

**PROFESSIONAL AUTO BODY REPAIR & PAINTING**

Insurance Work Accepted  
All Work Guaranteed  
Expert Color Matching  
Factory Genuine Parts  
Import Car Specialists  
Major & Minor Repairs

**514 476-4565**

1385, Boul. des Laurentides,  
Local 103, Vimont, Laval

**A2 AUTO**

# Nouvelles PARC-EXTENSION News

Le seul journal de Parc-Extension depuis 1993  
The only paper in Park-Extension since 1993

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

**WAGAR ADULT EDUCATION CENTRE**

Sign up for English or French Classes today!

A CENTRE FOR THE COMMUNITY

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

Commission scolaire English-Montréal  
English Montreal School Board

Adult Education & Vocational Services

**newsfirst**

Vol. 32-02

26 janvier 2024 / January 26, 2024

450-978-9999

www.px-news.com

editor@newsfirst.ca

## Class action lawsuit over thousands of deaths in Quebec's long-term care homes

Page 2

Pages 6-7

PART 1

# YEAR IN REVIEW 2023



**Thinking of *selling* or *downsizing*? I can help!**

**VOULA KOTTARIDIS**  
**(514) 993-5010**  
**AGENTVK@GMAIL.COM**

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

**PROTECTION ROYALE**

**ROYAL LEPAGE**  
HUMANIA CENTRE  
AGENCE IMMOBILIÈRE 450.682.2121

**FREE EVALUATION WITH NO OBLIGATION**



# ZERO UPFRONT

zero concerns

\$  
DOWN



SAMSUNG Galaxy A54 5G

with  
**FIDO PAYMENT PROGRAM**<sup>1</sup>

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

**FOR A LIMITED TIME**

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



A Setup Service Fee of \$60 applies to set up your device and related services. Taxes extra. 1.0% Annual Percentage Rate (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 and an eligible mobile plan are 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, subject to any applicable adjustments to reduce your balance, and the promo credit (if applicable) will end. TMFido and related names & logos are trademarks used under licence. © 2024 Fido

# COVID-19 in CHSLDs: the Superior Court authorizes a class action suit

*About 5,344 residents died in Quebec's long-term care homes*

A Quebec judge has given the green light to a class-action lawsuit that alleges the Quebec government made a series of mistakes when the pandemic began that contributed to large outbreaks and thousands of deaths.

The lawsuit was filed on behalf of all residents of public long-term care homes (or CHSLDs as they're called in Quebec) that experienced major COVID-19 outbreaks between March 13, 2020, and March 20, 2021.

That means there are 118 long-term care homes included in the class-action lawsuit, according to Patrick Martin-Ménard, the lawyer who pushed for the suit to be authorized.

"What happened in March 2020 was not a storm in a blue sky," the lawyer said during a news conference on Tuesday.

## Pandemic plans ignored

All this would not have happened if the administrations of the long-term care homes, would had implemented the health pandemic plans that were created in 2003 and updated in 2006.

"We may not have known what COVID was, but we knew about the risks of a pandemic and we knew about the ways to get ready for one."

The lawsuit in Superior Court alleges that the province's response to the first two waves of COVID-19 was improvised and that a pre-existing pandemic plan was ignored until it was too late.

## Jean-Pierre Daubois is the lawsuit's lead plaintiff

His mother, Anna José Maquet, 94, died at the Ste-Dorothée long-term care centre in Laval, Que., in April 2020. He said his mother suffered due to a lack of care.

"When I saw the conditions in which my mother died, my first reflex was to call the coroner because to me it looked like criminal negligence," Daubois said Tuesday.

About 5,344 people died in Quebec's long-term care centres during the period covered by the lawsuit. Those deaths led to a [public inquiry](#) that was led by coroner Géhane Kamel.

In 2021, the inquiry heard testimony from 220 witnesses including government officials, long-term care home employees, and the loved ones of people who died.

Kamel issued 23 recommendations for the provincial government.

## Arguments

The group argues that the deficiency and neglect of the care and hygiene measures offered to the residents of this CHSLDs had the following consequences: the spread, outbreak of COVID-19 and ultimately caused contamination and deaths of residents of this area. CHSLDs.

During the hearings last September, Mr. Martin-Ménard stated that the CHSLDs Sainte-Dorothée has had the worst outbreak in Quebec, and one



Mr Patrick Martin-Ménard and Jean-Pierre Daubois, representative of the group of plaintiffs.

of the worst on the planet. Through what we learned in this case, we found that there were several failures in terms of preparedness and management.

## At least 10,000 people eligible

Patrick Martin-Ménard, the lawyer leading the class action, said that "at least 10,000 people" are affected by the action, a figure that he said was imprecise, given the difficulty of calculating the number of relatives for all victims.

The class action still has to go to trial, where its lawyers will have to demonstrate the alleged damages in order to win the case and obtain compensation. An out-of-court settlement with the government is also possible.

If the plaintiffs are successful, it will then be possible to register for compensation if you are eligible.

Dominic Perrini, mother died at CHSLD Auclair in May 2020. "The pot blew with COVID-19" because neglect of care for his mother who suffered from Alzheimer's disease was present

long before the pandemic, he said. "My mom died of COVID, but we didn't take care of her," he said.

"It's not a question of money for me [...], but we have to prevent it from happening again," says Daniel Rouleau who also lost his mother.

Mr. Rouleau recalls that he even had to take a ladder to get to the window of his 80-year-old mother's room to see her before she died, while dead bodies were pulled out of the facility one after the other.

## Amounts claimed

For a resident who has not had COVID-19: a basic amount of \$40,000

For a resident who contracted COVID-19 and survived: a base amount of \$40,000, plus a sum of \$60,000

For the spouse of a resident who died due to COVID-19 or gaps in care: \$100,000

For an heir or beneficiary of a resident who died due to COVID-19 or deficiencies in care: \$30,000

The group is also seeking "punitive damages" of \$10 million.



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)

# 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

## Graphic Design:

Lareine Zakhour  
Elena Molter  
Thomas Bakoyannis

## Advertising:

Jean Paul Chamberland

## Editorial Staff:

Martin C. Barry  
Maria Diamantis  
Renata Isopo

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

Member of  Quebec Community  
Newspapers Association  
& Canadian Community  
Newspapers Association

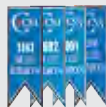
Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL

Printing: TC. TRANSCONTINENTAL

National Representation:

 RÉSEAU SÉLECT  
MÉDIAS PUBLIÉS  
info@reseuselect.ca



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 2024

# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo



### Are Government Decisions in Our Best Interest?

We have been told to do an electrification make over, enticed with tax payer incentives. For example, the government wants to see an overhaul of our current efficient and reliable heating system. It wants us to get rid of our perfectly operating oil or gas furnace, as well as many appliances. We are told to discard those ever so reliable back ups, the wood and gas burning stove and fireplace. Let's all go electric: electric heat pump, electric car, electric range and oven. Is that such a wise choice since at times our electricity grid can not handle our current consumption? One engineer suggests charging one EV at high speed is equivalent to electricity consumed by 106 homes in one hour.

