit with a financing agreement (FA) and a Rogers Infinite plan. A down payment may be required based on our evaluation of your credit. FA based on full price plus applicable taxes (excluding promo credits, if applicable, which are applied monthly on your bill for as long as your FA is in place); if your FA is terminated your outstanding financing balance becomes due. If your wireless plan is cancelled, the outstanding financing balance becomes due. The promo credit (if applicable) will end in both cases. TMRogers & Design and related brand names and logos are trademarks of Rogers Communications Inc. or an affiliate used under license. © 2022 Rogers Communications.

The challenges of the Legault government



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

Re-elected at the head of a majority government, here are the priorities which the head of the CAQ will have to tackle. To "do more and do better", as the leader of the Coalition avenir Québec has pledged, the new government of François Legault will very quickly have to fight on several fronts.

Tax cuts and other measures against inflation

To help citizens cope with inflation, François Legault has promised tax cuts on the first two tax brackets, starting in 2023. He believes that this tax relief, valued at \$7.4 billion, will serve as an engine to revive the economy. As for the revenues that the State will inevitably deprive itself of, they will be offset by using a portion of the payments provided for in the Generations Fund, a financial tool designed to repay the public debt over the longer term. By the end of the year, taxpayers should receive a check for \$400 to \$600 depending on their income, an amount they can spend as they please.

The government will also increase the financial assistance offered to low-income seniors from \$411 to \$2,000, a measure that is supposed to benefit 1.1 million seniors aged 70 and over. The head of the CAQ has also pledged that Quebec will return to the point of balanced budgets within five years.

The above measures should help the

struggle that have been fighting citizens of Parc-Extension.

Transport infrastructure

One of the major projects of the Legault government, is a four-lane road tunnel between downtown Quebec City and downtown Lévis which could cost \$6.5 billion, according to estimates. Other projects in Quebec: the continuation of the construction of the tramway as well as the launch of new river shuttles that will connect tourist destinations on the banks of the St. Lawrence to the Champlain Market, which must be completely rebuilt and transformed into a new showcase for Quebec gastronomy.

The labor shortage

Hiring temporary foreign workers who meet the needs of the province, raising wages, promoting the return to work of retirees with bonuses and tax incentives... All means are good to counter the shortage of labor that plagues many sectors of activity, especially the health sector. For the College of Physicians, it is simply necessary to reinvent a collapsing health network. The CAQ forecasts annual growth of 4.5% in health spending and has promised to turn to the private sector.

If it respects its commitments, the Legault government will invest an additional \$400 million, in particular to train and recruit 660 doctors and 5,000 additional health professionals.

An energy shift to feed

This is the great dilemma of the decade: to meet the increase in electricity needs. Hydro-



Québec has forecast that from 2019 to 2029, electricity demand will grow by 20 TWh, or 12%, in part due to natural population and economic growth.

François Legault would like to increase the production of electricity from hydroelectric dams. He also promised the construction of wind farms for short-term needs. As for electric vehicles, the purchase of which will be stimulated by the ban on the sale of new gasoline vehicles from 2035, they should benefit from three times as many charging stations within four years.

Education

Problems with windows, plumbing, facade and sometimes even mouse infestations. More than one out of two schools in Quebec was deemed to be in poor condition, Mr. Legault has pledged to invest \$2 billion more than expected, for a total of \$9 billion, to address years of neglect.

The Coalition avenir Québec has promised to refresh 600 schools in poor condition. The

work will also include the addition of windows, technological laboratories and collaborative work rooms, as well as the expansion of gymnasiums.

The new CAQ government will also have to tackle the shortage of teachers, access to the profession remaining strewn with pitfalls for interested candidates. Finally, the newly elected government will sit down with the unions in October to negotiate the renewal of the teachers' collective agreement.

The strengthening of Quebec's powers in immigration

After having suffered several refusals from the federal government, François Legault promised to come back to Ottawa to win more decision-making powers in the area of welcoming newcomers. In terms of permanent immigration, the CAQ wants to maintain a threshold of no more than 50,000 newcomers per year. However, in temporary immigration, no ceiling has been mentioned.

His arguments alternate between the crying need for manpower, especially in the territories, and the urgency of safeguarding the French language in Quebec. If nothing is done, it could become a matter of time before we become [another] Louisiana, he had threatened.

The re-elected Prime Minister does not rule out a referendum on this issue in order to obtain a better balance of power with Ottawa. In the campaign, he was criticized by his opponents for having lost his influence with Justin Trudeau, particularly with regard to the passage of migrants through Roxham Road.



BOUCLIER D'ATHÉNA
SHIELD OF ATHENA
SERVICES FAMILIAUX | FAMILY SERVICES

The **Shield of Athena** launched a new multilingual public awareness campaign on family violence, "**For the love of women**", on March 10, 2022. Its goal is to assure that all Canadians can access important information.

Through its content, recipes from many countries, it touches diverse ethnic groups and communities in Canadian society.

For 12 weeks, readers will be introduced to a new recipe from the world's kitchen in Farsi and ten other languages!

Stay tuned every other Monday, and visit our YouTube page for more information.



Week 5 - Baked Chicken and Vegetables



This week's fabulous recipe is **Baked Chicken and Vegetables** from a Mali kitchen.

See how it's made on the following link:
<https://www.youtube.com/watch?v=I4F2EdpVBb0>

Along with other international recipes, it is part of the Shield of Athena's new outreach campaign, "**For the love of women**".

 Shield of Athena Family Services
 Bouclier D'Athéna / Shield of Athena
 shieldofathena
 shieldofathena.com



FALL SESSION
SESSION AUTOMNE
NEW
Partly on-line courses

COURSES STARTING NOW

BASIC ENGLISH AND FRENCH		COURS D'ANGLAIS ET FRANCAIS	
DAY CLASSES	Monday-Friday August 29 th to December 2 nd , 2022 8:30 am - 12:30 pm	DE JOUR	lundi au vendredi Du 29 août au 2 décembre 2022 8h30 - 12h30
EVENING CLASSES	Monday-Thursday August 29 th to December 1 st , 2022 5:30 pm - 9:30 pm	LE SOIR	lundi au jeudi Du 29 août au 1 ^{er} décembre 2022 17h30 - 21h30

SPACES STILL AVAILABLE CALL TO REGISTER

Registration is by appointment only
Inscription par rendez-vous seulement

To obtain prerequisites for High School Diploma
Pour obtenir vos prérequis pour le diplôme d'études secondaires

SPACES STILL AVAILABLE CALL TO REGISTER

Registration is by appointment only
Inscription par rendez-vous seulement

 Commission scolaire English-Montréal
English Montreal School Board
www.slaec.ca
 (Metro Côte-Vertu 121 Ouest
Descendre à Bourgoin)

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:

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

QCNA Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association

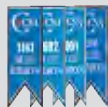
Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL/DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation:

RS RÉSEAU SÉLECT
MÉDIAS PUBLIÉS
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 uniquement 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 advertisement 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 has a food affordability problem

It is time for tax reductions to help consumers weather food inflation

Did you know that there is a global food security index? The well-known magazine *The Economist* has just published its 11th edition.

