


 Votre conseillère de Parc-Extension, toujours à votre service  
 Your city councillor in Park-Extension, always at your service  
**MARY DEROS**  
 Conseillère du District de Parc-Extension  
 514 872-3103 | mary.deros@montreal.ca  
 405, ave. Ogilvy #103, Montreal QC H3N 1M3

# Nouvelles PARC-EXTENSION News

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

**NOW ONLY 5 STOPS AWAY FROM PARC METRO (92 or 93 bus)**  
**WAGAR ADULT EDUCATION CENTRE**  
 Sign up for English or French Classes today!  
 A CENTRE FOR THE COMMUNITY  
  
**ONGOING REGISTRATION** 110 rue Jean Talon Ouest, Montréal, H2R 2X1 (514 271 3533 ex 208)  
 Commission scolaire English-Montreal English Montreal School Board

**newsfirst**

Vol. 32-09

3 mai 2024 / May 3, 2024

450-978-9999

www.px-news.com

editor@newsfirst.ca

Page 3



**Démonstration contre la déportation d'un travailleur immigrant**

Page 8



**Lanvac's new alarm monitoring services**

From the left, Lanvac Surveillance reps Jerry Korogiannis, Stephanos Georgoudes (Lanvac's communications and technology manager), Jake Bosse and Yianni Fokas.  
 (Photo: Martin C. Barry, Newsfirst Multimedia)

Page 7



Page 11



**Reactions to 2024 federal budget**

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



EXCELLENT SERVICE | EXCEPTIONAL RESULTS  

**ROYALLEPAGE**  
 HUMANIA CENTRE  
 AGENCE IMMOBILIÈRE 450.682.2121

**FREE EVALUATION WITH NO OBLIGATION**

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

**SAMSUNG**

# Elevate to epic with Rogers 5G.

**Galaxy S24 Ultra**  
Galaxy AI ✨ is here

**Get Samsung  
Galaxy S24 Ultra  
with AI Live  
Translate.**



Visit [planetemobile.ca](https://planetemobile.ca) to see all current offers

**MONTREAL**

2100, Marcel-Laurin Blvd.  
Ville St-Laurent | 514-856-1884

9012, l'Acadie Blvd. | 514-387-9999

Place Alexis-Nihon  
1500, Atwater St | 514-865-9949

Complexe Desjardins  
5 Complexe Desjardins | 514-842-0288

7600 Boul Viau, Unit 331 | (514) 376-6667

**NORTH SHORE**

Centre Laval  
1600, boul. | Le Corbusier | 450-978-1081

Galeries Terrebonne  
1185, boul. Moody  
450-964-1964 | 450-964-8403

**SOUTH SHORE**

Chateaugay Regional Centre  
200, d'Anjou Blvd. | 450-692-5136

Centre Valleyfield  
50, Dufferin | 450-373-0519

**LANAUDIERE**

Galeries Joliette  
1075 Firestone Blvd. | Joliette | 450 499-3014

**OUTAOUAIS**

Les Galeries de Hull  
320, St-Joseph blvd  
819-663-8580 | 819-775-3687



Rogers & Design and related brand names and logos are trademarks of Rogers Communications Inc. or an affiliate used under license. ©2024 Rogers Communications.

 **ROGERS** Authorized Dealer

# Déportation d'un travailleur immigrant

*Québec solidaire, le Nouveau Parti démocratique et des organismes de défense des droits interpellent Ottawa*

Samedi matin, le 27 avril 2024, le député de Laurier-Dorion, Andrés Fontecilla, le député de Rosemont-La-Petite-Patrie, Alexandre Boulerice, ainsi que des organismes de défense des droits ont tenu une conférence de presse devant le bureau du ministre fédéral de l'Immigration, Marc Miller, afin de soutenir Shaitan Rajpurohit, un travailleur immigrant et syndicaliste menacé d'expulsion.

« Il est minuit moins une pour arrêter la déportation de Shaitan. Si le gouvernement canadien n'intervient pas, il sera expulsé mardi prochain. J'ai été témoin du travail infatigable que Shaitan a mené pour la défense des droits au Québec, que ce soit de son apport en tant que travailleur essentiel pendant la pandémie de COVID-19 ou de son implication en tant que bénévole à Parc-Extension, dans ma circonscription. Et comment nos gouvernements reconnaissent sa contribution? On le met à la porte! C'est inacceptable. » a déclaré M. Andrés Fontecilla.

Arrivé au Québec en 2019 en tant que demandeur d'asile, M. Rajpurohit a intégré rapidement le marché du travail québécois. Pendant 5 ans, il a cumulé des postes dans des domaines essentiels où il y a une grande pénurie de main-d'œuvre. « D'un côté, le gouvernement du Québec et nos entreprises font des efforts surhumains pour recruter, de l'autre côté, on déporte des travailleurs qui sont bien intégrés, qui vivent ici depuis des années! » a ajouté le député solidaire de Laurier-Dorion.

Le chef adjoint du NPD, Alexandre Boulerice,

abonde dans le même sens : « Je n'arrive pas à concevoir qu'une personne comme lui soit déportée de la sorte. Il est où le programme de régularisation promis par les libéraux? Est-ce que le ministre Miller est en mesure de nous expliquer pourquoi on expulse un travailleur comme lui? C'est une personne dévouée à défendre les droits des plus vulnérables et un ange gardien. Sa vie est ici. Il faut arrêter son expulsion maintenant », a affirmé le député de Rosemont-La-Petite-Patrie.

En 2022, M. Rajpurohit fut confronté à des conditions de travail précaires dans les entrepôts d'Amazon. C'est à ce moment qu'il décide de s'impliquer dans le processus de syndicalisation des employés de la multinationale. Il commence alors à militer au sein d'organismes de défense des droits, notamment à l'Union des travailleuses et travailleurs accidentés ou malades (UTTAM).

« Shaitan est devenu un membre important de notre organisme, non seulement en militant pour faire connaître les droits des travailleuses et travailleurs victimes d'accidents et de maladies du travail, mais également pour nous aider à mener des luttes collectives. Il serait très regrettable de se priver de la contribution d'une telle personne au sein de notre société » a souligné Félix Lapan, secrétaire général de l'UTTAM.

M. Rajpurohit faisait notamment partie de la délégation de l'UTTAM lors de la présentation du mémoire de cette organisation à l'Assemblée nationale du Québec dans le cadre des consulta-



tions sur le projet de loi 42 - Loi visant à prévenir et à combattre le harcèlement psychologique et la violence à caractère sexuel en milieu de travail. Son travail est reconnu par une dizaine d'organismes québécois qui ont déjà interpellé le ministre de l'Immigration afin de demander l'arrêt des procédures de renvoi.

