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**30<sup>th</sup> anniversary for  
CUISINE ET VIE COLLECTIVE SAINT-ROCH  
célèbre son 30<sup>e</sup> anniversaire**


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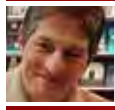
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# Autumn's end in Park-Extension

*Find out about the terms and conditions for collecting green waste and dead leaves*



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
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As fall finishes, it is a common sight in the streets of Park-Extension to see big bags filled with leaves. Residents should be aware of pick-up times and periods, materials accepted, materials refused, and types of bins authorized. See how to deposit your plant residues according to the standards.

Green waste is organic waste: grass clippings, dead leaves, spring cleaning and gardening residues, etc. That means that their collection takes place only part of the year, generally in spring and autumn. Dates vary by district. To find out about Park-Extension, residents must consult Info-Collections.

This collection makes it possible to produce compost, offered free of charge to citizens once or twice a year depending on the borough, in spring or fall.

However, if some residents must dispose of their green waste outside of collection periods, they have 4 options:

- They can add their green waste to their garden compost, if they make one;

- They can keep their green waste on their property until the next collection period;
- They can take their green waste (including branches over 5 cm in diameter) to the ecocentre closest to them;
- Or, as a last resort, they can put their green waste in their household waste. In this case, they will be treated as waste, and will not be composted.

## Materials accepted and refused

These are the materials that will be accepted by the city for composting: coniferous branches (including cedar/thuja hedges) and deciduous trees, 5cm (2in) maximum diameter, tied with fiber rope in bundles 1m (3.3ft) long, 50cm (20in) in diameter and 25kg maximum, chips, dead leaves, grass, clippings stubble residues, vegetable garden residues, fruit tree residues, horticultural residues, twigs and stems.

The refused materials are shrubs sawdust and sawdust branches over 1m long and over 5cm in diameter animal litter, residues, stumps, trunks, soil and stones. The containers accepted are cardboard boxes rigid reusable containers: garbage cans (do not use the bins provided by the city), compostable paper bags and clear plastic bags.



# Your \$400 or \$600 cheque is on its way

(NEWSFIRST) One thing that defines François Legault as Quebec Premier is that when he promises money to citizens, he delivers. During the last election campaign, he promised to send a cheque in the amount of \$400 or \$600 to about 6.4 million Quebecers before Christmas, in order to help them to cope with the recent inflation trend. The cheques are on their way to you.

## The details

All those whose gross annual income (before deductions) does not exceed \$50,000 will be entitled to a cheque for \$600. Those who earn less than \$100,000 a year (but more than \$50,000) will be entitled to an amount of \$400, confirmed the Premier at a press conference last week.

Three things you should know about the cheque that the CAQ Government will send you to help you with inflation:

To determine the amount of the cheque, Revenu Québec will rely on the tax returns sent last spring. All Quebecers eligible for financial assistance will automatically receive it.

According to government stats, 6.4 million Quebecers earn less than \$100,000 per year, or 94% of citizens aged 18 and over. Of these, 1.8 million should receive a cheque for \$400, while 4.6 million Quebecers, with incomes of less than \$50,000 per year, should get the cheque for \$600.

Unlike the \$500 tax credit granted at the beginning of the year, this new provincial assistance will be paid in the form of a cheque.



Thus, the amount to which you are entitled will not be revised downwards if you have an outstanding balance with Revenu Québec.

You will receive the "gift" by early December. Details surrounding the implementation of the financial assistance will be confirmed at the announcement of the government's economic update (or mini-budget), scheduled on November 29.

Furthermore, the government, as promised, will assist seniors over 70 with a \$2,200 based again on their gross annual income before deductions.

But considering the recent increase in interest rates, which has created a financial burden on households, the government does not intend to review the cheques amounts.

Finance Minister Eric Girard remains of the opinion that the amounts that will be sent to citizens are "appropriate" in the current economic context.

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# OPINION & Editorial



## Saying goodbye to the Quebec Liberals' Dominique Anglade

To say we had hardly gotten to know Dominique Anglade by the time the Quebec Liberal Party's leader announced her resignation last Monday is no understatement.

Anglade announced her decision at a news conference in Montreal, her departure coming a little more than a month after the Quebec provincial election.

The past decade has marked a fairly-long and circuitous journey for Anglade. Parc-Extension News can remember, back in 2012, when she was one of a handful of newly-minted Coalition Avenir Québec candidates who were trotted out for a press conference prior to that year's provincial election.

Although she lost in Fabre to the Quebec Liberals' Gilles Ouimet, Anglade was a stand-out at the time among the other mostly bland CAQ candidates.

While they responded to questions with standard platitudes, Anglade expressed herself with some original thinking and ideas, distinguishing herself as someone who seemed to possess greater potential to take on some eventual form of higher leadership.

