

**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. 31-08

21 avril 2023 / April 21, 2023

450-978-9999

www.px-news.com

editor@newsfirst.ca

Page 3



## Mary Deros celebrates 25 years as councillor

Surrounded by family members and some of her closest allies, Parc Extension city councillor Mary Deros celebrated her 25 years in politics on April 2.  
(Photo: Martin C. Barry, Newsfirst Multimedia)

# Thinking of **Selling** Your Home?

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




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

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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

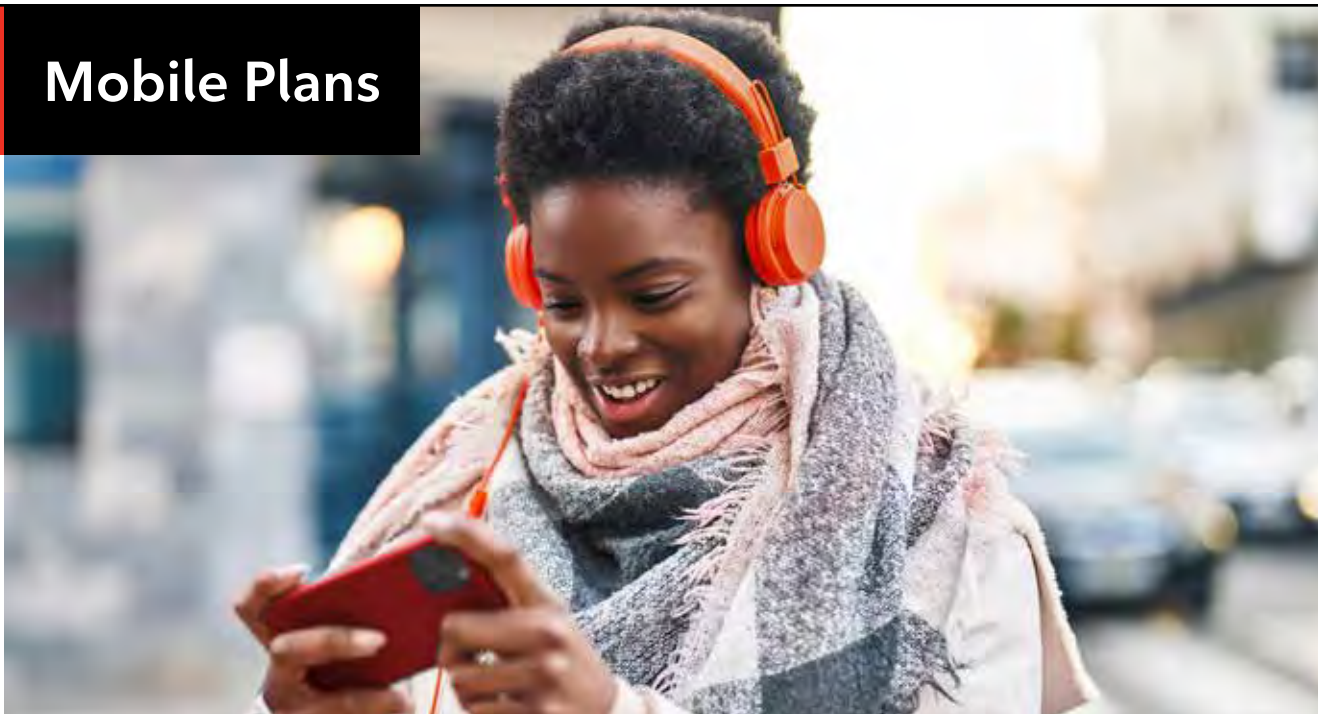
**ROYAL LEPAGE**

HUMANIA CENTRE Agente immobilière 450.682.2121





## Mobile Plans



# Infinite data. Infinite connections.

Rogers Infinite™ plans  
starting at just

**\$65/mo<sup>±</sup>**  
for **20GB** of data.

At speeds up to 250 Mbps. Reduced speeds thereafter.<sup>1</sup>  
After \$5/month Automatic Payments Discount<sup>2</sup>

**ROGERS**

Visit [planetemobile.ca](https://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



# Councillor Mary Deros celebrates her first 25 years in politics

*Tireless elected rep from Parc Ex won her first election in 1998*

**MARTIN C. BARRY**  
marty@newsfirst.ca

While some Parc Exers over the past quarter-century have come to know her as “Mother Mary,” she’s also sometimes referred to as the “Mother of Parc Extension,” or even the Energizer Bunny Rabbit. Regardless of the moniker used, it has been 25 years since Mary Deros was first elected to Montreal city council as the representative for Parc Extension, and for many of her friends and supporters that’s something to celebrate.

**Celebrating 25 years**  
As such, several hundred of them enthusiastically answered an invitation to gather at the Palace congress centre in Laval on April 2 to celebrate one of the Montreal region’s most durable elected officials and her quarter-century of involvement in municipal politics. “I remember, at the beginning, a friend said, ‘Mary, be careful, politics changes people,’” Deros said in an interview with Newsfirst Multimedia on the evening of the event. “I believe I haven’t changed. I’m still the same Mary that I was 25 years ago. I have more experience, I’m able to come up with answers a lot faster. But there’s still a lot of work to do in Parc Ex.”

**May run again**  
With more than two years left in her current electoral mandate, Deros suggested she is not ruling out seeking another one in November 2025. However, she acknowledged having to deal with a health problem this past January, which was resolved with a heart pacemaker. “I’d been having trouble breathing, walking, going up the stairs,” she said, noting that after seeing her doctor in January, he sent her straight to the emergency department at the Jewish General Hospital where she was tested for three days. Deros now reports she is feeling much better, is breathing more freely, and is able to walk more confidently. “I’m good for another twenty years,” she said. The celebration in her honour was an opportunity for many elected and non-elected officials from the greater Montreal region to come out and pay homage to Deros.

**Consular officials**  
Diplomatic officials included Consul General for Greece in Montreal Katerina Varvarigou, Honorary Consul for Romania in Montreal Levon Afeyan, and the Honorary Consul for Cyprus in Montreal Paraskevi Cyriacopoulos. Among the elected officials were Montreal city council opposition leader Aref Salem (Ensemble Montréal), Viau Liberal MNA (and Deros’s former city council colleague) Frantz Benjamin, Saint-Michel city councillor Josué Corvil, former Deros election campaign organizer Aglaia Revelakis (a current member of Laval city council), former Ahuntsic Liberal MP Eleni Bakopanos, and many, many friends from the Parc Extension area.