« Shaitan a lutté aux côtés de nos organisations pour renforcer les droits des travailleuses et des travailleurs au Québec. Il a fait preuve d'un engagement sincère envers notre société. C'est pour ça que nous demandons au ministre de

suspendre sa déportation et de lui accorder un permis de séjour temporaire pour qu'il ait du temps pour régulariser son statut d'immigration », a renchéri Michel Pilon, fondateur et ancien directeur du Réseau d'aide aux travailleuses et travailleurs agricoles du Québec (RATTMAQ).

« Je sens que mon travail au Québec n'est pas fini. Il me reste tellement à faire! En plus, j'ai un emploi. Mon employeur me soutient et veut me garder. Il a besoin de moi. Je ne demande rien d'autre que de pouvoir continuer ma vie ici », a conclu Shaitan Rajpurohit.

AE VS Adult Education & Vocational Services

Commission scolaire English-Montréal  
English Montreal School Board

**ONGOING  
REGISTRATION**

**WAGAR  
ADULT  
EDUCATION  
CENTRE**

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

**A CENTRE FOR THE COMMUNITY**

For info regarding documents: [www.emsb.qc.ca/wagar](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)



**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



Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL

Printing: TC. TRANSCONTINENTAL

National Representation:



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 uniquement la partie du texte où se trouve l'erreur. La responsabilité du journal et/ou de l'éditeur ne dépassera en aucun cas le montant de l'annonce. Les articles publiés expriment l'opinion de leurs auteurs, mais pas nécessairement celle de la direction.

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

ENTIRE CONTENTS COPYRIGHT 2024

# OPINION & Editorial



## All Quebecers have a responsibility to preserve, protect and promote the French language

Mark Twain famously wrote there are three kinds of lies: Lies, Damned Lies, and Statistics – expressing his frustration at how the selective use of statistics prove almost anything, including opposing viewpoints.

The Coalition Avenir Québec government, language hardliners, and those who seek to achieve Quebec's independence, have relied on certain statistics to cement the notion that the French language in Quebec, especially in Montreal, is in peril.

This becomes the justification for harsh legislative measures to “protect” French by curtailing English, restricting access to services in English – including health, education and justice – and damaging “English” institutions like McGill, Concordia and Bishop's University.

In a propitious bit of timing, the same day the Quebec Community Groups Network held a conference to discuss the status of French here, no less an authority than the Office Québécoise de la langue française, reported the proportion of Quebec's population using French in public HAS BEEN STABLE in Quebec since 2007 at about 80 per cent. And the proportion of those using English only in the public sphere has

dropped over the same period, it said.

In other words, the draconian measures contained in Bill 96 haven't changed anything, weren't necessary and missed the target.

The QCGN has been arguing this for some time.

Featuring one of the editors and two contributors to an increasingly widely read book *Le Français en déclin ? Repenser la francophonie Québécoise*, the conference heard that while French will always be fragile because of its minority status in a sea of North American English, the statistics the government emphasizes – mother-tongue language and language spoken at home – don't reflect the reality of Quebec's public sphere. The OQLF numbers do.

The percentage of mother-tongue francophones has declined, along with the birth rate among historic Québécois descendants, while immigration has soared in recent years, said Jean-Pierre Corbeil, a Sociology professor at Université Laval, and one of the book's editors. So focusing on Quebec's English-speaking population is an error, he said.

The evening of the event was slushy and

snowy, on a night filled with nuance-appropriate, because there are no hard and fast, cut-and-dried answers to most questions about language.

It was heartening to see the degree to which the speakers shared the QCGN view that ALL Quebecers, regardless of mother tongue or origin, have a responsibility to preserve, protect and promote the French language – and that doing so does not require the repression of English, which will always be a part of Quebec society, as it has been for more than 300 years.

It was also encouraging to sense that this event marked a positive step in the necessary effort to find common cause between all Quebecers, a harmonious place where all rights and privileges are respected, where no one is less a citizen because of the language they were born speaking.

Because, as full-fledged Quebecers, English speakers also have a vested interest in this essential element of Quebecers' identity.

Eva Ludvig  
President of the Quebec Community  
Groups Network

## 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)

# YOUR BUDGET FRIENDLY BFF.

Prepaid nation-wide data plans from

**\$25** /month

- ✓ 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

# Quebec to spend \$603M to help French remain vital in the province

*Bill on Quebec French-language streaming content in the works: culture minister*

(NEWSFIRST) - Quebec will spend \$603 million over five years to reverse what the province's French language minister describes as the decline of French.

At a news conference Sunday, French Language Minister Jean-François Roberge said a total of 21 measures — some of which are already in place — would help improve the vitality of Quebec's official language in the coming months.

Roberge added that "in a difficult budgetary context like ours," the funding reflects the government's "great commitment" to the French language.

The sum discussed Sunday is mainly comprised of expenses included in Quebec's 2024-25 budget, such as \$320 million allocated over five years to boost the offering of French-language courses — the most costly initiative of the language plan.

The measures are based on nine government priorities, which include monitoring indicators of the linguistic situation in Quebec annually and making a dashboard available to the public.

Culture Minister Mathieu Lacombe said Sunday that Quebecers could expect the government to table a bill in the next year to make Quebec French-language content on streaming websites like Netflix and Disney readily discoverable.

He said the government is working with local producers so they could "speak the same language" as the streaming giants and ensure Quebec content properly classified.

Higher Education Minister Pascale Déry said at the news conference that it would take between two to three years to get a picture of the province's linguistic situation based on the government's indicators.

In a statement published Sunday, Déry said the government took "strong action" by raising tuition fees for Canadian out-of-province students attending Quebec English-language universities as part of the government's goal to attract and retain a greater number of French-speaking students and students who come from a culture or region with affinities to French. Also, Quebec is working to speed up the process for international students graduating from French-language programs to obtain permanent residency in the province.

The government says it plans to grow the percentage of people from economic immigration who know French, improve temporary foreign workers' and asylum seekers' knowledge of the language as well as the mastery of French among students and strengthen Quebecers' attachment to French.

## Use of French in public spaces stable: Quebec's language watchdog

Despite Roberge saying in a statement Sunday that "all indicators point to an increasingly pronounced decline of French" in Quebec, the

use of French in public spaces has remained stable in Quebec since 2007, according to a study by Quebec's language watchdog, the *Office québécois de la langue française* (OQLF), published in April.

About 79 per cent of Quebecers in 2022 used French most often in public spaces, the OQLF found.

The study is based on data from a survey of 7,171 Quebecers conducted between March and May 2022 and on focus groups to expand on the survey results.

But the latest plan from the Legault government takes into account five indicators which have had "the greatest impact on the vitality of French in Quebec in recent years," said the French Language Ministry in a news release published Sunday.

They are the growth and linguistic profile of the immigrant population, the prominence of English-language digital platforms, attendance at English-language higher education institutions, the low level of mastery of French among students and how active people are at rallying around the use of French.

Liberal MNA and official opposition critic of education Madwa-Nika Cadet called the plan "disappointing and sorely lacking in ambition and vision," saying it "doesn't bring anything new to the table."

