

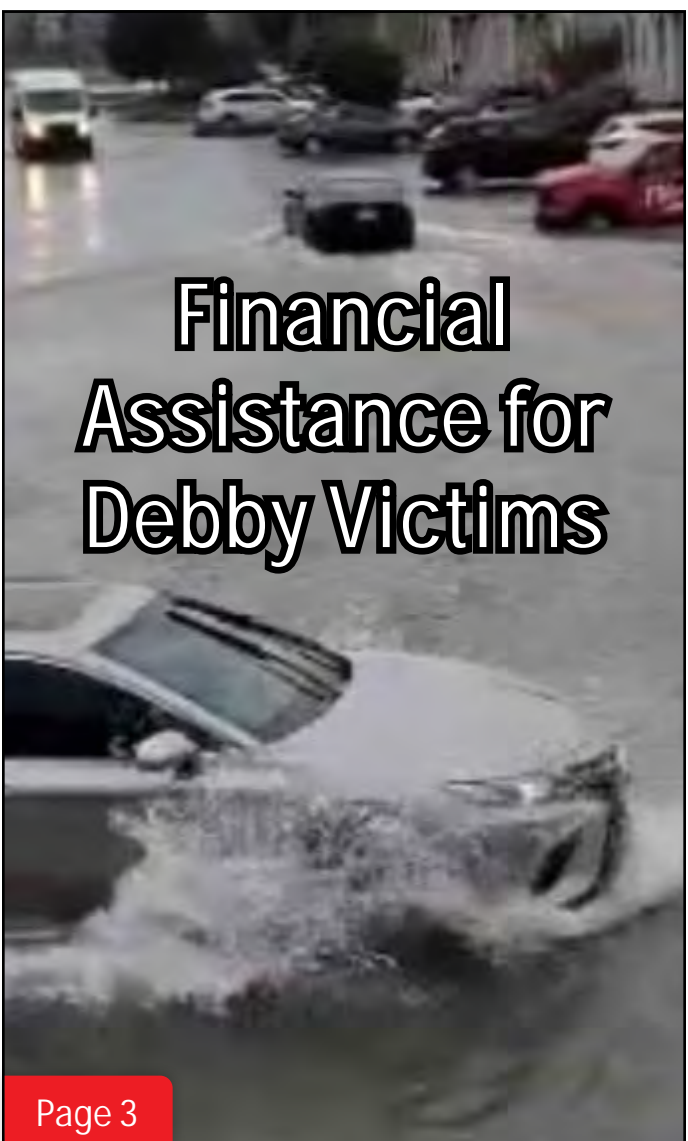

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Financial Assistance for Debby Victims
 Page 3


Parc-Ex residents threatening legal action against city over bike lanes replacing parking
 Page 6
 André St-Denis commutes to his work in Montreal using the Querbes bike path. (Photo: Erin Seize, Parc-Ex News)

GET READY FOR SCHOOL
 Pages 7-10


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Financial Assistance for Disaster Victims, from Tropical Storm Debby

(NEWSFIRST) - Due to the damage caused by the heavy rains that occurred following the passage of Tropical Storm Debby on August 9 and 10, 2024, including numerous floods and ground movements, the Government of Québec is announcing that the affected municipalities and their citizens will be able to benefit from the General Financial Assistance Program for Disasters (PGAF), if they meet the eligibility criteria.

The FAMP is a program of last resort that aims to support municipalities, citizens and businesses that have been victims of certain types of disasters, as well as the organizations that have provided them with assistance. Citizens and municipalities will soon be able to obtain the list of municipalities targeted by the program on Québec.ca. In the meantime, they are invited to consult the page dedicated to the event: Status report on heavy rainfall in Quebec | Government of Quebec. Many expenses are eligible for financial assistance and compensation. For example, temporary preventive measures put in place, eligible personal property affected, and emergency work.

Quotation

“As with every disaster, our government is there to support the municipalities, the population and businesses that must face all these unpleasant consequences. Ensuring the safety of all Quebecers and the protection of their property is at the heart of our action.»