Thus, the irony is that following her decision to join the Quebec Liberal Party in 2015, followed by her nearly uncontested bid to become the PLQ's leader in May 2020, whatever promise Anglade might have held as the first woman

to lead the party (and the first black to lead a provincial party in Quebec), she turned out (in the harsh and unforgiving reality of live fire) to have actually been a dud.

Although Anglade managed to secure for the PLQ the shaky status as the Official Opposition in the National Assembly following the October elections, there is no getting around the fact that under her leadership, the Liberals won just under 15 per cent of the popular vote — the lowest share in its history.

Her lacklustre performance during the election betrayed a seeming lack of personal confidence, at a time when incumbent CAQ Premier François Legault was shining like a supernova, and the polls were predicting long before election day that he would easily be winning a second mandate.

Although the Liberals hung onto most of their stronghold seats on the island of Montreal, but conversely were shunned by a large majority of francophone voters, the party ended up winning just 21 seats.

In another example of a fumble by Anglade, the 21 seats were reduced to 20 after Vaudreuil PLQ MNA Marie-Claude Nichols was kicked out of caucus by Anglade, further contributing to speculation about Anglade's temperament and her future as the party's leader.

"Our party is confronted by numerous challenges," Anglade said last Monday, while conceding that she was leaving, and admitting at the same time that the Official Opposition would be in an especially vulnerable position if she were to remain and allow the apparent rift to continue.

The 2018 election is often interpreted as having been a turning point in Quebec politics, signalling the end of the traditional debate about federalism and sovereignty in the province. Many experts have said that the Liberals, under Anglade, failed to reposition themselves in this new political reality.

Over the past century and a half or so of the Quebec Liberal Party's existence, the PLQ has seen its fortunes rise and fall, with long periods out of power when Maurice Duplessis's Union National governed during several uninterrupted decades.

Still, the Liberals always held faithfully to their core belief in being able to provide a reasonable and stable middle-ground politically, when polarizations on the political spectrum cast other parties at each end with irreconcilable differences.

It is perhaps in that sense that the Liberals, under a new leader and a renewed vision, will once again be able to rise to the occasion and play a useful role as the reconciler and mediator of Quebec politics.

*Martin C. Barry*

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# Children's pain medication shortage



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
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If, during a visit to a Parc-Extension pharmacy, you are met with empty shelves when you need pain medication for your child, you are not alone. This is what parents face when they go to the pharmacy to buy acetaminophen or ibuprofen for their sick children all over Canada. Despite an increase in production by manufacturers, these pediatric drugs remain in short supply. So much so that Ottawa recently approved the "exceptional importation" of products from the United States and Australia to supply hospitals in Canada.

Respiratory infections, which are currently affecting children, are at the root of the problem, according to the industry and pharmacists. Again, on Monday, November 7<sup>th</sup>, the occupancy rate on stretchers in Montreal pediatric hospitals approached or exceeded 200%.

Parents contribute to this shortage, as they come to pharmacies to buy them with the prospect of stocking up, because they are afraid of running out if they need them later, forgetting that these drugs have an expiry date.

## Canada imports drugs

According to Health Canada, manufacturers of acetaminophen and ibuprofen supplying the Canadian market "have significantly increased their production." "Some are producing at record levels and are exploring options to further increase production and expedite restocking where product is needed most," according to an agency email.

In the meantime, the Montreal Children's Hospital must manufacture "special preparations" of acetaminophen or ibuprofen in suspension from tablets or powder that they



dilute in a liquid.

The hospital claims to have enough tablets. "But the supply of the liquid formulation is not stable," said the coordinator of the pediatric hospital's pharmacy department, Thanh Thao Ngo. Thanks to the preparation of drugs in suspension, "no child is penalized," she underlines. However, this involves "a lot more work," according to her.

At the Sainte-Justine University Hospital Center (CHU), they claim to have "the analgesics and anti-inflammatories in common use required to treat patients with the situation being closely monitored." Tight management of supplies has been ensured since the beginning of the crisis, and alternative solutions are regularly assessed. Community pharmacists also tightly manage their stock. Some are now placing pediatric ibuprofen and acetaminophen products behind the counter, according to Benoit Morin, president of the Quebec Association of Proprietary Pharmacists (AQPP). It is therefore worthwhile to inquire with your pharmacist. Members of the AQPP also prepare vials of acetaminophen in suspension themselves.

Benoit Morin is hopeful that the shortage will subside "as soon as the wave of infections diminishes." "For us, it's not necessarily a big concern, but I can understand that for parents, it is," he says. These are not essential drugs. Of course, it makes the child feel better, but it won't cure or prevent complications. In case of fever, parents can give their child a warm water bath to relieve it, he said.

