

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-Montreal English Montreal School Board

Adult Education & Vocational Services

newsfirst
MULTIMEDIA

Vol. 30-31

23 décembre 2022 / December 23, 2022

450-978-9999

www.px-news.com

editor@newsfirst.ca

Competition Bureau Canada / Bureau de la concurrence Canada

Canada

Studying Canada's Grocery Sector

Canada Competition Bureau to study 'price fixing'

Page 7

Wishing you a lovely Christmas!

Our next edition will be published
JANUARY 13TH 2023

Holiday section: page 9

Page 6

Activités pour le temps des Fêtes
Activities for the holiday season

BLEU BLANC BOUGE

ST-MICHEL

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

ROYAL LEPAGE
EXCELLENT SERVICE | EXCEPTIONAL RESULTS
HUMANIA CENTRE Agente immobilière 450.682.2121

FREE EVALUATION OF YOUR HOME WITH NO OBLIGATION!

WRAPPED
IN RED
EVENT

Infinite data.
Infinite connections.



SAMSUNG
Galaxy S22

Rogers Infinite™
plans starting at just
\$75/mo[±]
for **50GB** of data.

At speeds up to 250 Mbps. Reduced speeds thereafter.¹ After \$5/month Automatic Payments Discount²

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

 **ROGERS™**

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. * Rogers was ranked first in the uMlout Mobile Data Performance audit in major Canadian cities in Q2, 2021. Visit www.umlout.com/en/benchmarking/canada. Largest based on total square kilometers of Rogers 5G coverage compared to published coverage of other national networks. † Where applicable, additional airtime, data, long distance, roaming, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. However, there is no airtime charge for calls made to 9-1-1 from your Rogers wireless device. Plan includes calls and messages from Canada to (local/Canadian) numbers only. On the Rogers Network or in an Extended Coverage area, excluding calls made through Call Forwarding, Video Calling or similar services. 1. Rogers Infinite data plans include data at high speed up to the data bucket included in your plan on the Rogers network, extended coverage areas within Canada, and Roam Like Home destinations (see rogers.com/roamlikehome). 5G access included at no extra charge. 5G access requires a 5G-enabled device in an area where there is 5G coverage (see rogers.com/coverage). Once you have reached the max speed data allotment of your plan, you will continue to have access to data services with no coverage beyond the max speed data allotment at a reduced speed of up to 512 kilobits per second (for both upload and download) until the end of your current billing cycle. Applications such as email, web browsing, apps, and audio/video streaming will continue to function at a reduced speed which will likely impact your experience. We will send you a text message notifying you when you have used 90% and 100% of the max speed data allotment included in your plan with the option to purchase a Speed Pass to add more max speed data to your plan. Plan requires registration for online billing. In all cases, usage is subject to the Rogers Terms of Service and Acceptable Use Policy. 2. A \$5/month discount is available on eligible in-market consumer Rogers Infinite plans (excluding Rogers Preferred Program) to customers who set up Automatic Payments on their account (not retroactive). You must keep Automatic Payments active with an eligible plan to maintain this discount. Discount will end if you move to an ineligible plan or cancel Automatic Payments. 3. Rogers & Design and related brand names and logos are trademarks of Rogers Communications Inc. or an affiliate used under license. © 2022 Rogers Communications.

Snow removal in Park Extension

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

Now that the first major snowstorm rolled in Park Extension, the Borough is assuring residents that it makes every effort to provide them with optimal snow removal service. The teams must continually adjust their interventions according to the different realities present on the ground. Each situation is unique and requires everyone's cooperation.

According to the borough's announcement, road snow removal is done according to 3 levels of priority:

1. Main arteries, secondary arteries, very narrow streets, priority bus routes and reserved lanes, hospital entrances, major commercial streets, cycling paths (REV), and streets with high traffic flow.
2. Collector streets, local streets of a mainly commercial nature, regular bus routes.
3. Local streets, mainly residential streets, streets in industrial sectors, streets with low traffic flow.

It should be noted that the sidewalks are cleared and de-iced at all times, regardless of the priority level of the street in which they are located.

The ABCs of snow removal operations

Snow removal operations are complex and require great agility from the teams. Heavy snowfall, presence of ice, meteorological cocktail; each situation is unique and requires appropriate interventions.

Snow removal operations are divided into different activities:

Spreading

Objective: to facilitate movement on roads and sidewalks by spreading a melting agent (salt), an abrasive (gravel), or a mixture of the two.

When: preventively, even before the arrival of the first precipitation, in the presence of ice on the ground or sleet.

Frequency: spreading operations last as long as necessary to facilitate movement. Spreading is also done after snow loading operations.

In keeping with its commitment to ecological transition, the Borough is working to optimize salt and abrasive spreading operations by using environmentally friendly strategies. The spreading of abrasives on the roadway is carried out over a distance of 50m before each intersection, in order to facilitate stops.

Clearing

It is important for the teams to be able to count on the cooperation of the population to facilitate movement on the roadway and sidewalks as quickly as possible.

Watch for parking restrictions in effect. Less towing = free parking faster!

Typically, no parking signs from 7:00 p.m. to 7:00 a.m. are posted before 3:00 p.m. the same day, and no parking signs from 7:00 a.m. to 7:00 p.m. are posted the day before 8:00 p.m. Parking restrictions may remain longer than expected. Indeed, events beyond our control (equipment breakdown, major towing, changing weather conditions) can delay operations. It is therefore important to continue to respect the signage on the ground.



To allow pedestrians to circulate more easily, leave the sidewalks clear at all times to allow the spreading of ice melters and/or abrasives (salt, crushed stones) and snow removal.

To allow the passage of sidewalk devices, park your vehicle 30cm from the sidewalk, parallel to it. No part of your vehicle should overhang the sidewalk, including mirrors.

Dispose of your residual materials (garbage, recycling, food waste, bulky items, construction, renovation and demolition waste, and Christmas trees) in such a way as to allow the passage of sidewalk devices.

Identify your adopted tree patches by setting up protective stakes. You can get one free of charge by going to one of the three Éco-quartier program service points.

Several tools exist to keep residents informed of planned operations and help them monitor parking restrictions:

- The INFO-Neige MTL application, available in the App Store and on Google Play
- The map of snow removal operations

- Progress of snow loading
- Notices and alerts: residents can subscribe to the Notices and alerts service to be informed of loading operations by text message or email.

However, Park Extension residents must keep in mind that street signage will always take precedence over information given by digital platforms.

Private snow removal and assistance service

Property Rules must be followed when clearing snow on a private property.

In particular, it is forbidden to deposit snow on the sidewalk or in the street when residents clear their driveway or their parking area. They have to pile it on their land.

People aged 80 and over and people with reduced mobility can benefit from snow removal assistance. To submit a request, people must be referred by the CLSC or an organization in their neighbourhood and contact the *Carrefour jeunesse emploi Centre-Nord*.

Our borough's local travel plan

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

Following a major citizen participation process spread over several years, the borough of Villeray-Saint-Michel-Parc-Extension has drafted in 2018 its first Local Travel Plan, which identifies the orientations in terms of mobility in the territory.

In accordance with the citizen recommendations issued during the public participation process, the local travel plan for the borough of Villeray-Saint-Michel-Parc-Extension promotes mobility, including active, collective and alternative modes of transportation, in its way of thinking about public space.

This planning tool offers 39 actions at the heart of citizens' concerns. These actions are thought out to make the borough a friendly and safe place for its population, with a view to sustainable development.

The Local Travel Plan was developed following an extensive consultation process initiated in 2015. Citizens, business owners and

community groups thus contributed to its creation by participating in the various activities that took place, including kiosks held in the four districts of the borough, an online survey on the needs and issues related to local transportation, as well as a public forum.

The PLD (Plan de transport de la Ville de Montréal) is a planning tool that locally implements the directions of the City of Montreal's Transportation Plan, developed in 2008, one of the objectives of which is to reduce dependence on the automobile by promoting public and active modes of transportation. The PLD covers all modes of urban transport (car, walking, cycling and public transport). It aims to improve the quality of life of residents and to facilitate and secure their mobility.