**PM was inspired by Deros**  
Prime Minister Justin Trudeau and Senator Leo Housakos both sent video messages in which they thanked and praised Deros for her two and a half decades of dedicated service. It’s worth noting that the Prime Minister, whose Papineau riding includes Park Extension, has often acknowledged the guidance and help he received from Mary Deros when he first decided to enter federal politics more than 15 years ago. Referring to Deros as “the mother of Parc Extension,” Aref Salem said she is still tireless in her pursuit of improvements for residents of the district. Longtime Parc Ex community activist Perry Calce, a former president of the Parc Extension Youth Organization (PEYO), doubled down on the motherhood theme.

**‘Mother Mary’**  
Referring to The Beatles’ 1970 hit “Let it Be,” he said that every time he hears the lyric “When I find myself in times of trouble, Mother Mary comes to me, speaking words of wisdom,” “it reminds me of Mary,” said Calce. Deros’s longtime borough and city council partner, former Villeray/St-Michel/Parc Extension borough mayor Annie Samson, referred to Deros as “the little Energizer Bunny,” while noting the Parc Ex city councillor’s extensive network of connections and people throughout the district. “We had such good years together,” said Samson, wishing Deros continued political success in the coming years.



From the left, Consul General for Greece in Montreal Katerina Varvarigou, Mary Deros and her longtime spouse Peter Deros. (Photo: Martin C. Barry, Newsfirst Multimedia)



## 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





# Nouvelles PARC-EXTENSION News

9500  
Copies

3860, boul. Notre-Dame, # 304,  
Laval, QC H7V 1S1

Tel: 450-978-9999 • Fax: 450-687-6330

E-mail: editor@newsfirst.ca

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

Distribué dans le district  
de Parc Extension.  
Distribution in the  
Park Extension area. H3N



## Publishers:

George Bakoyannis  
George S. Guzman

## General Director:

George Bakoyannis

## VP Sales & Marketing:

George S. Guzman  
[sales@newsfirst.ca](mailto:sales@newsfirst.ca)

## Graphic Design:

Lareine Zakhour  
Elena Molter  
Thomas Bakoyannis

## Advertising:

Jean Paul Chamberland

## Editorial Staff:

Martin C. Barry  
Maria Diamantis  
Renata Isopo  
Robert Vairo

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

Member of  Quebec Community  
Newspapers Association  
& Canadian Community  
Newspapers Association

Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL

Printing: TC. TRANSCONTINENTAL

National Representation:

 RÉSEAU SÉLECT  
PARTICIPANTS PUBLISSEURS  
[info@reseuselect@tc.tc](mailto:info@reseuselect@tc.tc)



Project funded in part by

  
Canada

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

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

ENTIRE CONTENTS COPYRIGHT 2023

# OPINION & Editorial



## Canada Strong and Free. Really?

I have never heard so many Canadians displeased, unhappy, and downright disgusted with the state of our country today. No need to chat up the bartender to find out how people are feeling. No need for a survey that tells us that three out of four Canadians believe our country is broken.

"Broken". That's the word that is being used. I have never heard of anyone saying Canada is broken before, ever. We all love our Canada, its people and its scenery. But that's where it stops these days. True, we don't have the spectacular structures, monuments, temples and pyramids of the middle east, Europe and Asia. But we do love each other, appreciate our countryside, our Laurentian mountains, Rockies, Cabane a Sucre, lush forests, and impressive fresh water lakes. Travelling to our far north provides a spectacular natural phenomenon we have come to know as the aurora borealis.

Do we appreciate our freedom? That all depends on what is meant by freedom. In comparison to North Korea, China, Russia, and Venezuela, absolutely we do. The Oxford dictionary defines freedom as "the power or right to act, speak, or think as one wants without hindrance or restraint". We do not have that kind of freedom, not even in Canada, which is supposedly meant to be "strong and free." We can not say whatever we want without severe push back, and sometimes life-threatening social media threats. It appears freedom is relative. It's not supposed to be. Free is free, free whether it be to think, speak, or act, without libel or defamation of course.

We are free to celebrate and protest with 'Black Lives Matter' and take a knee next to our Prime Minister, but we cannot condone a protest by the Ottawa truck caravan over Covid's restriction on cross border truckers. We are not free to criticize Justin Trudeau's actions. If this Prime Minister does not agree with what you say, you are a racist, misogynist, a flat earth believer, or

as Trudeau prefers to say, a "flat earther". And, you evidently belong to a small, irrelevant gang of right-wing yahoos.

Yes, saying what you think can and will get you in trouble. Saying what we think about the residential schools for Indigenous children is a glaring example. Atrocities were committed, as police and the catholic church tore children away from their mothers' arms. Violence and sexual abuse happened. But saying many also died because of the deadly tuberculosis disease, rampant in the 50's and 60's, can get you fired. For example, teacher Jim McMurtry of the Abbotsford School Board in British Columbia. Fired for speaking out, in Canada. And don't you dare say there are only two genders, not even in a Roman Catholic school. In a Renfrew Ontario school class discussion about male students using female washrooms, gender dysphoria and male breastfeeding, student Josh Alexander said there were only two genders and that gender does not trump biology. He was expelled and then arrested by two police officers the next day for trespassing. Now I may not necessarily agree with what was said, but it does not matter what I think. What matters is Canadians have the right to say it.

So, you see, we are not "strong and free".

China infiltrates our governments and elections and our Prime Minister is concerned about who leaked this information. Really? Should he not be outraged and act to stop a foreign nation from challenging our sovereignty? Our last Liberal budget was a fiscal illusion. We have amassed more debt under this government since 1867, with no regard to applying a tourniquet to this hemorrhage. Our justice system is a mess with too many repeat violent offenders. Countless shootings and stabbings, and eight policemen have died since last September. Bureaucracy has increased more than in any other government and we all know it is not reflected in the services,

at airports, passport offices etc. Conflicts of interest and ethical shortcomings occur almost every week. Bill C-11 will control social media content. Relatives of a minister and a cottage neighbour have been chosen to chair some of the most responsible positions, including one who will oversee a closed-door investigation of China's intrusion. This is a nightmare.