# Credit card debt at record high



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As the post pandemic inflation crisis continues, every aspect of daily life in Park-Extension has been affected. Many Park-Ex families resort to credit cards, which follows a bigger Canadian trend.

The Equifax Canada consumer survey, released on Tuesday, November 1st 2022, found that the average credit card balance held by Canadians hit a record high of \$2,121 at the end of September. A new poll indicates that Canadians are relying more on credit cards amid persistent inflation and rising interest rates.



Equifax says average non-mortgage debt per consumer was \$21,188, back to levels not seen since the first quarter of 2020. Canadians feel less secure about their financial outlook than they did a year ago, and more than half worry about having to pay regular bills like rent, utilities or insurance, especially adults aged 65 and over. More than half of Canadians surveyed also said that they were very worried about their level of personal debt. Julie Kuzmic of Equifax Canada says the last high average credit card balance was in the fourth quarter of 2019, at \$2,118.

## Steady Increase for 2 years

Julie Kuzmic adds that the average credit card debt has fallen during the pandemic, but credit card use has now increased for six consecutive quarters, reaching "historic highs".

She pointed out that the increased use of credit cards would be "risky" for some, as debt could be harder to pay off in the current economic environment.

More than half of respondents said they either look for grocery discounts more than a year ago, or spend less of their budget on grocery shopping.

Equifax Inc. is an American multinational consumer credit reporting agency headquartered in Atlanta, Georgia, and is one of the three largest consumer credit reporting agencies, along with Experian and TransUnion (together known as the "Big Three"). Equifax collects and aggregates information on over 800 million individual consumers, and more than 88 million businesses worldwide. In addition to credit and demographic data and services to business, Equifax sells credit monitoring and fraud prevention services directly to consumers.



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# 30 ans d'histoire et de chemin parcouru

L'organisme montréalais Cuisine et vie Collective Saint-Roch a célébré son 30e anniversaire le 13 octobre dernier. Une centaine de personnes étaient au rendez-vous.

Cette soirée cocktail incluait de la musique d'ambiance, des petites bouchées et des verres de vin. Elle a débuté avec un mot de bienvenue de la présidence et de la direction, ainsi qu'avec la projection de messages de félicitations des élus et des mots d'encouragement des invités.

La mission de l'organisme, qui consiste à faire de multiples activités autour de la sécurité alimentaire, et à faciliter l'intégration des nouveaux arrivants, a été célébrée avec fierté et joie. C'était l'occasion de souligner le travail accompli par l'équipe et les bénévoles durant toutes ces années, mais également d'honorer et de remercier trois membres honorifiques

pour le soutien qu'ils ont apporté à l'organisme. S'en est suivi le lancement d'une vidéo promotionnelle, puis la soirée s'est clôturée avec un spectacle de tango.

Nous sommes fiers d'être arrivés à la 30<sup>e</sup> année d'existence de l'organisme, et donc, de maturité, de lutte contre la pauvreté, l'isolement et l'insécurité alimentaire. Nous œuvrons dans un quartier multiethnique, Parc-Extension, afin de venir en aide à la population la plus vulnérable. Nous participons à la richesse sociale du quartier, nous représentons un exemple de partage et de transmission des connaissances, nous jouons un rôle essentiel et nous favorisons l'autonomie alimentaire. Nous espérons continuer de célébrer encore plusieurs autres années, longue vie à Cuisines et vie Collectives Saint-Roch !

# 30 years of history and progress

The Montreal organization Cuisine et vie Collective Saint-Roch celebrated its 30th anniversary on October 13th.

Hundreds of people attended this cocktail party in celebration of this milestone with music, appetizers and wine followed by the launch of a promotional video and ending the evening with a tango show.

Guests were welcomed by the President and directors and the organization accepted words of congratulations from elected officials and of encouragement from guests.

The organization's mission, which consists of the promotion of food security and the facilitation and integration of newcomers to our

country, was celebrated with pride and joy. It was an opportunity to highlight the work accomplished by the team and volunteers during all these years and to honor and thank three honorary members for the support they have provided the organization.

We are proud to have reached 30 years of existence, and with that 30 years in the fight against poverty, isolation and food insecurity. Working in the multi-ethnic neighborhood of Parc-Extension, we help the most vulnerable population. We participate in the social wealth of the neighborhood, embody sharing and the spread of knowledge and play an essential role in the promotion of food autonomy. We hope to continue celebrating many more years, long life to Cuisines et vie Collectives Saint-Roch!





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# Two months into school year: more than 1,600 vacancies in Quebec schools



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dimitri@newsfirst.ca

Unsettling news which affects our schools in Park-Extension comes as the post-pandemic crisis brings a shortage of more than 1,600 jobs, including nearly 450 part-time teaching positions, are still vacant in Quebec schools, two months after the start of the school year.

