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Rats under control

The city finally takes action



DIMITRIS ILIAS

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After receiving numerous complaints and news reports about the rodent infestation in Park-Ex, the city has finally taken action to address the issue. Mary Deros, the city councillor for Park Extension, played a significant role in pushing for these measures. An inspector was dispatched to the problematic block along with the exterminator contracted by the city.

The inspector and exterminator were granted access to the yards of four buildings in the area. It is worth noting that there were no alleys serving these properties. To combat the infestation, the exterminator strategically placed poison in the backyards of 8415 and 8425 Birnam Street, as well as 8400 and 8420 Stuart Street. A total of eight poison boxes were installed to target the rodents effectively. In addition to this action, the city also identified cases of trash violations and plans to send infraction notices to the owners responsible.

In an effort to prevent future infestations, the city will be addressing the issue. Starting this week, letters will be sent to all property owners in the block, urging them to take action and clean their backyards. The city will provide support and guidance throughout this process. Mary Deros, the city councillor, expressed her hope that the city will be more proactive in the future, avoiding situations where citizens and herself have to gather evidence such as photographs to prove the existence of a problem.

Mary Deros also advised residents to remain vigilant with their waste disposal practices and to adhere to recycling and composting schedules. Leaving food out for birds and cats can attract disease, rodents, and insects, creating an unsafe environment for everyone, especially children who frequently play outside.

With these actions and recommendations in place, she aims to address the rodent infestation issue in Park-Ex and promote a cleaner and safer neighbourhood for all residents.



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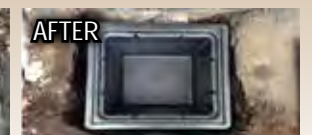
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OPINION & Editorial



Most teachers deserve better than they get

Minister of Education Bernard Drainville, has angered educators. His demeaning remarks insinuating that teachers are undeserving of pay-raises comparable to other professionals have ignited emotional push-back throughout Quebec. This, at a time when Quebec is facing major teacher-shortages. Teachers have been offered nine per cent over five years, whereas MNAs are granted a stunning 30 per cent uptick, making them among the highest paid in Canada.

The Minister must speak in favour of people he represents - teachers and students. It's disheartening and sickening to hear disparaging comments about the teaching profession, as if teachers aren't "down" enough in these volatile times. Were his statements misinterpreted? Apparently not, since he's said nothing to clarify what he meant.

Just in case Drainville is asleep at the switch, here's a wake-up call to reality. Band-aids don't address the wounds and scars of inequities and shortages in education; an overhaul of the entire system has become urgent. Education is suffering from an unhealthy state-of-affairs. What are you doing about that? The community is monitoring teachers, students talk of leaving Québec. Mr. Drainville, fix your relationship with educators, before you kill education. It's that simple. While pay and benefits are big issues, at the end of the day, teachers deserve respect, tired of being disrespected by those they're trying to help.

"We have exhausted teachers," says retired teacher Phyllis Funaro, adding that many still have a passion for teaching but they need help. "I'm hearing more than ever before that teachers don't feel appreciated, don't feel respected, find themselves in the middle of a political bull's eye, condemned from heroes to villains in a very short time."

If Québec wants to fix teacher shortages, Drainville should stop scapegoating educators and start showing them they're valued. Teachers have critical jobs shaping young minds; they have power to change lives, but too-often they're punching bags for politicians.

Teachers are expected to improve student performance while dealing with issues outside the classroom that affect learning, deprived of crucial adequate resources and support. So, why would anyone go into an occupation where they're public enemy No. One?

There are numerous Québec classrooms lacking full-time-certified teachers, of which the Minister is aware. With salaries for Québec teachers among the lowest in the country, and with a low unemployment rate creating competitive hiring scenarios, it's surprising that teaching vacancies aren't more widespread.

The difficult job and low pay likely contribute to declining interest in the profession. McGill University's Education Faculty acknowledged increasingly lower enrollment in recent years. Commerce and Technology win. However, Québec's shoddy treatment of public-school teachers goes beyond pay. Public education is under attack, and Minister Drainville's pronouncements have stoked the fire knowingly or unknowingly.

Québec needs to value educators. Most prospective teachers enter the profession for-love-of-the-work, not because of compensation. But higher-pay-and-better conditions help attract and retain quality people, especially if treated with admiration and respect. Recently, the government tabled a Bill that would raise base-pay for MNAs from \$101,561 to \$131,766, making them among highest-paid Canadian provincial representatives. Alberta members have the highest annual base-salary among their provincial peers; \$120,936. Do Québec MNAs deserve higher salaries, and, if so, based on what? Cost-of-living isn't a valid reason, since all professions/jobs have to live that reality. Do teachers deserve higher salaries? Certainly, if improving teacher salaries would improve quality by enticing better candidates, helping retain high-quality teachers, and motivate all teachers to improve classroom work.