By implementing its PLD, the Borough wishes to ensure travel safety, promote the tranquility of residential neighbourhoods, design developments in favour of active modes, open up neighbourhoods and encourage mobility within the borough, and promote alternatives to auto-solo and sustainable modes of transportation.



WINTER SESSION
SESSION HIVER

COURSES STARTING SOON

NEW
Partly on-line courses

BASIC
ENGLISH AND FRENCH

COURS
D'ANGLAIS ET FRANÇAIS

ENGLISH CLASSES COURS D'ANGLAIS	DAY CLASSES DE JOUR	EVENING CLASSES DE SOIR
December 5 th , 2022 to March 24 th , 2023 Du 5 décembre 2022 au 24 mars 2023	Monday - Friday 8:30 am - 12:30 pm	Monday - Thursday 5:30 pm - 9:30 pm
FRENCH CLASSES COURS DE FRANÇAIS	Lundi au vendredi 8h30 - 12h30	Lundi au jeudi 17h30 - 21h30
December 5 th , 2022 to March 23 rd , 2023 Du 5 décembre 2022 au 23 mars 2023		

SPACES STILL AVAILABLE
CALL TO REGISTER

Registration is by appointment only
Inscription par rendez-vous seulement

950 Rue Fraser
Saint-Laurent, QC H4M 1Z6
514-337-3856

HIGH SCHOOL COURSES

COURS DE SECONDAIRE

To obtain prerequisites for High School Diploma Pour obtenir vos prérequis pour le diplôme d'études secondaires	December 5 th , 2022 to March 24 th , 2023 Du 5 décembre 2022 au 24 mars 2023	DAY CLASSES DE JOUR
		Monday - Friday 8:30 am - 3:30 pm Lundi au vendredi 8h30 - 15h30

SPACES STILL AVAILABLE
CALL TO REGISTER

Registration is by appointment only
Inscription par rendez-vous seulement

2405 Place Lafortune West
Saint-Laurent, QC H4M 1A7
514-337-3856

www.slaec.ca

(Metro Côte-Vertu 121 Ouest
Descendre à Bourgoin)

23 décembre 2022 / December 23, 2022 • Nouvelles Parc-Extension News • 3



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:

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Maria Diamantis
Renata Isopo

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

Member of  Quebec Community Newspapers Association & Canadian Community Newspapers Association

Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL

Printing: TC. TRANSCONTINENTAL

National Representation:

 RÉSEAU SÉLECT
MÉDIAS PUBLIÉS
info@reseausselect@tc.tc



Project funded in part by



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



Let's put 'Holy' back into Christmas, out of respect for Christians who celebrate the birth of Christ on Christmas Day

Everyone else can have their Holiday that they choose to celebrate

Nearly global change from wishing fellow Canadians "Merry Christmas" to wishing them "Happy Holidays" is a very significant development in Canadian life and around the world.

Advocates of "Happy Holidays" argue that it's no big deal at all, and that advocates of "Merry Christmas" are making a mountain out of a molehill, especially when advocates say that the substitution of "Happy Holidays" is part of a "war on Christianity." Oh! They mean "Holydays"! Semantics. But the "Happy Holidays" advocates want it both ways. They dismiss opponents as frantic while, at the same time, relentlessly pushing to rid us of "Merry Christmas."

So, then, which is it? Is the substitution of "Happy Holidays" for "Merry Christmas" important or not? The answer is obvious. It is very important. That's why the anti "Merry Christmas" crowd has worked so hard to make this greeting a thing of the past. And, it seems they have been extraordinarily successful.

I have been wished "Happy Holidays" by every waiter and waitress in every eatery I have dined; by young people who welcome me when I go into a school; by flight crew on every one of my flights; and by every individual I have dealt with on the phone. When I respond "Thank you. Merry Christmas," I sometimes sense that I have actually created some tension. While many of those to whom I wish "Merry Christmas" may actually be happy that someone felt free to utter the quasi-censored C-word, all the sensitivity training that they've had to undergo creates dissension or conflict.

"Christmas" has also been eliminated by many — probably the majority — of our elementary schools, high schools, and universities. Thus, for example, they no longer have a "Christmas vacation," but a "Winter vacation," or "Winter break."

The opponents of "Merry Christmas" and other

uses of the word "Christmas" or "Holyday" know exactly what they are doing. They are sly when they dismiss defenders of "Merry Christmas" as fabricating some "war on Christianity."

Of course, it's a war on Christianity — or, more precisely, a war on the religious nature of Canada. The secular movement in Canada, like that of Europe and elsewhere, wants to create a thoroughly non-religious society. Unfortunately, most people do not realize that the 'secularists' believes in secularism just as fervently as religious Christians believe in Christ.

That's why "Merry Christmas" so bothers the anti-religious brigade. It is perhaps the single most blatant reminder of just how religious Quebec and the rest of our country is, and it must, therefore, be removed from public discourse. Here's a safe prediction. Secular activists on the will eventually move to have Christmas removed as a national holiday. Now, that's a horrific thought for us Christians.

Secularism doesn't announce that its agenda is to thoroughly secularize Canada and the globe. Instead, activists offer the multiculturalist argument — that saying Christmas, as in "Merry Christmas," or "Christmas party," or "Christmas vacation" is not "inclusive." Give me a break! How phony!

This inclusiveness argument plays on Canadians' highly developed sense of decency. Most of us don't want to gratuitously offend others, so the inclusiveness argument has been effective.

But the argument is preposterous. Who exactly is being excluded when one wishes someone "Merry Christmas?" Non-Christians?

I am a Christian, a Catholic. Christmas is therefore as much a religious holy day for me as Ramadan is for Muslims. But I am a Canadian, and Christmas is a national holiday of this country. It is therefore my holy day, though

not my holiday, as much as it is for my fellow Canadians who are Christian. Remember "White Christmas"? Well, it was written by an American Jew, Irving Berlin as a celebration of an American holiday, his holiday.

By not wishing me a Merry Christmas, you are not being inclusive. You are deliberately excluding me from one of my nation's national holidays. But even if Christmas weren't a national holiday, I would want businesses to have Christmas parties, schools to continue to have Christmas trees and Christmas vacations, and pilots to wish passengers "Merry Christmas" and not "Happy Holidays" for the sake of being "politically correct." Just because someone personally doesn't celebrate Christmas, why would I want to drop the word "Christmas" from public discourse, when Christmas is celebrated by a majority of my fellow Canadians?

It borders on the malevolent, not to mention mean-spirited, to want to deny nearly all of your fellow citizens the joy of having their Christmas parties called Christmas parties, or to force them to replace "Merry Christmas" with "Happy Holidays." A majority-Christian country that treats non-Christians so well deserves better on their 'Holydays.' Narcissism, egoism, meanness, and ingratitude. That's what the secularist ideologies against "Merry Christmas" and "Christmas parties," "Christmas Mass" boils down to. So, say "Merry Christmas," and "Christmas party, and "Holyday." If you don't, you're not "inclusive." You're letting the real-life grouches win.

On behalf of The Laval News, I wish all our readers, community friends, staff, and families, a "Merry Holy Christmas" and a promising Healthy, Happy, and Prosperous 2023. Cheers.

Renata Isopo
renata@newsfirst.ca

ANGRY? FRUSTRATED? ANNOYED?

You've got a place to vent!