Albertans received an emergency alert at 6:44 p.m. on Saturday, January 13th, from the Alberta Emergency Management Agency, directing citizens to immediately reduce electricity consumption. Despite Artic-like temperatures in that province, residents were forced to reduce their electric heating, and not even plug in their vehicle's block heater. If you drive an EV in Alberta, the mandate went out to not recharge. Facing a shortfall of electricity, our western friends have had to import electricity from Saskatchewan, Montana and British Columbia. Saskatchewan was able to help Alberta thanks to its natural gas fired generators that produce electricity. That is the same natural gas some of our enviro-fanatic leaders in Ottawa are trying to shut down. Wind power and solar panels are nowhere near enough during these bone-chilling periods. And they will happen again and again. Fortunately, former Premier Robert Bourassa had the vision and foresight to dam James Bay in the mid 1970's so that today, Québec is a major hydro exporter, and has all the energy it will ever need, at least until the next ice storm.

Taking its cue from the all-powerful and controlling elitist World Economic Forum, the west has been told to electrify everything. We are encouraged to get rid of our perfectly running and dependable gas-powered vehicles and go EV. And the pressure

is on because this government has legislated the end of the internal combustion engine with different deadlines in force before ICE will be outlawed from manufacturing. Is the government's fanatic push for electric vehicles such a good idea? Hertz has been forced to sell its fleet of 20 thousand Teslas because they are too expensive to repair. The second largest rental company in the world, second only to Enterprise, has had to fill the gap. Hertz bought 20 thousand news gas-powered vehicles. Insurance companies will not repair an accidented electric vehicle with battery damage. It will 'write off' the entire car. As a result, are insurance rates higher for an EV? Absolutely.

The government is not getting it right. Consumers do not want to electrify at this time, and manufacturers are listening. Ford says it loses 36 thousand dollars on every EV manufactured. It has cut in half production of its highly touted F150 Lightning pick up. The Detroit automaker has also paused construction of its EV battery plants. General Motors is now delaying indefinitely its new electric models.

Yes, we will apparently all be going electric at some point, but to legislate a firm concocted schedule is a collision with reality. This is quite obvious today.

Some of you may remember the Urea Formaldehyde debacle, when government offered incentives to insulate your old or new house with it. Canadians in those homes were getting headaches and nausea; something was seriously wrong. Government misled us. Then came another round of incentives, to remove the poisonous insulation. It has now been banned under the Hazardous Products Act since December 1980. What a mess. Ask again whether government decisions are in your best interest.

Japan, Germany, other European countries have hastily embarked on the green environment wagon by closing its coal mines and nuclear energy plants and becoming almost wholly dependent on Russia for its energy.

Then Russia attacked Ukraine and reality hit. These same countries came running to Canada, begging to supply them with LNG, liquified natural gas. The Trudeau government said no to all of them. Europeans suffered as a result and are faring better this winter thanks to increased oil imports from Norway, Europe's largest oil producer, and the reopening of some coal plants as back up. How was this a smart environmental move by Canada?

### Chasing the Votes

It's interesting to watch the Trudeau liberals first chase the Jewish, then the Muslim vote, over the terrorist group Hamas' attack on Israeli settlers. Canadian Jews make up only 1.4%, of Canada's population, mainly in Toronto and Montreal. Muslims are nearly 5% strong in Canada, primarily in Greater Toronto, Québec, Alberta and BC. Where do you think the Liberal support will fall? Following Israeli President Netanyahu's rebuke of Trudeau, one can argue where the Prime Minister's loyalty lies. In any event, the Trudeau Liberals do not want to be seen to be choosing sides. It would mean losing either the Jewish or Muslim vote. So, while mainstream media chronicles the Liberal caucus as split in its decision on whether to support a UN motion accusing Israel of genocide, reports indicate their leader has very craftily placed a group of MPs on one side and the rest on the other. Now the governing party is seen as supporting everyone and no one at the same time.

### Welcome to More Taxes in 2024

As we welcome the new year, Canadians prepare for more federal government taxes as compiled by Canadian Taxpayers Federation. We'll be paying more in CPP contributions, (about \$350.00 more), paying still higher carbon taxes for everyone but Quebecers (about \$910.00 per family), and an extra 5% tax on all alcohol beverages.

You'll know who to raise your glass to on your next cold one.

## 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)

# GET

# 30GB BONUS DATA PER MONTH!

ON SELECT PLANS WITH NEW ACTIVATIONS AND AUTO-PAY

**Limited time only!**

- ✓ NO CREDIT CHECKS.
- ✓ NO TERM CONTRACTS.
- ✓ NO OVERAGES.



**chatr**<sup>TM</sup>  
AUTHORIZED DEALER

- Laval & North Shore**  
*Carrefour Laval & Centre Laval.*
- Greater Montreal**  
*Alexis Nihon, Carrefour Angrignon, Centre commercial Forest, Carrefour de la Pointe, Centre Rockland, Fairview Pointe Claire, Mail Champlain, Place Bourassa, Place Longueuil, Plateau Mont-Royal, YUL airport.*
- Head Office**  
*12053 Laurentien Blvd, Montreal.*
- (438) 992 2002**

Offer subject to change without notice. Taxes extra. <sup>TM</sup> Trademarks used under license ©2023

# YEAR IN REVIEW 2023



## JANUARY 2023

**DIMITRIS ILIAS**

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

January 2023 in Park Extension, Montreal, witnessed several significant developments. Since the fall of 2022, the Villeray–Saint-Michel–Parc-Extension borough has been actively revising its urban planning regulations. This initiative, which began with the adoption of new regulations for special construction projects in October 2022, continued with further amendments proposed in December 2022 and early 2023. These changes, discussed in public meetings, aim to align development and construction projects with ecological transition goals, focusing on enhancing greening, water retention, reducing heat islands, improving energy performance, and elevating the quality of living spaces. The revisions impact regulations on zoning, site planning, architectural integration plans, and conditional uses.



January also saw a significant disturbance in the Montreal metro system, particularly affecting Park-Extension. On January 5th, the Montreal police were put on alert due to incidents on the orange and blue lines, starting with an event involving irritating gas at Parc metro station. Those responsible for these disruptions could face public mischief charges. Rafaël Bergeron, a public relations agent for the SPVM, highlighted the seriousness of these events, noting their impact on a crucial aspect of Montreal's infrastructure.