Presently, whether teachers work long hours or how students learn have no influence on pay. Scales are based on years of experience and advanced degrees. Unfortunately, research finds that those attributes are unrelated to teacher-effectiveness. Simply increasing salaries for Master's Degrees, or sticking around another year will not improve effectiveness in the classroom. True, higher wages should entice more people to enter the profession, but increases in candidates shouldn't be expected to improve teacher-quality, either. Research shows that anything that can be observed about teachers before they enter classrooms doesn't accurately predict effectiveness. Isn't this the same for other professions also? MNAs?

Some have what it takes to be great teachers, some don't; there's no way to tell before they start. Quality won't be improved simply by expanding the pool-of-people who want to become teachers. School

systems have an impossible task of accurately identifying best-and-worst candidates. It's often hit-and-miss. Higher teacher salaries will increase teacher retention, but higher salaries are just as attractive to bad teachers as to great ones. Increasing salaries across-the-board without consideration of teacher-effectiveness does not necessarily improve teacher-quality. Simply increasing teacher salaries without addressing the system by which those salaries are distributed will solve nothing. Let's face the music.

It's not unusual for taxpayers to be perturbed, flabbergasted and taken-aback by the underpaying of teachers, especially in these days of school crises of momentous proportion, as one-quarter (30,000) of all teachers in the system are not certified, according to 2020-2021 statistics, a reality which is not abating but deteriorating. M. Drainville, it's past due for a solution. A good many of these 'probably-qualified but non-certified' classroom workers must be enticed to quickly and logically obtain certification through programs aided, abetted, and promoted by government initiatives.

In the meantime, it must be affirmed that teachers and students are the most literate sectors of society. An educated person may be easy-to-rule but difficult to enslave. Teacher are professionals who don't pray for increases in their clients - students. Other professionals pray hard - lawyers for cases, doctors for people to get ill, taxi drivers for passengers, technicians, engineers and mechanics for appliances and machines to break down, thieves who pray for people to mishandle money, keeping chunks at home.

Conversely, three sets of citizens cannot be messed with - children, youth, and teachers. Never mind the scandals around schools these days; teachers are by default role models and should therefore be treated as such. Many far-reaching implications will ensue if teacher-salaries are not augmented. Canada has a terrible history of bad-timing. The country is short of almost half of needed qualified/certified teachers; Québec fares even worse. Not adequately-paying teachers, is a risky distraction that deepens the already sad state of our education sector. Competent authorities conspicuously ignore the measure that could truly improve public schools: raising teachers' salaries to be comparable with those of similar professions.

There are reasons behind this conscious omission. Most people don't believe that raising teachers' salaries would attract better teachers. The adage "those who can, do; those who can't, teach" has been too firmly ingrained in the public perception, that those who choose to teach do it because they could not get better jobs. Calls for higher salaries are often met by claims that teachers' salaries are sufficient because teachers don't work as much as other professionals. An increase in salaries would necessarily mean an increase in taxes that people are simply unwilling to pay. Despite these assumptions, raising teachers' salaries will attract better teachers, that teachers work just as much or more than professionals who are paid more.

Although the lack-of-respect afforded teachers certainly does not encourage university graduates to become teachers, relatively lower salaries discourage them. People wonder how teachers could live with today's lack of respect. However, most students are willing to enter professions not particularly respected by the general public, as in lawyers and politicians. Are they truly respected? Societal respect, although important, only goes so far.

The solution is to raise teachers' salaries to reflect education needed and vital importance of educating children. Higher salaries will attract more university graduates to teaching, thus expanding the applicant pool, increasing competition for teaching positions, allowing for hiring of best people.

The number one criticism against raising teachers' salaries? Teachers are well-paid for time worked. Not so. Teachers spend much unpaid-time before-and-after-class with students, correcting papers, preparing classes, attending meetings and work-shops, continuing their own studies to provide quality-education. Most put in 50-to-60-hour weeks or more during school-year. Averaged over the entire year, teachers work hours comparable to those of other professionals who are paid more.

Raising teachers' salaries does not require raising taxes; it requires intelligent assessment of where education resources should be put. The answer is obvious. Disrespect towards teachers is a shame for this government. Minister Drainville must stand up for education and the teaching profession. Enough with the insults. Do the right thing.

Renata Isopo

MESSAGE IMPORTANT

Après 30 ans, Nouvelles Parc-Extension met fin à sa distribution porte-à-porte.

Le journal du 3 mai a été la dernière édition livrée par le biais du service fourni par PUBLIC SAC.

Depuis sa première édition en 1993, **NOUVELLES PARC EXTENSION NEWS** a confié à PUBLIC SAC le mandat de livrer notre journal, votre journal, à votre porte.

Sur cette note, nous tenons à remercier tous les travailleurs qui étaient à l'arrière et à l'avant des coulisses pour livrer **NOUVELLES PARC EXTENSION NEWS** à votre porte.

Toutefois, le 17 mai 2023 a pris effet le règlement municipal touchant tous les documents imprimés distribués de porte à porte, sauf par Postes Canada.

L'objectif est de réduire autant que possible le tonnage de papier à recycler :

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« Les villes doivent prendre des mesures fortes pour faire face à la crise climatique et ce règlement nous permettra de réduire à la source une quantité importante de papier et de plastique en circulation à Montréal », a déclaré la mairesse Plante.