The Global Food Security Index comprises a set of indices from more than 120 different countries. Since 2012, the index has been based on four main pillars: food access, safety, sustainable development, and affordability.

The approach is quite comprehensive and robust. Index indicators include nutritional standards, urban absorptive capacity, food consumption as a percentage of household expenditure, food loss and waste, protein quality, agricultural import tariffs, dietary diversification, agricultural infrastructure, volatility of agricultural production, public spending on agricultural resource and development, corruption, risk of political stability, and even the sufficiency of supply. In short, anything goes.

Finland ranks first this year, followed by Ireland and Norway. Canada is well-positioned compared to other countries around the world since we are ranked seventh globally, the same as last year. Not bad. The United States is 13th.

In terms of food access – which measures agricultural production, farm capacities, and the risk of supply disruption – Canada ranks sixth, which is not too surprising. Despite our recent episodes of empty shelves and stockouts,

Canada can boast about its food abundance. We produce a lot and are part of a fluid North American economy focused on cross-border trade, which allows for better food access.

Another pillar focuses on sustainable development, the environment, and climate adaptability. This pillar assesses a country's exposure to the impacts of climate change, its sensitivity to risks related to natural resources, food waste management, and how the country adapts to these risks. In this regard, Canada is ranked 29th, far behind Norway and Finland, who are first and second in this category. Food waste remains Canada's Achilles' heel, as we waste more than just about anyone else on the planet. But with higher food prices, more than 40 per cent of Canadians, according to a recent study, are wasting less than they were 12 months ago.

When it comes to food safety and quality, Canada ranks first in the world. Canada is ahead of everyone, even Denmark and the United States, both renowned for their proactive approaches to food safety. Food safety in Canada is perhaps the facet most underappreciated by consumers.

Despite a few momentary failures and periodic reminders, sanitation practices in the country are exemplary. Canada has consistently ranked well for years, except perhaps when traceability is measured. We have a long way to go, but

the industry and public safety regulators are performing relatively well.

But the area where Canada's performance is of some concern is food affordability. This measure is dedicated to consumers' ability to purchase food, their vulnerability to price shocks, and the presence of programs and policies to support consumers when shocks occur.

Canada fell one spot again this year and sits at 25th in the world. Australia, Singapore, and Holland top the list for affordability. Given the resources and food access we have, Canada should do better. Since July 2021, food inflation has always exceeded general inflation in the country, and everything is already costing more these days. Higher food prices at the grocery store over the past year have been difficult for many of us to accept. Canada needs a food autonomy policy, a more robust food processing sector, and better logistics domestically.

And with winter coming and our dollar visibly weakening against the U.S. dollar, we could see significant price jumps again, especially in the produce and non-perishables sections. As wages stagnate and food prices rise, it's hard to predict when Canada will do better in terms of affordability. Specific fiscal measures such as tax reductions to help consumers would be more than timely.

Dr. Sylvain Charlebois

No need to choose between lower taxes and health care

Failings of the health system are not due to chronic underfunding

If Quebec voters have one concern during the current election campaign, and just about every election campaign for decades now, it's the health-care system.

Contrary to what many commentators have been claiming for years, the failings of the health system are not due to "chronic underfunding." For this reason, the notion that lower taxes would necessarily lead to a worse health system is seriously flawed.

Quebec's health care system is ailing. Wait times in ERs are among the worst in the Western world. The wait to get a family doctor is sky high (and for the lucky ones who have a GP, getting an appointment is often a trial). But is this due to a lack of money? Absolutely not. The numbers (from various sources and for several time periods) are clear.

In 2021, Quebec's health care budget was \$47 billion, more than double what it was in 2000 (in constant dollars, which is to say, accounting for inflation). Yes, you read that right: Health care spending more than doubled in 20 years! (Moreover, according to the economic literature the hypothesis that the aging population would wholly or very largely justify this increase does not hold water.) According to CIRANO, an academic research centre affiliated with the Université de Montréal, public health spending rose by around 32.2 per cent, in constant dollars,

just from 2004 to 2019.

According to the Canadian Institute for Health Information (CIHI), there has not been any general disinvestment in health care in Quebec or Canada. Indeed, total health care spending as a percentage of GDP went from just over nine per cent in the early 2000s to 11.5 per cent in 2019. In other words, as a proportion of our collective wealth, we are spending more on health care, not less.

The organization that I head, the Montreal Economic Institute, has also shown that from 2008-2009 to 2016-2017, health spending rose from \$30.6 billion to \$36.4 billion, again in constant dollars. This growth was faster than population growth.

In fact, out of 28 countries, Canada ranks second in terms of the portion of GDP spent to finance its health care system – despite mediocre results on several key indicators, according to OECD and Commonwealth Fund data.

Many of the jurisdictions that outperform Quebec in various rankings comparing the efficiency of the health care systems of industrialized countries actually have a lower tax burden than Quebec. Saying tax cuts would be at the expense of the quality of public health services is, therefore, a false dichotomy.

In 2017, the Health and Welfare Commissioner (a position since eliminated) summed up the

situation well: "The system's difficulties do not seem related to an insufficient budget or a lack of human resources, and still less to a lack of material resources. It would instead be related to the organization of care and services and the allocation of financial and human resources."

Quebecers deserve a much better health-care system. But they deserve tax cuts, too. Getting both is entirely possible as long as the government that's elected on Oct. 3 has the courage to undertake real reforms based on the following four broad pillars:

- Competition among care providers
- Patient freedom of choice
- The introduction of entrepreneurship that results in innovation
- Hospital funding that follows the patient

Finally, can we please stop brandishing the American scarecrow? Social-democratic countries – consider Sweden, Denmark or Germany – that offer, in some instances, more complete universal coverage than Quebec respect and vigorously apply these four broad principles.

Let's hope the Quebec intelligentsia will decide, one fine day, to go beyond the simplistic and superficial clichés they constantly throw at us. What we need is a calm, factual, logical debate.

*Michel Kelly-Gagnon
President and CEO of the
Montreal Economic Institute*

Legault re-elected...



◀ Continued from page 1

And he will in all likelihood count on an even larger team than the 76 deputies who sat for him at the time of the dissolution of the National Assembly, starting with the 25 members of his Cabinet, all of whom will be back in Parliament.

The CAQ also elected several star candidates, including Sonia Bélanger (Prévost), Martine Biron (Chaudière-Appalaches), Kariane Bourassa (Charlevoix-Côte-de-Beaupré), Pascale Déry (Repentigny), Bernard Drainville (Lévis), Christine Fréchette (Sanguinet) and Suzanne Roy (Verchères).