This number could be even higher in reality, as it comes from the Ministry of Education's data collection, in which only 51 of the 72 school service centers. This total includes full-time and part-time teaching positions, as well as professional and support staff positions. As of October 12, 446 part-time positions were unfilled in the school network, according to figures from the Ministry of Education.

Since the start of the school year, Quebec has refused to release this data, limiting itself to releasing data on the number of full-time vacancies, which stood at 96 on October 19.

Education experts had denounced this lack of transparency on the part of the ministry, which was criticized for wanting to hide an important part of the reality.

"What's worrying is that compared to other years, the number of vacancies doesn't really decrease from one week to the next. We no longer have anyone to fill these positions," said Nicolas Prévost, president of the Quebec Federation of Directors of Educational Institutions (FQDE) to the media.

## Lack of replacements

The situation is even more dramatic when it comes to replacements, according to the FQDE. "Once we have a request for a replacement, we can't do it anymore," says Nicolas Prévost. Other school officials are then called upon to do what is called "troubleshooting." A group of students can then see up to five different adults parade in front of the class during the same day.



The Federation of Teachers' Unions (FSE-CSQ) also said the situation was "traumatic." "Such a shortage, we have never seen it before," says its president, Jose Scalabrini.

## Hundreds of vacant professional posts in schools

It's not just teachers missing from the school network, which is also looking for more than 200 full-time psychologists and speech therapists. In total, about 500 professional positions remain vacant, according to the trade union federation that represents them.

As of mid-October, there were 119 vacancies for psychologists, and 97 speech therapists in Quebec schools, according to Education Ministry figures, not counting those part-time positions.

However, the shortage of psychologists has existed for several years in the school network, where their number is constantly

decreasing. In 2010, it was 1,039, and in 2022, it was 881, according to data from the Order of Quebec Psychologists, while in the same period, the number of students has probably increased.

Same story from the side of the Order of Speech-Language Pathologists and Audiologists of Quebec. Its president, Paul-André Gallant, notes "discomfort" among its members who work in the school network, where the needs are enormous.

In the Quebec Federation of Education Professionals, it is estimated that the school network has reached a breaking point. According to a recent report by the Quebec Ombudsman, 42% of parents of students with special needs were asked to turn to the private sector to get services for their child, because the school was unable to provide them.

Sources: Quebec ministry of education, Quebec Federation of Education Professionals, Quebec Federation of Directors of Educational Institutions, Federation of Teachers' Unions, Journal de Montréal



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November 11

# Remembrance Day

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### 3 ways to support Canada's veterans year-round

This November 11<sup>th</sup>, join Canadians across the country in honouring those who dedicate their lives to serve in the armed forces. Your recognition, however, doesn't have to be limited to just this one day. Here are three ways you can support Canadian veterans year-round.

#### 1. DONATE TO A REPUTABLE CHARITY

There are a number of charities, includ-



ing the Poppy Fund, VETS Canada and Wounded Warriors Canada, doing critical work to empower and support veterans from coast to coast. Donating even a small amount to a reputable organization can help improve the circumstances of those who risked their lives for their country.

#### 2. VOLUNTEER AT A ROYAL CANADIAN LEGION

There are more than 1,300 Legion branches across the country. As Canada's largest veteran service organization, the Royal Canadian Legion (RCL) offers outreach and assistance programs for veterans and their families as well as community services and support. Volunteering at your local Legion branch is a great way to make a real difference in the lives of those who served.



#### 3. VISIT A VETERAN IN YOUR COMMUNITY

Veteran Affairs Canada (VAC), in collaboration with the RCL, runs an initiative that facilitates face-to-face visits with veterans in retirement and long-term care facilities. These visits provide social interaction and a sense of community to individuals who may not otherwise receive many visitors. Spending time with a veteran can have a major impact on their life as well as your own.

This Remembrance Day, know that Canadian veterans need your help year-round, and consider taking steps to offer your support.

*In memory of our heroes*

# Remembrance Day

NOVEMBER 11

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## 5 facts about Remembrance Day

On November 11, Remembrance Day ceremonies are held across the country to honour the courage of Canadians who fought to defend our way of life. Here are five facts to help you better understand this important occasion.

1. The First World War officially ended on November 11, 1918, with the signing of an armistice agreement. This occurred at precisely 11 a.m. — that is, at the 11th hour of the 11th day of the 11th month.

2. Every year, Canadians observe two minutes of silence on Remembrance Day. This is to honour the more than 2.3 million Canadians who served and the more than 118,000 who lost their lives since the start of the First World War.

3. Remembrance Day is a statutory holiday for federal government employees. Six provinces and the three territories have also designated November 11 a statutory holiday.