Par conséquent, à compter du 17 mai, **NOUVELLES PARC EXTENSION NEWS** n'est plus livré de porte à porte.

Vous pourrez prendre votre copie à de nombreux points de distribution locaux sélectionnés, tels que les bâtiments publics, les pharmacies, les épicerie, les boulangeries, etc. publiés sur cette page.

IMPORTANT MESSAGE

After 30 years, Park Extension News is ending its door-to-door distribution.

The May 3rd newspaper was the last issue that was delivered through the service that PUBLIC SAC provides.

Since its first edition in 1993, **PARK EXTENSION NEWS** entrusted PUBLIC SAC with the mandate to deliver our paper, your paper, to your door.

On that note, we would like to thank all the workers that were behind and front of the scenes to deliver **PARK EXTENSION NEWS** to your door.

However, on May 17, 2023 took in effect the municipal by-law affecting all printed material that was distributed door to door, except by Canada Post.

The goal is to reduce as much as possible the paper tonnage to be recycled:

The city says around 800,000 flyers and other advertisements are distributed in Montreal every week, adding up to about 40 million per year.

"The City of Montreal has set an ambitious goal of becoming a zero-waste city by 2030. To reach this goal, the volume of landfill material must be reduced by 85 per cent, which represents a reduction of 10 kg of waste per person per year," believes Montreal Mayor Valérie Plante.

"Cities must take strong action to address the climate crisis, and this by-law will allow us to reduce at the source a significant amount of paper and plastic in circulation in Montreal," said Mayor Plante.

Therefore, since May 17, **PARK EXTENSION NEWS** is no longer delivered door-to-door.

You will be able to pick up your copy at many selected local distribution points, such as public buildings, grocery stores, pharmacies, bakeries etc. published on this page.

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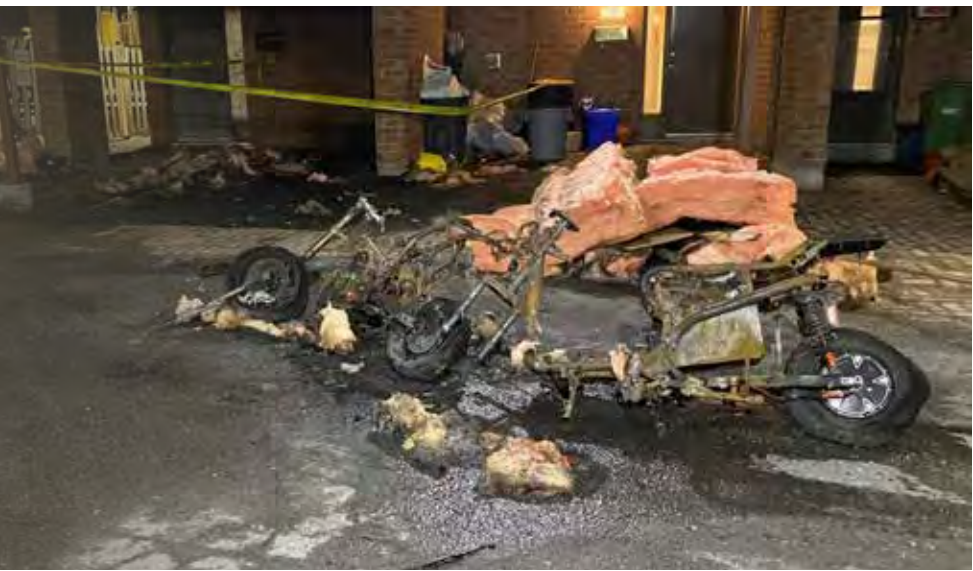
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Increase in fires caused by lithium-ion batteries



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The City of Montreal has observed a dramatic rise in the number of fires caused by lithium-ion batteries over the past year. This phenomenon could be attributed to the growing popularity of electric bikes and scooters that are more and more observable on the city streets especially those of Park Extension where a scooter often presents an easier transportation alternative in the boroughs crowded streets.

According to the 2022 Activity Report by the Montreal Fire Department, 24 fires were caused by lithium-ion batteries, although no further details were provided. The document emphasizes, however, that “improper use of rechargeable lithium-ion batteries, which are increasingly present in cell phones, tablets,

laptops, electric scooters, etc., can lead to fires.”

This represents a significant increase compared to 2021 when only 7 fires attributed to lithium-ion batteries were reported. Between 2018 and 2020, a total of 17 such fires were recorded within the city of Montreal, averaging 5.6 per year.

Fires caused by electric scooters or bikes are indeed spectacular and challenging to extinguish. “It’s a fire that is very difficult to put out. It requires a substance that will cool down the battery; water alone is not enough,” explains Jacques Bourdeau, a safety engineer, in a media interview.

Their ideal application is in small electronic devices. The more we push for larger devices, the greater the risks involved. In the case of electric vehicles, Mr. Bourdeau remarks that the risk can be better managed because the battery

elements are not necessarily concentrated in the same location, unlike a scooter, for example, where everything is stored in a confined space.