In Duplessis, Kateri Champagne Jourdain was elected, who became the first Indigenous woman in history to enter Parliament.

Weakened opposition

The evening was much more difficult for the other formations, whose support is all around 15%.

For the PLQ, this is the worst score in its history. Its support had never fallen as low as in 2018, at 25%. That being said, the party should retain its place on the opposition benches with about twenty MPs, or even more.

Its leader, Dominique Anglade, was re-elected. She gave the signal tonight that she intends to remain in office, despite the retreat of her party. "In the coming days, months, years, I will deploy the same energy, the same conviction, the same ambition, she assured. The work has begun and must continue."

The Parti Québécois (PQ) is also at a low level, with the party never winning less than 17% of the vote in 2018. However, its leader, Paul St-Pierre Plamondon, was re-elected, as were Pascal Bérubé (Matane-Matapédia) and Joël Arseneau (Îles-de-la-Madeleine).

Québec solidaire (QS), for its part, should end the evening with a score similar to that of 2018 in terms of votes and seats (about ten). His two spokesmen, Gabriel Nadeau-Dubois, in Gouin, and Manon Massé, in Sainte-Marie-Saint-Jacques, were easily re-elected.

Finally, the Conservative Party of Quebec (PCQ) was on track to elect no MPs tonight. Defeated in Chauveau, its leader, Eric Duhaime, has however promised to be back on the ranks

in four years.

Calling on his activists not to be too pessimistic, the former radio host recalled that Qs won only 4% of the vote in the 2007 elections, the first in which the party participated.

Trudeau congratulates Legault

The Prime Minister of Canada, Justin Trudeau, quickly issued a statement congratulating François Legault, saying he looks forward to continuing to work with [him] to address the challenges that matter to Quebecers and all Canadians.

These include fostering the growth of the green economy, fighting climate change, finding solutions to labour shortages, making life more affordable, fostering the creation of affordable housing, investing in infrastructure and building a clean and prosperous future, he said.

Ontario Premier Doug Ford also hailed the victory of his friend François Legault. Let's continue to build deeper ties between our two provinces and strengthen the economic ties between us that create well-paying jobs," he tweeted Monday night.

Voters turnout

Voter turnout was only 66.13%, which is lower than the 66.45% in the 2018 Elections. At 5:30 p.m., the turnout was 44.63%. Advance voting reached a record high this year, with more than one in five voters (22.92%) going to the polls before election day. In 2018, the turnout at the end of the evening was 66.45%, which was then the second lowest result in history.

The record turnout belongs to the Parti Québécois election in 1976, when 85.27% of voters went to the polls.

No less than 880 people were in the ranks this year, or about seven candidates per constituency.

These elections put an end to a gruelling 36-day campaign. The next few weeks are obviously much quieter than the previous ones. The MPs elected today are expected to be sworn in in two or three weeks. In 2018, the Council of Ministers was presented 18 days after the elections.



Start your life!
Live your dream!



OUR PROGRAMS

<p>Accounting</p>	<p>Starting a Business</p>
<p>Secretarial and Legal Studies</p>	<p>Sales Representation Professional Sales</p>
<p>Hotel Reception</p>	<p>Professional Cooking</p>
<p>Contemporary Professional Pastry Making</p>	<p>Food & Beverage</p>

REGISTER TODAY 514-381-5440

PIUSCENTRE.COM

9955, Papineau Ave., Montreal, QC H2B 1Z9



FOLLOW US ON



Quebec democracy at half-mast

The new democracy movement denounces a historic distortion of our electoral system

NEWSFIRST - "The 2022 general election will be remembered as one of the most aberrant in our political history," said the president of the New Democracy Movement, Jean-Pierre Charbonneau, pointing out that with nearly 41% of the vote, François Legault's party won more than 70% of the seats in the National Assembly and thus formed an overwhelming majority in the face of a fragmented opposition. The Quebec Liberal Party, which came fourth in the vote, nevertheless rose to the rank of official opposition while concentrating more than 75% of its deputation on the island of Montreal. The Conservative Party of Quebec came close to 13% of the vote, but did not elect any MPs. As for the Parti Québécois and Québec solidaire, although they each received roughly the same percentage of votes, one has almost four times as many MPs as the other.

For its part, the Coalition avenir Québec will exercise a real monopoly of political representation in 8 regions of Quebec (Saguenay-Lac-St-Jean, Mauricie, Abitibi-Témiscamingue, Côte-Nord, Chaudière-Appalaches, Lanaudière, Laurentides and Centre-du-Québec), and it came close to happening (with one seat) in 4 other regions (Bas-St-Laurent, Estrie, Outaouais and Gaspésie-Îles de-la-Madeleine). Yet in all these regions, many people did not vote for the winning party. These people will therefore not be represented!

According to Jean-Pierre Charbonneau, "Once again, our archaic electoral system inherited from the colonial period and built for a bipartisan parliamentary system has revealed its serious shortcomings. It is a "democratically infected" system, as René Lévesque put it, and everyone saw last night the major aberration of allowing a party to win an overwhelming majority of MPs when nearly 60% of the population voted against it. The opposition is fragmented and many voices will not be represented in the National Assembly. The reform of the voting system is becoming a major and urgent imperative for our good democratic health, and François Legault must return to the target of his abandoned bill: a new voting system for the 2026 general election."

While the voter turnout (66%) is one of the lowest recorded in a century (if we exclude the 2008 election caused by the fall



Jean-Pierre Charbonneau

of Jean Charest's minority government), more than half of the people who came to vote, more than 2 million people, did not

have their vote taken into account. There is a profound injustice here that feeds cynicism towards our political system, cynicism aggravated by the betrayal of the word given in 2018.

And yet, a solution exists and many commentators have pointed out throughout the campaign: the reform of the voting system. Mr. Legault and his party saw many virtues while he was still in opposition. But once in power, the reform was forgotten.

According to our estimates, below is what the results of the October 3 election would have yielded if the government had not reneged on its promise and Bill 39, enhanced to conform to the spirit of the proposed mixed member proportional system, had been in force.

A better representation of the diversity of opinions in the National Assembly, a greater balance between the political forces involved and more collaboration. A population that regains confidence in its institutions and political leaders, in short, a healthier and fairer democracy.

2022 Elections			
Political parties	% of vote obtained	Number of MPs elected under the current majority system	Number of MPs elected under the mixed member proportional system (Bill 39 enhanced)
CAQ	40.97%	90 (72%)	67 (53.6%)
QS	15.42%	11 (8.8%)	16 (12.8%)
WHY	14.60%	3 (2.4%)	14 (11.2%)
PLQ	14.37%	21 (16.8%)	14 (11.2%)
PCQ	12.92%	0 (0%)	14 (11.2%)

CHOMEDEY

CHOMEDEY bungalow 3+1 bedrooms, huge lot, situated close to of everything. Easy to show. Call me for more info.