She said the \$65-million investment in French-language proficiency in schools is "insufficient." "The lack of a timetable and targets, as well as



the omission of the literacy rate, underline the plan's lack of seriousness," she said.

Cadet also said she was concerned by the failure to address the issue of French proficiency at college level, despite a government-commissioned study.

Québec Solidaire MNA for Mercier Ruba Ghazal said in a statement emailed Sunday that she welcomed the announcement but was disappointed by the lack of structural measures to reinforce French as the language of the workplace, which she says is "the most important indicator that Minister Roberge should follow to measure the vitality of our language."

Ghazal called for the government to set up a mandatory French-language program during work hours.

She said Quebec's Labour Ministry "was not part of Minister Roberge's working group, and it shows."



**RENTED**







**PARC-EXTENSION LISTING**

**7224 AV. CHAMPAGNEUR**

Bright and clean appt on 3rd floor, situated close to everything.

3 bedrooms and 1 bathroom. Close to schools, transport and shopping.

Available for July 1st, 2024.

Please allow 24-48 hours for all visits.

**Please call for more info.**



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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



**ROYAL LEPAGE**

HUMANIA CENTRE  
AGENCE IMMOBILIÈRE 450.682.2121

6 • Nouvelles Parc-Extension News • 3 mai 2024 / May 3, 2024

# Happy Mother's Day!

## This Mother's Day, find the right words to express your love

Do you want to celebrate Mother's Day with a sentimental card expressing your unconditional love? Here are some ideas to help inspire your inner poet.

There are a million ways to tell your darling mother just how much you love her.

For example, you could let her know that you're proud to call her your mum; that you look up to her in every way; that you're honoured to have inherited her amazing qualities, etc. You could also thank her for always being there when

you need her most or for being a part of your most cherished childhood memories. If you're not the sentimental type – and that's just fine – opt for some comic relief! Remind your mom of your most petty arguments and underline your gratitude for her unwavering patience.

Remember, Mother's Day is a celebration of *all* mothers. Give a thoughtful card to your grandmother, to a daughter who has children of her own, to an expecting friend or to someone who has served as a mother figure in your life. And men, don't forget to show your appreciation to the mother of your children on this special day!

### Do you have a strained relationship with your mother?

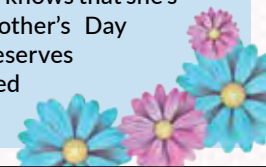
Granted, we don't all have easy-going relationships with our mothers. Remember, you don't need to inundate her with compliments or super-sentimental thoughts to show your appreciation. It's important to remain sincere. Simply tell her that you're thinking of her and wish her a wonderful day – it's guaranteed to put a smile on her face!

## Five ways to spoil Mom on Mother's Day

When you ask your mom what she'd like for Mother's Day, is the answer always "nothing"? Well, this year, why not take things into your own hands? Here are a few ways to spoil your mother (whether she likes it or not!):

1. Clean her fridge or wash her car (it's free and highly appreciated)
2. Kindly forbid her from cooking (and order from her favourite restaurant instead)
3. Be her chauffeur for the day ("We're going wherever you want to go and listening to the music you want to hear")
4. Take her to the movies (and order whatever drinks or snacks she'd like)
5. Give her a gift card for a massage, a manicure or a professional make-over (especially if she's not one to treat herself very often).

Make sure Mom knows that she's the star on Mother's Day and that she deserves to be pampered accordingly.



CHAMBRE DES COMMUNES  
HOUSE OF COMMONS  
CANADA

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

Mes meilleurs vœux à toutes  
les mères à l'occasion de la  
*Fête des Mères*

Best wishes to all mothers  
on the occasion of  
*Mother's Day*



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



Joyeuse fête des Mères!

Happy Mother's Day!

### MARY DEROS

Conseillère de la Ville du district de Parc-Extension  
Présidente du C.C.U. & Vice-présidente de la commission  
de la diversité sociale et la diversité montréalaise

514 872-3103 | mary.deros@montreal.ca  
405 Ogilvy, bureau 103, Montréal, QC H3N 1M3

Villeray  
Saint-Michel  
Parc-Extension  
**Montréal**

# Lanvac Group expands offerings with new monitoring central and FindMyAlarm.com

*Company is Canada's leading third-party wholesaler of alarm monitoring services*

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

Lanvac Surveillance, Canada's leading third-party wholesaler of alarm monitoring services, foresees more milestone events this year – ones that hold the promise of expanding the Montreal-based company's imprint from that of a respected wholesaler into a more instantly recognizable brand name.

Members of the Lanvac team were on hand at their corporate booth during the Security Canada East trade show at the Laval Sheraton on April 24.

## Gathering of security experts

With Security Canada conventions also taking place in western and central Canada this year, the gatherings are a time for security experts from across the country to focus on building and renewing relationships with hundreds of professionals deeply involved in Canada's security services sector.

"Essentially there are two main things that are new this year with the Lanvac Group," Stephanos Georgoudes, one of several members of a family deeply invested with Lanvac, said in an interview with Newsfirst Multimedia.

The Lanvac Group consists of three divisions: Lanvac Surveillance (the original unit), NBG Telecom (providing alarm dealers with the tools to compete against big telecom), and the company's latest division, FindMyAlarm.com.



Four key members of the Lanvac Group of companies crew during the Security Canada East trade show at the Laval Sheraton on April 24. (Photo: Martin C. Barry, Newsfirst Multimedia)

## FindMyAlarm.com

While Lanvac Surveillance oversees monitoring of alarm systems across Canada, NBG Telecom sells alarm equipment to Lanvac dealers who retail it to consumer-level customers.

In the meantime, FindMyAlarm.com (the most recent addition) is tailored to the needs of end-users (consumers), so they can locate local alarm companies should they ever become disenchanted with their own provider and want

to switch to another firm.

"If a random customer is not satisfied with his current alarm company or is looking for an alarm company for the first time, he can go to FindMyAlarm.com, put in his postal code, and three to four alarm companies in his area are listed," said Georgoudes, adding that "only trusted and customer service-oriented alarm companies are listed on FindMyAlarm.com."

## Growing the Lanvac brand

As a wholesaler of alarm system monitoring services to consumer-level companies, Lanvac has had relatively few opportunities until now to become known among consumers as a brand. Although FindMyAlarm.com was designed to promote alarm companies dealing with retail customers, the web portal holds the potential to build a bridge between retail clients and the Lanvac name.

"We created FindMyAlarm.com so that they can find a company closer to them that can serve them better," Georgoudes explained. "And, of course, those companies are connected with Lanvac."

Lanvac Group is currently in the midst of two other significant development projects. With

the first, the company is building a second central alarm monitoring station in Montreal. It is located in Montreal North. Lanvac also has monitoring stations in other regions of Canada, including Toronto.

## Bosch Security partnership

In the second development, the NBG Telecom unit is now an officially authorized partner of Bosch Security and Safety Systems. "NBG Telecom can now sell any Bosch alarm systems, whether it's for intrusion, fire or access," added Georgoudes.