4. This holiday is celebrated by a number of other Commonwealth member states, including the United Kingdom and Australia, as well as other countries such as France, Belgium and Poland.

5. Canada's National Remembrance Day Ceremony is held in Ottawa at the National War Memorial. The event is presided over by the Governor General and is attended by the prime minister, veterans' organizations and the general public.

For more information, visit [legion.ca/remembrance](http://legion.ca/remembrance).

# Remembrance Day



## Poppy etiquette

Canadians wear poppies in November to honour veterans and soldiers who gave their lives fighting for freedoms abroad. The Royal Canadian Legion has a Poppy Protocol Guide, with tips on how to wear a poppy appropriately and respectfully. Here's what it recommends.

### HOW TO WEAR A POPPY

A poppy should be worn on the left side of your chest over your heart. The poppy is a sacred symbol and therefore shouldn't be affixed with any type of pin that obstructs it.

### WHEN TO WEAR A POPPY

Wear your poppy from the last Friday in October until Remembrance Day on November 11. You can also wear a poppy at a veteran's funeral or war memo-

rial service such as one held at the anniversary for the Battle of Vimy Ridge.

### HOW TO REMOVE A POPPY

It's fine to continue to wear your poppy after November 11. However, many people choose to remove their poppies and place them on a cenotaph or wreath at a Remembrance Day ceremony's conclusion. This has become a poignant tradition at many war memorials.

Always ensure you store or dispose of your poppy respectfully. If you see a poppy on the ground, please pick it up, clean it off and dispose of it in a respectful way.

The Royal Canadian Legion supplies the poppies for free but encourages donations to its Poppy Fund, which helps Canadian veterans and their families.



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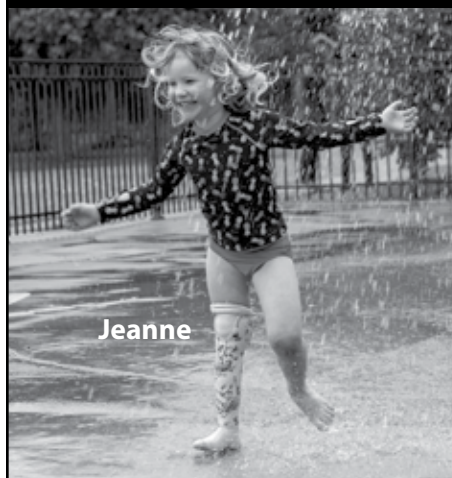
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*This Remembrance Day, we salute our nation's fallen, who risked their lives for our freedom.*

*The heroic spirit of our brave Canadian soldiers will never be forgotten.*

*En ce Jour du Souvenir, nous saluons les héros de notre nation, qui ont sacrifié leurs vies pour notre liberté. Nous n'oublierons jamais la bravoure de nos soldats canadiens.*

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# Daylight savings time ended: Have you checked your smoke alarms?

*Park-Exers reminded to check their batteries*



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
dimitri@newsfirst.ca

The time change took place on the night of November 5 to 6. For the households of our readers in Park Extension, the Montreal Fire Department (SIM), in order to raise public awareness of the risks posed by fires, reminds you that this is a good time to check the operation and compliance of smoke alarms in dwellings.

"The smoke alarm is the most effective and least expensive means of preventing serious consequences, preserving our safety, that of our loved ones, and that of others. This is why we invite people to take advantage of the time change to ensure that it works properly," said Alain Vaillancourt, responsible for public security on the executive committee of the City of Montreal. Every year, the SIM deplors the loss of life or significant damage to buildings during fires, where smoke alarms were missing or non-functional.

- In 2021, there were 947 fires in residential buildings;
- 2 out of 3 fires involved cooking fires, as well as smokers' articles and open flames;
- 1 alarm out of 5 is either absent or non-functional in dwellings, on the territory of the



Montréal agglomeration.

To this end, the SIM deplors a death that occurred earlier this month during a fire. When they arrived on the scene, the SIM firefighters noticed the absence of the ringtone from

a smoke alarm. We should also mention that deaths are often attributable to smoking articles or open flames, including candles.

Make sure you are not part of these statistics and stay vigilant at all times! The SIM reminds

us that having a compliant and functional smoke alarm is like having a firefighter on site, who monitors the presence of smoke and warns you in case of danger. Checking or installing a new smoke alarm is an important step that ensures safety and can make all the difference.

## Regulations

Municipal regulations oblige Montrealers to equip their residences with compliant and functional smoke alarms at all times. All dwellings must be equipped with at least one smoke alarm per floor, including the basement. The SIM strongly recommends the installation of smoke alarms in bedrooms.

Every owner is responsible for supplying smoke alarms and installing them in the places required according to the By-law. The responsibility for maintaining in good condition the alarms installed inside dwellings and in private residences lies with the occupants of the premises.