Transportation developments continued with the introduction of a new reserved lane on rue Jarry, effective January 22nd. This lane, stretching between boulevard de l'Acadie and boulevard Pie-IX, is designated for buses, taxis, and bicycles, marking a step towards enhancing the borough's transportation efficiency.

Lastly, Park Extension, like the rest of Montreal, experienced a notable increase in vehicle thefts, a trend that has been rising throughout 2022. The first three quarters of the year saw a 61.8% jump in thefts compared to the previous year, with 2022 setting a new high for auto thefts in Montreal. While the issue was widespread across the island, some areas, including Plateau-Mont-Royal, downtown, and Westmount-Village Shaughnessy, saw more than a tripling in car thefts. This trend indicates a growing concern for vehicle security in the region.

## FEBRUARY 2023

**DIMITRIS ILIAS**

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

February 2023 in Park Extension was marked by several significant events.

The month began with a dramatic incident on the 4th of December when a power line explosion led to a fire in Park-Extension, as reported by CTV News. This unfortunate event resulted in over 1,500 Hydro-Quebec customers in Montreal losing power, with an additional 2,500 in other areas of the province also affected. Park-Extension experienced several service interruptions, with Daniella Zanetti witnessing the explosion that triggered the fire. Despite the efforts of firefighters, who struggled with snowy conditions, many residents, including Ms. Zanetti, were left without power.



In a positive development for cannabis users, Park-Extension is set to welcome a new Government Cannabis shop. The Société québécoise du cannabis (SQDC) announced the opening of a new store at 895 Beaumont Avenue by the end of spring. This addition will bring the total number of SQDC stores in Quebec to nearly 100. The Park-Ex store will employ between 12 and 15 people, reflecting the broader expansion of legal cannabis accessibility in the area.

A somber note was struck with the news of a tragic domestic incident. Amel Benali, 26, was accused of fatally stabbing her mother in their shared Parc-Extension apartment. Following the incident, Benali was sent to the National Institute of Forensic Psychiatry Philippe-Pinel for an assessment of her criminal responsibility. In a separate altercation, she allegedly stabbed a neighbor, causing non-life-threatening injuries. The circumstances surrounding these incidents remain unclear.

Lastly, the community celebrated the achievements of its black residents in an event organized by Saint-Michel city councillor, Josué Corvil, and attended by Parc-Extension city councillor Mary Deros. Held at the borough headquarters on February 13th, the event showcased the diverse accomplishments of the black community in areas such as arts, sciences, and education, highlighting their significant contributions to Park-Extension.

## MARCH 2023

**DIMITRIS ILIAS**

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

March 2023 in Park Extension was highlighted by several noteworthy developments, impacting both the digital security landscape and the community's engagement with nature and the arts.

A significant move by the City of Montreal, aimed at bolstering cybersecurity, saw the prohibition of the TikTok application on all city-provided mobile devices, including those in the Parc-Extension borough. This decision, as Mayor Valérie Plante emphasized, reflects the city's commitment to maintaining high standards in cybersecurity. The TikTok app was removed from staff devices as part of an ongoing evaluation of the risks associated with the platform. This measure aligns with broader initiatives by counterparts in Quebec and Ottawa, underscoring the priority given to protecting the data of citizens and city staff.

In a green initiative, Parc-Extension announced a new seed borrowing scheme for local gardening enthusiasts. The Grainothèque or seed library, already established at the Le Prévost library, expanded to include branches at the Saint-Michel and Parc-Extension libraries. The borough encouraged residents to participate in this initiative, fostering a sense of community and environmental responsibility.

The realm of public art saw a celebratory moment with the work "Terre en vue," installed in the Parc du Centenaire-de-Parc-Extension in 2021, receiving the Les Arts et la Ville Development Award presented by Télé-Québec. This installation by artist Karine Payette is a playful yet symbolic representation, featuring a panda and a polar bear on a Mediterranean boat, surrounded by dolphins. The artwork,

with its vibrant aluminum figures and water ripple design, not only serves as a play area but also symbolizes the conservation of species and the fragility of ecosystems.



Lastly, the community faced a practical concern related to grocery shopping. A survey released by Dalhousie University's Agrifood Analytical Sciences Laboratory, led by Sylvain Charlebois, revealed that consumers often overlook mistakes in their grocery bills. In Park-Extension, where inflation has significantly impacted residents, these discrepancies between shelf prices and checkout bills have become a costly issue. Charlebois urged residents to be vigilant to avoid losing money due to these errors, emphasizing the need for greater attention to checkout accuracy during times of high food prices.

## RESERVE NOW FOR 2024



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**

# YEAR IN REVIEW 2023



## APRIL 2023

### DIMITRIS ILIAS

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

April 2023 in Park Extension saw a range of issues and initiatives that impacted the community in various ways.

The month started with a pressing concern highlighted by an email sent to Park-Extension City Councillor Mary Deros. A citizen expressed distress over a rampant rat infestation in the neighborhood that had persisted for months. This situation had escalated to the point of creating unsanitary conditions and potential health risks, particularly for children. Residents were increasingly troubled by the presence of rodents, which caused fear, damaged homes, and disrupted the quality of life. Despite efforts involving exterminators, baits, and traps, the community struggled to control the situation and incurred significant costs. The concerned resident urged the city to intervene with professional pest control services to urgently resolve this issue.



In an effort to address the impacts of construction on daily life and economic activities, the City of Montreal announced a Summit on construction sites. This was particularly relevant to Park-Extension, where navigating tight spaces is already challenging without the added frustration of yearly construction. The summit aimed

to bring together various stakeholders, including city representatives, civil society groups, experts, real estate developers, owners, and contractors, to discuss management strategies for construction sites. Notably, only 30% of street work in Montreal is conducted by the City and its boroughs, with the rest managed by other organizations and private companies.



Addressing ecological concerns, Villeray-Saint-Michel-Parc-Extension (VSP) decided to invest \$1 million towards sustainability initiatives. This investment was earmarked for tree planting, stump removal, and maintenance of sidewalk projections, all contributing to the ecological transition of the borough. Tree planting was emphasized for its role in improving air quality, absorbing carbon dioxide, and providing wildlife habitats, while stump removal aimed to enhance environmental aesthetics and soil quality.

Lastly, residents of VSP and Park-Extension looked forward to the annual distribution of free flowers and vegetable plants, scheduled for May 20. This event, organized in collaboration with Ville en vert, aimed to beautify the neighborhood and promote urban gardening. Registration was required, with a form available online from April 24 at noon. Spots were limited and assigned on a first-come-first-served basis, with adherence to the appointment schedule being mandatory.

## MAY 2023

### DIMITRIS ILIAS

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

May 2023 in the borough of Villeray-Saint-Michel-Parc-Extension was marked by a mix of commendations, concerns, and challenges.