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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

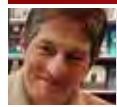
HUMANIA CENTRE Agence immobilière
450.682.2121

PROTECTION ROYALE

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

Montreal wants to talk about your taxes

Municipal taxation summit: diversifying the city's funding



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

For the residents of Park extension, owning property comes with great expectations from the city especially in view of the amount of municipal taxes park-exers are called to pay. In recent days, whether it is the pandemic or the new financial crisis and the rising inflation, more and more people are struggling to

shoulder the increases of their expenses.

How can Montreal vary its sources of revenue and achieve its ambitions while respecting the population's ability to pay? The city of Montreal is listening via a reflection on taxation which aims to find solutions to finance the activities of the City other than through property taxes.

According to the city's press release, "At a time when cities have to assume growing expenses, Montréal is working to ensure adequate, stable and recurring funding for municipal services, without passing the bill on to future generations."

So, in order to establish a new fiscal and budgetary framework, the City wants to initiate a dialogue around several initiatives by organizing a Montreal Taxation Forum on November 7, 2022.

This event will bring together around a hundred members of Montreal civil society and partners of the Montreal agglomeration, from the municipal, economic, community, environmental, cultural and academic sectors, as well as those transportation and housing. The objective is to establish the guiding principles that will guide the next steps of the project. The forum will provide an up-to-date and concerted view of the roles and responsibilities of the metropolis, its budgetary limits and the importance of fiscal and territorial fairness.

During this day, the City of Montreal will present the financial issues and the challenges it encounters to ensure a resilient, united and safe city for future generations. Montreal must find solutions, while considering the following issues:

The City must come to terms with the maintenance deficits of its infrastructures and territorial inequities inherited from the past.

Montreal plays a leading role in Quebec in many areas. The metropolis assumes expenses that go beyond mere services to its citizens.

The financial and fiscal framework inherited from the 20th century is no longer adapted to current realities. The City wants to work with the population to find solutions to better diversify its sources of revenue.

Summit on municipal taxation in 2023

This summit will bring together all the partners from the municipal sector and civil society. The objective will be to identify concrete avenues for savings and new sources of recurring revenue for the metropolis.

The summit will build a roadmap for the renegotiation of the 2024 Fiscal Pact with the provincial government. The solutions retained will be presented during the renewal of the 2020-2024 financial partnership agreement, concluded between the municipalities of Quebec and the provincial government. This agreement expires on December 31, 2024.



AE VS Adult Education & Vocational Services

 Commission scolaire English-Montréal
English Montreal School Board

**ONGOING
REGISTRATION**

A CENTRE FOR THE COMMUNITY

For info regarding documents: www.emsb.qc.ca/wagar

WAGAR
ADULT
EDUCATION
CENTRE



**Sign
up
for
English
or
French
Classes
today!**



**NOW ONLY 5 STOPS AWAY FROM
PARC METRO (92 or 93 bus)**

**110 rue Jean Talon Ouest, Montréal
H2R 2X1 (514 271 3533 ex 208)**

12049 Laurentien, Montréal
H4K 1M8 (514 856 3511 ex 265)

774 boul Décarie, Room 300, St-Laurent
H4L 3L5 (514 748 2007 ex 231)

6767 Côte-des-Neiges, Bureau 499, Montréal
H3S 2T6 (514 738 4763)

Online transactions: Montreal Police deploys seven new secure exchange zones

Park extension is zone PDQ 31



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

The Service de Police de la Ville de Montréal (SPVM) has set up seven new secure exchange

zones (postes de quartier / PDQ) where fans of online sales sites can go to conclude their transactions in a well lit and calm environment which is monitored by camera. These areas are accessible 24 hours a day, 7 days of the week in the following areas on the island with Park extension having its own:

PDQ 3	Île-Bizard Pierrefonds Sainte-Geneviève Roxboro
PDQ 8	Lachine
PDQ 16	Île-des-Sœurs Verdun
PDQ 31	Villeray Parc-Extension
PDQ 42	Saint-Léonard
PDQ 48	Mercier Hochelaga-Maisonneuve
PDQ 49	Ville de Montréal-Est Pointe-aux-Trembles



ZONES D'ÉCHANGES SÉCURISÉES

The SPVM has set up seven new secure exchange zones where fans of online sales sites can safely go to conclude their transactions.

A total of eleven secure exchange zones are now in service on SPVM territory. See the full list of secure trading area locations.

Protection against fraudulent schemes

Due to their great popularity, online sales platforms can attract ill-intentioned people who will deploy various schemes to try to defraud or steal from other users. Arranging to meet in a secure trading area to finalize a transaction greatly reduces the likelihood of falling into their trap. These individuals are indeed unlikely to show up near a PDQ to commit their offence.

Here are some other tips that will help Park-ex residents avoid bad experiences of buying or selling online:

- Do not pay for a good without having seen it
- Take precautions to identify the person with whom you are dealing
- Be extra vigilant when the profile of a user has a limited or nonexistent history
- Beware of an offer that is too good to be true, it is probably a fraud.

In its press release, the SPVM thanked the organization Info-Crime Montréal for its financial contribution to the project as well as the borough of Saint-Léonard for its support for the development of the secure area of PDQ 42.

Residential and commercial asphalt



BEFORE

AFTER

with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

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



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



SÉCURITÉ
SPARTAN
SECURITY

Burglar • Fire • Cameras • Intercoms

(514) 289-8585

20 years at your service!

24 HOUR MONITORING

ALARM SYSTEM INSTALLATION +
12 MONTHS MONITORING!



\$499⁹⁹

System Includes:

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

Park Extension celebrates diversity



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

True to the composition of its population Park Extension celebrated and preserved its ethnic diversity.

Table de concertation culturelle Villeray Parc-Extension with the support of the Conseil des arts de Montréal and the Arrondissement de Villeray—Saint-Michel—Parc-Extension.

The event featured an artistic program, information booths, activities, and cultural mediation.



Centennial mural

The massive 121 square meter mural painted in acrylic latex in Parc Saint-Roch needed restoration. The Park-Extension centennial celebration mural was painted in 2010 by Annie Hamel which she named Cent motifs, un paysage. In an interview with Park-Extension news city councilor Mary Deros said that the mural was a focal point for the centennial celebration more than a decade ago. Painted over a period of nine weeks, the mural illustrates the diversity of the neighborhood through the richness of textiles from different countries. The work refers to a quilt, an important iconography of Quebec, where each fabric individually retains its patterns and particularities while forming a whole that warms and unites. The quilt thus becomes a symbol of the human tissue.