In addition, all residential buildings built before 1985 that do not have an electric alarm must be equipped with smoke alarms with a 10-year non-removable long-life lithium battery. Buildings built after 1985 must be equipped with smoke alarms connected to an electrical system. In this context, it is essential to check the proper functioning of all the smoke alarms present in the dwellings.



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# Immigration in the Service of Canadian Economy



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
dimitri@newsfirst.ca

The Canadian economy has experienced one of the fastest recoveries from COVID-19 among advanced economies, but now faces critical labour market shortages that are causing uncertainty for Canadian businesses and workers. Of particular interest to our borough of Park-

Extension is the announcement on November 1st 2022 in Toronto, by Sean Fraser, Minister of Immigration, Refugees and Citizenship, of Canada's 2023-2025 Immigration Levels Plan. The plan includes immigration as a strategy to help businesses find workers and attract the skills needed in key sectors — including health care, skilled trades, manufacturing and technology — to manage the social and economic challenges that Canada will face in the coming

decades.

Last year, Canada welcomed more than 405,000 immigrants — the most it has ever welcomed in a single year. The government is setting targets in the plan for new levels of 465,000 permanent residents in 2023, 485,000 in 2024, and 500,000 in 2025. The plan also focuses on attracting newcomers to different parts of the country, including small towns and rural communities.

Highlights of the tiered plan include long-term focus on economic growth, the use of new features in the Express Entry system to bring in immigrants with the skills and qualifications needed in sectors that face acute labour shortages, increases in regional programs to address targeted local labour market needs, through the Candidate Provinces Program, the of the Atlantic Migration Program and the Northern Rural Migration Pilot, faster reunification of more families, ensuring that at least 4.4% of new permanent residents outside Quebec are francophone and support for global crises by providing a safe haven to those facing persecution.

"Last year, we welcomed the most immigrants in a single year in our history. This year's plan for immigration levels will help businesses find the workers they need, put Canada on a path that will contribute to our long-term success, and enable fulfill our core commitments to vulnerable people fleeing violence, war and

persecution," said Sean Fraser, Minister of Immigration, Refugees and Citizenship

## The stats

The new plan is a projection of how many permanent residents will be admitted to Canada in a given year, and sets targets for total imports by immigration category. Immigration accounts for nearly 100% of Canada's labour force growth, and by 2032 is projected to account for 100% of Canada's population growth. Canada's aging population means that the ratio of workers to retirees expects is expected to shift from 7 to 1 50 years ago, to 2 to 1 by 2035.

In the 2021 Census, almost 1 in 4 people counted were immigrants, the highest proportion among G7 countries. Just over 1.3 million new immigrants settled permanently in Canada from 2016 to 2021, the highest number of recent immigrants ever recorded in a Canadian census.

## Quebec and Francophone support

In the Official Languages Action Plan — 2018-2023 the government provided almost \$500 million over five years to support official languages, including \$40.8 million for Francophone immigration initiatives. Under the Canada-Quebec Agreement, Quebec sets its own immigration levels.



"Last year, we welcomed the most immigrants in one year in our history. This year's plan for immigration levels will help businesses find the workers they need..." said Sean Fraser, Minister for Immigration, Refugees and Citizenship.

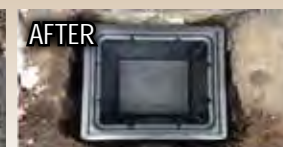
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# The SPVM is testing bulletproof vests to counter the large calibers

*The Service de police de la Ville de Montréal is testing three new models of bulletproof vests to deal with the larger calibers now used by criminals.*



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
dimitri@newsfirst.ca

Violent criminals are using ever more deadly force lately. Just a few days ago, residents in Parc-Extension were awakened by gunshots. Upon their arrival at the scene, officers from the *Service de police de la Ville de Montréal* (SPVM) found several casings from firearm projectiles on the ground, and noted impacts in the window of a residential building.

This is only one of few incidents of firearm use in Montreal prompting police to start a benchmark test for three models of vests before proceeding to tender. "The old model was no longer representative of the firearms found in Montreal," said an SPVM police officer who requested anonymity, since he is not authorized to speak to the media.

Last February, the Montreal Police Brotherhood sent a letter to the SPVM management asking for access to better vests. Those currently in service would no longer be safe to protect against the impacts of certain large calibre firearms.

The objectives are to properly target the needs of the police, to validate the level of comfort, as well as the satisfaction with the new bulletproof jacket (ballistic panels and cover), indicates an email by an SPVM spokesperson. The final analysis will make it possible to draw up the technical specifications necessary to proceed with the public call for tenders.