François Bonnardel, Minister of Public Security and Minister Responsible for the Estrie Region

Highlights

The following types of claims are eligible for the program:

- flooding caused by torrential rains, ice jams or rapid melting of snow causing overflowing rivers;
- erosion of banks;
- submersion;
- landslides;
- earthquakes.

The main purpose of the General Disaster Financial Assistance Program (AMP) is to provide last-resort assistance in the event of a claim not covered by insurers. In fact, disasters such as floods involving the overflow of water-



courses during torrential rains, for example, are eligible losses under the program. On the other hand, if the water enters the residence through a sewer backup or water infiltration, without the water from a watercourse reaching the property, these losses are generally underwritten and covered by insurance companies, so they are not eligible for the AMP.

This program provides assistance of last resort, including to repair certain eligible damages to primary residences, businesses and critical municipal infrastructure.

The program also aims to provide financial support to municipalities for expenses additional to current expenses incurred by the implementation of temporary preventive,

intervention or recovery measures.

Each request for financial assistance received by the Ministère de la Sécurité publique is analyzed for its admissibility, in accordance with the various criteria of the General Program of Financial Assistance in the Event of Disasters.

People affected by flooding must ensure that they have identified themselves as a disaster victim to their municipality and that they have contacted their insurer before applying for financial assistance and compensation.

For quick service, applications for financial assistance and compensation can be made online at: Safety and Emergencies | Government of Quebec (quebec.ca) <https://www.quebec.ca/securite-situations-urgence>

Montreal Expands Social Intervention Teams Across the City, Including Parc-Extension

DIMITRIS ILIAS

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

Montreal is set to expand its innovative social intervention program, the Équipe mobile de médiation et d'intervention sociale (EMMIS), to all 19 boroughs by 2025. Originally launched as a pilot project in the Ville-Marie borough in 2021, EMMIS has proven to be an effective tool in mediating crises in public spaces, particularly for vulnerable populations such as the homeless or those under the influence of substances. The expansion of this program signals Montreal's commitment to addressing social issues through proactive and community-based approaches.

One of the neighbourhoods that will soon benefit from EMMIS's services is Parc-Extension, an area known for its vibrant cultural diversity but also for facing significant social challenges. Parc-Extension, with its high population density and diverse immigrant community, has been grappling with issues related to poverty, housing, and social exclusion. The deployment of EMMIS in this neighbourhood is expected to provide much-needed support to its residents by addressing conflicts and crises



in a non-police capacity.

The program's expansion is part of a broader strategy by the City of Montreal to enhance public safety and community well-being without relying solely on law enforcement. EMMIS teams, consisting of trained social workers, will intervene in situations where police presence is not required, focusing on de-escalation and providing immediate assistance.

Montreal Mayor Valérie Plante emphasized the importance of this initiative during a recent press conference, highlighting the increasing presence of vulnerable populations and the

need for a more systemic approach to social issues. While acknowledging that EMMIS is not a catch-all solution, she pointed out that it has become an essential part of the city's efforts to create a safer and more inclusive environment for all Montrealers.

As the program rolls out across the city, each borough will receive tailored services that reflect its unique realities. The success of EMMIS in its initial boroughs has been notable, with a significant increase in the number of calls for intervention—doubling from an average of four calls per day in 2023 to nine

in 2024. This uptick in demand underscores the program's relevance and the critical role it plays in supporting Montreal's most vulnerable residents.

However, not all reactions to the expansion have been positive. The Réseau d'aide aux personnes seules et itinérantes de Montréal (RAPSIM) has expressed mixed feelings, praising the non-police nature of the intervention but criticizing the program for responding primarily to complaints from businesses and citizens rather than directly serving the needs of the homeless.

Despite these concerns, the expansion of EMMIS across Montreal, including into neighbourhoods like Parc-Extension, represents a significant step forward in the city's approach to social issues. With an increase in the number of social workers and the introduction of a dedicated phone line (211) for requesting interventions, the city hopes to build a more supportive and responsive social safety net.