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



editor@newsfirst.ca



Horaires des Fêtes

2022-2023

PATINAGE LIBRE

POUR TOUS

 ARÉNA DE SAINT-MICHEL 3440, rue Jarry Est • 514 872-3491			
25 décembre et 1 ^{er} janvier : fermé			
18 décembre 12 h 30 à 14 h (thématique des Fêtes)	24 et 31 décembre 12 h à 15 h	26 décembre et 2 janvier 10 h à 15 h	27, 28, 29 et 30 décembre 13 h à 17 h
Patinage libre pour aînés 28 décembre et 4 janvier : 11 h à 12 h	3 janvier 15 h à 17 h	4 et 5 janvier 13 h à 17 h	6 janvier 15 h à 17 h

 ARÉNA HOWIE-MORENZ 8650, avenue Querbes • 514 872-6672			
23 et 25 décembre, 1 ^{er} janvier : fermé			
24 et 31 décembre 12 h à 15 h	26 décembre et 2 janvier 10 h à 15 h	27 et 29 décembre 13 h à 17 h	30 décembre 14 h à 17 h
3 janvier 13 h à 16 h	4 janvier 16 h 30 à 18 h	5 janvier 12 h à 14 h 16 h 30 à 18 h	6 janvier 17 h à 18 h

Pour les patinoires extérieures, les pistes de ski de fond et la glissade, consultez montreal.ca/vsp pour connaître les conditions des sites hivernaux.

BAINS LIBRES



PISCINE RENÉ-GOUPIL 4250, rue du Parc-René-Goupil • 514 872-5632	
23 et 25 décembre, 1 ^{er} janvier : fermé	
18 décembre : 14 h 30 à 18 h (thématique des Fêtes avec structure WIBIT)	
24 et 31 décembre Bain libre pour tous : 10 h à 13 h	26 décembre et 2 janvier Bain libre pour tous : 12 h à 16 h
27, 28, 29 et 30 décembre, 3, 4, 5 et 6 janvier Mardi, mercredi, jeudi et vendredi Bain libre pour tous : 10 h 30 à 12 h 25 Bain libre pour tous : 13 h 30 à 15 h 55 Longueurs pour tous : 16 h à 16 h 55	

PISCINE JOSEPH-CHARBONNEAU 8200, rue Rousselot • 514 872-3261	
25 décembre et 1 ^{er} janvier : fermé	
24 et 31 décembre Bain libre pour tous : 12 h à 15 h	26 décembre et 2 janvier Bain libre pour tous : 10 h à 16 h
27, 28, 29 et 30 décembre, 3, 4, 5 et 6 janvier Mardi et jeudi Bain libre pour tous : 10 h 30 à 12 h 25 • 13 h 30 à 14 h 55 Longueurs pour tous : 16 h à 16 h 55 Bain libre pour aînés : 15 h à 15 h 55 Mercredi et vendredi Bain libre pour tous : 10 h 30 à 12 h 25 • 13 h 30 à 15 h 55 Longueurs pour tous : 16 h à 16 h 55	

PISCINE SAINT-ROCH 400, avenue Ball • 514 271-4086		
Dimanche 18 décembre Bain libre pour tous : 14 h à 16 h Bain libre pour adultes : 16 h à 17 h	Mercredi 21 décembre Bain libre pour adultes : 7 h à 9 h	27, 28, 29 et 30 décembre Bain libre pour tous : 13 h à 17 h Bain libre pour adultes : 17 h à 18 h
Lundi 19 décembre Bain libre pour tous : 18 h 30 à 19 h 30 Bain libre pour adultes : 19 h 30 à 21 h	Vendredi 23 décembre Bain libre pour tous : 18 h 30 à 20 h Bain libre pour adultes : 20 h à 21 h 30	31 décembre, 1^{er} et 2 janvier : fermé
Mardi 20 décembre et jeudi 22 décembre Bain libre pour tous : 16 h 30 à 19 h 30 Bain libre pour adultes : 19 h 30 à 20 h 30	24, 25 et 26 décembre : fermé	3, 4, 5, 6 et 7 janvier Bain libre pour tous : 13 h à 17 h Bain libre pour adultes : 17 h à 18 h

BADMINTON



SUR RÉSERVATION

CENTRE SPORTIF JEAN-ROUGEAU 8000, rue de Normanville • 514 872-6689
24, 25, 26 et 31 décembre, 1^{er} et 2 janvier : fermé
27, 28 et 30 décembre 13 h à 14 h • 14 h 15 à 15 h 15 • 15 h 30 à 16 h 30
29 décembre 13 h à 14 h • 14 h 15 à 15 h 15
3 au 8 janvier 13 h à 14 h • 14 h 15 à 15 h 15 • 15 h 30 à 16 h 30

Pour connaître la procédure de réservation d'un terrain de badminton : montreal.ca/lieux/centre-sportif-jean-rougeau

 PISCINE VILLERAY PATRO VILLERAY 7355, avenue Christophe-Colomb 514 273-8535, poste 273
Consultez le site Web patrovilleray.ca pour l'horaire complet.

Pour plus de renseignements : montreal.ca/vsp

Suggestions d'activités à faire pendant les Fêtes

Plus de périodes de patinage et de baignade!

L'arrondissement de Villera-Saint-Michel-Parc-Extension vous propose de nombreuses activités divertissantes à faire pendant le congé des Fêtes : patinage, baignade, lecture, randonnées et plus encore!

« Tout le monde devrait y trouver son compte! Même en l'absence de neige, du moins pour le moment, il sera possible de se divertir et de se changer les idées. L'ouverture de nos installations extérieures ayant été retardée en raison de la météo, nous avons ajouté des périodes de patinage et de baignade dans nos arénas et piscines. Alors, profitez-en pleinement! », a déclaré Laurence Lavigne Lalonde, mairesse de l'arrondissement de Villera-Saint-Michel-Parc-Extension.

Les horaires détaillés se trouvent sous chacun des hyperliens et sur le site montreal.ca/vsp.

Patinage intérieur

Des périodes gratuites de patinage libre à l'aréna de Saint-Michel et à l'aréna Howie-Morenz sont mises à la disposition des patineuses et patineurs, même les 24 et 31 décembre!

Baignade

Les citoyennes et citoyens peuvent également profiter des bains libres gratuits dans les piscines intérieures. Deux piscines sont ouvertes les 24 et 31 décembre : Joseph-Charbonneau et René-Goupil!

- Piscine Joseph-Charbonneau
- Piscine René-Goupil
- Piscine Villera
- Piscine Saint-Roch

Badminton

Il est aussi possible de réserver un terrain de badminton au centre sportif Jean-Rougeau.

Bibliothèques

Profitez-en pour faire le plein de lecture, de films ou de musique dans les trois bibliothèques de l'arrondissement.

- Bibliothèque Le Prévost
- Bibliothèque de Saint-Michel
- Bibliothèque de Parc-Extension

Randonnées

Découvrez les nombreux parcs de l'arrondissement en vous promenant dans les sentiers. Ces lieux sont parfaits pour la détente et pour profiter de l'air frais.

Patinoires extérieures

Vous piétez d'impatience à l'idée de chauffer vos patins? Une fois que la neige et le froid persistant seront là, nos équipes prépareront les glaces afin que vous puissiez pleinement profiter des joies de l'hiver!

Surveillez la page Web des conditions des sites hivernaux* avant de vous déplacer.

- Parc Jarry
- Parc Villera
- Parc De Normanville
- Parc Le Prévost
- Parc François-Perrault
- Parc Nicolas-Tillemont
- Parc Champdoré
- Parc Ovil-Légaré
- Parc George-Vernot

La patinoire réfrigérée Bleu, Blanc, Bouge du parc François-Perrault sera prochainement accessible, si les températures le permettent, pour les activités de patinage libre et de hockey libre.

Pistes de ski de fond et glissades

Dès que la neige sera suffisamment abondante, vous pourrez vous adonner au ski de fond dans les parcs Jarry et Frédéric-Back. Cette année, vous découvrirez des parcours bonifiés au parc Frédéric-Back. Consultez l'état des pistes* avant de vous déplacer.

Pour partager des fous rires mémorables, en famille ou entre amis, rendez-vous au parc Jarry pour glisser! Deux belles buttes de glissades seront également accessibles au parc

Frédéric-Back. La butte près du TAZ, à l'ouest du parc, offrira une courte glissade pour les plus jeunes et celle au sud, près de la TOHU, sera nouvellement enneigée pour offrir différents couloirs de glisse et un dénivelé plus intense. Consultez l'état des buttes* avant de vous rendre sur les lieux.