"It took us about three years to prove ourselves, but now that we have, Bosch has made us authorized Bosch partners."

Lanvac is still working actively with Ukraine-based intrusion alarm products manufacturer Ajax Systems, which had entered the Canadian market last year. "We're still very good partners with Ajax," said Georgoudes. "We're about to offer video monitoring through Ajax's photo-verification services."

Lanvac's roots go back more than 40 years, during which the company developed a reputation for being dedicated to providing quality monitoring services for alarm dealers across the country and their customers.

## Deep roots in Montreal

Lanvac was founded by brothers John and Bill Georgoudes. Raised in Montreal's Park Extension district – which was at one time home for most of the city's Greeks – they turned their initially small burglar alarm company into a big-time contender.

Lanvac's first monitoring station was in Montreal's Parc Extension neighbourhood, in the basement of a building at the corner of Durocher and Jean Talon. Bill got his elementary education at Barclay School on Wiseman Ave., while John attended Strathcona Academy in Outremont.

Bill received his secondary education at the former William Hingston High School, which has since become the area's most important community centre. John attended another legendary secondary school, Baron Byng High, which was made famous by novelist Mordecai Richler.

# MEDIA-TREK®

## NOW OFFERING TOP BRANDS OF APPAREL!

### SPECIAL OF THE MONTH



36 shirts for \$14<sup>ea</sup>



48 shirts for \$12<sup>ea</sup>

including logo embroidery or silk screen

XS to XL

while quantities last

no additional cost

mediatrek.ca | (450) 978-0070 | info@mediatrek.ca



Lanvac Surveillance communications and technology manager Stephanos Georgoudes talks shop with some Canadian security industry colleagues during the Security Canada East trade show at the Laval Sheraton on April 24. (Photo: Martin C. Barry, Newsfirst Multimedia)



# VSP dévoile ses lauréates et lauréats des Prix de reconnaissance des bénévoles



## DIMITRIS ILIAS

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

La Fête des bénévoles de l'arrondissement de Villeray–Saint-Michel–Parc-Extension s'est déroulée le 19 avril dernier, à la salle de réception Le Madison. Plus de 400 personnes engagées dans le milieu du bénévolat ont pu profiter d'un repas suivi d'une soirée dansante. L'animateur de la fête, Fabrice Vil, a dévoilé par la même occasion les lauréates et lauréats des Prix de reconnaissance des bénévoles, en compagnie des élus de l'arrondissement.

« C'est toujours inspirant de voir des gens qui se consacrent à leur prochain, qui dédient soirées et fins de semaine pour améliorer la vie de leur communauté. Ce rassemblement festif rend hommage au dévouement indéfectible de nos bénévoles et à leurs contributions inestimables à nos quartiers. Pour moi et mes collègues, il est important de souligner l'apport de ces centaines de bénévoles au développement de la collectivité. Félicitations à toutes et à tous! », a souligné Laurence Lavigne Lalonde, mairesse de l'arrondissement de Villeray–Saint-Michel–Parc-Extension.

## Prix de reconnaissance des bénévoles

La 12e cérémonie de remise des Prix de reconnaissance des bénévoles a eu lieu pour honorer les efforts exceptionnels des bénévoles. Les organismes à but non lucratif ont soumis un total de 30 candidatures, démontrant ainsi le dévouement de leurs bénévoles. À la suite de l'analyse de chaque candidature par l'Arrondissement, quatre lauréats – un par district

électoral – ont été proclamés « Bénévole de l'année » et un lauréat « Bénévole de l'année – Relève 13-17 ans ». Les récipiendaires ont reçu un trophée unique réalisé par Bruno Andrus, souffleur de verre.

## Lauréates et lauréats 2024

### Bénévole de l'année – District de Parc-Extension

Luigi Santelli, Conseil régional des personnes âgées italo-canadiennes



**Bénévole de l'année – District de Villeray**  
Claire Lavigne, Cercle de Fermières Coeur-de-l'Île-de-Montréal



### Bénévole de l'année – District de François-Perrault

Mireille Paradis, Union des Philatélistes de Montréal



### Bénévole de l'année – District de Saint-Michel

Patricia Sorgente, Centre communautaire La Patience, Maison d'Haïti et Café de la deuxième chance

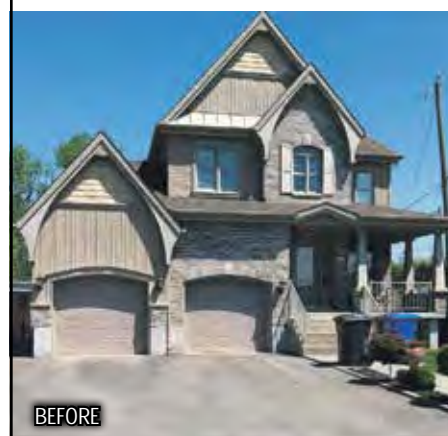


### Bénévole de l'année – Relève 13-17 ans

Alexandra Calce, Organisation des Jeunes de Parc-Extension



**DON'T WAIT LAST MINUTE!  
PLAN AHEAD!**



with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

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



**Scellant Propre**

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

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

Why suffer with infestation!  
All kinds of insects and rodents

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

www.sdextermination.com

**S.D Exterminating Service Inc.**

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

Serving the community for over 50 years

Member of Canadian Association

SINCE 1971

# Québec solidaire hopes to fix construction sector labour shortage

*Proposed program would fill nearly a third of 7,800-worker shortfall, says QS*

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

Québec solidaire, which holds a dozen of the 125 seats in the Quebec National Assembly, is urging the Coalition Avenir Québec government to implement a pilot program that would fast-track potential immigration candidates into the province's lagging construction sector.

"We will never be able to fix the housing crisis if we don't build more houses and living units," says the left-wing party's official spokesperson (and de facto leader) Gabriel Nadeau-Dubois.

## Fast-track immigration

"The labour shortage is slowing our construction industry," he continued. "We are proposing the creation of an express lane towards permanent immigration in order to attract more workers for the industry – persons who are already

here, who speak French and who can help us to build more. It's win-win."

Guillaume Cliche-Rivard, the QS MNA for Montreal's Saint-Henri-Sainte-Anne riding, who is the party's spokesperson for immigration issues, notes that similar programs have been implemented in recent years to make up for labour shortages in sectors like food production, development of artificial intelligence and nursing assistance.

"And that's exactly what we seek to duplicate here," he says. "Effectively, this type of program could make up for nearly a third of the 7,800 workers currently lacking in the construction industry."

## Under the QS proposal:

- The program would grant access to a Quebec Access Certificate (CSQ), leading eventually to obtaining permanent resident

status.