As Montreal continues to evolve, initiatives like EMMIS will play a crucial role in ensuring that all communities, including those as diverse and dynamic as Parc-Extension, have access to the support they need to thrive.



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OPINION & Editorial



Canadians want to cut the size of Ottawa's bureaucracy

*There is no fixing the budget without reducing the size of
the bureaucracy*

Taxpayers know we're paying for too many paper pushers in the federal government.

A Leger poll commissioned by the Canadian Taxpayers Federation shows a plurality of Canadians want to shrink Ottawa's bureaucracy.

The poll shows that 47 percent of Canadians want to reduce the number of federal bureaucrats, while less than three in 10 want to maintain the current number of federal employees.

Only seven percent of Canadians think the federal government should hire more bureaucrats. The rest were unsure.

Canadians are right; the federal government is bloated under Prime Minister Justin Trudeau.

Since Trudeau took office in 2015, his government has added 108,793 bureaucrats, bringing the total to 367,772 federal employees. That's a 42 percent increase in less than a decade, while Canada's population only grew by 14 percent. There would be 72,491 fewer federal paper-pushers had Trudeau kept growth in the bureaucracy in line with population growth.

The average annual compensation for full-time federal bureaucrats is \$125,300 when pay, pension, and other perks are accounted for, according to the Parliamentary Budget Officer.

That means 72,000 excess bureaucrats cost taxpayers roughly \$9 billion per year. That's the same amount of money as cutting the first two income tax rates by a percentage point.

The Leger poll also broke down results based on Canadians' voting intentions.

Seventy-one percent of Conservative voters want to shrink the federal bureaucracy. This has big implications.

Polls show the Conservatives are poised to form the next government. Their supporters expect them to shrink Ottawa's bureaucracy.

"The government does not have a revenue problem; they have a spending problem," Conservative Party Leader Pierre Poilievre has said. "They have nearly doubled government spending in a decade [and they've] added about 50 percent more bureaucrats."

Poilievre promises to "fix the budget and bring Canadians the relief they desperately need." His ability to deliver on that promise will be directly tied to his ability to shrink the bureaucracy.

That's because the bureaucracy consumes more than half of the federal government's day-to-day spending. There is no fixing the budget without cutting the cost of the bureaucracy.

Along with reducing the number of federal paper pushers, Poilievre should also rein in pay and perks.

Trudeau handed out over one million pay raises in the last four years alone. If Poilievre is going to end bureaucrat pay raises, he should first commit to ending the pay raises MPs give themselves every year.

Before going on strike last year, federal government unions pointed to "the yearly salary increases of senators and members of Parliament" as a reason bureaucrats should be given more taxpayer cash.

Showing leadership and a willingness to rein in MP pay will go a long way in helping politicians rein in the bureaucracy. In fact, the Harper government showed it would "lead by example" by freezing MP pay between 2010 and 2013.

The government must also stop rewarding failure with taxpayer-funded bonuses. The feds have rubberstamped more than \$1.5 billion in bonuses since 2015.

Ottawa's bonuses keep flowing despite the PBO finding that "less than 50 percent of [performance] targets are consistently met."

Poilievre knows this is a problem. He said he would "cancel bonuses for failing government authorities, and that would include, for example, the Bank of Canada and the CBC."

Here's the bottom line: taxpayers pay for too many federal paper pushers. Any politician who wants to fix the budget and cut taxes must shrink the federal bureaucracy.

Franco Terrazzano

*Federal Director of the
Canadian Taxpayers Federation*

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Legal battle brews over Parc-Ex parking losses

Residents are threatening legal action against the city after the removal of parking spots for bike lanes

ERIN SEIZE
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Coalition Democracy Montreal (CDM) organized a fundraiser on July 26 at Evangelismos Orthodox Church in Park-Extension. Approximately 25 people showed up and another dozen or so joined via video conference. Around \$20,000 dollars has been raised since the campaign started in the fall of last year.

The donations will go to litigation costs, said CDM co-founder Marc Perez.