According to Jacques Bourdeau, the risk is higher if a lithium-ion battery is discharged below a certain threshold. “It shouldn’t be discharged too low,” he says, without specifying the exact threshold. However, he believes the responsibility should lie with the manufacturers, suggesting that there should be a warning, for example, when a scooter battery reaches a critical level.

Although electric scooters are technically prohibited from circulating in Quebec, these types of vehicles have become increasingly popular in recent years.

Stable fire statistics

In 2022, the Montreal Fire Department (SIM) recorded 1303 building fires, including 304

major fires. This represents a slightly higher figure than in 2021 (1245 fires, including 278 major fires), but lower than in 2020 (1385 fires, including 317 major fires). Twelve people lost their lives in fires in Montreal in 2022, one less than in 2021.

Notably, over 20% of fires caused by kitchen equipment occurred in the boroughs of Côte-des-Neiges–Notre-Dame-de-Grâce and Villeray–Saint-Michel–Parc-Extension.

The SIM also responded to over 118 emergency calls, including medical emergencies, triggered alarm systems, and, of course, building fires. In the vast majority of cases (85%), fires are caused by human error or the improper use of equipment. The report indicates that nearly 40% of fires start in the kitchen, and “one in four fires is caused by smoking materials or open flames.”

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Shortage of Teachers: Minister Drainville Appeals to Retired Educators

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Minister of Education, Bernard Drainville, is making a plea to retired teachers in response to an unprecedented shortage of educators. He is calling on them to lend their support for the upcoming school year, although he cannot currently guarantee the same financial incentives that were previously available. Drainville recently announced that he will

be sending a letter in early June to all retirees who taught at the preschool, primary, secondary, and college levels within the past five years.

In this context, the minister is inviting them to express their interest in providing assistance to the education system by substitute teaching, filling teaching positions, or undertaking other tasks.

“Financial incentives may apply, depending on the provisions in place within the various educational organizations,” the minister adds.

“A flawed initiative”

The teacher unions commend the initiative but criticize its flawed design, particularly due to the uncertainty surrounding financial incentives.

Since fall 2020, retired teachers who wish to return for substitute teaching have been able to receive payment at the maximum of their salary scale without it affecting their retirement benefits.

However, this measure is set to expire at the

end of June, and there is currently no indication of its extension for the 2023-2024 academic year, as it was not included in the recently submitted budgetary rules for consultation within the education system.

The unions believe that Quebec should prioritize measures aimed at alleviating the daily workload of teachers in order to improve retention. According to Ministry of Education figures, over 8,600 teachers have retired in the past five years.

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Francisation Quebec: Quebec expects an increase in enrolment in French courses

Effective June 1st, Bill 96 is challenged in court

FRANCISATION QUÉBEC

PORTE D'ENTRÉE POUR LES SERVICES D'APPRENTISSAGE DU FRANÇAIS

Votre gouvernement Québec

Companies to declare workers' french skills

Companies that have between five and 49 employees will have to start declaring the proportion of their workforce that is "unable to communicate in French." The proportion of a company's French-language proficiency will be made public in the business register.

The new rule applies not only to new companies, who must disclose this information in their declaration of registration, but also to existing companies when they do their annual update declaration.

The government defines being able to communicate in French as having the ability to perform tasks in French.

"Depending on an employee's job category and the tasks assigned to him, this ability can be assessed in the context of verbal or written exchanges with colleagues, superiors or customers," according to the government.

"Communicating in French implies, for example, having the ability to understand work instructions, to attend meetings, to take training, to write or share work documents (memos, reports, forms, etc.) and serve customers in French."

Jean-François Roberge, the minister responsible for the French language, said Quebec's language watchdog, the Office québécois de la langue française (OQLF), will help enterprises with this requirement.

The Canadian Federation of Independent Business has said it worries Bill 96 will create more of a burden on small businesses that are already struggling.

(PXN) On June 1, 2022, Quebec's Bill 96 became law, which brought sweeping changes to the Charter of the French language.

The controversial law, which limits the use of English in certain settings, was designed to protect the use of French in Quebec, but since it was passed it has prompted protests, court challenges,

and concern from groups representing English-speaking Quebecers.

Parts of the new law will come into effect on June 1, the one-year anniversary of the bill receiving royal assent.

Here is a quick summary of some of the changes that are coming.

► Continued on page **9**

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FRANCISATION Québec

Services for new immigrants

New immigrants to Quebec will be given a grace period before provisions of Bill 96 directly affect them. New immigrants must receive government services exclusively in French six months after their arrival in Quebec.

The government also warns people who are thinking of moving to Quebec permanently that their “knowledge of French will be taken into account in the selection process” and their French-language proficiency will be required for some immigration programs for those wishing to transition from temporary to permanent status.

New portal for learning French

As of Thursday, anyone wishing to improve their French-language skills will be able to register with the government’s new online portal. The Francization Québec portal will be available to new arrivals, future immigrants who want to learn French before their arrival in Quebec, workers and Quebec residents who don’t speak French.

“In 2017, the Auditor General had said that the organization of francization services was a real fiasco,” Frechette said after announcing the initiative.