- It is addressed specifically to non-permanent residents who are already living in Quebec, particularly asylum seekers, those with work permits for the construction industry, or persons with open work permits.
- Participants would have to meet certain criteria:
- Must have been employed and on salary in the residential construction sector in Quebec for at least 12 of the 24 months preceding their application (required work experience will be cumulative and not consecutive, the reason being the seasonal nature of many of the jobs in question);
- Must have an Apprentice Competency Certificate from the Commission de la construction du Québec (CCQ);
- Must make a commitment to obtain a certificate of training for a construction



"The labour shortage is slowing our construction industry," says Québec solidaire spokesperson and leader Gabriel Nadeau-Dubois. (Photo: Courtesy of Québec solidaire)

- skill recognized by the Government of Quebec within 24 months – in other words, an Attestation of Professional Studies or a Diploma of Professional Studies;
- Must also have a knowledge of spoken French equivalent to level 7 on the Quebec Scale of Competencies in French.

# Annual cleanup at Parc Jarry celebrates community and environmental well-being

**DIMITRIS ILIAS**

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

For sixteen years, the friends of Parc Jarry, or "Amies du parc Jarry," have gathered annually to engage in a spring cleanup event that not only beautifies their community space but also strengthens their collective commitment to the environment. This year, the event is scheduled for the first Saturday of May, continuing a cherished local tradition.

Scheduled from 9:30 AM to noon on May



4th, participants will meet at the chalet at the Gounod and Saint-Laurent entrance. The event is organized by CAP Jarry and Ville en vert – Eco-quartier VSP, with the support of the Villeray – Saint-Michel – Parc-Extension borough. These organizations play a crucial role in maintaining the park as a vibrant hub for relaxation, leisure, and outdoor sports accessible to all.

The cleanup initiative provides an excellent opportunity for community members to contribute actively to the preservation and enhancement of their local environment. By coming together to clean up the park, participants not only improve the aesthetic appeal of the area but also promote biodiversity by creating a healthier habitat for local wildlife.

CAP Jarry's mission is to protect and promote Parc Jarry as a space for relaxation, leisure, and sports, open to everyone. Meanwhile, Ville en vert focuses on raising awareness, educating, and supporting both citizens and organizations in sustainable development within the district.

This event exemplifies how community involve-



ment can lead to substantial environmental benefits. Providing all necessary materials such as trash bags, gloves, and grabbers, the organizers ensure that everyone can participate safely and effectively. Participants are encouraged to bring their enthusiasm, water bottles, and sunscreen, with a hopeful invitation extended to the sun to join in the efforts.

The Parc Jarry cleanup is more than just a communal obligation; it is a demonstration of

the power of collective action in fostering an environmentally conscious community. It's a chance for neighbors to connect, for new friendships to be formed, and for the community to take tangible steps towards sustainability. This initiative not only enhances the park's beauty but also instills a sense of pride and stewardship among its users, ensuring that Parc Jarry remains a cherished green space for generations to come.

# MEDIA-TREK®

## WINE STOPPERS

### FOR *bring your own wine* RESTAURANTS

mediatrek.ca

(450) 978-0070

info@mediatrek.ca

**WST** — Wine Stopper  
1.13", laser engrave or printed  
logo (1 color), stopper box

100 ..... \$4.74  
250 ..... \$2.84  
500 ..... \$2.64  
1000..... \$2.54/ unit  
Set up..... \$54



WST



3 weeks production after art approval.



BC-185



**BC-185** — Wine Stopper  
Stock Silver Base, stopper box

50..... \$13.44  
100 ..... \$12.54  
250 ..... \$11.34  
500 ..... \$10.44  
1000..... \$9.94/ unit  
Die charge.... \$144

# Federal budget 2024 paves way for enhanced real estate opportunities for Canadian Muslims

(NEWSWIRE) - The 2024 federal budget includes possible new measures to enhance equity in the tax code and unlock homeownership for observant Muslims through coming consultations on possible tax and regulatory changes to facilitate Halal mortgages. Manzil, Canada's pioneering digital Islamic financial institution, applauds these long-awaited policy changes, which will support Canadian Muslims in the real estate market.

"This inclusion in the federal budget is a momentous occasion for all Canadian Muslims. It recognizes the significance of Islamic finance and actively supports our community's needs. We are proud to have advocated for these changes, ensuring that financial products and services align with our values and ethics," said Dr.

Mohamad Sawwaf, Founder and CEO of Manzil. "The steps included in the budget go a long way to recognizing the 5% of Canadians who adhere to Islamic principles in their financial decisions. Most Muslims in Canada remain renters (almost double the national average) rather than homeowners because of policy and regulatory issues with accessing financial services that are compliant with our faith. But the 2024 budget can facilitate more accessible access to property ownership for our community, underscoring Canada's commitment to equity and economic inclusivity," said Dr. Sawwaf.

"We sincerely thank the Liberal government for its efforts in the 2024 spring budget to facilitate Halal mortgages. The government has committed to fostering a more equitable

and inclusive society by recognizing the need for policy changes to facilitate Halal financial products better. We commend their dedication to promoting diversity and ensuring equal opportunities for all Canadians.

"We look forward to engaging in the consultative process to bring this dream to fruition," said Dr. Sawwaf.

## About Halal Mortgages

Because observant Muslims cannot pay or charge interest, Halal mortgages are currently facilitated in one of two ways. With 'Murabaha', the lender buys and resells the property to the buyer at an agreed-upon profit margin, and with 'Musharaka', a partnership is formed, with the buyer eventually owning the property after

purchasing shares from the financier. If permitted, all Ontarians, regardless of faith, would have access to Halal financial products through the province's financial institutions.

Homeownership is a cornerstone of wealth creation, offering Muslims a tangible pathway toward financial stability and prosperity. In Islam, the concept of owning a home is not only about shelter but also about establishing roots, stability, and a sense of belonging. By investing in property ownership, Muslims can build equity over time, securing their financial future and providing a legacy for future generations. Beyond personal gain, owning a home empowers Muslims to create safe and nurturing environments for their families, fostering a sense of security and well-being.

# Ottawa's capital gains changes make winners and losers, says CFIB

## Small business lobby sees progress on \$2.5 billion in carbon tax rebates

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

The 2024 federal budget changes on capital gains will create many winners, but also losers among Canada's entrepreneurs, according to the Canadian Federation of Independent Business (CFIB), which issued a detailed analysis of the budget following its release last month.

## Carbon tax rebates

However, the CFIB is optimistic on another issue that's impacting small businesses, noting important budget progress in unlocking \$2.5 billion in carbon tax rebates for SMEs.

In a recent survey of the needs of small businesses leading up to budget day April 16, the CFIB found that over three-quarters (77 per cent) of the country's small business owners felt that addressing rising prices and the cost of doing business should be a top priority for government this year, while another 74 per cent wanted to see government reduce the overall tax burden.

CFIB made several recommendations to the federal government, urging it to focus on reducing the cost of doing business by:

- Returning the \$2.5 billion in carbon tax revenues owed to all small businesses, not just certain sectors;
- Lowering the federal small business tax rate from 9 per cent to 8 per cent, at least for the next two years;
- Increasing the small business deduction threshold (e.g., to \$700,000) and indexing it to inflation going forward;
- Lowering Employment Insurance (EI) premiums for smaller employers;
- Introducing a timeline to balance the budget;
- Reducing red tape.