There was an open call to plaintiffs. "Did you suffer a loss of quality of life? Did your business lose money because of a bike path?" Perez asked the group. "All those reasons are valid to participate in our lawsuit."

Tensions have been high in the densely populated working-class neighbourhood since June of 2023. Multiple protests and counter-protests took place. Acts of mischief and vandalism were reported, including an incident where thumbtacks were strewn across the bike path. The final portion of the lanes will be installed on a segment of Querbes Ave. in September 2024.

"I'm a bicycle lover; today I did 200 kilometres," said Vijay Patel, who lives in Parc-Extension and was at the gathering. Despite his enthusiasm for cycling, he sympathizes with people who work late at night and can't find parking when they get home.



"So many get tickets... there are a lot of people suffering," he said.

About 250 parking spots were slated for elimination, but now ten have been saved, according to Laurence Lavigne Lalonde, mayor of the Villeray-Saint-Michel-Parc-Extension borough. She said in an interview that the number now stands closer to 240 due to the change of plans that extended the path on Querbes Ave.

Patel's next-door neighbour is Charlotte Haras, who has lived in Parc-Ex her whole life.



"People were upset," said Haras, who donated to the fundraiser. "It feels like there was no study conducted... like it was pulled out of their hat and they didn't think about all the minute consequences that will happen."

Safety concerns

The borough has worked with residents to fix mobility concerns when they arise. But the solutions aren't cutting it for Sia Spanoudakis, cofounder of CDM. Her elderly parents lost their disabled parking spot due to the bike path on Querbes Ave.



"Solving means for them displacing it on a cross street," Spanoudakis said. "My dad has to stop in the middle of the street in order to escort my mother from the house into the car, it's dangerous for everyone."

Borough Mayor Lavigne Lalonde said that another solution could be "adding a crosswalk in the middle of two intersections," but that it needs more analysis. And this would also "require the removal of at least eight more parking spaces to make it safe."

"We certainly try to find solutions to each of these issues," she said, "but we can't necessarily guarantee that the person will have a space in front of their house."

The configuration of the bike paths worries Peter Hatzipetrous, a resident of Parc-Ex who has driven a taxi for 37 years.



"[The motorists] aren't seeing cyclists flying down the bike path that's nestled between the cars," said Hatzipetrous, who thinks that vehicles pulling in or out of driveways and turning onto cross streets could hit the bicyclists.

"Put some more speed bumps, more bollards up," he said. "Somebody's gonna get hurt, it's a big concern."

The mayor insists that it's the safest plan for pedestrians and bike riders alike. The risk of dooring, or a collision with a car door that unexpectedly opens, is reduced by having the cyclists on the passenger's side of parked automobiles.

"In terms of traffic engineering standards, it's the safest model for all road users," she said. "As a mother of two, I know that my children can get to school safely on their bikes and it frees up my mental load a bit."

Public consultation

"There was no public consultation, it was

Photos: Erin Seize, Parc-Ex News



Some were disappointed at the low turnout to the fundraiser at Evangelismos Orthodox Church on the evening of Friday, July 26, 2024, but pointed to the fact that it was during Quebec's construction holidays.

an information session" said Mary Deros, City Councillor for the opposition. "[Parc-Ex residents] were simply told what's happening and it doesn't matter what the citizens need or have been experiencing for the last 50 years."

Deros, who has served as a council member since 1993, attended the fundraiser in a show of support, but said that she was not affiliated with CDM.



"It's the number one issue of the day," Deros said, explaining that her constituents routinely approach her about their difficulties stemming from the loss of parking.

"I know what they're going through because I'm also at a certain age where I've developed arthritis in my back, on my knee... I need my car. I can't walk for a long distance. I can't bike."

Per Lavigne Lalonde, it's unlikely that everyone will be pleased by the results of a public consultation.

"People often say, 'I'm in favour of bike lanes, but I don't want them on my street,'" said the mayor. "After that, it's up to us to decide, then find a location."