In addition to offering better ballistic protection, these new vests will have to use softer and lighter panels in order to improve comfort, offer better resistance to humidity, and be more adapted



**On the left, the bulletproof vest currently in use by SPVM police officers, and on the right, the three models that will be tested. Photo: Département de Police de la Ville de Montréal.**

to the physiognomy of women.

To develop this new bulletproof vest, the SPVM set up a committee of experts made up of representatives from the Royal Canadian Mounted Police, the *Sûreté du Québec*, the Ontario

Provincial Police, the Vancouver Police Department, the *Service de police de la Ville de Québec*, and the Toronto Police Service, in particular. In 2021, there are 144 firearm discharges in Montreal, compared to 71 the previous year.

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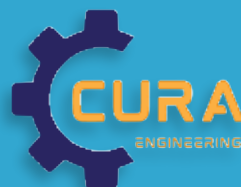


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# In Memoriam & Obituaries

## Plan for peace of mind



Ever thought of visiting a funeral home?

Prearranging a funeral service is a process that requires a great deal of thought. And it involves a lot of important decisions that aren't always easy to make.

Finding out about the services offered by funeral homes in your area will help you make the right choices. Unless you have a family tradition of going to one specific funeral home, you can shop around for a place that resonates with your needs. Before making your choice, contact several funeral homes and make appointments to speak with a sales associate or funeral director. Bear in mind that it's important for these professionals to provide you with clear answers to all your questions and that you feel comfortable in their presence.

In addition to getting information about the different services offered and the associated costs, you'll also learn more about how to proceed when a loved one dies and what documentation you'll have to deal with. Indeed, funeral arrangements involve a whole host of services that you'll need to decide on: burial or cremation; choice of urn or coffin and type of funeral service.

Usually, funeral home services are not just limited to the funeral itself. Most can also provide support services for bereaved families and informative documents that you can consult in order to make the best possible choices.



Don't wait until you're going through a difficult time in your life before inquiring about funeral arrangements. It's definitely one of those things that's best done now.



**DI CARLO, Francesco**  
1931 — 2022

Family and friends must say goodbye to their beloved Francesco Di Carlo of Montreal, who passed away at the age of 91, on November 7, 2022. He leaves behind his dear beloved wife of 68 years, Giovanna Iagallo Di Carlo and his two children, Maria (Harold) and Danny (Pina). He also leaves behind with great sadness his three grandchildren whom he deeply cherished, Angela (David), Frank and Jessica; as well as his two great granddaughters Bianca and Charlie, relatives and many friends.



**GUINDON, Marie-Claire**  
1929 — 2022

In Montreal, on November 7, at the age of 93, died Marie-Claire Guindon. She is survived by her sons Richard Rouleau (Diane Charette) and Pierre Rouleau (Diane Pilon), her grandchildren Charles-Étienne (Tatiana), Louis-Félix (Marie-Soleil), Martin (Caroline) and Isabelle (Christopher), her five great-grandchildren, her sisters Georgette and Pierrette, as well as many other relatives and friends.



**HONEYWILL, Walter**  
1943 — 2022

It is with great sadness that we announce the passing of Mr. Walter Honeywill, on November 7<sup>th</sup>, 2022, at the age of 79. Beloved husband of Donna Yenor, cherished father of Carolee, Cindy (Andy) and Coleen (Jean-Nicolas) and devoted grandfather of Ethan, Charlotte, Connor, Brendan, Luke and Chloé, he was the beloved son of the late Walter Honeywill Sr. and Pauline Ste-Croix, and predeceased by his wife Beverly. He will be deeply missed by his sister Diana, his nieces Kim (Michael) and Karen (Andrew), and many relatives and friends.



**PANNUNZIO, Antonio**  
1931 — 2022

It is with deep sadness that the family announces the passing of Antonio Pannunzio on Monday, November 07, 2022 at the age of 91. Beloved husband of the late Maria De Michele and companion of Giovanna. He will be sadly missed by his loving son Giuseppe (Giuliana), his cherished grandchildren Anthony (Theresa), Roberto and Andrew (Sara), his great grandchildren Joseph, Olivia and Lilah, his brother Mario (Assunta), his sisters-in-law Maria and Imelda, as well as other relatives and friends.