The month saw the announcement of the Volunteer Recognition Awards, a significant event celebrating community service. The borough recognized five winners, each receiving an original work by glassblower artist Bruno Andrus. These awards have been a tradition since 2013, with officials selecting four winners from each electoral district for the Volunteer of the Year category, and one winner in the Young Generation (13-17 years) category. Sandra Ponente was the distinguished winner in Park-Extension.



A concerning issue of racial profiling in Park-Extension came to light. According to preliminary data from the STOPMTL.ca platform, a project by the National Institute for Scientific Research (INRS), one in three arrested individuals in Montreal reported experiencing profiling based on appearance or origin. This participatory mapping project aimed to gather more data on arrests, as only a minority of them by the Service de police de la Ville de Montréal (SPVM) were officially logged.

A shocking revelation about the extent of a rat infestation in Park-Extension emerged following a brief phone call to Mrs. Mary Deros' office.



The influx of pictures and videos showcasing hundreds of rats and accumulating waste was alarming, especially considering

rats' nocturnal nature. The fact that they were active in daylight indicated a severe infestation. Deros highlighted the issue of residents feeding animals outside, leading to uneaten food attracting pests. On May 11th, Deros presented an action plan to address the neighborhood's uncleanness, a concern backed by 1,962 citizen complaints in 2022.

Lastly, the borough faced a financial challenge concerning garbage collection costs. A report by the Montreal City Contracts Review Commission warned that continuing services at current rates might soon become unaffordable. Even with reduced collection frequencies, the costs remained high. At a city council meeting on May 15th, officials prepared to award six contracts for waste collection and transportation, including for Villeray-Saint-Michel-Parc-Extension. The costs, however, were 80% higher than expected, posing an additional \$36 million expense over five years for the borough, a situation exacerbated by the lack of competitive offers from private companies.



## JUNE 2023

### DIMITRIS ILIAS

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

June 2023 in Park Extension, Montreal, was characterized by significant transportation and parking challenges, affecting the daily lives of residents and motorists.

The month saw considerable difficulties for drivers navigating through Park-Extension due to the city's water pipe replacement project. This project led to the closure of a major roadway, Jean Talon Street, between L'Acadie and Champagneur. The closure of this vital street caused considerable disruptions, forcing motorists to find alternative routes. This shift resulted in increased traffic congestion on nearby streets, extending travel times and causing frustration among drivers.



In an effort to improve the tranquility and safety in neighborhoods, VSL announced further steps in its traffic calming plan. This plan aimed to enhance the quality of life for

residents by improving safety for pedestrians and cyclists, reducing through traffic in residential areas, and implementing measures to limit vehicle speeds. A key aspect of this initiative was its participatory approach, involving input from residents and stakeholders. This method was designed to understand the community's specific needs and challenges concerning traffic and circulation, ensuring that the plan reflected the perspectives and concerns of those directly affected.

Adding to the community's unease, the Mayor of Parc Extension unveiled a plan to remove approximately 250 parking spaces to create and expand bicycle paths. This decision, made without prior consultation with the citizens, sparked widespread discontent among both residents and businesses. Parking has been a long-standing issue in Parc Extension, and this new development threatened to further aggravate the situation. The area, already known for its limited parking options, faced the prospect of an exacerbated parking crisis, affecting residents, visitors, and local businesses.

A significant community meeting occurred at



407 Ogilvy, where over 100 concerned citizens from Park-Extension gathered. They received disheartening news from public servants representing the City of Montreal: the borough would lose more than 250 parking spaces due to the construction of bike lanes on Ball Avenue,

Querbes Avenue, and De l'Épée Avenue. City Councillor for Park-Extension, Mary Deros, expressed her disappointment in an interview, noting that the decision seemed to be presented as a fait accompli, despite residents' objections and concerns.

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

**Why suffer with infestation!**

All kinds of insects and rodents

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

www.sdextermination.com

# S.D Exterminating Service Inc.

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

550279  
Membre of  
Canadian Association

# Synergizing for a vibrant city center

**DIMITRIS ILIAS**

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

As Downtown Montreal embarks on a major transformation to enhance its city center, the neighboring community of Parc-Extension is also poised to play a key role in this urban revitalization. Reflecting the city's commitment to strengthening vitality and attractiveness, the comprehensive City Center Strategy is a blueprint not only for Downtown but also for its surrounding areas, including Parc-Extension.

## A united front in urban development

The City Center Strategy lays out concrete initiatives focusing on neighborhood highlights, winter season attractions, public safety, cleanliness, and the acceleration of structural projects. These initiatives are crucial for Downtown Montreal, which, like many major cities, faces

challenges such as the digitalization of the economy, the rise of virtual activities, climate change, evolving consumption habits, and the vulnerabilities of diverse populations.

## Addressing the impact of hybrid work models

A significant challenge identified is the decrease in city center traffic due to the adoption of hybrid work modes. This shift has reduced demand for office space and decreased foot traffic in businesses, posing risks to the economic and cultural vibrancy of Downtown Montreal. Immediate action is deemed essential to ensure the long-term economic, social, and cultural resilience of these areas.

## Three priorities, nine projects: a roadmap for revitalization

The City Center Strategy is ambitious, with three core priorities and nine projects aimed

at shaping the future of the city center. These include:

- **Highlighting Neighborhood Identities:** Strengthening and promoting the unique characteristics of neighborhoods like Parc-Extension.
- **Deploying Winter Entertainment and Urban Attraction Strategies:** This includes propelling areas such as the Latin Quarter and integrating vibrant urban mixes into the city's fabric.
- **Creating Sustainable and Inhabited Neighbourhoods:** The plan envisions new residential areas in the Faubourgs and Bridge-Bonaventure sectors, consolidating the city center's position in key sectors like life sciences, health, technology, and creative industries.

## A focus on sustainability and livability

Investments are prioritized in existing build-

ings, with an emphasis on creating green, pleasant, and safe routes. The development of the International District's third phase and the deployment of new active mobility zones are also on the agenda, alongside efforts to enhance the cleanliness and maintenance of public spaces.

## Living the city center experience

The strategy underscores Downtown Montreal's vast offerings, encouraging people to choose it as a place to live, work, study, innovate, shop, and enjoy leisure activities. Inspired by discussions with key stakeholders and aligning with flagship documents like Montréal 2030, the City Center Strategy is a testament to integrated urban planning. Its implementation, in consultation with downtown partners, government bodies, and communities like Parc-Extension, will be marked by public announcements as the projects progress, ensuring a cohesive and inclusive approach to urban development.