“However, when recently, we asked for funding for the restoration we were not given the necessary funds,” said Deros. “The building on the side of which resides the mural needed repair before we even started on the mural restoration”. To the rescue came MU which is a charitable organization that transforms public space in Montreal by creating murals rooted in communities, and by offering mural art workshops for young people in the most disadvantaged neighborhoods of Montreal. They managed to accumulate the funds to repair it. Deros attested to the fact that the colors of the mural are ever more vibrant after the repainting.

Diversity celebration in Jarry Park

On a separate event on Saturday, October 1st at Jarry Park, next to the west entrance to the park and the railway line, between the baseball fields and Saint-Roch Park, a beautiful celebration of diversity was put together. The event was organized by the borough of Park-Extension cultural department in collaboration with the

Among the participating organizations were Vue sur la Relève which is an organization working to showcase emerging artists, and that also offers cultural activities to school-aged children, Théâtre Aux Écuries which is a theater that offers the general public ever more unique, surprising and poetic discoveries, Singa Québec which is part of an international citizen movement whose objective is to create bridges for encounters and exchanges between newcomers, including refugees as well as À Portée De Mains whose mission is to promote the development of individuals and communities by using the arts and culture as means of social development.

Equally impressive were the offerings of the other participating organizations like the Salle de diffusion de Parc-Extension, the borough’s HORS LES MURS program which reaches out to citizens to offer them the opportunity to familiarize themselves with culture in all its forms, the PARK Extension Historical Society Société d’histoire de Parc-Extension, the Brique par brique which builds infrastructure for social change, the Regroupement du conte au Québec which aims to promote the art of storytelling at the local, national and international levels, the Bibliothèque de Parc-Extension and the Long Haul Art Studios / Les ateliers le Corrid’art which occupies 10,000 square feet of an industrial building in Parc Extension and provides 40 artists with 20 affordable spaces in which to create their work.

Mary Deros was particularly impressed by the participation of Petites-Mains which is an integration enterprise that helps people who are in a situation of social exclusion, mainly immigrant women because of their culture and religion. “This organization helps these women to come out of their isolation and learn a profession that will facilitate their integration into the labor market and Quebec society.”

Missing ENVELOPES?



GRAPHIC DESIGN
available
on demand!

#10 envelopes – with or without window

Quantity	1000	3000
1 colour	\$174	\$432
2 colours	\$224	\$462
3 colours	\$254	\$672
4 colours	\$274	\$702

Pick up or flat delivery **\$30**

Design charge extra – Prices subject to change at any given time



Get your **STATIONERY ITEMS** printed with us

MEDIA-TREK®

Call us for more information

450-978-0070

Adoption du budget de fonctionnement 2023 et le PDI 2023-2032

Les membres du conseil d'arrondissement de Villeray-Saint-Michel-Parc-Extension ont adopté à l'unanimité, hier, lors d'une séance de conseil extraordinaire le 4 octobre, le budget de fonctionnement 2023 ainsi que le Programme décennal d'immobilisations 2023-2032 (PDI) qui permettront de maintenir le cap sur des priorités privilégiant un milieu de vie sécuritaire, agréable et résilient aux citoyennes et citoyens du territoire.

« Je suis fier de la rigueur dont nous avons fait preuve dans le cadre de cet exercice budgétaire, sans pour autant sacrifier nos priorités, notamment en matière de transition écologique. En plus d'intensifier les classiques actions de verdissement, nous allons assurer un développement urbain vert et durable, de même qu'accélérer le déploiement d'aménagements favorisant la mobilité active et sécuritaire. Un souci d'équité territoriale guidera également la répartition de ces interventions entre les différents quartiers », a déclaré madame Laurence Lavigne Lalonde, mairesse de l'arrondissement de Villeray-Saint-Michel-Parc-Extension.

La transition écologique et le verdissement figureront au premier plan du budget pour 2023. L'Arrondissement saisira toutes les opportunités mises à sa disposition pour accélérer la plantation d'arbres et la résilience de ses quartiers. Pour ce faire, le filtre de la transi-

tion écologique sera appliqué à l'ensemble des projets d'aménagement du territoire et des modifications réglementaires conséquentes seront adoptées.

Au chapitre de la mobilité et de la sécurité, l'Arrondissement déploiera des moyens supplémentaires pour apaiser la circulation dans des secteurs ciblés et développer un réseau cyclable connecté et inclusif. Soucieux d'accroître l'accès à des logements abordables, l'Arrondissement poursuivra son implication en faveur de projets de logements communautaires. La Stratégie jeunesse en prévention de la criminalité sera renforcée par d'autres actions concrètes menées de concert avec ses partenaires pour lutter contre la violence commise et subie chez les jeunes.

L'amélioration des milieux de vie se reflétera au travers du réaménagement de parcs, espaces verts, terrains sportifs et bassins aquatiques, ainsi qu'au travers de l'intensification des interventions touchant à la propreté.

Faits saillants du budget de fonctionnement 2023

L'Arrondissement présente un budget équilibré entre les revenus et les dépenses de 65 359 500 \$, soit une modeste hausse de 5,98 % par rapport au budget de l'année précédente.

L'adoption de ce budget, qui intervient dans un

contexte inflationniste exceptionnel, permettra à l'Arrondissement d'offrir des services de qualité tout en respectant la capacité à payer de sa population.

Ce budget de fonctionnement a été dicté, entre autres, par la prise en considération d'enjeux majeurs. En effet, l'Arrondissement a dû composer, encore une fois, avec une indexation des transferts budgétaires insuffisants en provenance de la Ville pour couvrir la totalité des coûts de rémunération. L'Arrondissement doit aussi assumer la masse salariale selon les différents termes des conventions collectives tout en absorbant l'inflation pour les autres postes de dépenses. Également, dans un souci de saine gestion des finances, l'Arrondissement préconise un recours limité aux surplus comme stratégie d'équilibre pour assurer la stabilité financière à moyen et long termes de l'organisation.

C'est donc à la lumière des points énoncés ci-haut que la stratégie budgétaire pour 2023 mise sur des efforts soutenus en matière d'optimisation des ressources, afin de limiter les impacts de l'inflation, ainsi que sur un ajustement de la taxe locale à 11,3%. L'incidence de cette hausse sera mineure sur le compte de taxe des propriétaires. À titre d'exemple, l'augmentation de la taxe locale pour un plex d'une valeur de 734 393 \$ est estimée à 33 \$ par année.

Faits saillants du Programme décennal d'immobilisations (PDI) 2023-2032

Les membres du conseil d'arrondissement ont également adopté une planification d'investissements pour les dix prochaines années. Cette planification présente une vision et une planification à long terme de la gestion des bâtiments, des infrastructures et de leurs équipements. Cette dernière est susceptible d'être révisée annuellement afin de suivre l'évolution des priorités prédéfinies. Le PDI 2023-2032 adopté prévoit une enveloppe budgétaire de 69 810 000 \$ répartie sur dix ans.