Prêt d'équipements sportifs

Le prêt d'équipements sportifs est de retour dans les quartiers de VSP. Consultez les dates pour vous procurer patins, raquettes ou skis de fond pour la saison hivernale.

* Les données relatives aux conditions des patinoires extérieures, des pistes de ski et des glissades de l'arrondissement seront prochainement disponibles sur la page Web des conditions des sites hivernaux.

Suggestions for activities to do during the holidays

More skating and swimming periods!

The borough of Villera-Saint-Michel-Parc-Extension offers many fun activities to do during the holiday break: skating, swimming, reading, hiking and more!

"There should be something for everyone! Even in the absence of snow, at least for now, it will be possible to have fun and change your mind. As the opening of our outdoor facilities was delayed due to weather, we added skating and swimming periods in our arenas and pools. So, make the most of it!" said Laurence Lavigne Lalonde, Mayor of the Villera-Saint-Michel-Parc-Extension borough.

The detailed schedules can be found under each of the hyperlinks and on the montreal.ca/vsp website.

Indoor skating

Free public skating periods at the Saint-Michel Arena and the Howie-Morenz Arena are available to skaters, even on December 24 and 31!

Bathing

Citizens can also enjoy free swims in indoor pools. Two swimming pools are open on December 24 and 31: Joseph-Charbonneau and René-Goupil!

- Piscine Joseph-Charbonneau
- René-Goupil Pool
- Pool Villera
- Saint-Roch Pool

Badminton

It is also possible to book a badminton court at the Jean-Rougeau sports center.

Libraries

Take the opportunity to stock up on reading, movies or music in the borough's three libraries.

- Le Prévost Library
- Library of Saint-Michel
- Park-Extension Library

Hiking

Discover the many Parks of the borough by walking along the trails. These places are perfect for relaxation and to enjoy the fresh air.

Outdoor skating rinks

Are you stomping impatient to put on your skates? Once the snow and persistent cold are here, our teams will prepare the ice cream so that you can fully enjoy the joys of winter!

Watch the Winter site conditions* before you move.

- Jarry Park
- Villera Park
- Normanville Park
- Le Prévost Park
- François Perrault Park
- Nicolas-Tillemont Park
- Champdoré Park
- Ovil-Légaré Park
- George-Vernot Park

The refrigerated ice rink Blue, White, Bouge of Parc François-Perrault will soon be accessible, weather permitting, for public skating and free hockey activities.

Cross-country ski trails and slides

As soon as the snow is abundant enough, you can enjoy cross-country skiing in Jarry and Frédéric-Back parks. This year, you will discover enhanced courses at Frédéric-Back Park. Check the condition of the runways* before you travel.

To share memorable laughter, with family or friends, go to Jarry Park to slide! Two beautiful slide mounds will also be accessible at Frédéric-Back Park. The mound near the TAZ, west of the park, will offer a short slide for the youngest and the one to the south, near the TOHU, will be newly snow-covered to offer different sliding corridors and a more intense difference in altitude. Check the condition of the mounds* before going to the site.

Loan of sports equipment

The Loan of sports equipment is back in VSP's neighbourhoods. Check the dates to purchase skates, snowshoes or cross-country skis for the winter season.

* Data on the conditions of the borough's outdoor skating rinks, ski slopes and slides will soon be available on the winter site conditions webpage.

NOUVEAU MONTANT PONCTUEL POUR LE COÛT DE LA VIE

**DES TEXTOS FRAUDULEUX
CIRCULENT. SOYEZ VIGILANT!**

Revenu Québec n'enverra aucun texto ni courriel en lien avec le nouveau montant ponctuel pour le coût de la vie.

La somme à laquelle vous avez droit vous sera versée automatiquement par dépôt direct ou par chèque dès décembre.

Pour en savoir plus, visitez revenuquebec.ca.



REVENU
QUÉBEC



Canada Competition Bureau to study rumoured 'price fixing' in grocery sector

Some blame major retailers like Loblaw, Metro and IGA for 'greedflation' phenomenon

MARTIN C. BARRY
marty@newsfirst.ca

With the New Year looming and some especially dark clouds hanging over the Canadian economy, the Competition Bureau of Canada as well as the country's Parliamentarians are proceeding in 2023 with in-depth investigations into whether Canada's leading grocery retailers have been colluding to fix food prices.

Who to blame?

Experts are attributing the rising costs of groceries (10.8 per cent in Canada over the past year, according to Statistics Canada) to a number of factors, including the COVID-19 pandemic and the resulting supply chain disruptions, severe weather from climate change, and higher costs for everything from labour to transportation.

And yet, two of Canada's three major grocery chains posted increased profits in their most recent financial statements. Loblaw reported a quarterly profit of \$387 million — an increase of \$12 million, or 3.2 per cent, over the same quarter last year.

The Big 3's profits up

In the meantime, Metro posted a \$275 million quarterly profit, up from \$252.4 million in the same quarter the year before. While Empire

(which runs IGA) reported an increased profit in June, its latest financial statement showed a slight decline in profits.

Although senior officials with the country's grocery retailers recently told the country's Parliamentarians they were not to blame for the soaring prices and were only passing on costs, it's notable that Loblaw (the largest of the three) announced in early October that it was freezing prices on its No Name products until the end of January.

A quick move

As noted by B.C.-based economist Jim Stanford in an October Toronto Star opinion piece, Loblaw's announcement was made on the same day that month when the House of Commons voted in favour of an NDP motion to open an investigation into the grocery chains' alleged "greedflation."

The Conservatives' newly-elected leader Pierre Poilievre, whom one might expect would normally be disposed to defend big business, actually sided with the motion, which received unanimous support from MPs. The resulting investigation into Food Price Inflation by the Commons' Standing Committee on Agriculture and Agri-Food is sure to be a focus of public attention over the coming year.

Working as one?

It's worth noting that within hours of Loblaw's

price freeze announcement, Metro announced a similar move. While some may attribute this gesture to natural competitiveness in an open economy, others see it as evidence of large corporations working in tandem and effectively being able to fix prices monolithically as suits them best.

Accusations of price fixing are not new in Canada's food production and retail industries. In 2018, federal business competition investigators opened an inquiry into whether the same three companies now facing scrutiny were colluding to fix the price of bread in the Canadian market. That investigation went nowhere, by the way, although it may now become appended to the larger one unfolding in the coming year.

For its part, the Ottawa-based Competition Bureau said in October that it is launching its study of grocery store competition in Canada in order to examine various issues "with the goal of recommending measures that governments can take" to help improve competition in the sector.

Purchase power down

"With inflation on the rise, Canadian consumers have seen their purchasing power decline," the bureau said in a statement. "This is especially true when buying groceries. In fact, grocery prices in Canada are increasing at the fastest rate seen in 40 years."

The bureau agrees with economic experts that

many factors are thought to have impacted the price of food, including extreme weather, higher input costs, Russia's invasion of Ukraine, and supply chain disruptions, while leaving the open question, "Are competition factors also at work?" To find out, the bureau will study the issue until June 2023.

The study will examine three main questions: To what extent are higher grocery prices a result of changing competitive dynamics? What can we learn from steps that other countries have taken to increase competition in the sector? And how can governments lower barriers to entry and expansion to stimulate competition for consumers?

Limited powers only

The bureau cautions that the study will not be an investigation into specific allegations of wrongdoing. However, if they do find evidence that someone is or may be acting against the law, then they will investigate and take appropriate action. However, the bureau does not have formal investigative powers to compel information for the purpose of market studies.

Newsfirst Multimedia reached out to Vimy Liberal Member of Parliament Annie Koutrakis for her reaction to the launch of the two investigations. In a texted response, she declined to comment, referring our questions to the Competition Bureau of Canada's website (cb-bc.gc.ca).