## Capital gains advantages

After the release of the Trudeau government's 2024 budget, CFIB president Dan Kelly had the following to say. "The big surprise for small business is a series of changes to capital gains taxation," said Kelly.

"Our early assessment is that most small business owners will come out ahead or be unaffected by today's changes as a result of a boost in the Lifetime Capital Gains Exemption from \$1 million to \$1.25 million and a new Canadian Entrepreneurs' Incentive for some sectors which will lower the capital gains inclusion rate to 33.3 per cent on the next \$2 million when fully phased in."

However, the capital gains inclusion rate

increase to 66.7 per cent will create many net losers, he added, including owners of medium-sized businesses.

## 'Demotivating' changes

In addition, owners of professional corporations (such as doctors), financial, insurance, food and accommodation, arts, recreation, entertainment and personal care services firms will be excluded from accessing the new Canadian Entrepreneurs' Incentive and will be hit with more taxes on capital gains for sales of small business shares above \$2.25 million.

"What worries me the most about the capital gains changes is the potential to demotivate Canadians from getting into business in the first place or working hard to grow a small business to a medium-sized business," continued Kelly.

"CFIB will be pushing back against any increase in the capital gains inclusion rate for all small- and medium-sized business owners. It seems bizarre that government would single out some sectors of Canada's SME community for higher taxes, including many of those hardest hit by pandemic restrictions like restaurants and arts and recreation firms.

## Long overdue rebates

"Carbon tax rebates owed to small businesses have been a long time coming, but we're glad to see the government making progress on it," added Kelly. "Most importantly, it is good to see government broaden its eligibility rules to include most small and medium-sized firms."

The Trudeau government has said it will urgently return over \$2.5 billion owed to an estimated 600,000 businesses with fewer than 500 employees. Responding, CFIB says it "understands all Canadian Controlled Private Corporations (CCPCs) that issue T4s in the eight provinces will receive a rebate cheque based on their number of employees."

"Many details of the size, scope and timing of carbon tax rebates for SMEs remains unclear," commented Kelly, maintaining that CFIB will continue to call on government to ensure the \$2.5 billion is returned in 2024 with meaningful rebates for the smallest businesses and to raise the share of future SME rebates back to 9 per cent of carbon tax revenue or more.

## Budget not yet balanced

"It is important to note that 82 per cent of small firms now want the consumer carbon tax regime scrapped altogether," he said. In the meantime, the CFIB says the federal government hasn't introduced a plan to bring the budget back to balance, while it continues to project huge deficits for the foreseeable future.

Commenting on other budget measures:

- CFIB said it is encouraged to see Accelerated Capital Cost Allowance to allow businesses to immediately write off the full cost of innovation and productivity enhancing assets, such as computers and data infrastructure, starting today to January 1, 2027.
- The lobby group also said the 2024 budget made important progress on Employee Ownerships Trusts, allowing business owners to access a special capital gains exemption of up to \$10 million when selling a business to employees.





## 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



# Novomed Clinic: A new hope for healthcare in Montreal's Parc-Extension

**DIMITRIS ILIAS**

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

The transformation of a once-vacant building, previously a funeral home, at the corner of Stuart and Ogilvy in Montreal's Parc-Extension neighborhood marks the establishment of the Novomed Clinic. This new medical center is set to tackle the critical shortage of healthcare services in the densely populated area, which is home to approximately 33,000 residents within just 1.6 square kilometers.

Dr. Jhanzaib Sherwani, the medical director, has been a key advocate for the clinic, working over the past five years to bring it to fruition. He describes Parc-Extension as a «medical desert,» plagued by a lack of primary, specialty, and urgent care facilities. This sentiment is

echoed by Mary Deros, the city councillor for Montreal's Villeray–Saint-Michel–Parc-Extension, who notes the area's scarcity of healthcare professionals and facilities. She also points out the increasing trend of doctors moving into private practice, which has driven up the costs of medical consultations.

The Novomed Clinic addresses particularly acute needs given the area's ethnic diversity and the language barriers between residents and healthcare providers. Many of the community's residents are elderly and struggle to access distant medical facilities.

These factors have led to a high prevalence of chronic and acute medical conditions that remain untreated, underscoring the critical importance of the Novomed Clinic. The clinic aims to improve healthcare accessibility and is a significant step forward for the community.



According to Novomed, the clinic “was born from a shared vision of accessible and compassionate healthcare, initiated by a group of family doctors committed to serving an underserved community. This clinic stands as a testament to our unwavering commitment to meeting the healthcare needs of Parc-Extension.”

According to the company's website, its 7,000 square foot facility spread over two floors is designed to cater to diverse healthcare needs, with distinct areas dedicated to family medicine, women's health, pediatrics, urgent care, and more. The clinic emphasizes staff welfare with features such as a private entry that allows employees to bypass patient areas, leading to facilities equipped with showers and secure lockers. This inclusion aids in maintaining a professional, discreet workflow.

Technologically, Novomed boasts dual monitors in family medicine rooms and a fully

wireless setup to streamline operations and reduce clutter. Every family doctor benefits from the assistance of a dedicated medical assistant, enhancing the efficiency of patient management. The clinic's secure, card-access-controlled areas and monitored parking lot are part of a comprehensive approach to ensure the safety and security of both staff and their belongings.

Additionally, Novomed offers a robust mentorship program connecting new medical professionals with experienced physicians. This not only facilitates professional growth but also enhances patient care quality through expert collaboration and guidance. The design of the facility also prioritizes safety, with strategically placed exits in examination rooms to ensure physician safety in emergencies.

Clinique Novomed is a public clinic, and all consultations are covered by RAMQ.



# Explosive blaze devastates popular grocery store and mosque in Parc-Extension

**DIMITRIS ILIAS**

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

Early morning, on Friday the 26<sup>th</sup> of April, a significant three-alarm blaze ravaged BK Marché, a popular grocery store located in the Parc Extension area. The fire reportedly started following an explosive sound heard by employees working the early shift, leading to a swift evacuation of the premises as smoke began to fill the structure. This incident not only impacted the grocery store but also extended to a mosque situated on the second floor of the same building.

The conflagration prompted immediate action from the emergency services, with approximately 90 firefighters arriving at the scene at the intersection of Jean Talon Street and Bloomfield Avenue shortly after 6 a.m. They battled the fire, which is believed to have originated in the building's basement.

Fortunately, there were no reported injuries as residents of other units within the building were evacuated safely. The local community quickly gathered around the scene, showing solidarity and support for the grocery store owner during this distressing time. The store, which employs over 50 individuals, plays a significant role in the neighborhood.

As a precautionary measure and to facilitate emergency operations, Jean Talon Street was

temporarily closed to vehicular traffic between L'Acadie Boulevard and Querbes Avenue throughout the morning.