Certain contracts must be in French first

Bill 96 also changes how certain contracts are handled in Quebec. Starting on June 1, adhesion contracts (contracts that are drafted by a single party and are non-negotiable) can only be signed in a language other than French when a French version was also first presented. An example of adhesion contracts

include insurance policies, terms of service, and franchise agreements.

Previously, it was standard practice to present a contract in English as long as there was a clause stating that the parties requested an English-only document, as noted by the business law firm McMillan, which operates in Montreal.

Language of civil administration

With the goal of promoting French, Bill 96 will require the civil administration to use French “in an exemplary manner,” according to section 13.2 of act. This applies to government ministries and agencies, municipal organizations, health and social services organizations, and educational organizations, with some exceptions.

Exceptions include people eligible to receive education in English, Indigenous peoples, immigrants who have been in Quebec for less than six months, tourist services, and when the government is providing services outside of Quebec.

Provincial civil servants have been told to check if a client meets at least one of the conditions on a ministry list of criteria before offering service in any language other than French.

Civil servants will determine who meets these criteria relying on clients acting in good faith.

Services in English

Services in English, or any language other than French, can only be provided to a client if:

- The person is eligible to go to an English-language school.
- The person is Indigenous.
- The person has a history of communicating with the institution in question in English prior to May 13, 2021.
- The person receives services outside of Quebec.
- The person is a new immigrant to Canada who arrived in Quebec within the previous six months and is learning French.
- The rules do not apply to municipal agencies.

Bill 96 challenged by rights lawyer Julius Grey

Among the provisions being challenged by Grey are new powers

given to the Office québécois de la langue française to search and seize documents, specifically those that could be protected by legal privilege between lawyers and their clients.

The suit also challenges provisions that require all court documents to be in French, as well as those that do away with requirements for judges to be bilingual. Grey said the latter provisions violate the principle that an accused has the right to be understood by a judge and has the right to understand the legal proceedings.

Also challenged by The Task Force on Linguistic Policy

On Wednesday May 31st. The Task Force on Linguistic Policy filed its legal challenge to Bill 96 in Quebec Superior Court. The application for judicial review and declaratory judgment is being led by Mtre. Michael Bergman.

It’s unknown if Kostantinos Merakos will work on the case.

The application emphasizes the fundamental rights of individuals, and takes issue with the concept of “collective rights” as set forth in Bill 96. The brief points out the Bill imposes a whole new regime and hierarchy of rights whereby “the identity of Québec’s francophone majority and culture takes precedence over the individual identity, language and culture of Québec’s non-francophones.” The consequence being companies can only communicate with the Quebec government in French and only Quebecers who have been educated in English in Canada are permitted to address the government in English.

The brief also challenges the unilateral amendment to the Canadian Constitution recognizing Quebec as a French-speaking nation.

It could take years and cost hundreds of thousands of dollars in legal fees before a verdict is rendered in the lawsuits against Bill 96.

To read more

Importance of French in Québec: quebec.ca/en/immigration/french-in-quebec

Bill 96’s Impact on Franchise Businesses: mcmillan.ca/insights/quebec-bill-96s-impact-on-franchise-businesses/

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A traffic quagmire in Park-Ex

Closure of Jean Talon Street inconveniences drivers in the area



DIMITRIS ILIAS

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

Navigating through Park-Extension in Montreal has become an arduous and challenging experience for motorists. The city's ongoing water pipe replacement project has resulted in the closure of Jean Talon Street, stretching from L'Acadie to

Champagneur. As a consequence, this has created significant disruptions and inconveniences for drivers passing through the area.

The closure of such a crucial roadway has forced motorists to seek alternate routes, leading to increased traffic congestion on surrounding streets. These detours and diversions can significantly extend travel times and contribute to frustration among drivers.

The water pipe replacement project itself aims to upgrade the city's infrastructure and ensure a reliable water supply for residents. However, such large-scale construction projects inevitably bring temporary inconveniences and disruptions to daily life, especially for those relying on the affected roads.

Aside from the longer commute times and increased traffic congestion, the closure of Jean Talon Street can also impact local businesses and residents. The reduced accessibility to the area may deter potential customers from visiting shops and establishments in the vicinity, potentially affecting their revenue.

In addition to the immediate challenges faced by motorists, the construction work can also generate noise, dust, and other inconveniences for residents living near the affected stretch. The construction site may cause disruptions to the daily routines and peace of mind of the local community.

It is advisable for motorists to plan their routes in advance, consider alternative modes of transportation such as public transit or cycling where feasible, and exercise patience while navigating through Park-Ex. Staying informed about the project's progress and any updates provided by local authorities can also help mitigate the difficulties encountered during this period.

Repave L'Acadie, says Deros

City Councillor Mary Deros has been advocating for the repair and repaving of L'Acadie Street in Montreal, highlighting its deteriorated condition and the challenges it poses to motorists. In an interview with Park-Ex News, she expressed her concerns about the state of L'Acadie, emphasizing that it is a major thoroughfare and thus falls under the responsibility of the City Central.