# Academic catch-up plan stumbles amid staff shortages and voluntary participation challenges

## Quebec's ambitious \$300 million plan faces hurdles in implementation

**DIMITRIS ILIAS**

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

In the wake of a significant strike that left students academically behind including those from the borough of Park-Extension, the Quebec government, led by Education Minister Bernard Drainville, launched a \$300 million catch-up plan. Aimed at mitigating the impact of up to five weeks of missed school, the initiative hinges on voluntary teacher participation. However, an internal survey reveals a startling lack of volunteers, casting doubts on the plan's effectiveness.

## Volunteer shortage

Despite the incentive of overtime pay, the plan's reliance on voluntary teacher participation is facing a critical challenge. A survey by the Fédération québécoise des directions d'établissement d'enseignement (FQDE) indicates a stark disparity in volunteer numbers across schools, with some having no volunteers at all. Nicolas Prévost, president of the FQDE, notes that the situation is

"more negative than positive," with many students unlikely to receive remedial services in the short term.

## Alternatives and challenges

The FQDE suggests that teaching students might assist post-university session, but the priority remains filling vacant positions. Moreover, the plan's component of offering specialized services to struggling students is hampered by recruitment difficulties. Nicolas Prévost underscores the challenge: "It's extremely difficult to find people to put the services in place," despite the availability of funds.

## Implementation during school hours

Most catch-up activities are slated to occur during school hours, including class time and lunch breaks, due to the limited organization of recovery activities outside these times. The Montreal Association of School Directors acknowledges the "variable geometry" of the situation, with staff shortages in some areas requiring reliance on other

staff members. Kathleen Legault, the association's president, expresses uncertainty about finding resources for all needy students.

## Mixed reception among educators

The plan, while generally well-received for its flexibility, elicits mixed reactions from teachers. Some are eager to help and appreciate the opportunity for additional income, especially after unpaid strike weeks. However, others view additional efforts as inconsistent with the strike's demands, highlighting the already high workload. Additionally, logistical issues like the lack of available premises due to daycare services pose further problems.

## Awaiting a fuller picture

The Autonomous Education Federation has reserved comment, awaiting a more comprehensive understanding of the situation. Minister Drainville's office urges patience and avoids drawing hasty conclusions, anticipating a more detailed report from school service centers. They encourage exploring alternatives, like employing

retired teachers and teaching students.

## Plan highlights

Despite these challenges, the plan's key measures include:

- Tutoring during class hours.
- Specialized help for students in difficulty.
- A two-week delay in the 2nd stage bulletin.
- Lighter ministerial exams (reduced weighting and content).
- Increased resources for community organizations.
- Free summer courses.
- Total Budget: \$300 million.

As Quebec grapples with the aftermath of a prolonged strike, the ambitious catch-up plan confronts significant obstacles, chiefly the scarcity of volunteer teachers. Balancing the need for immediate remedial action with the realities of staff availability and logistical constraints poses a complex challenge for the education sector. The situation remains fluid, with the government and educational institutions seeking viable solutions to ensure that no student is left behind.



# "Financially unsustainable system"

## Call for greater investment in home care over CHSLDs

**DIMITRIS ILIAS**

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

In a striking assessment of the elder care system, Joanne Castonguay, the Commissioner of Health and Welfare, has called for a significant shift in the government's approach to caring for the elderly. In her pointed critique, Castonguay asserts that the current focus on CHSLD accommodations is unsustainable and inefficient, urging for a pivot towards more home care services to meet the challenges posed by the rapidly aging population including the seniors of our borough of Park-Extension.

Releasing her fourth and final evaluation on the performance of home care services today, Castonguay paints a concerning picture of the current state of elder care. Despite the growing needs of the elderly, the long-term care and service system managed to deliver only 116.7 million hours of care in 2023, barely over a third of the actual requirement. This shortfall is expected to widen in the near future, given the demographic trends.

A striking revelation in her report is the disproportionate spending on CHSLD accommodations. These facilities account for a staggering 62% of long-term care expenditures, yet cater to only 16% of the users. This mismatch highlights a misallo-

cation of resources, underscoring the need for a strategic redirection of funds.

Castonguay also criticizes the lack of uniformity and coherence in the existing elder care programs. The varying criteria across programs create unnecessary barriers to access, making it difficult for seniors to receive the care they need. To address this, she recommends the establishment of regional offices, aiming to streamline and simplify the process of accessing services.

In a further recommendation, Castonguay urges policymakers to reevaluate the tax credit system for home care maintenance. The current system, she argues, is biased towards senior residences (RPA), inadvertently disadvantaging those who opt for home care. This recommendation is part of a broader call to reorient the elder care system towards more personalized and home-based solutions.

In summary, the Commissioner's report serves as a wake-up call for a systemic overhaul of elder care. Prioritizing home care and addressing inefficiencies in the current system are essential steps towards a more sustainable and effective care model for the aging population.





**SÉCURITÉ SPARTAN SECURITY**

**25 years at your service!**

**(514) 289-8585**

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

**24 HOUR MONITORING**

**A COMPANY YOU CAN TRUST**

- Burglar
- Fire
- Cameras
- Intercoms







# DIRECT ANSWERS

FROM WAYNE & TAMARA

## BEEN THERE, DONE THAT

**Q** Fourteen years ago I was divorced from my second wife, her idea. I'll call her Kay. But I never lost my love for her. She married again and had two children. We always remained friends, however my new wife could not relate to that, so contact via any manner was limited.

Kay divorced again about four years ago, and my wife just passed away recently. Kay sent her condolences and that has led to a meeting for coffee in the near future. First, I feel guilt because my wife's passing is not even a month old, and my heart is buzzing for Kay. Second, my heart tells me I could live with Kay for the rest of my life, but my intellect tells me I would be a fool to now raise the two kids of the man she left me for.

I feel if I ever commit myself to Kay, I may regret the children, and our relationship would be ruined. I also feel if I don't commit myself to Kay, I may regret losing the woman I never stopped loving.

Keith

four beat rhythm like the rapid roll of a drum. Our friend saw the potential in this horse, but no matter how much she worked with him, she could not make him achieve that potential. She experienced one more thing. This was a dangerous animal. A less accomplished rider might have been seriously injured. Finally, she had to admit the horse's flaws and let him go.

In your imagination there is something about Kay which allows you to deny the reality of her actions. You wooed Kay, you were engaged to Kay, you legally married Kay, and she left you for another man. You might call her children the children of another man, but they are her children. They came out of her body. The children are completely innocent.

Until you can get this turned around in your head, you need to consider whether to even meet Kay. The term which describes what you are doing is displacement. It means transferring emotion from the original object to a more acceptable substitute. The loathing you feel for Kay's children is really the loathing and anger you feel toward Kay for leaving you.

Put the blame where it belongs. It doesn't belong on the children, it belongs on Kay. Kay is looking out for Kay. Like our friend with the Paso Fino, you need to admit Kay's flaws and let her go.