We are weak and chained. We are not free from incomprehensible tax levies including the trickle-down effects of the carbon tax and absurdly high cost of groceries. We are not free to take home a pay cheque and be able to save. We are not free from galloping mortgage payments, from the ability to buy that first home, to be ill and receive quick attention at any one of Canada's thirteen hundred hospitals. If you have had the misfortune of visiting an emergency room lately, you have counted the hours waiting. I realize that this is a provincial responsibility, but should there not be federal leadership to help fix what was once an enviable health care system? After all, it is called the Canada Health Act, a statute of the Parliament of Canada.

How are we to have confidence in a government that appoints a Pierre Elliott Trudeau Trust Fund director and personal friend like David Johnston as "rapporteur". What is a rapporteur? I could guess its meaning but I had to look up this seldom, if ever used word. It is one utilized by a smug and arrogant PM who treats us as fools.

Our oil and gas industry is dead. Bill C-69 prevents any nation building project in our energy rich country, when the world is practically begging for our oil and gas. What nation does that? When Germany and Japan came calling for gas exports, our Prime Minister said no, and preached his pseudo virtues of environment preservation. What an embarrassment.

Can we not be strong and free?

Robert Vairo  
*That's What I'm Thinking*

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



# VSP commits \$1 million towards driving ecological transition within its territory

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

VSP, recognizing the pressing need for ecological transition, has decided to take concrete actions towards sustainability. As part of its efforts, the borough is dedicating a substantial investment of \$1 million towards initiatives aimed at enhancing ecological transition within its territory.

The investment will be utilized for several purposes, including the planting of trees, removal of stumps, and maintenance of sidewalk projections. Tree planting is a vital component of ecological transition as it helps to improve air quality, absorb carbon dioxide emissions, and provide habitats for wildlife. Similarly, removing stumps is critical to enhancing the aesthetics of the environment while improving soil quality.

In addition, VSP's investment in maintaining sidewalk projections is also a significant step towards ecological transition. Proper maintenance of these projections will ensure their longevity, which reduces the need for their replacement, thereby reducing waste and contributing to the conservation of resources.

These concrete actions will contribute to the emergence of more resilient and inclusive living environments in the face of climate change. This significant investment is in line with the priorities set out in the 2023 operating budget.



## \$800,000 to densify the VSP urban forest

This sum will make it possible to set up an additional team dedicated to the planting of new large-scale trees in vacant pits, free of any obstruction. Thanks to this strategy, the Borough wishes to significantly increase the number of trees planted in the short term. Newly planted trees will benefit from a regular watering schedule to maximize their chance of

rooting properly in their new habitat.

## \$200,000 dedicated to grubbing up and maintaining sidewalk overhangs

The elimination of tree stumps will be an integral part of the planting action plan implemented by the Borough. This year, additional efforts will be made to get as much out of it as possible. Once freed from their stump, these

vacant spaces will provide new planting opportunities in the medium term.

This sum will also make it possible to improve the annual maintenance of all the sidewalk projections on the territory. Sidewalk overhangs help calm traffic while increasing plant cover and biodiversity. In addition, the aesthetic aspect of these islands of freshness greatly contributes to providing a pleasant living environment for the population.

**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](http://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)**



# Andrés Fontecilla remet une médaille de l'Assemblée nationale à La Maison Bleue



Le député de Québec Solidaire dans Laurier-Dorion, Andrés Fontecilla, a remis une médaille de l'Assemblée nationale à Dre Vania Jimenez et Mme Amélie Sigouin, fondatrices de La Maison Bleue, en guise de reconnaissance de la grande contribution de l'organisme à la société québécoise.

« Je suis très fier de souligner aujourd'hui l'excellence du travail de La Maison Bleue. Depuis 15 ans, cet organisme améliore concrètement les conditions de vie des femmes enceintes vivant en contexte de vulnérabilité ainsi que celles de leurs familles. L'organisme est devenu un pilier de notre communauté et un important acteur d'innovation sociale de la société québécoise. Il est très rassurant pour un député de pouvoir compter sur une telle expertise dans sa circonscription. Ce travail doit être reconnu, encouragé et soutenu, » a déclaré M. Fontecilla lors de la remise de la médaille de l'Assemblée nationale.

La Maison Bleue (LMB) a pour mission de réduire les inégalités sociales en intervenant auprès des femmes enceintes en situation de vulnérabilité. Elle favorise ainsi le développement optimal des enfants, du ventre de leur mère jusqu'à l'âge de 5 ans. LMB saisit donc l'occasion unique de la grossesse pour intervenir au-delà du suivi médical. Le concept développé par La Maison Bleue, la périnatalité sociale, associe étroitement le suivi médical de la grossesse et de la petite enfance à un accompagnement éducatif et psychosocial global permettant ainsi d'ouvrir un dialogue avec les mères en difficulté, briser

l'isolement et outiller les familles afin qu'elles prennent en charge leur mieux-être et celui de leurs enfants.

Lors de cet événement à La Maison Bleue de Parc-Extension, la cofondatrice de La Maison Bleue a témoigné du travail accompli depuis la fondation de l'organisme en 2007.

« Recevoir la médaille de l'Assemblée nationale est un honneur pour nous et témoigne de la reconnaissance des élus envers notre mission auprès des familles vivant en contexte de vulnérabilité. Nous sommes fières du chemin parcouru et de l'expertise unique que nous avons développée en mettant la femme enceinte et sa famille au cœur de nos interventions. Depuis nos débuts en 2007, nous avons ouvert quatre sites dans des quartiers ciblés de Montréal, offert nos services à près de 6300 personnes, accompagné plusieurs projets en périnatalité sociale et nous travaillons actuellement au développement de nouveaux sites. Je partage cette distinction avec les équipes Maison Bleue et nos partenaires institutionnels, communautaires et financiers qui œuvrent avec nous à favoriser l'égalité des chances dès la grossesse, » a précisé Mme Amélie Sigouin.