Deros pointed out that the current condition of L'Acadie's asphalt is severely eroded and damaged, making it unrecognizable and difficult to navigate. The road's deterioration not only hampers the driving experience but also poses safety risks to motorists. Given L'Acadie's significance as a main artery, ensuring its proper maintenance is crucial for efficient transportation and the well-being of the community.

The responsibility for the repair and upkeep of L'Acadie Street lies with the City Central, as opposed to the borough. This distinction implies that the borough itself lacks the authority or resources to address the road's issues. As a result, Councillor Deros has been applying pressure on the city administration to take action and allocate the necessary funds to repave and fix L'Acadie.

The deteriorated state of L'Acadie Street not only affects motorists but also impacts the overall accessibility and attractiveness of the surrounding area. A well-maintained road contributes to the smooth flow of traffic, encourages economic activity, and enhances the quality of life for residents and businesses situated along the route.



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Traffic calming in Park-Ex



DIMITRIS ILIAS

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

VSL is announcing the further steps of its traffic calming plan which plans to enhance the tranquillity and quality of life in the neighbourhoods, improving safety for pedestrians and cyclists, reducing the amount of through traffic in residential streets, and implementing measures to limit vehicle speeds.

There is a participatory approach which indicates that the borough's teams are seeking input from the residents and other stakeholders in the area. They want to understand the specific needs and challenges faced by the community concerning traffic and circulation. This participatory approach ensures that the plan takes into account the perspectives and concerns of the people who will be directly affected by the implemented measures.

Parc-Extension (Zones 1-2-3)

A citizen consultation was conducted in the spring of 2022 to gather the community's opinion on proposed traffic calming measures for the neighbourhood. With the feedback received, an enhanced and final version of the Traffic Calming Plan for Parc-Extension is now available.

This plan includes a series of measures aimed at increasing safety during transportation and promoting tranquillity in the

neighbourhood's streets. Among these measures, it is planned to modify traffic directions, improve school markings, add traffic lights, construct more sidewalk bulges, and install speed bumps.

In the short term, by the fall, the following new features will be implemented in the area:

- Construction of 24 speed bumps (Starting in mid-September 2022)
- School zone markings (Starting at the end of August 2022)
 - Saint-Pierre Apôtre School
 - Sinclair Laird School
 - Barclay School
 - Camille-Laurin School
 - Camille Laurin Annex School
 - Barthélemy-Vimont School
 - Barthélemy-Vimont Annex School
 - Lucien Pagé School
- Narrowing markings on Querbes Street, between Beaumont and Ogilvy Avenues
- A new speed limit of 40 km/h on Jarry Street, between Acadie and Saint-Laurent Boulevards (Starting on September 29, 2022) and a school zone speed limit of 30 km/h on Jarry Street, between Wiseman and De L'Épée Avenues (Starting on September 29, 2022)
- Street direction reversals (2023)

- Construction of sidewalk bulges and speed bumps on the arterial network (2023-2024)
- Modifications and additions of traffic lights (2023-2024)

Prior to this, the borough's teams studied the targeted area to understand the mobility needs and challenges. Additionally, local schools, the Montreal Fire Department, the Montreal Police Service, and community organizations were consulted to share their knowledge and vision for the implementation of the Parc-Extension Traffic Calming Plan.

Parc-Extension and Villeray (Zones 4-5-6-7-8-9)

A participatory process is currently underway until June 9, 2023, focusing on the central area of the borough, which includes the Villeray neighbourhood and a small portion of Parc-Extension (Zone 4). Concerned residents are invited to participate in this process and share their ideas and impressions regarding mobility and road safety in their neighbourhood.

Zone 4 is bordered by Durocher Street, Saint-Laurent Boulevard, Crémazie Boulevard, and Jarry Street West. Following this, a traffic analysis will be conducted. The results of the participatory process and traffic analysis will enable the city's team to design the future traffic calming plan for the central area. A presentation of the traffic calming plan is scheduled for the fall of 2023.



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PSYCHOLOGY FOR ALL

by Emmanuel Aliatas, MA, Psychologist

Anxiety Simplified

Growing up with stress and trauma are likely to cause anxiety in the future of anyone's life, especially a child. This is a common trigger for anxiety. Moreover, experiences can trigger anxiety in situations like emotional or physical abuse. This is not a scientific article, but based on personal experience with the disorder many years in my professional office.

Most people believe that anxiety is not a mutually exclusive category and place it simultaneously with many other disorders. This is true in many cases, yet anxiety sits alone as well. It is widely accepted that anxiety is part of depression, and it may well be in many cases, however, it is not always the case. The DSM V has classified anxiety in a category of its own. For example, social anxiety is the awkward feeling one feels in social events like parties. There is also panic disorder that is coupled with anxiety.

Furthermore, there is also generalized anxiety disorder (GAD), a commonly diagnosed anxiety disorder and unfairly in my opinion. The individual experi-

ences GAD when they wake up in the morning to anxiety and it continues throughout the day until bedtime. The anxiety has generalized when it lasts all day and across the spectrum in all situations. In my opinion, it may be the most complicated to work with and has many components attached to it. For example, agoraphobia, panic attacks, and many more than I can state in an article this size.