Wayne & Tamara

**A** Keith, a friend of ours is a superb horsewoman. A few years ago she acquired a stunningly beautiful, gray Paso Fino horse. She knew he had been mishandled and abused by a string of previous owners. This horse had the characteristic gait of the Paso Fino. When he walked slowly forward, his hooves beat the ground in a perfect

## HE LOVES ME NOT

**Q** Me and my boyfriend recently split up. It was amicable, but he turned nasty, said he hated me, and erased me from his phone.

Then he decided he would like to be friends. To make matters worse, he keeps telling me he misses me and still loves me. I feel like he's messing with my head. Is there any advice you can give me in order to either get him back or to move on? I feel like he's playing games.

Alice

**A** Alice, your ex-boyfriend has you pulling petals from a daisy. With the first you say, "He loves me." With the second you say, "He loves me not." He has you wondering which answer the final petal will yield. He has you playing games.

With a true love the flower isn't destroyed. All the petals are intact. But when someone makes you play this game, know that the final petal always is, "He loves me not." Accept the answer and move on.

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com))

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

or email: [GetInTouch@WayneAndTamara.com](mailto:GetInTouch@WayneAndTamara.com)

[WAYNEANDTAMARA.COM](http://WAYNEANDTAMARA.COM)

## WE BUY GOLD AND DIAMONDS

450-681-1363

- For over 38 years -

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

Mon. to Wed. - 10am to 5:30pm

Thurs. and Fri. - 10am to 7:00pm

Saturday - 9am to noon

Sunday - Closed

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

Same address since 1989

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



# CLASSIFIEDS • CAREERS • JOBS

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

## APPEL DE CANDIDATURES GÉNÉRAL

Gouvernement du Québec

### FORMATION DU PREMIER CONSEIL D'ADMINISTRATION DE SANTÉ QUÉBEC

Le gouvernement du Québec est à la recherche de personnes indépendantes, expérimentées et qualifiées pour agir à la présidence ou à titre d'administrateurs et administratrices du conseil d'administration de Santé Québec en vertu de la *Loi visant à rendre le système de santé et de services sociaux plus efficace*.

De plus, le gouvernement du Québec sollicite des candidatures afin de procéder à la nomination d'administrateurs et administratrices à titre de membres ayant une expérience pertinente à la prestation de services de santé et de services sociaux.

En plus de correspondre aux profils de compétence, d'expertise ou d'expérience déterminés, les candidats et candidates doivent avoir une excellente connaissance du réseau de la santé et des services sociaux québécois ainsi que de son mode de fonctionnement. Les personnes nommées par le Conseil des ministres se verront confier un mandat d'une durée maximale de quatre ans.

Cet appel de candidatures permettra aussi de constituer une banque. Cette dernière sera utilisée lorsque des sièges seront vacants au sein du conseil d'administration de Santé Québec.

Vous souhaitez faire une différence dans la gestion du réseau de la santé et des services sociaux? Veiller à l'accomplissement de sa mission au bénéfice des usagers et usagères et de la collectivité québécoise? Faites-nous parvenir votre candidature avant 17 h, le 9 février 2024.

Pour en apprendre davantage sur les profils recherchés ou pour savoir comment soumettre votre candidature, visitez : [www.emplois-superieurs.gouv.qc.ca/PostesOfferts](http://www.emplois-superieurs.gouv.qc.ca/PostesOfferts).

Québec

## ICE STAMP AND STOPPERS

FOR bring your own wine RESTAURANTS

Your customers will not forget you



[mediatrek.ca](http://mediatrek.ca) | (450) 978-0070 | [info@mediatrek.ca](mailto:info@mediatrek.ca)

# Calculation of rent adjustment in 2024

The Tribunal administratif du logement has established the applicable percentages for the calculation of rent adjustments in 2024, in accordance with *the Regulation respecting rent-fixing criteria*. These percentages are used to determine the amounts allocated to each of the components of the calculation based on the actual expenses incurred for the building or dwelling in question.

In accordance with the *Regulation respecting rent-fixing criteria*, the following components of the Consumer Price Index (CPI) for Québec as a whole were used to determine the applicable percentages:

- Electricity: CPI Electricity
- Gas: IPC Gaz naturel
- Fuel oil and other energy sources: CPI Fuel oil and other fuels
- Maintenance Costs: IPC Owner's Maintenance and Repairs
- Building Service Fee: IPC Services
- Tenants' personal service fees: IPC Health Care Services
- Management Fee: CPI Rent
- Revenu net: IPC Loyer

For capital expenditures, the average administered interest rates of Canadian trust companies, during the reference period, on 5-year guaranteed investment certificates is increased by 1%. These rates are published in the Bank of Canada Review.

It is not until Statistics Canada has released the consumer price indexes for December that the Tribunal can proceed with the calculation of the applicable percentages. Indeed, the methodology provides for the 12 months of the previous year to be taken into account. Statistics Canada released data for December 2023 today.

**Table 1: Percentages Applicable to the Rent Adjustment Calculation**

Components of Rent	Percentages applicable in 2024	ATTENTION These applicable percentages are not average estimates of increase.
Electricity	2,8 %	
Gas	-7,3 %	
Fuel oil and other energy sources	-10,0 %	
Maintenance Costs	7,5 %	
Service Fees	5,3 %	
Service Fee Attached to the Person even tenants (Private Seniors' Residence)	6,6 %	
Management Fees	5,6 %	
Net income	3,9 %	
Capital Expenditures	4,8 %	

## Right to refuse

In Quebec, landlords and tenants are free to agree on a rent increase that everyone considers satisfactory. The tenant also has the right to refuse the rent increase submitted by the landlord. In the event that both parties are

unable to agree on an increase in rent (or any other change to the lease), the landlord must, within one month of the tenant's response to the refusal, apply to the Tribunal to amend the lease. It is important to note that in the case of a building that has been built for five years or less, a tenant who refuses a rent increase must vacate their unit at the end of the lease if Section F of the lease mentions this restriction (check box).

## Available tools

To facilitate an agreement on the rent adjustment, the Tribunal is making a calculation tool available on its website ([www.tal.gouv.qc.ca](http://www.tal.gouv.qc.ca)). In addition to this electronic form called Calculator 2024, a PDF version of the form can be printed from the website. These simplified calculation tools make it possible to establish the rent adjustment, taking into account the variation in municipal and school taxes, insurance, major improvements, as well as all the operating costs of the building.

It is important to note that the simplified calculation tools do not provide for certain specific situations that could be dealt with at a Tribunal hearing, such as the implementation of a service that results in new operating expenses, or the presence of an expense that does not benefit all the occupants of the building.

## To understand the application of percentages

For example, the Tribunal presents a fictitious calculation scenario that provides a better understanding of the application of *the Rent Fixing Criteria Regulation*. **PLEASE NOTE:** This example does not take into account the specificities of each building and each dwelling.