« L'histoire de l'organisme nous démontre qu'à travers le travail en concertation et l'ancrage dans la communauté, nous pouvons trouver des solutions créatives et efficaces à nos défis collectifs. J'invite mes collègues de l'Assemblée nationale à se joindre à moi afin de souhaiter un joyeux 15e anniversaire à La Maison Bleue ! » a ajouté le député de Laurier-Dorion.

CHOMEDEY  
FOR RENT

Condo with private entrance offering 1 huge bedroom, 1 bath with shower. Semi-furnished. Inclusions: blinds, fridge, stove, washer, dryer, garage, exterior parking space. Could be rented with or without furniture. Quick occupancy available! Asking price \$1700 Easy to show!

SOLD

Bright condo situated in the heart of Chomedey, offering 2 bedrooms, big bathroom with washer & dryer. Good size bedrooms, storage space, 1 exterior parking.

VOULA KOTTARIDIS  
514 993.5010  
AGENTVK@GMAIL.COM

REAL ESTATE BROKER

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

HUMANIA CENTRE Agence immobilière 450.682.2121

PROTECTION ROYALE

Delays and Withdrawals

Special assessments for co-ownerships

Legal Assistance

Latent Defects



# LET'S VOLUNTEER



# IN UNISON!

**NATIONAL VOLUNTEER WEEK**  
April 16–22, 2023

**49<sup>th</sup>**  
EDITION

**fca**  **q**  
Fédération des  
Centres d'action bénévole  
du Québec

**fcabq.org**

Presented by



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec 



# Earth Day

April 22, 2023

Invest in Our Planet

## How to encourage your friends and family to go green

Earth Day is celebrated annually on April 22 to demonstrate support for environmental protection. One of the ways we can invest in our planet is by focusing on engaging governments, institutions, businesses and citizens to do their part for the environment. Here are four ways to encourage your friends and family to live sustainably and join the world's largest environmental movement.

- ### 1. INTRODUCE THEM TO ECO-FRIENDLY PRODUCTS

If you love a company that cares about the environment, tell the people around you about it. Gift a friend an eco-friendly product, or let them borrow one of yours to see how they like it. This can help raise awareness for products and services that don't harm the planet.
- ### 2. SHARE RELEVANT CONTENT ON SOCIAL MEDIA

Share eco-friendly content you're passionate about on social media. This could be anything from recycling and upcycling to composting and conservation. You never know; it could inspire others to get involved with saving the planet.
- ### 3. EMPHASIZE THE BENEFITS OF ECO-FRIENDLY HABITS

Do you have a family member that always talks about saving money? Tell them how easy it is to find eco-friendly alternatives like energy-efficient light bulbs that can save money. If you have a health-conscious friend, tell them about the environmental benefits of buying local organic produce.
- ### 4. PLAN A FUN, PRO-EARTH ACTIVITY

Arrange an activity with friends or family to teach them about sustainability. For example, organize a nature walk in a local park to share the importance of protecting the environment. You could also invite someone to volunteer with you at a local pro-Earth initiative.

Getting your friends and family to care about the environment and change some of their habits is easier than you think!

## 4 eco-friendly apps to help you live more sustainably

Today, technology is integrated into almost every area of daily life. The environment is no exception. Here are four eco-friendly apps to help you live more sustainably.

- ### 1. OLIO

connects neighbours and local businesses to give away surplus food instead of throwing it away. The app is available in various Canadian and US cities. Reducing food waste prevents excess methane from being released into the atmosphere.
- ### 2. Ecosia

is a search engine available worldwide. The platform uses the ad revenue from user searches to plant trees where biodiversity is most threatened. Trees help cool the planet by absorbing harmful greenhouse gases like carbon dioxide.
- ### 3. HappyCow


helps users find healthy, vegetarian and vegan food options worldwide. Eating less meat and exploring plant-based options is good for the environment.
- ### 4. Think Dirty®

educates users on the potential toxins in their household, personal care and beauty products. Users can scan the barcodes of over 350,000 products sold in the US and Canada to learn what they're made of and discover healthier alternatives.

Using one of these apps is a great way to contribute to a healthier environment.



# HAPPY Earth DAY






**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





# Earth Day

April 22, 2023

Invest in Our Planet






## 20 ways to fight climate change

On April 22, more than a billion people around the world celebrate Earth Day. We must call on governments, corporations and individuals alike to strengthen responses to climate change. Here are 20 ways you can take action in your daily life.

### AT HOME

1. Install a programmable thermostat
2. Unplug electronics when you're not using them
3. Switch to energy-efficient light-bulbs and appliances
4. Wash clothes in cold water and hang them to dry when possible



### ON THE GO

5. Install double-pane windows and seal cracks with caulking
6. Eat local and organic foods
7. Opt for meat-free dishes
8. Grow your own fruits and vegetables
9. Cook with seasonal ingredients
10. Reduce food waste and compost organic materials
11. Live near your workplace
12. Walk or bike when possible
13. Take public transit or carpool
14. Buy a hybrid or electric car
15. Reduce air travel and purchase carbon offsets when you fly

### IN YOUR COMMUNITY

16. Vote for politicians with strong platforms on the environment
17. Tell your government representative that you prioritize green policies
18. Support environmental movements
19. Volunteer for a non-profit organization
20. Encourage your family and friends to reduce their carbon footprint

Though it may seem that your individual actions won't amount to much in the fight against climate change, the truth is that forward momentum is only possible when enough individuals decide to take action.

## A focus on nature-based solutions

One of the ways we can help to restore our earth is by growing the understanding that humans can do more than simply mitigate the impacts of climate change. In addition to transforming the world's energy, urban and industrial systems, we can restore and use natural processes to combat climate change. Here are a few ways that will contribute to the fight.



### CAPTURING CARBON

To reduce the amount of carbon dioxide in the atmosphere, the power of nature can be harnessed in a number of ways. Solutions include planting trees, restoring coastal wetlands and adopting agricultural practices that improve soil health.

In addition to capturing carbon emissions from the air and sequestering them in plants, soil and sediments, restored ecosystems increase biodiversity and help provide cleaner air and water.