The paths are a part of the Réseau express vélo (REV), which spans the entirety of Montreal with a 191-kilometre network open to year-round cycling.

"It's a project that's been carefully thought through," said Lavigne Lalonde. "People tell us we weren't consulted, but at the same time, it's been part of the [REV] bike plan since 2019."

Taking the pulse

Parc-Ex News spoke with people milling about Querbes Ave. and St-Roch Street before heading over to the fundraiser.

"I understand the inconvenience of the people

who lost parking," said Guylaine Quinton, who lives nearby. "It's happened in a lot of boroughs across Montreal, and even if it was hard, habits changed."



André St-Denis cycles from Laval to downtown Montreal for work once or twice per week. He recalls riding his bike before the lanes existed and he appreciates the new infrastructure.

"It's safer when it's separate lanes rather than when they're on the same side," said St-Denis, referring to the bike paths that straddle Querbes. "The bollards are good too, it's really well done."

Selthil Selvarathnam said that his corner street *depanneur* has lost business once the parking in front of his store was removed.

"The important problem is the parking," said Selvarathnam. He described it as "quiet" because people with cars aren't stopping at his store, although his walking and bicycle clientele hasn't changed.

What's next for the lawsuit

"Our initial focus was Park-Extension, however we're opening it up to other neighbourhoods to join us, because the approach is impacting them as well," said Spanoudakis.

The CDM needs \$25,000 to start the litigation process and eventually hopes to raise \$50,000.

"The city has its own agenda, but we have to fight for our rights," said Patel. Though he supports taking legal action, he was uncertain that it will change anything.

As neighbours left the meeting and started strolling home, they could be overheard inviting each other to a picnic in the park the next day.

"There's a really nice sense of community in the neighbourhood that has definitely increased with the bike paths," said Haras. "A common enemy that got people talking."

GET READY FOR SCHOOL



Rev up for a career as a mechanic



Auto mechanics inspect and repair vehicles like cars, vans and small trucks to keep them in optimal driving condition. Being a mechanic is an exciting and fast-paced career. With so many vehicles on the road every day, there's always a new project to work on.

Mechanics must be adaptable and have an in-depth knowledge of the ever-changing automotive industry. For instance, mechanics are now expected to work on complex vehicles using high-tech diagnostic equipment.

Auto mechanics must also have exceptional prob-

lem-solving and communication skills. They must determine which parts need fixing or replacing and regularly interact with customers to understand and diagnose issues. They must also clearly explain vehicle problems, necessary maintenance and repair options to people who may not know much about cars.

For mechanics, seeing the tangible results of their work provides a rewarding feeling and a sense of accomplishment.

Lastly, if you aren't afraid to get your hands dirty and put in the hard work required to get the job done, you may have what it takes to become a mechanic.



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Furthermore, electricians work in many specialty areas beyond construction and maintenance work. For example, they're also needed for underwater cabling and fire alarm and security system installation.

Additionally, electricians have a good work-life balance. They typically work eight-hour days during the week and have weekends off. This is important if you value your free time with friends and family.

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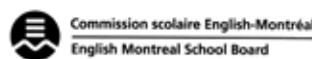
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GET READY FOR SCHOOL



The importance of self-care: mental health tips for university students

University life is challenging! With academics, social pressures and newfound independence, it's easy for mental health to take a backseat. However, prioritizing self-care is crucial for maintaining overall well-being and dealing with the ups and downs of university life. Here are some mental health tips tailored for university students:

- 1. Prioritize sleep.** Adequate sleep is crucial for cognitive function and emotional well-being. Aim for seven to nine hours of sleep per night and establish a consistent sleep schedule.
- 2. Practice stress management.** Find healthy ways to manage stress, such as mindfulness meditation, deep breathing exercises and yoga. Engage in activities that bring you joy and relaxation.
- 3. Stay active.** Regular physical activity releases endorphins, which boost mood and reduce stress. Incorporate exercise into your routine, whether going for a walk, hitting the gym or participating in sports.
- 4. Maintain a balanced diet.** Fuel your body with nutritious foods that provide

sustained energy and support mental health. Limit caffeine and alcohol consumption, as they can exacerbate anxiety and disrupt sleep.