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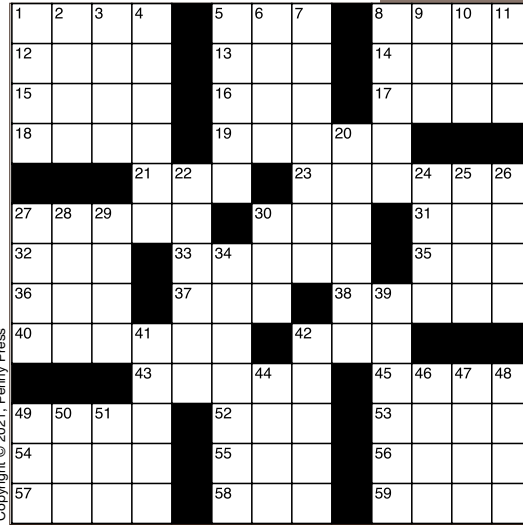
The luckiest signs this week:  
**VIRGO, LIBRA AND SCORPIO**

- ♈ ARIES**  
You may find it challenging to get in touch with people who don't call you back right away. However, your phone will start ringing off the hook when they finally contact you.
- ♉ TAURUS**  
You'll suddenly be very popular. You'll also have a lot to talk about with others. Your social life will be booming, both in-person and on social media. Your partner will be generous with you.
- ♊ GEMINI**  
You'll spend part of your week shopping. You'll be inspired to redecorate your home. For example, you may be inspired to put up your Christmas decorations early.
- ♋ CANCER**  
You'll feel highly imaginative but also a little lazy. You'll be working on a great masterpiece or contemplating one all week.
- ♌ LEO**  
You may not always feel comfortable in a crowd. Fortunately, you'll come across inspiring people who will give you the motivation you need to take on a new challenge. New friendships are in store.
- ♍ VIRGO**  
You'll procrastinate a lot this week. Fortunately, your loved ones will help you keep your priorities straight while managing to make you laugh.
- ♎ LIBRA**  
You'll spontaneously decide to take a trip. You'll work with clients from different cultures that will bring you abundance.
- ♏ SCORPIO**  
You'll find yourself having to do everything yourself at work and home. Some people will notice your dedication and ensure you're rewarded for your efforts.
- ♐ SAGITTARIUS**  
Change is on the horizon. If you go with the flow, your anxieties will melt away. A sentimental project will come to fruition faster than you thought possible.
- ♑ CAPRICORN**  
You'll have to crunch the numbers during a negotiation to relieve tensions. You must find balance in all aspects of your life to find peace.
- ♒ AQUARIUS**  
Your love life will be full of romance. A colleague may make an awkward declaration of love that won't be reciprocated.
- ♓ PISCES**  
You must take the time to rest and recover after being sick. You'll spend a few days at home and bring in some work over the weekend to catch up. The moon will ignite your imagination, inspiration and intuition.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 136



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### ACROSS

1. Intersection sign
5. Swimsuit part
8. Long journey
12. Head covering
13. Biology class, for short
14. Govern
15. Wheel rod
16. Help out
17. Unattractive
18. Skip
19. Social climbers
21. Child
23. Sheep meat
27. Protective gear
30. Urge
31. Mock
32. Be competitive
33. Fix
35. Family animal
36. Common contraction
37. Spinning toy
38. Mortgages
40. Church official

### DOWN

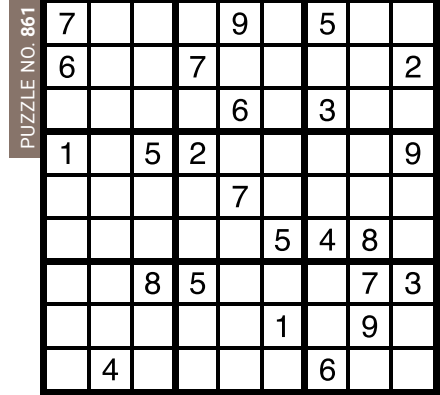
42. Rosy
43. Ascend
45. Plenty
49. Wild swine
52. Freight weight
53. Fan's hero
54. Entity
55. Shelley poem
56. Musical symbol
57. Parisian mother
58. Damp and cold
59. Raised, as vegetables
11. Lock's partner
20. Wrap
22. Speaker
24. Cellophane adhesive
25. Uncovered
26. Yields
27. Raring to go
28. Religious service
29. Butte's kin
30. Uh-huh
34. Supervise
39. Running in neutral
41. A la \_\_\_\_
42. Freshen
44. Baking ingredient
46. Aroma
47. Transport
48. Large amount
49. Tramp
50. United
51. Football filler

# 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.**

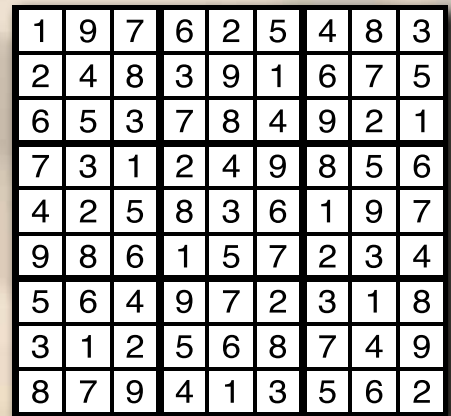


### Last Issues' Answers

## CROSSWORDS



## Sudoku



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