In fact, according to the Global Commission on Adaptation, these types of ecological restoration projects can provide one-third of the climate mitigation needed over the next decade to keep global warming below two degrees Celsius.

### INCREASING RESILIENCE

Communities ranging from rural towns to major cities can become more resilient against the impacts of climate change by restoring and protecting natural ecosystems.

For example, restoring mangrove forests helps protect coastal regions from rising seas and storm surges. Doing so is significantly cheaper than building breakwaters and other infrastructure. Plus, mangroves have the added benefit of storing carbon, preventing erosion and helping to sustain local fisheries.

For more information about Earth Day and how you can take action against climate change, visit [earthday.org](http://earthday.org).




# Happy Earth Day





# Free flowers and vegetable plants

Annual distribution enhances Park-Extension’s beauty and promotes urban gardening



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

Residents of VSP and specifically Park-Extension can look forward to the annual distribution of free flowers and vegetable plants on

May 20, organized in collaboration with partner organization Ville en vert. The event is aimed at enhancing the beauty of the neighbourhood and promoting urban gardening.

Registration for the event is mandatory, and residents can register online via a form available on the event’s page from April 24 at 12 p.m.

However, places are limited and will be assigned on a first-come-first-served basis. The registration deadline is when all the spots have been reserved, and compliance with the appointment schedule remains mandatory.

For eligible groups, such as NPOs, daycare centers, and citizen groups, among others, the distribution will take place on May 19. Groups that have never participated before should contact Ville en vert to register.

Distribution will take place at François-Perrault Park and Jarry Park, with different timings for residents and eligible groups. Participants will receive flowers and vegetable plants such as Alysse, Sage, Yarrow, Cucumber, Zucchini, Tomato, Basil, Thyme, and Oregano, which they can take home in a carrying bag.

In addition to the plant distribution, the City of Montreal’s Environment Department will also

offer compost and mulch during the distribution for residents only. Participants must bring a shovel and a container of about 30 liters to collect the compost and mulch. It is important to note that the compost provided is an amendment composed of one-third compost and two-thirds soil to avoid making the plant more vulnerable to attacks by parasites, pathogenic fungi, or burnt roots due to too much acidity.

Proof of residence will be requested, and participants must comply with the instructions issued at the distribution sites for the smooth running of the event. For additional information, interested residents can contact Ville en vert at [embellissement@villeenvert.ca](mailto:embellissement@villeenvert.ca). Overall, this event is an excellent opportunity for VSP residents to contribute to the beauty and sustainability of their neighbourhood while also gaining access to free plants and compost.

# Workplace accidents for teenagers increase

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

The rise in occupational injuries among young people aged 14 and under in Quebec is a growing concern, with the number of workplace accidents increasing by seven times since 2017. In 2022 alone, 74 work accident claims involving children aged 14 and under were accepted, representing a 640% increase over five years. For Park-Extension parents the news is particularly distressing since the figures also show that if we include young people aged 15 and 16, there were 501 occupational injuries in a single year, an 80% increase

since 2017.

The most incidents were reported in the retail, accommodation, and catering sectors. Experts have noted that the shortage of personnel is a contributing factor to the growing presence of adolescents in the labor market and ultimately to the increase in accidents among them. Furthermore, a Léger survey reveals that three teenagers out of 10 are juggling work and studies.

To address this concerning trend, Minister Jean Boulet has emphasized the importance of better regulating the place of young people in the workplace. The Minister of Labor has proposed legislation that sets the minimum age for working at 14 in Quebec and limits the workweek for

young people aged 16 and under to 17 hours during the school year. There is no exception for the restaurant and retail sectors.

The bill has been met with mixed reactions, with some employers calling for certain relaxing of the rules, particularly regarding the employment of young people under 14 during school holidays. However, the president of the Retail Council of Canada has reminded the government that the labor shortage must also be addressed.

Jean Boulet has stressed that the safety of young people and their educational success are his top priorities. While the bill could be improved, the Minister is guided by these two essential objectives. With proper regulation and supervision, it



is possible to protect the safety of young workers while ensuring that they continue to succeed in their studies. It is essential that employers prioritize the safety and well-being of young people in the workplace and work with the government to create a safer working environment for all.



**Woof!**

**FINALLY!**

*Media-Trek products and services are now displayed on their website*

**mediatrek.ca**

(450) 978-0070 | [info@newsfirst.ca](mailto:info@newsfirst.ca)

304-3860 boul. Notre-Dame, Laval, QC H7V 1S1



# Montreal Braces for Challenging Summer as Gun Violence Surges



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

As summer approaches in Montreal, the city and our borough of Park is bracing for what is expected to be a challenging season. The Plante administration has acknowledged the difficult period that lies ahead, particularly for the understaffed Montreal police force. However, they are confident that Police Chief Fady Dagher is well-equipped to handle the situation.

Alain Vaillancourt, head of public security on the city's executive committee, addressed concerns about the summer during a recent municipal council meeting. He assured the public that the city has been preparing for months to deal with any potential problems that may arise. While acknowledging that the summer will be "hot," he emphasized that they have already taken steps to ensure the safety of Montreal residents.

These concerns were raised after a string of violent incidents rocked the city earlier this year. According to the QMI Agency, there were 21 gun violence incidents on the island of Montreal in March alone. One person was killed, and eight others were injured. The majority of the victims were young adults, and much of the

violence is believed to be linked to conflicts between local street gangs.

The official opposition in Montreal has criticized the Plante administration for not being adequately prepared for the summer. Abdelhaq Sari, a member of the opposition, pointed out the lack of planning and preparation for what could be a volatile season.

Despite these criticisms, the Plante administration maintains that they are well-prepared for the summer. They have been working with Police Chief Fady Dagher to address the ongoing concerns about safety in the city. The administration has also requested additional resources from the Quebec government, including a dedicated cohort to help support the police force.

The SPVM has also expanded its pool of candidates for recruitment by authorizing candidates from the social field. This move is intended to bring in more diverse candidates who can help address the complex social issues that contribute to violence in the city.

While the Plante administration acknowledges that the summer will be challenging, they are confident in the ability of the SPVM and Police Chief Fady Dagher to handle the situation. Montreal residents are encouraged to remain vigilant and to report any suspicious activity to the authorities.