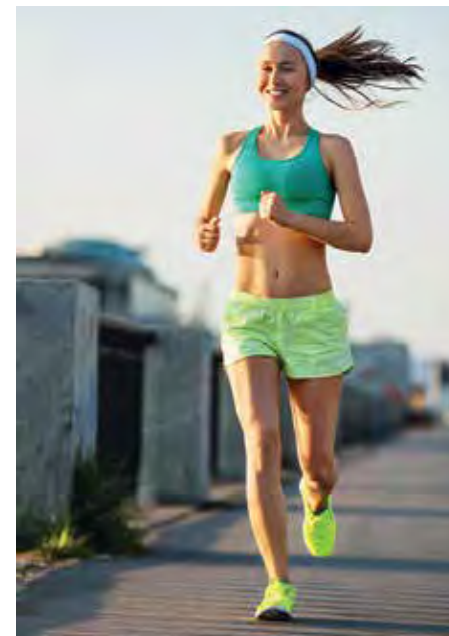
- 5. Make social connections.** Foster meaningful relationships with friends, family and peers. Surround yourself with supportive individuals who uplift and encourage you during challenging times.
- 6. Seek support.** Don't hesitate to ask for help if you struggle. Many universities offer counselling services, support groups and resources to assist students in managing their mental health concerns.
- 7. Set boundaries.** Avoid committing to too many things at once and prioritize your well-being. Establish boundaries that protect your time, energy and mental health.
- 8. Practice self-compassion.** Be kind to yourself and recognize that it's okay not to be okay sometimes. Treat yourself with the same compassion and understanding you would offer a friend.

SIGNS AND SYMPTOMS OF MENTAL ILLNESS

Despite your best efforts, the daily grind of university life can take its toll on the most resilient students, leading to feelings of overwhelm, burn-out and exhaustion. Get help if you're experiencing any of these symptoms:

- Persistent feelings of sadness or emptiness
- Changes in appetite or weight
- Difficulty concentrating or making decisions
- Loss of interest in activities you once enjoyed
- Changes in sleep patterns, such as insomnia or oversleeping
- Feelings of worthlessness or guilt
- Fatigue or loss of energy
- Irritability or agitation
- Thoughts of death or suicide

Self-care isn't selfish — it's vital for maintaining your mental, emotional and physical health. Remember that your mental health matters, and seeking support is a sign of strength, not weakness.



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Discover 3 exciting careers in the mechanical industry

Are you skilled with manual work and interested in mechanics? If you're considering expanding your professional options, look at three exciting careers in the mechanical industry.

- 1. Mechanical engineer.** This professional works on projects ranging from the creation of industrial machinery to the design of precision components. Mechanical engineers use modelling and simulation tools to design and test prototypes. They often work with other experts, such as electrical engineers or mechanical engineering technicians.
- 2. Machinist.** Responsible for preparing, setting up and operating machine tools, such as lathes or milling machines. They manufacture metal parts to precise specifications and are required to master machining techniques, interpret technical draw-

ings and ensure quality control of the parts produced.

- 3. Mechanical engineering technician.** This professional performs technical tasks related to the installation and operation of various machines and mechanisms. They also design manufacturing accessories. Mechanical engineering technicians help draw up plans, organize assembly, carry out tests and ensure compliance with industrial production, quality and safety standards.

The mechanical engineering industry offers various exciting career opportunities for individuals who have an interest in the design, manufacture and maintenance of machinery and mechanical equipment. Are you looking for a career change? Find out about the mechanical engineering training courses available near you.