As stated above, this is not an exhaustive search into the disorder of anxiety, yet it affects so many people in our society attaching itself to stress and trauma. One example I have discovered in my office is toxic workplace anxiety. This is when one is ostracized and bullied in the workplace. This individual often cannot afford to quit one's job, yet they are being harassed by colleagues and/or their boss. They may have a mortgage, children in school, and aging parents. Imagine adding car payments and a newborn on its way with a wife on maternity leave to the mix. This is the perfect candidate to bully and harass

in the workplace, because they need their job so badly. It's a shame this kind of thing happens. If it's happening to you, seek help immediately.

I think it is important to state a few of the common symptoms of anxiety from feeling nervous and tense to experiencing impending danger, panic or doom. Having an increased heart rate, sweating and trembling are also symptoms one may experience if they are having difficulties with this disorder. I would also add that the individual experiencing anxiety is more than likely living in the future and has distanced themselves from the day-to-day activities needed to calm down.

The anxious individual feels like other people can see their anxiety and are looking at them. It feels like the world is either speeding up or slowing down at times, thus it is impossible to live in the moment. Panic attacks and high intensity fear becomes the norm for this person.

Here are a few strategies to help you reduce anxiety. One is deep breathing.

We have such a busy lifestyle today that one is programmed not to stop and breath but rather to produce. Those who have learned to apply this strategy are often taking yoga and certain meditations and finding it very helpful for their anxiety without needing medication. There are individuals who prefer to visit their physician and take anti-anxiolytic medication.

The most effective strategy I have found is just getting out and going to the gym. Exercise is a very important activity for the human body. The benefits are immeasurable. For one thing, it elevates the serotonin in one's system alleviating the symptoms of both anxiety and depression. Just walk into a gym and say hi to some of the people in there. Most have a smile on their face, and it is not for nothing.

Moreover, I would suggest Cognitive Behaviour Therapy. I have found it to be most helpful along with exercise and deep breathing. Remember that if you are experiencing anxiety in any form, there is help. Seek it.


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DIRECT ANSWERS

FROM WAYNE & TAMARA

A PREEEXISTING CONDITION

Q *I am 25 and have been married for two years. This past August I began an affair with my husband's younger brother. I feel just terrible and want to end the relationship, but I feel I am in a hopeless situation.*

The guilt is overwhelming, and I feel I need to come clean with my husband before I can get past what I've done and move on. However, I'm sure you can see the conflict. Since the affair involves someone so close to my husband, I don't know that we could ever get through this.

I don't want to destroy the relationship between my husband and his brother, not to mention that this news would destroy their entire family. I feel like I should divorce my husband, cut off all contact with him and his brother, and live with the consequences of my actions—loneliness, guilt, and the burden of my sins. Can you please help?

Kerri

A Kerri, you want to whip yourself with a cat-o'-nine-tails, but this is not something to whip yourself about. It is something to understand. There is no point in becoming just another miserable person on the planet. Too many people already fit that category. Your affair is not the problem. The problem

started before that, and it involves what you brought to the marriage. When two people have that ultimate love which everyone craves, they never forget who they are married to. Forgetting the other person would be like forgetting their own name.

If you truly loved your husband, you couldn't have done this. If you hadn't done something so severe, he would want to work out your differences. Your reasons for marrying this man were not sufficient to sustain the marriage. So you sought a way out.

If you decide to divorce, you owe your husband an explanation. You may want to tell him you deceived yourself about your feelings for him. If he did nothing wrong, you need to tell him that.

It is up to you whether or not you admit sleeping with his brother. The question is, does he need his brother more than he needs to know what his brother is like?

Perhaps you don't feel worthy of love. If that is the case, you need to explore this issue as well. The marriage you want is the opposite of what you did. Like every other human being, you deserve love, not loneliness, guilt and anxiety. But until you understand why you acted, there is no way to end the cycle of doing wrong, then punishing yourself after the fact.

Wayne & Tamara

SILENCE ACCEPTS

Q *I have been dating Nick for over three years now. He is wonderful. One problem though. His family often makes very racist comments.*

Not just jokes, but mean-spirited comments. I have friends of many backgrounds, and I am deeply offended when I hear these things.

Nick does not have any racist feelings, so he is not part of the problem. At the same time, he never confronts his family about their hurtful comments. By letting his family know how I feel, I risk angering them and having them take it out on Nick, and I'd rather not do that. Should I say something?

Brooke

A Brooke, some years ago I read a remark by the science writer Guy Murchie. He said that no one we see, no matter where they come from, can be less than about a fiftieth cousin to us.

Beyond that, nearly every spiritual tradition condemns this sort of prejudice. When Tamara and I run into this situation, we either speak up, or we get up and leave. People deserve to be judged on their individual merits, and remaining silent denies our common humanity.

You and Nick are serious. You cannot allow this to continue. His family needs to understand that these remarks are unacceptable in your presence.