Ces investissements seront consacrés à la protection des immeubles (27 122 000 \$), à la réfection routière et réaménagement (28 163 000 \$) et au réaménagement des parcs (14 525 000 \$). L'Arrondissement disposera également de sources additionnelles de financement pour mener à bien ses projets.

Cette planification permet à l'Arrondissement d'effectuer la réfection de chaussées et trottoirs, ainsi que de s'attaquer à la vétusté de ses installations sous l'angle de la transition écologique. L'adoption du PDI a également pour objectif d'améliorer le cadre de vie de la population en s'assurant d'offrir des installations et des parcs adaptés à ses besoins.

Concert du Jubilé de Platine

UNE CÉLÉBRATION DE LA VIE ET DU RÈGNE D'ÉLIZABETH II, 1952-2022.

SAMEDI LE 19 NOVEMBRE 16 à 18h

Église de Dieu La Source
8125 Avenue Stuart
ENTRÉE GRATUITE

Société d'histoire de Parc-Extension avec l'aide financière du Patrimoine canadien

Desi Group

Afreina Noor

Peter McNally

Rody Joseph

Haitian drum trio

Bag Street Klezmer Band

VSP adopts the 2023 operating budget and the 2023-2032 IDP

Ten-Year Capital Program Highlights

On Monday October 4th, the members of the Villeray–Saint-Michel–Parc-Extension borough council unanimously adopted, at an extraordinary council meeting, the 2023 operating budget and the 2023-2032 Ten-Year Capital Program (PDI), which will help maintain the focus on priorities that favour a safe, pleasant and resilient living environment for the citizens of the territory.

“I am proud of the rigour we have shown in this budget exercise, without sacrificing our priorities, particularly in terms of ecological transition. In addition to intensifying traditional greening actions, we will ensure green and sustainable urban development, as well as accelerate the deployment of facilities that promote active and safe mobility. A concern for territorial equity will also guide the distribution of these interventions between the different neighbourhoods,” said Laurence Lavigne Lalonde, Mayor of the Borough of Villeray–Saint-Michel–Parc-Extension.

Ecological transition and greening will be at the forefront of the 2023 budget. The Borough will seize all the opportunities at its disposal to accelerate the planting of trees and the resilience of its neighbourhoods. To do this, the ecological transition filter will

be applied to all land use planning projects and consequent regulatory changes will be adopted.

In terms of mobility and safety, the Borough will deploy additional means to calm traffic in targeted areas and develop a connected and inclusive cycling network. In order to increase access to affordable housing, the Borough will continue its involvement in community housing projects. The Youth Crime Prevention Strategy will be strengthened by other concrete actions carried out in concert with its partners to combat violence committed and suffered among young people.

The improvement of living environments will be reflected through the redevelopment of parks, green spaces, sports fields and aquatic pools, as well as through the intensification of cleanliness interventions.

2023 Operating Budget Highlights

The Borough has a balanced budget of \$65,359,500, a modest increase of 5.98% over the previous year's budget.

The adoption of this budget, which comes in

an exceptional inflationary context, will allow the Borough to offer quality services while respecting the ability to pay of its population.

This operating budget was dictated, among other things, by taking into account major issues. Indeed, the Borough had to deal, once again, with an indexation of budgetary transfers insufficient from the City to cover all the compensation costs. The Borough must also assume the wage bill according to the different terms of the collective agreements while absorbing inflation for the other items of expenditure. Also, in the interests of sound financial management, the Borough recommends a limited use of surpluses as a balancing strategy to ensure the medium- and long-term financial stability of the organization.

It is therefore in the light of the points set out above that the budgetary strategy for 2023 focuses on sustained efforts in terms of value for money, in order to limit the impacts of inflation, as well as on an adjustment of the local tax to 11.3%. The impact of this increase will be minor on owners' tax bills. For example, the local tax increase for a plex valued at \$734,393 is estimated at \$33 per year.

Highlights of the Ten-Year Capital Program (DFP) 2023-2032

Borough Council members have also adopted an investment plan for the next ten years. This planning presents a long-term vision and planning for the management of buildings, infrastructure and their equipment. The latter may be revised annually in order to follow the evolution of predefined priorities. The adopted 2023-2032 IDP provides for a budget envelope of \$69,810,000 over ten years.

These investments will be dedicated to building protection (\$27,122,000), road rehabilitation and redevelopment (\$28,163,000) and park redevelopment (\$14,525,000). The Borough will also have additional sources of funding to carry out its projects.

This planning allows the Borough to carry out the rehabilitation of pavements and sidewalks, as well as to tackle the obsolescence of its facilities from the point of view of the ecological transition. The adoption of the IDP also aims to improve the living environment of the population by ensuring that facilities and parks adapted to their needs are offered.

Platinum Jubilee Concert

QUEEN ELIZABETH II, 1952-2022, CELEBRATION OF HER LIFE AND REIGN.

SATURDAY, NOVEMBER 19
4 to 6pm
Église de Dieu La Source
8125 Stuart Avenue
FREE ADMISSION

Parc-Extension Historical Society
financial support from federal government, Heritage Canada

Desi Group

Afreina Noor

Peter McNally

Rody Joseph

Haitian drum trio

Bagg Street Klezmer Band

Montreal deploys additional measures to protect residences for seniors



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

For the International Day of seniors which represent a large part of Park Extension, the City of Montreal salutes the work of the boroughs that have adopted changes to their zoning bylaws to protect residences for seniors on their territory: Sud-Ouest, Lachine, Verdun, Plateau-Mont-Royal, Mercier-Hochelaga-Maisonneuve, Villeray-Saint-Michel-Parc-Extension, Côte-des-Neiges-Notre-Dame-de-Grâce and Ville-Marie. These new regulations prohibit conversions of RPAs into another type of dwelling, which will directly protect seniors.

The boroughs of Rivière-des-Prairies-Pointe-aux-Trembles, Rosemont-La Petite-Patrie and Ahuntsic-Cartierville are also committed to adopting local regulations to this effect during the fall.

According to the city, the result of a call to action from the central city, these concrete actions add additional protection that help preserve the supply of residences for seniors in the city and the health care offered there.

“We were all shocked to see seniors threatened with being deprived of health services in their place of residence. Even though seniors’ residences fall under the Quebec government, it was essential for our administration to develop new tools to protect these living environments. What makes our neighbourhoods strong is their diversity, to which seniors contribute directly. By prohibiting the conversion of these buildings, we want to provide seniors with the local health care, stability and neighbourhood life to which they aspire. No borough should deprive itself of this new tool. The quality of seniors everywhere in Montreal depends on it,” said the Mayor of Montreal, Valérie Plante.

“Having the well-being of seniors at heart, Montreal wants to make sure to contribute to it by protecting their living environment. We are proud that several boroughs are committed to

protecting residences for seniors and prohibiting their conversion. This new by-law supports the other initiatives taken by our administration to protect the rental stock and protect its affordability for the entire population,” added Robert Beaudry, responsible for urban planning, citizen participation and democracy within the executive committee of the City of Montreal.