# Winter is over Time for car shelters to go down in Park-Ex

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

Winter is officially over. As we welcome a new spring season, residents are advised to follow the installation rules for winter shelters. Temporary car shelters should have been completely removed by April 15<sup>th</sup>.

Installing a temporary car shelter can be a relatively simple and cost-effective way for car owners to protect their vehicles from harsh winter weather conditions. However, it is crucial to ensure that all the rules and regulations of the borough are followed before starting the installation process.

For instance, residents of Villeraie-Saint-Michel-Parc-Extension can only install temporary car shelters between October 15 and April 15. The shelter must not exceed the maximum height of 3 meters or the maximum width of 6.5 meters, and it must be anchored to the ground using counterweights or anchors.

During installation, it is important to ensure that the temporary car shelter is placed within the parking space of the residence and meets all setback distance requirements. If the house is located at the intersection of two streets, the shelter must be at least 5 meters away from the intersection. Additionally, the shelter must be at least 0.75 meters away from the sidewalk or public road and 1.5 meters from a fire hydrant.

Temporary car shelters installed less than 3 meters from the sidewalk or public road must



have windows of at least 0.5 square meters on each side. These windows must be located at least 2 meters away from the shelter's access opening to ensure visibility and prevent potential hazards.

It is important to note that the installation of temporary shelters is prohibited in heritage sectors, and residents are advised to confirm this with their borough before installation.

The use of synthetic fabric that is white and translucent or a metallic and removable structure is permitted for temporary car shelters. These materials are designed to withstand harsh weather conditions and provide adequate protection for vehicles.

Residents who install temporary car shelters must follow all borough regulations to ensure everyone's safety. By doing so, car owners can protect their vehicles from harsh weather conditions and enjoy peace of mind knowing their vehicles are safe and secure.

## Residential and commercial asphalt



with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

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



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

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

Why suffer with infestation!

All kinds of insects and rodents

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

**S.D. Exterminating Service Inc.**

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

SINCE 1971

www.sdextermination.com

Serving the community for over 50 years

C550279  
Membre of Canadian Association





# PSYCHOLOGY FOR ALL

by Emmanuel Aliatas, MA, Psychologist

## Insight into Depression

Depression is often mentioned in public by many people. I hear in cafes and restaurants how they feel depressed. They use the term depression too lightly to describe the way they are feeling that day, usually sad. Depression is a serious disorder. Axis I in the DSM V describes depression as a serious illness. It is not just a sad day.

You may be able to determine if you are depressed or just sad if you add time to your sadness. In short, you have been feeling this sadness and indifference for a while now. Depression is not failing a grade or losing your hamster or goldfish. It is a very real and a serious condition if you are experiencing it. Moreover, there are several types of depression that I will go over but in an article this size I cannot go over all of them. However, I would like to give a brief insight into this subject.

I would suggest that if someone is experiencing this consistent sadness and indifference, they seek help in the medical system starting with their family physician. I will try to explain in a pragmatic way essentially what some of the different types of depression are and what one may be able to do to get help with their issues. I will focus on hereditary, situational, and seasonal depression with a quick assessment of the depressed individual.

First, hereditary depression is passed down from one family member to another, more than likely in the next generation. In short, if there was something wrong or eccentric about grandma or grandpa there is a possibility it skipped mom and dad and came straight to your lap. The best thing you can do about that if you are not feeling well is describe your feelings to your family doctor and take it from there. He may be able to help by referring you to a psychologist or possibly pharmacotherapy. I know most people are averse to taking medication, but it may help increase the quality of your life. Explore all options.

The second type of depression is one that, in my opinion, most people will experience in their lives. This would be a situational depression and may not stay with you forever. It follows the loss of a loved one, your job or the passing of a beloved pet. In one way or another we all experience loss, and it is a part of life. Here we have the same patterns to get help.

Visit your doctor and give him your history as accurately as you are capable of. The doctor should be able to determine which

treatment to follow from his interview with you. Perhaps pharmacotherapy would be an option just like psychotherapy or both. I believe situational depression in the hands of competent professionals can be overcome and the individual can get back to a reasonable quality of life.

The third and most common in my office over the years is seasonal affective disorder (SAD). This one slowly creeps in around the end of fall and beginning of winter. It has a lot to do with the decline in exposure to daylight. It has almost all the symptoms of the other depressions mentioned above and is debilitating to an individual. It is important to seek help immediately in the fall because it will likely exhaust the individual trying to get through winter. Help usually begins again with your family doctor. Perhaps medication to get you through the dark months and a psychologist skilled in working with depression will help.

Make no mistake about it. One type of depression is not worse than the other and all can be debilitating if not treated and simply assumed to be a sad and challenging time in one's life.

The assessment for depression briefly is quite simple. First, are you sleeping too little or too much? When you get up in the morning are you tired and does the fatigue persist all day or disappear after your first coffee? If you wake up at night several times and have difficulty falling back a sleep you may need a trip to your doctor. Moreover, if you are not eating three times a day with a snack in between meals that may be a red flag. Another indication that should be looked at is if you are gaining or losing weight. Do you get enough exercise during your week? Do you walk the dog every day or go to the gym 3-4 times a week? If not, that is another indication that there may be something wrong.

There are many different symptoms that can determine depression. I am just giving you a short, pragmatic list of some that show perhaps there may be a problem. There are symptoms of helplessness and hopelessness that are not discussed in this article. However, if you are experiencing issues with your mood, please see a doctor or a psychologist. There is help for you out there.

This article is based on my personal and professional experience, hopefully it is helpful to you.

Emmanuel Aliatas, MA  
Psychologist

# Quebec Education Ministry launches sex assault complaint line

*'Growth in the number of cases of violence in the education network troubles me,' says Drainville*



MARTIN C. BARRY  
marty@newsfirst.ca

Quebec Education Minister Bernard Drainville last week announced that his ministry is launching a new province-wide hotline for anyone to report complaints about sexual assault or violence in educational settings.

Those wishing to file complaints can call 1 833 DENONCE. As well, the education ministry already has in place the e-mail address (signalements@education.gouv.qc.ca) for reports.

### Mon.-Fri. hotline

The phone line is open from 8:30 am to 4:30 pm from Monday to Friday and a voice mail box is available to leave messages on a 24/7 basis.