AE VS Adult Education & Vocational Services

Commission scolaire English-Montréal
English Montreal School Board

**ONGOING
REGISTRATION**

WAGAR
ADULT
EDUCATION
CENTRE

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

A CENTRE FOR THE COMMUNITY

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



**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)

New year, more taxes: Canadians' take-home income to drop by up to \$305 on January 1 due to EI, CPP hikes

MARTIN C. BARRY
marty@newsfirst.ca

The upcoming 2023 increase in payroll taxes will mean every Canadian worker will see up to \$305 less in take-home income on January 1, unless their employer is able to make up the difference. And as employers face Employment Insurance (EI) and Canada Pension Plan (CPP) hikes of up to 6.7%, many will struggle to meet even their existing payroll budgets, warns the Canadian Federation of Independent Business (CFIB).

As of January 1, the CPP premiums alone will rise by up to 7.3% due to an increase in both the CPP rate and the Yearly Maximum Pensionable Earnings (YMPE), costing workers and employers up to \$255 more in contributions per employee.

Also on January 1, Employment Insurance (EI) premiums for employers are set to increase by as much as 5.2% per employee. All together, the increases in CPP and EI could cost business owners up to \$325 more per employee — a 6.7% increase from 2022.

“The maximum additional amount that an employee will pay in EI and CPP contributions is \$304.71. It may not seem like a lot, but \$300 can cost one family a trip to the grocery store or



pay for their transportation or utility bills. Payroll tax increases will hit Canadians at a time when most are already seeing their cost of living quickly increase,” said Dan Kelly, President at CFIB. “The hikes will also affect small businesses. With rising input costs, staggering labour shortages and a potential recession, the

economy is already in a bad shape. At minimum, government should be pressing pause until inflation is under control.”

Few small employers can afford to raise wages to offset CPP and EI increases. Over half (52%) of small businesses across Canada have not returned to normal levels of revenue, according to the latest Small Business Recovery Dashboard. And over half (58%) are still carrying pandemic-related debt averaging over \$114,000.

“Some businesses are saying what they face these days is as bad, if not worse than during the pandemic. So now is not the time to raise taxes and drive more businesses into despair. Give them a break,” said Corinne Pohlmann, Senior Vice-President of National Affairs at CFIB. “During the pandemic, the government froze EI premiums in 2021 and 2022. The same approach should be taken next year as well.”

CFIB has sent a letter to Deputy Prime Minister Freeland calling on the federal government to do no harm and avoid burdening small businesses even further.

CFIB recommends Ottawa work with the provinces to freeze or offset the upcoming 2023 CPP hikes, freeze the 2023 EI increases or introduce a refundable credit, similar to the 2015-16 Small Business Job Credit, to offset the rate increases for small businesses.

Tax Tip - Not sure if it's the CRA calling? Here's how to find out!

The holidays are approaching, but scammers aren't taking any breaks from their attempts to trick you into handing over money or personal information. Scammers prey on the increased financial pressures that many of us face around the holidays, so it's important to be aware of how and when the Canada Revenue Agency (CRA) will contact you to distinguish legitimate communications from the CRA, and scams.

How to make sure the caller is a CRA employee and not a scammer

A legitimate CRA employee will identify themselves when they contact you, providing you with their name and phone number to call them back, if needed.

If you're suspicious, you can make sure the caller is a CRA employee **before** providing any information over the phone.

Here's how:

- Tell the caller you would like to first verify their identity.
- Request and make a note of their:
 - name
 - phone number
 - office location
- End the call. Then check that the information provided during the call was legitimate by contacting the CRA. Please do this before you give any information to the caller.

Once you complete these three steps, you can call the CRA employee back to discuss the reason for their call.

Note that our individual tax, benefits, and business enquiries lines offer an automated callback service. When wait times reach a certain threshold, you have the option for a callback, rather than waiting on hold. If you opt for a callback, we will give you a randomized four-digit confirmation number. This number will be repeated back to you by the call centre agent at the time of the callback. This is to provide you with assurance that the call comes from a legitimate CRA employee.

When to be suspicious

Red flags that suggest a caller is a scammer include, but are not limited to, the following:

- The caller does not give you proof of working for the CRA. For example, their name and office location.
- The caller pressures you to act now, uses aggressive language, or issues threats of arrest or sending law enforcement.
- The caller asks you to pay with prepaid credit cards, gift cards, cryptocurrency, or some other unusual form of payment.
- The caller asks for information you would not enter on your return or that is not related to money you owe the CRA, for example, a credit card number.
- The caller recommends that you apply for benefits. Do not provide information to callers offering to apply for benefits on your behalf! You can apply for benefits directly on Government of Canada websites or by phone.

For more tips and helpful information, visit our Be Scam Smart page.

We may review your return

One reason we may contact you is if we are reviewing your income tax and benefit return. This could include reviewing your GST/HST, T4, or T5 information. You may receive a letter or a phone call telling you that the CRA is reviewing your return. If your correspondence preference is set to electronic mail, we will send you an email telling you that your letter is available in My Account.

Scammers are also trying to trick people into clicking links by sending fraudulent emails and text messages. To know what to expect when the CRA contacts you, what we may or will not ask for, as well as examples of recent CRA-related scams, visit the Scam prevention at the CRA page.

In most cases when we are reviewing a return, it is a routine check. Replying and sending all of the information requested as

soon as possible will help us review your file quickly and easily.

It's also important that you call the number printed in your letter for either of the following situations:

- You can't get the documents we're asking for
- You need more time to reply

By calling, we can give you more time to respond if you need it. We can also help you if you have any questions. If you don't reply, we may disallow a claim of yours and you could have a balance owing.

If you own a small business or are self-employed, we may call you or send you a letter to offer free tax help through our Liaison Officer service. We will only use email to contact you if you provide your email address and consent to the CRA.

Reporting a potential scam

You should report a scam if you suspect either of the following:

- you have been the victim of fraud
- a scammer has tricked you into giving personal or financial information

To report a scam, visit the Canadian Anti-Fraud Centre page, follow the instructions on our Be Scam Smart page, or call 1-888-495-8501. If you think you may be the victim of fraud or you unknowingly provided personal or financial information, contact all of the following:

- your local police service
- your financial institution
- credit reporting agencies

You should contact the CRA if you:

- think your CRA user ID or password has been compromised
- want to disable online access to the CRA's sign-in services
- want to enable online access to CRA sign-in services after it has been disabled



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

Happy Holidays

4 WAYS TO STAY HEALTHY through the holidays

Enjoying good times and great food in the company of loved ones is what the holiday season is all about. Unfortunately, your usual fitness routine and eating habits are likely to be interrupted. To stay healthy during this festive time, do these four things.

1. MANAGE DIETARY CHOICES

While you may be tempted to sample every dish put in front of you, try to avoid overeating. Remember to chew slowly, and keep portion sizes reasonable. In addition, be sure to opt for fresh fruits and vegetables, lean proteins and whole grains as much as possible.



2. AVOID FOOD GUILT

It's normal to indulge in desserts, cocktails and savory snacks during the holidays. Don't deny yourself the pleasure of enjoying the holiday foods and beverages you love.



3. GET UP AND MOVE

The virtues of exercise for the mind and body can't be overstated. Among other things it boosts your mood, reduces your risk of disease and helps with weight management. During the holidays, find fun ways to stay active like walking, dancing, skiing, ice skating and more.

4. TAKE A MOMENT TO RELAX

Remember to set aside time to recharge your batteries. The holidays can be exhausting, especially if you have to entertain guests. Fortunately, there are many simple ways to unwind like taking a bath, reading a novel and listening to music.

In addition, if you're worried about your health, schedule an appointment with your doctor.

For minor ailments and over-the-counter remedies, consult a pharmacist.

6 crowd-pleasing dishes to bring to a potluck

Do you plan to attend a potluck this holiday season? If so, it's a good idea to choose dishes that are easy to transport and can be prepared ahead of time. Here are some ideas.

1. SALADS

Potato, quinoa and couscous salads are easy to make in advance and don't need to be warmed up once you arrive.

2. MEATBALLS

Season ground pork, beef or chicken and roll it into balls. Then, bake them in the oven with your favourite sauce. When you arrive, simply reheat the meatballs in a microwave.