Wayne

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964

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HOROSCOPE

Week of **JUNE 4 TO 10, 2023**

The luckiest signs this week:
AQUARIUS, PISCES AND ARIES



ARIES

You'll oversee a meeting at work. It'll allow you to show off your skills and get that long-coveted promotion. The full moon will give you something to celebrate.



TAURUS

Summer holidays are coming up fast, at least for your children. This will take a lot of the stress and responsibility off your shoulders and allow you to enjoy the present moment.



GEMINI

You'll spend more time than expected on a project close to your heart. You may need to talk openly about your relationship if there's uneasiness between you and your significant other.



CANCER

You'll make agreements with new clients that will satisfy you. You have a keen eye for detail. This full moon could affect your energy levels; don't overdo it.



LEO

You'll put in extra hours at work, allowing you to bank holiday time. Reward yourself with a bit of luxury.



VIRGO

You'll make important decisions about your professional future and health. You'll try a new routine that aligns with your aspirations and produces results.



LIBRA

The full moon will encourage deep conversations with friends and family. At work, effective communication will help you overcome a difficult situation. You must adopt a healthier diet to improve your well-being.



SCORPIO

You'll suppress your feelings this week. However, talking about how you feel can be liberating. It'll allow you to purge negative emotions and regain a sense of well-being.



SAGITTARIUS

You may discover a mistake on an old bill that helps you solve a budget problem. You may have to renegotiate with a client at work, or they could change their mind.



CAPRICORN

You're full of ideas and initiatives. However, you won't be able to satisfy everyone. The full moon will cause some confusion at work and elsewhere.



AQUARIUS

You may need a second cup of coffee to help you concentrate on all the tasks you have to get done. Confusion will run rampant this week, making it difficult to be understood.



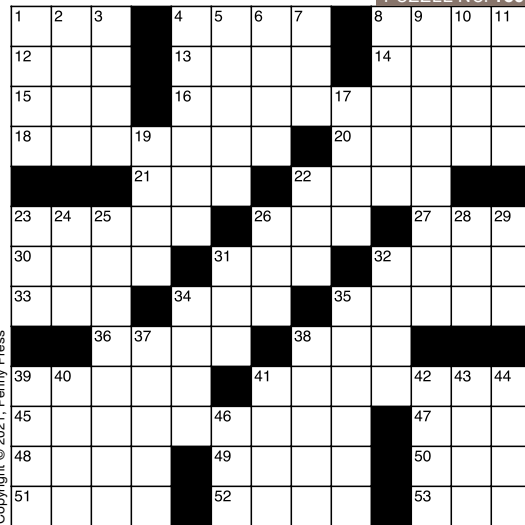
PISCES

The full moon will stress you out! That's why you need to let go, grab a friend and visit a massage therapist or spa to relax.

Coffee Break

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ACROSS

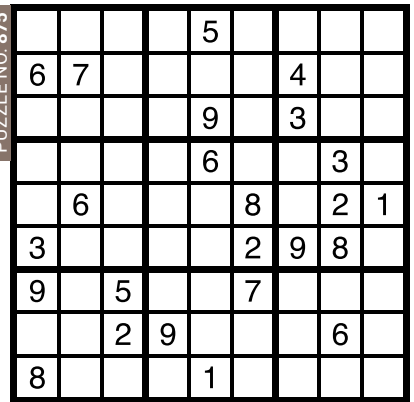
1. In favor of
4. Crib cry
8. Flourished
12. Unburden
13. Sign of the future
14. Audition goal
15. Former
16. Luxury suite
18. Move downward
20. Had
21. Sale notices
22. Marketed
23. Turns
26. Moisten
27. Male child
30. "___ No Sunshine"
31. Trim the lawn
32. Martial art
33. Retrieve
34. Neutral color
35. Believed
36. Amend copy
38. Cathedral seat

DOWN

1. Spur
2. Peeve
3. Probability
4. Motorbikes
5. Hymn finales
6. Rectify
7. Picnic pest
8. Dog's warning
9. Gathers: 2 wds.
10. When all ___ fails...
11. Tidy a garden
17. Owl's comment
19. "You ___ Hurry Love"
22. Embroider
23. Hang down
24. Pizza ___
25. Curiosity
26. Came in first
28. Verse form
29. Doze (off)
31. Gymnasium pad
32. Cheek by ___
34. Tethered
35. Greetings
37. "___ of a Salesman"
38. Heart rate
39. Glass part
40. Say grace
41. Tiger ___
42. Intimidates
43. Dig
44. Time long past
46. Actress West

Sudoku

PUZZLE NO. 875



HOW TO PLAY:

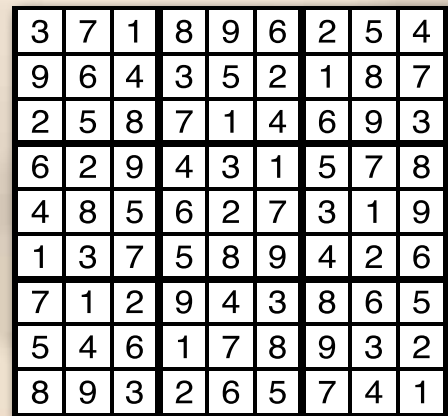
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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



Sudoku



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