In a statement, the education ministry noted that the police continue to have responsibility for complaints about sexual assaults and related forms of violence subject to criminal charges.

"We encourage all persons who have been subjected to a criminal act in an educational setting, or who witnessed one, to declare the situation directly to the police by calling 9-1-1 or by going to a police station," said the ministry.

### Help available, says Drainville

The ministry also pointed out that there are numerous resources and community organizations that can provide help to youths in distress, while adding that teams from the education

ministry can help to orient persons reporting sexual violence or misconducts to the appropriate resources.

"The growth in the number of cases of violence in the education network troubles me," said Drainville. "Students who have been victims in our schools should be able to report these situations confidentially and securely."

"Thanks to this new telephone line, we are giving them an additional resource to help," he continued. "The health and security of the students and education staff are my priorities and I will not compromise on these."

### Public inquiry coming

The education minister announced in March that his department plans to hold a public inquiry into reports of sexual misconduct or assault in public school settings. The following resources are available to anyone who feels the need to report a sexual misconduct or an act of sexual violence:

- **Tel-jeunes:** teljeunes.com
- **Info-aide violence sexuelle:** infoaideviolencesexuelle.ca
- **Centre d'expertise Marie-Vincent:** marie-vincent.org
- **Centre d'aide aux victimes d'actes criminels (CAVAC):** cavac.qc.ca



SÉCURITÉ  
**SPARTAN**  
SECURITY

Burglar • Fire • Cameras • Intercoms

**(514) 289-8585**

**20 years at your service!**

**24 HOUR MONITORING**



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

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

**System Includes:**

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





**PANIER DU FERMIER**

BASKET OF  
*Fruits and Vegetables*

16 to 20 VARIETIES

**2 EASY STEPS:**

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



A value of **\$70+** at the supermarket  
**You pay only \$39**

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!  


**@PANIERDUFERMIER**

Our weekly customers  
**save up to \$1,700 per year**

**(514) 244-9885**  
**3151-B boul. DAGENAI OUEST**  
 (near Curé-Labelle) Laval, Québec H7P 1T8  
[panierdufermier.ca](http://panierdufermier.ca) | [panierdufermier@gmail.com](mailto:panierdufermier@gmail.com)

# CLASSIFIEDS • CAREERS • JOBS

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

**AU VIEUX DULUTH**  **JOB OPPORTUNITY**

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

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

**WE BUY GOLD AND DIAMONDS**  
 - For over 38 years -  
 450-681-1363



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

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

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

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




**NEWSFIRST WANTS YOU!**

# NOW HIRING

## ADVERTISING CONSULTANTS

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

**Nouvelles**  
**PARC-EXTENSION**  
**News**

Submit your CV to:  
[sales@newsfirst.ca](mailto:sales@newsfirst.ca)



# In Memoriam & Obituaries

## Green burials: how death is becoming more environmentally friendly

Increasingly, people who adopt ecologically sustainable practices during their lifetime are forgoing traditional burial practices in favour of those that are more environmentally friendly. Here's what you should know.

### NATURAL BURIALS

Traditional burial practices rely on coffins and urns that release toxic chemicals into the soil. Plus, the carcinogenic compounds used in embalming and treating wood are likely to end up in the water table.

In contrast, natural burials are interment practices that return the deceased's body to the Earth with a minimal amount of environmental impact. They use either biodegradable shrouds, or coffins made of cardboard or untreated pine wood.

If cremation is preferred over burial, biodegradable urns that grow a tree can be used.



### ECO-FRIENDLY CEMETERIES

An increasing number of cemeteries are eliminating environmentally damaging practices, such as using pesticides, herbicides and fertilizers to maintain their grounds. Many are also opting to use small, flat grave makers made of locally sourced stones or plants instead of large headstones.

If you want to be buried in such a graveyard, you'll have to respect fairly strict rules. For instance, some green cemeteries prohibit the use of coffins altogether, or won't allow embalmed remains to be interred on their grounds.

In order to help limit carbon emissions, it's also common for these places to restrict the ways bodies can be transported to their final resting place.

If a natural burial is right for you, consider pre-planning your funeral to ensure your wishes are respected.



**TRAHAN, Jeannine**  
1931 — 2023

In Montreal, on April 18, 2023, passed away, at the age of 91, Jeannine Trahan, wife of the late Jean-Paul Beaumier.

She leaves to mourn her children Claire, Lina and Christine (Marco), her granddaughter Marie-Christine (Michel), as well as several other relatives and friends.



**VERDONE, Antonio**  
1922 — 2023

It is with deep sadness that the family announces the passing of Antonio Verdone at the age of 100, beloved husband of the late Maria Imonti Verdone, father to the late Dominic (Rhondda), and grandfather to the late Christopher (Jennifer).

He will be missed by his loving children Angelina (late Antonio), Josephine (late Basil), Eveline and Linda (Guy), his cherished grandchildren Lisa (George), Gary, Marcus (Julia), David (Emily), Peter (Patricia), Richard (Valerie), Anthony and Andrea, his great-grandchildren and many other nieces and nephews, relatives and friends in Canada and in Italy.



**GHALY, Ikram**  
1933 — 2023

It is with our deepest sorrow that we announce the passing of Ikram Anis Ghaly, on April 17, 2023.

He was the beloved husband of Aida Ishaak, father of Rosemary (Vito) and Marc (Chandra), grand-father of Michael, Joseph, and Ethan, brother of Laila, Sobhi, Sami, Wafia, Amin, and Raouf Ghaly, and brother-in-law of Nadia, Laila, and Adel Ishaak.



**DUMONT, Denise**  
1933 — 2023

In Montreal, on Monday, April 17, 2023, passed away, at the age of 89, Denise Dumont.

She is survived by her daughters Manon and Marie-Chantal Pelletier, her daughter-in-law Diane Auclair, her adoptive daughter Zohra, her grandchildren Steven, Jacques-André (Nathalie), Marie-Michelle (Benoit), Maxime, Arielle and Jean-Philippe (Lindsey), her great-granddaughters Coralie, Celina and Evelynne, as well as several other relatives and friends.