3. MARINATED SHRIMP

These crustaceans are quick to prepare, keep well for a couple days in the refrigerator and can be served with crackers, bread and various kinds of sauces.

4. RICE

White, brown and wild rice make great sides. To elevate this dish, add toasted nuts, herbs or dried fruit.

5. MACARONS

These sweet and light cookies can be made in a multitude of colours and flavours. To keep in the spirit of the season, opt for gingerbread, candy cane and egg-nog varieties.

6. NANAIMO BARS

This no-bake layered dessert is perfect for sharing. You can make it a few days ahead of time, and cut it into bars before serving.

To find all the ingredients you need, visit your local markets and grocery stores.



Joyeux Noël et Bonne Année 2023!

Mes meilleurs vœux pour un Noël et une nouvelle année remplie de paix, de santé, de joie et de prospérité

Merry Christmas and Happy New Year 2023!

Wishing you a blessed Christmas and a New Year filled with peace and happiness

MARY DEROS

Conseillère de la Ville du district de Parc-Extension
514 872-3103 | mary.deros@montreal.ca
405, avenue Ogilvy, Bureau 103, Montréal (Québec) H3N 1M3



CHAMBRE DES COMMUNES
HOUSE OF COMMONS
CANADA

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

Je vous souhaite de joyeuses fêtes et de célébrer avec prudence!

Wishing you a happy and safe holiday season!

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

A safe holiday season

A fire is not a gift

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

The holiday season is upon us and many Park-Extension residents will be celebrating some times using candles, lights and fireplaces, which add that special feeling during the festive season. In order to spend the holidays safely, the Montreal Fire Department (SIM) provides practical advice for preventing fires and spending the holidays peacefully.

“Public safety is a priority throughout the year and the holiday season is no exception. During this time of celebration, I invite all Montrealers to become aware of the safety instructions issued by the SIM,” said Alain Vaillancourt, head of public security on the executive committee of the City of Montreal.

Among the prevention measures that reduce the risk of fire and therefore the damage, injuries and deaths associated with it, the SIM offers the following advice:

Christmas tree (artificial and natural)

- Install your tree away from heat sources (electric baseboards, space heating, fireplace, etc.).
- Turn off the lights on your Christmas tree before you go to sleep and when you leave the house.
- Cut the base of your natural tree by about one centimetre before placing it in a container filled with water.

- Maintain a good level of water at the base of your natural tree at all times to prevent it from drying out.
- Store your natural tree outside and in the shade after the holiday season to prevent it from drying out until it is picked up during collection.

Candles and lights

- Turn off the lights in your interior and exterior decorations before going to sleep and when you leave the house.
- Place candles out of the reach of children or animals and where they cannot be knocked over.
- Protect candle flames with an incombustible container.
- Extinguish all candles and lights before leaving a room or going to sleep.
- Use an extension cord equipped with an overcurrent protection system in order to connect several devices and/or sets of lights.
- Favour battery-operated candles as well as LED light displays.
- Keep all decorations away from open flames and other heat sources such as light bulbs, string lights and heaters etc.
- Do not put open candles in Christmas trees.

Cooking

- Use a timer so you don't forget your dishes that are cooking on or in the stove.
- Supervise the stove at all times when preparing meals.
- Be sure to turn off all cooking appliances when you leave the house.



Emergency exits

- Make sure that all emergency exits, windows and balconies in your home are visible, accessible and cleared of snow to the public thoroughfare.

Fuel-burning appliance (natural gas, propane, ethanol, wood, etc.)

- Install a carbon monoxide alarm near sleeping areas.
- Leave the ashes from the fireplaces to cool outside for seven days before disposing of them in an incombustible container with a lid (away from combustible materials).
- Make sure that the area around the natural gas, propane, ethanol or wood fireplace or stove is clear.

Smoke alarm

- Make sure you have one working smoke alarm per floor, including the basement. The responsibility for maintaining and maintaining in good condition the alarms installed inside dwellings and in private residences lies with the occupants of the premises.
- All residential buildings built before 1985, that are not equipped with electric type smoke alarms, must now be equipped with smoke alarms with a 10-year non-removable long life lithium battery.
- Buildings built after 1985 must be equipped with electrical smoke detectors.

The SIM invites the population to be vigilant during this period of gatherings and celebrations, because a fire can have significant consequences on people and homes.

Aeolian energy on the forefront

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

Energy Minister Pierre Fitzgibbon shelved Hydro-Quebec's planned call for tenders for 2,300 megawatts (MW) of renewable energy and demanded a new call for tenders — this

one for 4,000 MW — that will come from 100% wind turbines.

During a time when Park-Extension residents burn through extra kilowatts of energy to keep warm, Hydro-Québec's needs are increasing.

The government wants to “optimize” the sites for the installation of wind farms, both for efficiency and for social acceptability.

“We want to give clear information to the industry, in relation to their capacities and according to the zones on the map of the Hydro-Québec transmission network, so that they can make better decisions”, says Maxence Huard-Lefebvre, spokesperson for Hydro-Quebec.

“We need to better identify the areas where we can install wind turbines quickly. Hydro-Québec



is working on precise mapping that will make it possible to develop wind farms in strategic locations. Better predictability is essential so that the private wind industry can fully contribute to meeting our increased needs for renewable energy,” said Minister Fitzgibbon.

More than 4,000 MW of wind power

“This situation leads to the cancellation, in their current form, of the calls for tenders which were to have been launched before December 31, 2022. A new mechanism will target the development of more than 4,000 megawatts of wind power in favourable areas,” reads the Hydro-Quebec press release.

The cancelled call for tenders provided for 1000 MW of wind power and 1300 MW of renewable energy, other than wind power.

Not everyone is happy

“Replacing 1,300 MW of renewable energy with wind power alone is worrying given the additional costs for Quebec consumers,” notes Jocelyn B. Allard, president of the Quebec Association of Industrial Electricity Consumers.

He reminds us that wind power costs more than the energy available from Hydro-Québec at the moment. In fact, despite announcements of a power shortage in 2050, and even taking into account long-term contracts with the Americans, Hydro-Québec Production still currently has a surplus of around twenty TWh.

“Why force us to pay for more expensive wind energy before using these available TWh?” he asks.

Wishing you a blessed holiday season and a new year filled with peace and happiness



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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS
ROYAL LEPAGE
HUMANIA CENTRE Agence immobilière
450.682.2121



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

The ecological transition at the heart of the revision of urban planning regulations at VSP

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

Since the fall of 2022, the borough of Villeray-Saint-Michel-Parc-Extension has begun a significant shift with the revision of its urban planning regulations so that development and construction projects on the territory meet the objectives in terms of ecological transition.

After the adoption, in October 2022, of a new regulation on the *Projets particuliers de construction, de modification ou d'occupation d'un immeuble* (PPCMOI), new regulatory amendments are proposed in December 2022 and at the beginning of the year 2023. These revisions are the subject of public meetings and aim to improve the greening of properties, water retention, the reduction of

heat islands, energy performance, and the quality of living spaces. The regulations in question are those on zoning, site planning and architectural integration plans (PIIA) and conditional uses.

There will be a public meeting in Parc-Extension to learn more about the zoning by-law amendments which will give an opportunity for residents to express their views on the subject on January 17, 2023, at 6 p.m. at 405 Ogilvy Avenue, room 201.

The main purpose is to achieve the objectives of the City of Montreal in terms of ecological transition, fight against urban heat islands and preserve nature in the city, support citizens in the ecological transition, adopt efficient and effective standards, facilitate the understanding and application of regulations, and find a balance



between permissive and restrictive standards. Just because new standards will come into force doesn't mean residents must immediately make changes to their property to comply with them.

They will have to meet the new standards only when they are ready to renovate or transform one of the features concerned. In the meantime, everyone has acquired rights.

VSP Volunteer Recognition Award

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

Villeray-Saint-Michel-Parc-Extension partner organizations are invited to submit online applications for exemplary and committed individuals in their community.

The borough has established these Recognition Awards in order to honour a volunteer of the year. For Parc-Extension, there are two categories for which local organizations and youths can apply: District of Parc-Extension, and Young people aged 13-17.