Operating income and expenses for a building may warrant a rent change that is separate from this example calculation, especially if the building has undergone major renovations.

It is therefore important to note that the use of the online calculation tool is necessary to obtain a more accurate estimate of the fit.

**Table 2: Mock Calculation Scenarios**

Calculation examples		Monthly rent before calculation: \$1,000				
Type of accommodation	Estimation average Adjustment basic in %	New rent monthly after calculation from Adjustment basic	Estimation average Adjustment basic with add-on an increase Taxes Municipal	New rent monthly after calculation of the increase Taxes Municipal	New Rent monthly after calculating Major works Example: \$5,000 invested in the housing only (4,8 % = 4,00 \$ par \$1,000 so adding 20,00 \$)	Percentage Adjustment After Calculation taxes and of the works Major
Unheated accommodation	4,0 %	1 040 \$	4,6 %	1 046 \$	1 066 \$	6,6 %
Heated accommodation						
Electricity	4,0 %	1 040 \$	4,6 %	1 046 \$	1 066 \$	6,6 %
Gas	3,3 %	1 033 \$	3,9 %	1 039 \$	1 059 \$	5,9 %
Oil-fired	1,6 %	1 016 \$	2,2 %	1 022 \$	1 042 \$	4,2 %

The average baseline adjustment estimate is calculated from the proportions observed in 5,789 calculations made by the Tribunal in 2022 and 2023.

## Court cases

From 2015 to 2023, the Tribunal granted an average rent adjustment of 3.4% in cases that were heard at hearings, taking into account the capital expenditures presented to it.

*As of January 15, 2024 and December 31, 2023 for the inflation rate.*

The years are the reference period for the calculation of the rent adjustment and not the year in which the calculation was made. The percentages granted take into account all components of the rent, including taxes (municipal and school) and insurance. However, the results without capital expenditures do not take into account major expenditures attributed to the building or dwelling unit in question. The number of decisions is the number of calculations used to determine the average rent adjustments granted for each of the reference years.

**Table 3: Average rent adjustments granted by the Tribunal from 2015 to 2023**

YEAR	NO CAPITAL EXPENDITURE					ALL OF CASE WITH CAPITAL EXPENDITURES	Number of DECISIONS	INFLATION RATE
	HEATED ACCOMMODATION			UNHEATED ACCOMMODATION	ALL CASES			
	ELECTRICITY	GAS	FUEL OIL					
2015	1,6 %	2,6 %	2,4 %	1,8 %	2,2 %	3,5 %	2 831	1,1 %
2016	1,7 %	1,3 %	-1,9 %	1,7 %	1,5 %	2,6 %	2 062	0,7 %
2017	1,2 %	1,0 %	-1,6 %	1,4 %	1,2 %	2,3 %	1 184	1,1 %
2018	1,2 %	1,4 %	2,7 %	1,5 %	1,4 %	2,9 %	1 524	1,7 %
2019	1,0 %	1,1 %	4,2 %	1,2 %	1,2 %	2,8 %	1 412	2,1 %
2020	1,9 %	2,8 %	1,3 %	1,9 %	2,2 %	4,2 %	2 273	0,8 %
2021	1,0 %	0,9 %	-1,2 %	1,4 %	1,3 %	3,1 %	983	3,8 %
2022	2,4 %	3,4 %	5,0 %	2,8 %	2,9 %	3,7 %	2 737	6,7 %
2023	3,5 %	6,1 %	10,6 %	3,5 %	4,6 %	5,8 %	3 052	4,5 %

## PROFESSIONAL AUTO BODY REPAIR & PAINTING

1385, Boul. des Laurentides, Local 103, Vimont, Laval

**514 476-4565**

**A2 AUTO**

Insurance Work Accepted • All Work Guaranteed  
Expert Color Matching • Factory Genuine Parts  
Import Car Specialists • Major & Minor Repairs

# HOROSCOPE

Week of JANUARY 28 TO FEBRUARY 3, 2024

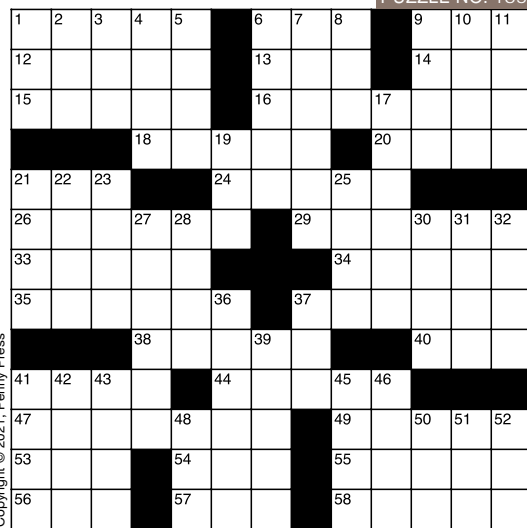
The luckiest signs this week:  
SAGITTARIUS AND CAPRICORN

- 
**ARIES**  
 This week will be marked by big responsibilities, both at work and at home. You'll strive to keep your space spotless, which will bring you great satisfaction. It will also help you be more efficient in your daily life.
- 
**TAURUS**  
 You'll have a boost in self-confidence, which will pave the way for significant progress in your professional and personal life. You'll have the opportunity to stand out and be recognized in your community.
- 
**GEMINI**  
 Whether you're single or in a relationship, you'll experience love at first sight and feel an unprecedented level of affection. You'll learn of a birth in the family, which will be a source of great joy.
- 
**CANCER**  
 You'll expand your network of friends and professional contacts. Your great communication skills, at work or elsewhere, will enable you to establish fruitful agreements and resolve disagreements that were undermining the smooth running of activities.
- 
**LEO**  
 Before making a major purchase, carefully assess your budget and determine if this expense is necessary. If you're patient, you'll be more satisfied and score a better price.
- 
**VIRGO**  
 Get ready for an eventful week! A few unforeseen circumstances could arise. At work, you'll be delighted to get a promotion. This will help you feel more secure in your future or allow you to embark on a new life path.
- 
**LIBRA**  
 Sometimes you must take a step back to see things from a new perspective and achieve a remarkable feat. The artist in you will be dazzlingly creative! You could also get involved in a charitable cause aimed at bettering society.
- 
**SCORPIO**  
 Your friends will invite you to take part in a fun activity or trip. You'll have a brilliant idea, which will offer a partial solution to your financial problems, if you have any. Trust the experts in this field.
- 
**SAGITTARIUS**  
 You'll organize an event that will attract many people. Both at work and at home, you'll successfully handle an urgent situation. You could have the opportunity to celebrate a success.
- 
**CAPRICORN**  
 New knowledge will deeply inspire you and contribute to your transformation. You'll explore a new spiritual dimension or start a new ritual that brings great joy to your life.
- 
**AQUARIUS**  
 Your emotions will be palpable this week. This could lead you to have deeper conversations with those closest to you. You'll experience a form of enlightenment that opens you up to new possibilities and gives you a unique experience.
- 
**PISCES**  
 You must take time to think before making a crucial decision. If you want to reach your professional goals, you must make changes to move in the direction you want and experience satisfaction.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 165