Authorities, including the fire department, are still investigating to determine the exact cause of the fire. The closure of this central thoroughfare and the damage to the building has undoubtedly affected local traffic and businesses, underscoring the broader impact of such urban fires on community life and safety.





**SÉCURITÉ**  
**SPARTAN**  
SECURITY

*25 years at your service!*

**(514) 289-8585**

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

**A COMPANY  
YOU CAN TRUST**

- Burglar
- Fire
- Cameras
- Intercoms

**24 HOUR MONITORING**





# DIRECT ANSWERS

FROM WAYNE & TAMARA

## WHY?

**Q** I met Sean a year and a half ago in a crowd of 50,000 people. We struck up a conversation and really hit it off. He gave me his number, which I forgot. I thought about tracking him down, but figured if it was meant to be we would meet again. Three weeks later I got a phone call from him, and we have been together ever since, until about a month ago.

I left my friends and my life that I was used to. Everything was fantastic, we were in love, we thought we were going to get married. We just mentioned it a few times, but it wasn't really a topic of conversation. Anyway, something changed in Sean two months ago.

He didn't cheat that I know of, but in a week's time he broke up with me, demoted himself from a high ranked position at his job, and became depressed. He went to the doctor and is doing better now, but I am confused. How can everything be so great and all of a sudden he changes his mind about everything in his life?

He still likes to have sex and hang out with me sometimes, but doesn't have any interest in getting back together. I need to stop showing

interest in him, I think, and get on with my life, but I am having a hard time doing this. Why is he acting this way, and is there any way we will be together again?

Jessica

**A** Jessica, most people never find out the true why behind another's actions. Everyone wants the imaginary 'closure,' but the closure they want is to have what they want. That is why almost no one gets closure.

As a psychological concept, closure doesn't work. When a relationship ends, people don't want to learn why, they want to learn why not. They want to fix it. But if a man used a woman for sex, how will learning the truth give her closure? If a woman never loved the man, how can that truth give him closure?

You are not in a relationship with Sean, but he is having sex with you. He sounds like somebody with a plan for himself. Friendship sex is not in your best interest. You need to stop having sex with him and move on. Asking why only traps you.

Wayne & Tamara

## WINNOWING

**Q** I am a female, 19. I am more mature than my age, and sometimes I feel I am trapped with an old soul in a young body. I fell in love with a man, 38. We were in a long-distance relationship for six months, but two months ago we decided I would move to New York to be with him and build my life there.

We had a bad time. I couldn't find myself, and he was occupied with his business. I was very unhappy and we argued constantly. Now I am back in Israel, and he is there. He decided it would be easier for me to build my life here, and it would be good for us to take a break. He is afraid I might regret marrying him because I haven't experienced life yet.

Is this kind of relationship possible, or am I

holding on to something which is doomed from the start?

Leah

**A** Leah, why do you need to mention age difference or other factors? When you were with him in New York, you were unhappy and argued constantly. Why can't that be the truth of the matter? You gave it a try, it didn't work, he pulled away.

Every man is not your future husband. Most men you will date until you see the relationship isn't going anywhere. That's what dating is all about—not snaring a man, but separating the wheat from the chaff. He's chaff. You're looking for wheat. Keep sifting.

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)



## AU VIEUX DULUTH® JOB OPPORTUNITY

AU VIEUX DULUTH  
LAVAL RESTAURANT

MANAGER  
FULL TIME

1755 INDUSTRIAL BLVD.  
LAVAL QC

CALL VICKY; 450 663 1165

ALIMENTS GOURMETS  
MEDOR WAREHOUSE

CENTRAL KITCHEN HELPER  
FULL TIME

815 BOUL. ST MARTIN O.  
LAVAL QC

CALL JOHN; 450 663 1165

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

# CLASSIFIEDS • CAREERS • JOBS

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

## WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling elsewhere, come see us!

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

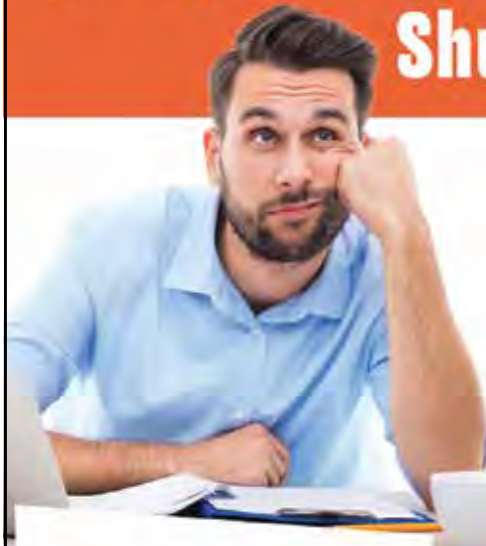
[achatorlaval.ca](http://achatorlaval.ca)

Same address since 1989

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



## Is Your Ad Design Company Shutting Down?



NO WORRIES.  
Don't miss a beat.

You can have seamless *uninterrupted service* for all your print and web ads, all of your marketing and promotional materials and even page design set-up and running within a few hours. And your ads will look terrific, guaranteed!

- Prices well below what you've been paying elsewhere. Save money!
- Same day service on most ads if submitted in the morning.
- No charge for changes and corrections before approval.
- No charge for stock photos.
- Professional design service.

**MEDIA-TREK®**

Our 20<sup>th</sup> year serving more than 315 newspapers and magazines each week.

You're in good hands.

Meeting deadlines and exceeding expectations is our business!

**mediatrek.ca**

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

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



# 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!*

Our weekly customers

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

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

VISITOURFACEBOOKANDINSTAGRAMPAGE!  
f @PANIERDUFERMIER

### THIS WEEK'S BASKET:

- Pineapple
- Blueberries (pint)
- Strawberries
- Blackberries
- Broccoli
- Green Beans
- Potatoes (~3lbs)
- Peppers (pack of 4)
- Zuchinnis (2)
- Mushrooms
- Eggplant
- Corn (3)
- Oranges (3)
- Bananas (4)
- Cucumber
- Tomatoes (7-8)

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

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

**St-Michel  
(Dépanneur Les DS du coin)**  
3350 rue Belair, H2A 2A4

**MTL-Est (Action Sport Physio)**  
6072 Sherbrooke St E, H1N 1C1

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

**Rivière-des-Prairies  
(Boucherie la petite Italie)**  
8278 Maurice-Duplessis, H1E 3A3

### 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**



# HOROSCOPE

Week of MAY 5 TO 11, 2024

The luckiest signs this week:  
GEMINI, CANCER AND LEO



## ARIES

Take time to rest to regain your energy and enthusiasm. You'll follow your intuition to discover a new spiritual path, pushing you to adopt a more exciting lifestyle.



## TAURUS

Your vivid imagination could lead you to undertake a successful artistic project. Make an effort to arrange a festive get-together with your friends. It will be well worth it. Be mindful of distractions at work.