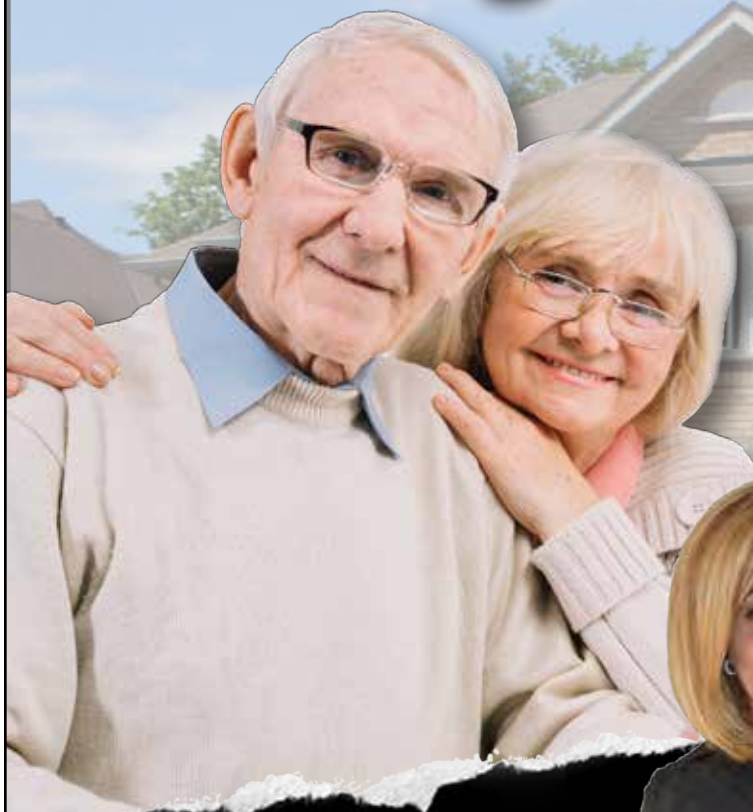
In the continuity of the actions deployed by Montreal to protect residences for the elderly, the municipal council also adopted a motion last August, asking the Government of Quebec to decree a one-year moratorium on the decertification and the change of allocation of private residences for seniors on the territory of Montreal.



Thinking of Selling or Downsizing?

I CAN HELP!

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



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

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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



HUMANIA CENTRE Agence immobilière
450.682.2121



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
\$1,200
up to
per year

NOW WE DELIVER IN MONTREAL

(514) 473-4591

3151-B boul. DAGENAIS OUEST
(near Curé-Labelle) Laval, Québec H7P 1T8

panierdufermier.ca | panierdufermier@gmail.com

CLASSIFIEDS • CAREERS • JOBS

News THE NORTH SHORE NOUVELLES PARC-EXTENSION NEWS 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 2ND OF
TWO RESTAURANTS, FAMILY OWNED.

1670, boul. St-Martin Ouest, Laval, Québec H7S 1M9
T: 579.640.9099 • laval@philinos.ca • www.philinos.ca

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



AU **VIEUX
DULUTH**®



JOB OPPORTUNITY

AU VIEUX DULUTH
LAVAL RESTAURANT

MANAGER
FULL TIME

1755 INDUSTRIAL BLVD.
LAVAL QC

CALL VICKY
450 663 1165

ALIMENTS GOURMETS
MEDOR WAREHOUSE

CENTRAL KITCHEN HELPER
FULL TIME

815 BOUL. ST MARTIN O.
LAVAL QC

CALL JOHN
450 663 1165

auvieuxduluth.com | info@auvieuxduluth.com

WE BUY GOLD AND DIAMONDS

450-681-1363

- For over 38 years -



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

Same address since 1989

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



In Memoriam & Obituaries

Grief and mourning

Prepare. Endure. Overcome.

How to tell your child a loved one has a life-threatening illness

Telling your child that a loved one is suffering from a serious illness isn't easy. Here are some tips that may help.

1. Use age-appropriate vocabulary

It's important to adapt your vocabulary to your child's age. This will make it easier for them to understand what's happening. If you're talking to an adult child, frankly explain the situation. If you have a young child, simplify your vocabulary, but avoid euphemisms. It may also be a good idea to include examples from a book or movie.

2. Monitor your child

During the conversation, closely observe your child's reactions-. Give them time to absorb and understand what you're telling them. Be honest, and clearly answer their questions. Your child's reaction will help you assess how much information to share and whether you need to slowly divulge details over several days.

3. Avoid misunderstandings

If your loved one is receiving medical attention, you may want to tell your child about any current or upcoming treatments. You can mention where the treatment will take place, the side effects of any medications and the symptoms of your loved one's illness. Additionally, clarify if there will be any changes to your family's daily routine. You may want to consult with another adult to determine what information may be relevant to bring up.



To help you through this difficult time, look for resources in your area.



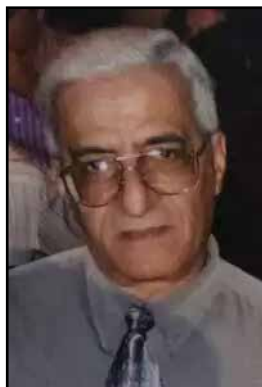
PARENTEAU, Gérard
1937 — 2022

At the CHSLD of la Petite-Patrie de Montréal, on October 3, 2022, passed away at the age of 85, Mr. Gérard Parenteau, son of the late Graziella Crevier and the late Rodolphe Parenteau. He is survived by his brothers and sisters; late Roger (late Denise Martineau), Joffre (late Réjeanne Richard), late Jacques, late brother André, Lucien (late Juliette Nadeau), Gisèle (Yvon Jodoin), Jean, late Lise (Gérard Cournoyer), Monique (late Benoit Rajotte), Lucette (late Réjean Verville), Marcel (Berthe Rajotte), late Normand, Gilles (Francine Thérout), Manon (Claude Crépeau), Mario, nephews, nieces, relatives and friends.



LAPOLLA, Angiolina Morena
1934 — 2022

It is with deep sadness that the family announces the passing of Angiolina Morena Lapolla at the age of 88, beloved wife of Pietro Lapolla.



HOSSARI, Alexi
1944 — 2022

In Montreal, on October 3, 2022, at the age of 78, passed away Mr. Alexi Hossari, husband of Samia Fawaz.

Besides his wife, he leaves to mourn his children Elie, Reine and Bernard, his grandchildren, his sisters, his brother, as well as several relatives and friends.



BOU-ASSI, Louis
1936 — 2022

In Montreal, on Monday, October 3, 2022, at the age of 86, passed away Mr. Louis Bou-Assi, husband of Mrs. Adèle Georges.