The winners will be honoured at the Fête des Villeray-Saint-Michel-Parc-Extension volunteers in April 2023.

Eligibility criteria

- The candidate must have accomplished a noteworthy voluntary action within a non-profit organization (NPO) located on the territory of Villeray-Saint-Michel-Parc-Extension.
- The candidate must be proposed by a member of a non profit organization partner of the Borough.
- The nomination form must be submitted online no later than January 31, 2023.

- An organization may submit only one nomination per category.

The Villeray-Saint-Michel-Parc-Extension borough launched the Volunteer Recognition Awards in November 2012. These awards highlight the exceptional work of volunteers with organizations in each district of the borough.

A member of a non-profit organization of VSP has the opportunity to nominate a candidate who, by their exceptional commitment, has accomplished an action worthy of mention. A selection committee evaluates the applications submitted and chooses one winner per category.



Problems with pests, insects or rodents???

Why suffer with infestation!

All kinds of insects and rodents

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

www.sdextermination.com

S.D. Exterminating Service Inc.

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

Serving the community for over 50 years

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

BEFORE

AFTER

BEFORE

AFTER

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

Trilingualism on the rise

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

Parc-Extension residents have long been multilingual, and according to the most recent data from the 2021 census from Statistics Canada, 23.7% of the population speaks at least three languages in Montreal. This is a significant increase from the 2016 census, where this percentage was 21.1%. In 2001, the first year for which these data are available, it was 16%.

Such high trilingualism makes Montreal a unique city in Canada, and probably in North America, according to the CEO of Montreal International, Stéphane Paquet.

"For us," he says, "it's part of what distinguishes Montreal from the rest of Canada, from the rest of America. Then, it's part of who we are and the advantages for companies, for individuals, for international organizations to choose Montreal



instead of choosing another city. The UN agency UN-Habitat, which chose to settle in Montreal, in particular, because French is spoken here. It is definitely a plus for us who are trying to attract individuals, companies and international

organizations."

"Anyone can land in North America, outside Quebec, and keep their mother tongue and learn English," explains Mr. Paquet of Montreal International. In Quebec, as the host society is

French-speaking, the person who arrives here will also learn French.

Montreal is officially a French-speaking city, whose common public language governed by language laws is French, but, in fact, it is a bilingual city because of the historical presence of the two communities, French and English.

According to the last census, the proportion of the population able to conduct a conversation in two or more languages, whether official or unofficial, was 69.8% in Montreal, 56.1% in Toronto and 53.1% in Vancouver.

"More specifically, the French-English bilingualism rate was 56.4% in Montreal, 7.4% in Toronto and 6.5% in Vancouver according to the 2021 census," notes Étienne Lemyre, analyst at Statistics Canada.

Among immigrants admitted from 2016 to 2021 who reside in Montreal, 85.6% could conduct a conversation in two or more languages, official or non-official, and 43.3% spoke French and English.

Commercial arteries in Parc-Extension and VSP

DIMITRIS ILIAS

Local Journalism Initiative Reporter for Parc-Extension News
dimitri@newsfirst.ca

Local businesses are very close to you. Right in your neighbourhood, you can get your hands on great finds, order a take-out dinner or treat yourself to a makeover.

VSP has a large number of diversified and welcoming businesses a few steps from your home. Some commercial arteries bring together many local businesses and offer a pleasant and accessible shopping experience in the very heart of your neighbourhood.

Rue Jean-Talon Ouest

Rue Jean-Talon Ouest is the main commercial artery of the Parc-Extension district, where 70% of its population was born outside of Canada. The majority of people who frequent this commercial street are the residents of the district, who mainly identify with the South

Asian and Mediterranean communities. Artery of flavours, you will find authentic Greek and Indian restaurants there, as well as the ingredient you needed for your exotic recipe in one of the small specialized grocery stores. Location: rue Jean-Talon Ouest, between boulevard de l'Acadie and rue Hutchison

Rue Jean-Talon Est

Rue Jean-Talon Est is a dynamic commercial artery that crosses the Villeray and Saint-Michel districts over more than four kilometres. The street, which crosses major arteries such as Saint-Denis, Papineau, De Lorimier and Saint-Michel, offers a very interesting commercial diversity. One end of the street faces the Jean-Talon market and Little Italy, while the other is known for its concentration of businesses run by Montreal's North African community.

The Petit Maghreb offers a range of products, if not an atmosphere, typical of the mother region with its Halal butchers and tea rooms.



A dynamic artery in the Villeray district, Jarry Est is mainly made up of local shops offering residents of the area a very interesting diversity. Grocery stores, fruit stores, pharmacies,

banks, restaurants, cafes and bars contribute to the economic vitality of the area, whose traffic is strongly supported by the presence of the Jarry metro entrance, located between Berri and Lajeunesse streets and by the presence Jarry Park. Location: rue Jarry, between boulevard Saint-Laurent and avenue Christophe-Colomb.

Boulevard Saint-Michel

Boulevard Saint-Michel, the main commercial artery of the district of the same name, has around a hundred commercial establishments spread over two main sections, one between rue Champdoré and avenue Émile-Journault, and the another between D'Hérelle and Everett streets. The commercial fabric is continuous and the street, mainly accessible by car, has a large number of parking spaces. With its many pharmacies, banks and small markets, it is the ideal place to do your everyday shopping. Location: boulevard Saint-Michel, between rue Champdoré and avenue Émile-Journault and between rue D'Hérelle and rue Everett.

The urbanization of the Villeray district dates back to the beginning of the 20th century when a population of Workers move into newly built duplexes and triplexes. It was between the 1910s and 1930s that businesses sprang up in large numbers, especially along rue Saint-Hubert, located in the heart of the district. Among more than 200 businesses, there is a high concentration of textile-related businesses that have been established for decades, alongside new-style restaurants, cafes and bakeries. Location: North extension of Plaza Saint-Hubert, between Jean-Talon and Jarry streets.

May you be blessed
by the spirit of the season!

MEDIA-TREK



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
\$1,400
up to
per year

NOW WE DELIVER IN MONTREAL

(514) 473-4591

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

panierdufermier.ca | panierdufermier@gmail.com

CLASSIFIEDS • CAREERS • JOBS

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

NEWSFIRST WANTS YOU!

NOW HIRING

ADVERTISING CONSULTANTS

- | | |
|------------------|---------------------------------|
| Are you: | We offer: |
| ✓ Self-motivated | ✓ Base salary PLUS Commission |
| ✓ Creative | ✓ Flexible schedule |
| ✓ Organized | ✓ Excellent working environment |
| ✓ Bilingual | |

THE NORTH SHORE
News

Submit your CV to:
sales@newsfirst.ca

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

Here to serve you in YOUR TIME OF NEED

Personalized funeral services

Traditional funeral services are still the standard for commemorating the passing of loved ones. Many take comfort in time-honoured traditions when a loved one has passed. However, these ceremonies have seen a shift from sober gatherings to occasions that celebrate and honour a life lived. As such, today's funeral homes are now offering a full range of personalized services to serve all tastes and budgets following a personal loss.

It's becoming increasingly common to hold individualized memorial services to highlight and celebrate the personality of the deceased. More and more funeral homes are displaying personal objects depicting the pastimes, passions and professions of the recently departed. Funeral directors can also display respectful videos or slideshows as a tribute to those who've passed. Music, decor, ambiance, buffets, even the releasing of balloons or doves; all these details can be arranged to provide family and friends the ideal setting to express their emotions.



The tribute paid to lost loved ones differs from person to person and family to family. From the religious procession to the memorial service, funeral homes offer a full range of services specifically tailored to honour the deceased.



Personalizing funeral services is a way to honour lost loved ones.



RICCIARDELLI (PERROTTI), Michelina
1928 – 2022

It is with deep sadness that the family announces the passing of Michelina Ricciardelli Perrotti on Monday, December 19, 2022 at the age of 94. Beloved wife of the late Antonio Perrotti. She will be sadly missed by her loving children Hilda (Luc), Stella (Ross), Frank (Helene) and Nicole (Johnny), as well as her cherished grandchildren, great grandchildren and many other relatives and friends.