## GEMINI

You'll be tasked with organizing a social event or an important meeting as part of your job. You'll overcome your shyness and discover your more extroverted side to excel in this role.



## CANCER

You'll be given new and stimulating responsibilities at work. These tasks will allow you to discover and develop skills you didn't know you had, leading to a raise in the coming weeks.



## LEO

You'll be given the opportunity to embark on a surprising adventure, such as a spiritual journey. This experience will broaden your horizons and guide your personal and professional development. It could also reveal itself through a sporting activity.



## VIRGO

You'll be filled with a range of emotions that will lead you to a significant transformation. Consider making drastic changes, such as moving to a new home, exploring new horizons or changing jobs.



## LIBRA

You'll be faced with an agonizing choice. Think carefully before deciding. Rushing into a decision you have to reconsider is a waste of time. Balance is the key. Know how to weigh the pros and cons.



## SCORPIO

You'll have a lot of work to do this week. You could be entrusted with a confidential file with a significant financial payoff. You could also consider starting your own business, which will be very rewarding.



## SAGITTARIUS

You may experience love at first sight and connect with a potential soulmate. You'll have an instant connection. However, family considerations could complicate things before fully investing in the relationship.



## CAPRICORN

Watch what you say, especially around certain people who can't hold their tongues. You're planning a move and will spend time decorating to personalize your new space.



## AQUARIUS

Someone may tell you a confusing secret. You'll wonder whether revealing it to the people involved would be the right thing to do. You may need to re-evaluate your circle of friends, especially if debt or betrayal are involved.



## PISCES

Getting a promotion could solve some of your financial problems. Having a conversation with your boss could lead to this advancement, paving the way for a more promising future. Talking to your better half ensures you're both getting what you want from the relationship.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 172

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
			18				19			
20	21	22		23	24					
25			26	27				28	29	30
31			32				33			
34					35			36		
			37					38		
39	40	41			42	43	44			
45				46				47	48	49
50				51				52		
53				54				55		

Copyright © 2021, Penny Press

### ACROSS

- Mom's fellow
- Love seat
- Push
- Keats poem
- Challenging
- Rant
- Inhibited
- Farm measure
- Model
- Levees
- Pale
- Recipe instruction
- Pasture sound
- Supplies
- Runaway groom
- Hi-fi
- Infamy
- "\_\_\_\_ About You"
- Oceanic movement
- Talking bird
- Expect
- Annoy
- Submarine sandwich

### DOWN

- One of Snow White's seven
- Lemon refresher
- Hideaway
- Scram!
- Rowing blades
- Most liberated
- Total up
- Grassland
- Hat stand
- Monster of folklore
- Poor marks
- Undercover agent
- Stained
- Cleanliness
- Kitchen hot box
- Actress Tuesday
- Hawaiian handout
- Affirmatives
- Mineral resources
- Greeted
- Final word in prayer
- Alone
- Owl's comment
- Sample
- Worthiness
- Parched
- Service branch
- Scrawny
- Soft drink
- Love tonics
- Creepier
- Chess pieces
- Sailor's greeting
- "\_\_\_\_ Only Just Begun"
- Realm
- Not busy
- Jar tops
- "Tea for \_\_\_\_"
- Kind of tree
- Catch sight of
- Have a seat

# Sudoku

### HOW TO PLAY:

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

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

PUZZLE NO. 897

				7	1		6	
		2		5		3		
	5			1			4	
		3		2	1		6	
	6		8			5	9	
5								
2	3			6				
		7						
			1			8		

## Last Issue's Answers

### CROSSWORDS

N	A	B		C	R	O	P		T	H	U	D				
E	Y	E		R	A	V	E		R	O	S	E				
T	E	E	N	A	G	E	R		O	P	E	N				
				O	M	E	N	S		W	E	D	S			
S	L	O	O	P	S				I	C	E					
H	A	W	K						I	S	O	L	A	T	E	
O	D	E		S	A	L	T	Y				V	O	W		
O	D	D	B	A	L	L						P	I	N	E	
				A	X	E			A	B	O	D	E	S		
S	C	A	R				R	A	R	E	R					
T	A	L	L				T	W	I	S	T	E	R	S		
E	L	S	E				E	A	S	T			R	U	T	
P	L	O	Y				D	Y	E	S				A	N	Y

### Sudoku

9	7	4	1	5	8	3	6	2
2	5	6	7	3	9	4	1	8
8	3	1	4	6	2	5	7	9
6	8	3	9	2	4	1	5	7
4	9	5	3	1	7	2	8	6
1	2	7	6	8	5	9	3	4
7	1	9	5	4	6	8	2	3
5	4	8	2	7	3	6	9	1
3	6	2	8	9	1	7	4	5



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.

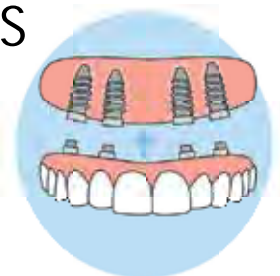
Upper or lower maxillary  
**Snap-on removable (Novaloc)**

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)



fido 

# DREAM PHONE

dreamier price

\$0  
DOWN



**SAMSUNG Galaxy S23 FE**

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

**GET THIS DEAL**

Visit [mobifone.ca](https://mobifone.ca)  
to see all current offers

**Place Forest**  
10539, Pie-IX Blvd.  
514 325-7100

**Decarie Square**  
6900 Decarie, Unit K001  
514 739-6838

**436, Jean-Talon St West  
du Parc Metro**  
514 272-2355

**680, Jarry St East  
Jarry Metro**  
514 490-0099

#### MONTREAL

**Complexe Desjardins**  
175, René-Lévesque Blvd. West  
Place-des-Arts Metro  
514 669-1880

**Place du Quartier  
(Chinatown)**  
1111, St-Urbain St  
Place-des-Arts Metro  
514 667-0077

**Place Alexis Nihon**  
1500, Atwater Av.  
Atwater Metro  
514 939-5552

**4190, St-Laurent Blvd.**  
Mont-Royal Metro  
514 439-9934

**Place Viau**  
7600, Viau Blvd.  
514 887-7784

#### SOUTH SHORE

**Valleyfield Centre**  
50 Dufferin, Unit 1200  
Valleyfield  
450 373-2335

**Châteauguay Regional Centre**  
200 d'Anjou Blvd.,  
Châteauguay  
450 692-7769

#### NORTH SHORE

**Galleries Terrebonne**  
1185, Moody Blvd.  
Terrebonne  
450 471-8972

#### LANAUDIERE

**Galleries Joliette**  
1075 Firestone Blvd.  
Joliette  
450 499-3014

#### OUTAOUAIS

**Les Galeries de Hull**  
320, St-Joseph Blvd.  
Hull  
819 205-1390



**EXCLUSIVE DEALER** 

Offer subject to change without notice. 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. <sup>TM</sup>Fido related names & logos are trademarks used under licence. ©2024 Fido