Besides his wife, he is survived by his children Rita (Elias Makardich), Sassine, Nemer "Joey" (Stacey St-Jean), Mireille (Michel El-Hakim) and Elie (Melina Daher), his grandchildren Daniel, Elissa, Murielle, Gabriel, Marc, Maryanna, Mayeva and Maëlle, his brothers Antoine, Youssef, Rabih and Issam, as well as his brothers-in-law and sisters-in-law, nephews and nieces, several other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
NO CHARGE Email: 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.complexeaeterna.com

HOROSCOPE

Week of **OCTOBER 9 TO 15, 2022**

The luckiest signs this week:
GEMINI, CANCER AND LEO

ARIES
You'll try your best to impress those around you. You'll increase your client base to reach one of your goals at work. Don't be afraid to move forward. If you take action, you'll achieve success.

TAURUS
If you're looking for the perfect job, you'll be inspired to take the necessary steps to move in the right direction. You'll feel imaginative, which will inspire you to create a masterpiece.

GEMINI
You may start to feel the unpleasant effects of living a sedentary lifestyle. You'll ask your friends to get active with you and motivate you to start moving your body.

CANCER
Whether starting a new career or retiring, you'll clearly figure out your next steps. You must create a plan to ensure your future meets your expectations and aspirations.

LEO
You'll do an apprenticeship that will propel your career forward. You'll face new challenges that will that require patience. You'll also be motivated to work toward your goals.

VIRGO
After much reflection, you'll make important changes to your environment. You'll need to thoroughly review your priorities and find a living situation that suits your needs.

LIBRA
You may feel the need to say yes to everyone. This will put a lot of pressure on you to keep your commitments. You'll find it hard to make a decision with the right information; reflection is needed.

SCORPIO
You'll work extra hours to improve your financial situation. You may also realize that you need to make more time for your love life.

SAGITTARIUS
You'll be in the right place at the right time. This will allow you to stand out and make a good impression. At work, you'll be rewarded, or at least given the recognition you deserve.

CAPRICORN
You may find it hard to leave your home this week. You're very attached to sentimental things that take up a lot of space in your home. You may finally be able to get rid of stuff you don't need.

AQUARIUS
You'll be outspoken and express what others are thinking. You must be authoritative in a complex and upsetting situation to reach an agreement.

PISCES
You'll have to invest a significant amount of money in your career. You may need to buy a new vehicle to avoid breaking down or impress your clients.

Coffee Break

CROSSWORDS

PUZZLE NO. 134

1	2	3	4	5	6	7	8	9	10	11		
12				13			14					
15				16			17					
		18	19				20		21			
22	23	24					25	26				
27				28	29	30	31					
32			33		34			35	36	37	38	
			39	40				41		42		
43	44	45					46	47				
48				49	50	51	52					
53				54		55			56	57	58	59
60									62			
63									65			

Copyright © 2021, Penny Press

ACROSS

- Curly
- Punch
- Damages
- Elaborate melody
- Woodman's implement
- Ready for business
- Wound evidence
- Young bug
- Foretell
- Elegant
- Bread grain
- Mexican sauce
- Restaurant patron
- Era
- Ordinary
- Caesar's garment
- Deep sadness
- Experts
- Remove
- Liable
- Exceed
- Pool of money
- Cigar's remains

DOWN

- Lived
- Circle part
- By way of
- Lengths of fabric
- Actress Fonda
- Pivot point
- Risks money
- Disorderly crowd
- On a ship's left side
- Tint again
- Scornful look
- Made a getaway
- Supporting vote
- More orderly
- Certain litigant
- Appropriate
- Airborne toy
- Diminish
- "___ a Living"
- Corrupt
- Winter toy
- Kid
- Grizzlies' homes
- Made a lap
- In times past
- Part of a relay
- European mountain
- Wise bird
- Shad ___
- New York baseballer
- Perform arithmetic
- Mouse's kin
- Elect
- Porcer's pen
- Long, long time
- Supplement
- Desert havens
- Typical
- The items here
- Irritated
- Change for publication
- Model T, e.g.
- Experiment
- Blushing
- "___ Got Sixpence"
- Foil metal
- Subways' kin

Sudoku

PUZZLE NO. 859

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

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

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

Sudoku

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

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

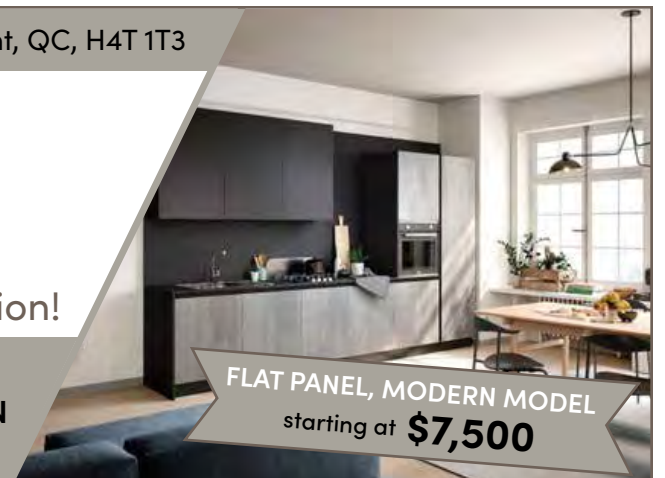
- Versatile cabinet making manufacturer
- Years of experience in residential projects
- Turnkey solutions, specialized in kitchen renovation and hardwood flooring
- Total quality control in every stage (design - production & installation)
- Deadlines respected within budget

Visit our showroom for a free consultation!

CONCEPT G7
www.conceptg7.com

DIRECT FROM OUR FACTORY
FREE ESTIMATION | FAST INSTALLATION
FASTER DELIVERY THAN ANYONE

FLAT PANEL, MODERN MODEL
starting at \$7,500





CALL IT A DEAL

\$ **35** /month



for **5GB**
at 4G LTE speeds¹

 **DATA OVERAGE PROTECTION**

when you bring your own phone

LIMITED TIME ONLY

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

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

Decarie Square
6900 Decarie, Unit K001
514 739-6838

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

680, Jarry St East
Jarry Metro
514 490-0099

MONTREAL

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

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

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

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

Place Viau
7600, Viau Blvd.
514 887-7784

SOUTH SHORE

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

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

NORTH SHORE

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

LANAUDIERE

Galleries Joliette
1075 Firestone Blvd.
Joliette
450 499-3014

OUTAOUAIS

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



EXCLUSIVE DEALER **fido** 

Offers subject to change without notice. A Setup Service Fee of \$50 applies to set up your device and related services. Taxes extra. 1. Speeds up to 150 Mbps. In times of congestion, your data may be slowed according to the Fido Network Management Policy; fido.ca/terms. TMFido and related names & logos are trademarks of Rogers Communications Inc., used under licence. ©2022 Fido