NARDELLI, Pasquale
1934 – 2022

It is with deep sadness that the family announces the passing of Pasquale Nardelli at the age of 88, beloved husband of the late Autilia Fuoco Nardelli. He will be sadly missed by his loving children Mariantonietta (Tony) and Silvana, his cherished grandchildren Paolo, Vanessa and Sabrina and many other relatives and friends.



PULICICCHIO, Rosina
1919 – 2022

It is with deep sadness that the family announces the passing of Rosina Pulicicchio Perri at the age of 103, beloved wife of the late Luigi Perri and mother to the late Peppino Joe Perri. She will be sadly missed by her loving son Dominic (Rosetta), her cherished grandchildren Sabrina, Romina (Phil), David (Nina) and Natasha (Jan) and her great-grandchildren, relatives and friends.



TODASCO, Walter
1933 – 2022

On December 18, 2022 died Walter Todasco, husband of Lise Bayard. Besides his wife, he is survived by his daughters-in-law, Caroline (Michael Grant) and Stéphanie (John Nittolo), grandchildren Megan (Kyle), Jesse, Vincenzo, Massimo and Thomas, as well as his brothers Laurent (Francine), Peter (Teresa), Carl (Rosemary), Robert (Eva) and Richard (Mary). He also leaves behind his nephews, his nieces, several 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 **DECEMBER 25 TO 31, 2022**

The luckiest signs this week:
PISCES, ARIES AND TAURUS

ARIES
You may have to entertain unexpectedly. You'll put your heart and soul into pleasing your loved ones. You may feel fatigued and come down with a cold.

TAURUS
You'll be helpful at upcoming parties. You'll throw an impressive party for your loved ones. Everyone will have fun if you get involved in the entertainment.

GEMINI
Go in on lottery tickets with your family; luck could be on your side. You may also complete an important project with the help of your loved ones. You may arrange a spontaneous trip.

CANCER
If there's tension between certain family members, you'll be able to calm them down by opening up or getting creative. Your organization skills will come in handy and will impress your family.

LEO
You'll bring together family and friends. You'll successfully unite two families and some people who don't always get along. You'll take care of all the details.

VIRGO
It's your turn to entertain and have your loved ones over for the holidays. Even when you're a guest, you'll offer to help serve and clean up because you need to feel useful.

LIBRA
You relish gatherings and enjoy any form of celebration, big or small. You'll make a spectacle of yourself with some crazy antics and an attention-grabbing speech.

SCORPIO
Someone from another country will attend your family get-together. You'll be eager to learn more about their culture and share yours. You'll enjoy new and exotic foods and music.

SAGITTARIUS
You'll be the life of the party and manage to keep people amused. The jokes will come thick and fast. Be careful when driving at night.

CAPRICORN
There are always extra expenses at this time of year. You'll be generous and warm the hearts of those in need even if you don't know them. You'll also treat yourself.

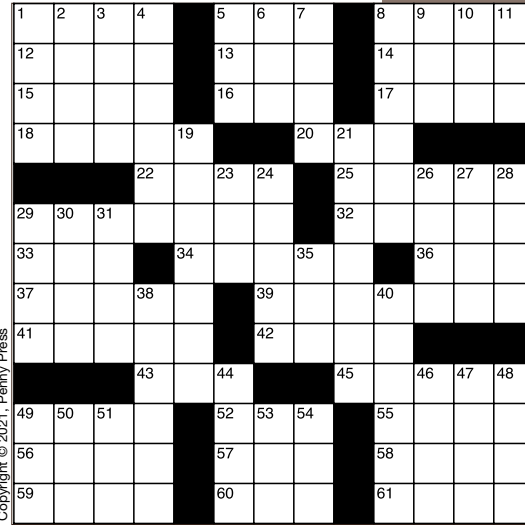
AQUARIUS
You won't miss a party. You need to move, dance, let go and, above all, be with your loved ones. You'll come up with fun and engaging games.

PISCES
Avoid staying up too late. Otherwise, you won't be able to stay up to welcome the New Year. You may have to catch up on a few hours of sleep or risk getting sick.

Coffee Break

CROSSWORDS

PUZZLE NO. 139



Copyright © 2021, Penny Press

ACROSS

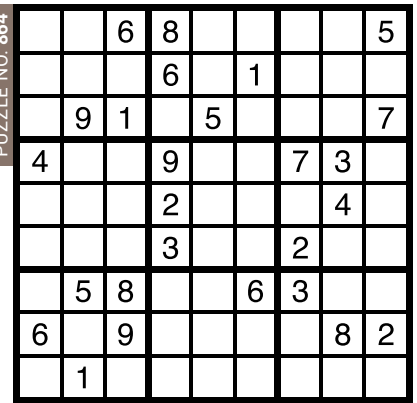
1. Pig's food
5. Research place
8. Spring event
12. Exec's car
13. Back in time
14. Convertible, e.g.
15. Squadron
16. Ink holder
17. Emit fumes
18. Patch the roof, again
20. Small mark
22. Ceramic slab
25. ___ the town red
29. Flashing lights
32. Internal
33. Fruity dessert
34. American buffalo
36. Toll
37. Boise's site
39. Occurrence
41. Hosiery fabric
42. Stash
43. Question

DOWN

1. Defame
2. Phone wire
3. Skip
4. Mashed veggie
5. Child's seat
6. Time period
7. Join firmly
8. Kilt pattern
9. Tinge
10. Wolfed down
11. Chinese skillet
19. Satin strips
21. Belief
23. Flower wreath
24. Roadway hazards
26. Data
27. Requirement
28. Family ___
29. Rotate
30. In order
31. Authentic
35. Select
38. Raspy, as a voice
40. Fabric sample
44. Type
46. Alone
47. Lemon coolers
48. Storage area
49. Swamp
50. Night bird
51. ___ and all
53. Distant
54. Snoop

Sudoku

PUZZLE NO. 864



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.

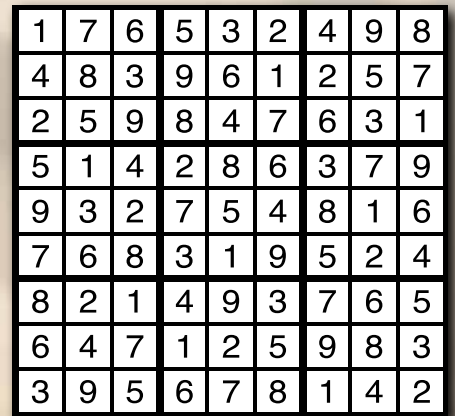
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



SAVE MONEY

Print your cheques with us with confidence

We print all kinds of cheques:
Business, Canada or USA
Fast Delivery!

Amazing Prices!
200 for **\$84**
400 for **\$134**
1000 for **\$204**

MEDIA-TREK
Communications - Promotions - Marketing

Full Banking Security Features

Call us for more information **450.978.9999**



HAPPY HOLIDEALS

\$
DOWN



SAMSUNG Galaxy S21 FE 5G



with
FIDO PAYMENT PROGRAM¹

on approved credit, 0% interest,
with select phones and plans

DON'T MISS OUT

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



Offers subject to change without notice. A Setup Service Fee of \$50 applies to set up your device and related services. Taxes extra. **1. Fido Payment Program:** 0% APR on approved credit with a Fido Payment Program Agreement (FPPA) and an eligible Fido mobile plan. A larger down payment may be required based on our evaluation of your credit. FPPA based on full price less any down payment plus taxes (excluding promo credits, if applicable, which are applied monthly on your bill for as long as your FPPA is in place). Any down payment plus taxes is due in full upon purchase. If your FPPA is terminated or your mobile plan is cancelled, the outstanding Fido Payment Program balance becomes due and the promo credit (if applicable) will end. TMFido and related names & logos are trademarks of Rogers Communications Inc., used under licence. ©2022 Fido