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

**514.228.1888**  
(Day & Night)



**AETERNA**  
Complexe funéraire • Funeral Complex

*We honour and celebrate life in accordance to your traditions, values and customs, while easing your experience during the difficult moments, based on your budget.*

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





# HOROSCOPE

Week of APRIL 23 TO 29, 2023

The luckiest signs this week:  
**CANCER, LEO AND VIRGO**



## ARIES

A few people will gather at your home, especially if you have young children; they'll invite all their friends. You may have a big clean-up afterward.



## TAURUS

You should be able to indulge in a bit of luxury. You may run into friends you haven't seen for a long time and talk to them for hours.



## GEMINI

You'll expand your summer wardrobe by shopping online and in-store. You'll be influenced by your friends to abuse your budget. Some comments will be inappropriate.



## CANCER

You'll set in motion specific ideas and other promising initiatives. You'll bring several people together for a large-scale project and overcome your financial worries.



## LEO

You'll enjoy going to a spa or wellness clinic for relaxation. You need to recharge your batteries and rest to regain your vitality.



## VIRGO

You'll be involved in a significant project as part of a well-oiled team. The project will be completed efficiently, and the results will delight you. You must take some quiet time at home to recover.



## LIBRA

You must carefully manage your personal and professional activities. You have many responsibilities on your shoulders. A sudden epiphany will strike you about your career.



## SCORPIO

You'll go on a spontaneous trip or getaway soon. It may be more spiritual; a pilgrimage would be a most rewarding adventure.



## SAGITTARIUS

You're craving change. You're bored with daily life and routine. You need to transform your reality to experience more passion and stimulation.



## CAPRICORN

It's hard to please everyone, but this is the kind of miracle you can accomplish. You'll complete a task or make a deal you thought impossible at work.



## AQUARIUS

You'll have many emergencies to deal with at work or elsewhere. You're a strong person and will manage to bring order to everything with sensitivity, humanity and empathy.



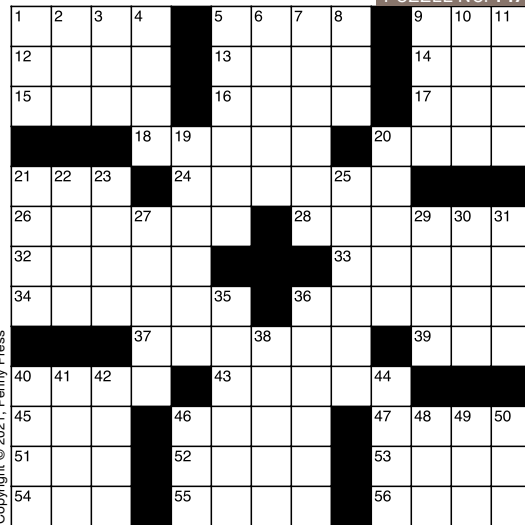
## PISCES

After a tough negotiation, you'll find yourself on a pedestal, much to your surprise. A family situation could leave you perplexed, and you'll have no choice but to deal with it.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 147



Copyright © 2021, Penny Press

### ACROSS

- Trout, e.g.
- Influence
- Family member
- Feel a dull pain
- Coffeehouse
- Exercise
- Colorer
- Breezes
- Green soup
- Hobby wood
- Bosc, e.g.
- Accumulate years
- Turn in
- Frank
- Unleash
- Gnomes
- String instrument
- Studio couch
- Jump the track
- Not level
- Have a look-see
- Grocery vehicle

### DOWN

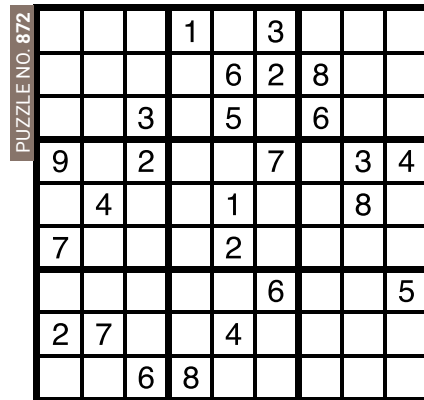
- Style
- Wintry
- That woman
- Thyme, e.g.
- Climbed
- Midriff
- Spooked
- Affirmative vote
- Hoodwink
- On the water
- Screens
- Mine product
- Pleasant
- Dude
- Eye cover
- Domain
- Station wagon, e.g.
- Promos
- Better than better
- Require
- Expensive
- Up and about
- Actor Ustinov
- Did well on
- Festive party
- Jealousy
- New
- Coming-out
- Word of woe
- Fastener
- Devout
- Craving
- Conquer
- Bad habits
- Pop flavor
- Like the Sahara
- Scarlet and crimson
- Read rapidly
- Snatch
- Tint
- Enjoyed a pizza
- Seed holder

# 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.

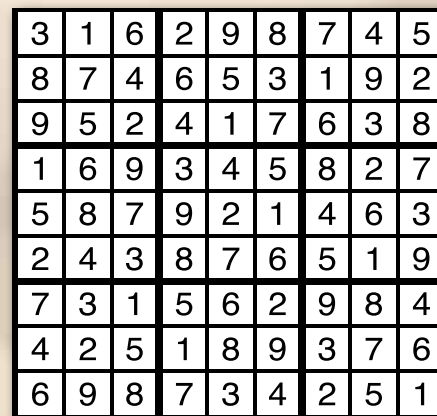
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**



## CROSSWORDS



## Sudoku



# SAVE MONEY

Print your cheques  
with us with confidence

**MEDIA-TREK**  
Communications - Promotions - Marketing

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

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

Full Banking Security Features

Call us for more information **450.978.9999**





# NEW SEASON. NEW PHONE.

with Samsung A53 5G

\$  
DOWN



0



**SAMSUNG Galaxy A53 5G**

on approved credit and 0% interest  
with Fido Payment Program<sup>1</sup>, on select plans

**CHECK IT 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



**EXCLUSIVE DEALER** **fido**

Offers subject to change without notice. A Setup Service Fee of \$50 applies to set up your device and related services. Taxes extra. **1.** 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. <sup>TM</sup>Fido and related names & logos are trademarks of Rogers Communications Inc., used under licence. ©2023 Fido