Copyright © 2021, Penny Press

### ACROSS

1. Trophy, e.g.
6. Fireplace dust
9. Specialist
12. Cowboy show
13. Couple
14. Congressional act
15. Prepare to propose
16. Perform surgery
18. Signal light
20. Watches carefully
21. Not on
24. Geeks
26. Of formal attire
29. Sheets of wood
33. Passed out cards
34. Winter forecast
35. Weekly TV show
37. Sewing implement
38. "Hamlet," e.g.
40. Drink daintily
41. Out of danger
44. Stationer's item

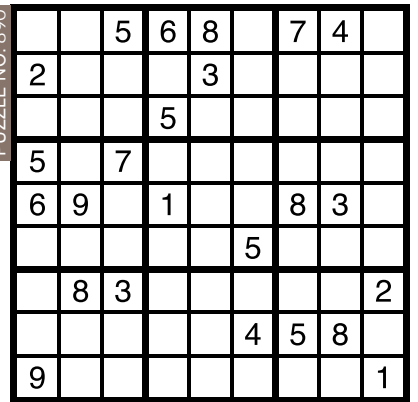
### DOWN

1. Biblical ship
2. Succeeded
3. Popular thirst-quencher
4. Great Barrier
5. Raggedy Ann, e.g.
6. Love a lot
7. Excellent
8. Work in the garden
9. Have fun
10. Rank

11. Is indebted to
17. Secondhand
19. At least one
21. Bettor's numbers
22. Independent
23. Have cold feet
25. Medicine amount
27. Pool chutes
28. Night light
30. Maroon and ruby
31. Sandwich spot
32. Dance movement
36. Suit features
37. Short rest
39. Brands
41. Went very fast
42. Friendly nation
43. Reputation
45. Declines
46. Seldom seen
48. Casual top
50. Boot tip
51. Stashed
52. Sneaky

# Sudoku

PUZZLE NO. 890



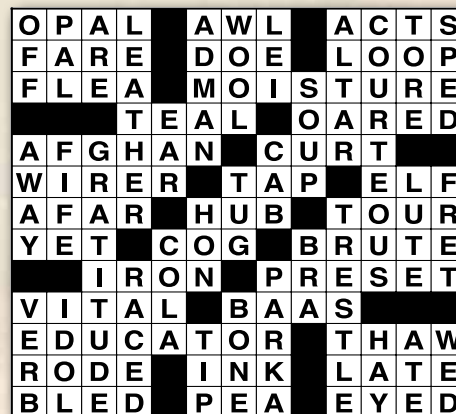
### HOW TO PLAY:

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

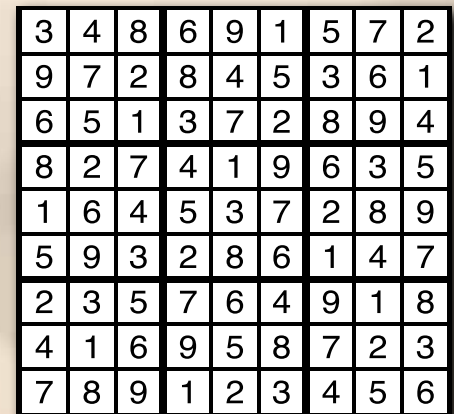
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

### Last Issues' Answers

## CROSSWORDS



## Sudoku



Doctor Dan Munteanu

## PROMOTION ON DENTAL FULL-ARCH IMPLANT-BORNE SOLUTIONS

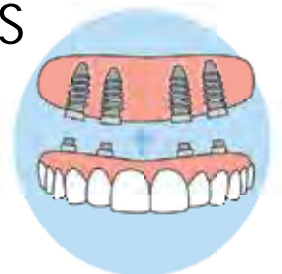
Upper or lower maxillary  
**Fixed in Zirconia (Pro-Arch)**

Exceptional price: \$8464 and \$389/month for 24 months for a total of \$17800. Regular price \$28000.

Upper or lower maxillary  
**Snap-on removable (Novaloc)**

Exceptional price: \$7800 and \$250/month for 12 months for a total of \$10,800. Regular price \$15000.

\*Included: Minimally invasive guided procedure, temporary restoration, Straumann implants, lab fees, final restoration in zirconia or porcelain on metal for fixed and milled acrylic for Snap-on. Not included: Extractions, Bone or gum grafts if necessary. Conditional to financing and case approval. Exceptional price ends May 5, 2024



**Dr. Dan Munteanu**  
DMD, General Dentist  
More info at [www.blancdentaire.ca](http://www.blancdentaire.ca)





# BASKET OF *Fruits and Vegetables*

16 to 20 VARIETIES

## THURSDAY ONLY from 10am to 7pm

In-Store with no reservations needed!

Fresh of the day at amazing prices!

Reserve yours today!



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

*Fresh products!  
Nice variety!  
Excellent value!*

### THIS WEEK'S BASKET:

- Strawberries (2 packs)
- Spinach (Organic)
- Brussel Sprouts (454g)
- Broccoli
- Green Peppers (2)
- Sweet Purple Longevity Potatoes (2)
- Potatoes (~2.5lbs)
- Garlic (Spain)
- Fennel
- Romaine Hearts (3)
- Small Onions (6-8)
- Avocados (2)
- Rocha Pears (3)
- Kiwis (3)
- Oranges (3)
- Bananas (4)
- Pineapple

Our weekly customers

**save**  
up to **\$1,700**  
per year

**(514) 244-9885**  
panierdufermier@gmail.com

VISITOURFACEBOOKANDINSTAGRAMPAGE!

@PANIERDUFERMIER

**Ville Saint-Laurent**  
(Action Sport Physio)  
3300 Boul. de la Côte-Vertu  
Local 110, H4R 2B7

**Pointe-aux-Trembles**  
(Aux p'tits bœufs)  
12522 rue Sherbrooke Est  
H1B 2Y7

**Montréal-Ouest / NDG** (Action Sport Physio)  
14 Westminster Ave N, Local A, H4X 1Y9

**Mercier-Est**  
(Ô Poids Vert)  
8874 Rue Hochelaga, H1L 2N2

**Montréal-Est: Hochelaga /  
Mercier / Nouveau-Rosemont**  
(Action Sport Physio)  
6072 Sherbrooke St E  
H1N 1C1

### 2 EASY STEPS:

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

**PANIERDUFERMIER.CA**