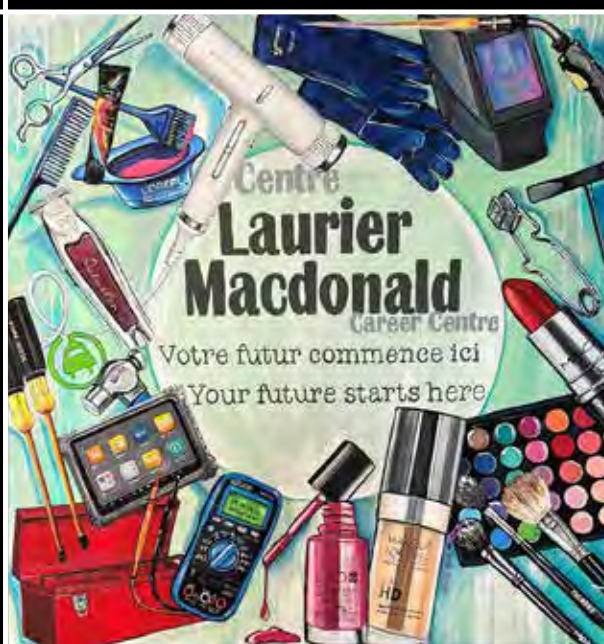
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5 benefits of learning another language

There are numerous psychological, cognitive and social advantages of learning a second — or third! — language. Here are five of them.

3. IT WILL HELP YOU TO SOCIALIZE

The most effective way to master a language is through conversation. Taking lessons with a tutor or participating in a language exchange will provide you with an opportunity to meet new people and broaden your vocabulary.

4. IT WILL MAKE TRAVEL EASIER

Learning a foreign language, even if it's just the basics, can make international travel easier and more enjoyable. In fact, the ability to communicate with locals in their native language can lead to you having more meaningful interactions and memorable experiences.

5. IT WILL ENHANCE CULTURAL APPRECIATION

Learning a second language may spark your interest in another country's history, traditions and cuisine. It can help you absorb another culture through its art, literature and film.

1. IT WILL KEEP YOUR MIND SHARP



Studying a second language stimulates your brain, allowing it to create and sustain new neural pathways. Bilingualism can improve your memory and ability to concentrate. In addition, it can reduce your risk of dementia and delay age-related cognitive problems.

2. IT WILL IMPROVE YOUR SELF-CONFIDENCE

You may be surprised by what you're capable of if you challenge yourself to learn another language. It's an undertaking that requires perseverance and patience, and the experience will likely be fulfilling.



Women in the trades

GAINING SKILLS

Across the country, trade schools are reaching out to women and encouraging them to enrol in programs where they can gain the capabilities needed to thrive in skilled trades careers. While it can be intimidating to pick up a power tool for the first time, acquiring such new abilities is far easier in a classroom than on a job-site. Women wanting to build confidence through hands-on learning should look to trade schools to find the mentors and training they need. Additionally, they may wish to speak with other women who've worked in trades to get a sense of the field's challenges and how to overcome them.



In Canada, only 14 per cent of skilled trades apprentices are women, and the vast majority of them are in cosmetology, early childhood education and food services. Traditionally male-dominated trades — carpentry, welding, plumbing, electrical work — are still dominated by male workers. In these positions, women account for only three per cent of the workforce. And yet, it's within the male-dominated trades that the most substantial wages are found. Women wishing to earn good salaries should definitely consider these occupations.

OBSTACLES

Often, the biggest hurdle women face when it comes to entering the trades is lack of awareness. Many women simply aren't cognizant that skilled trades careers are even an option for them. Initiatives to get young women thinking about jobs in the trades are popping up in high schools and colleges in every province. Breaking the stigma that surrounds the trades in general and presenting accurate information to tomorrow's workforce will pave the way for better awareness.



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City Councillor Mary Deros criticizes sudden change in planned bike path

DIMITRIS ILIAS

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

In the heart of Montreal's Parc-Extension neighbourhood, a sudden change in a planned bike path has stirred concern and frustration among local residents and their representatives. Park-Ex News recently learned from City Councillor Mary Deros that the city has altered the route of a long-discussed bike path without prior notice or public consultation, sparking questions about the transparency of the city's decision-making process.

Initially, the bike path was to be constructed along de l'Épée Avenue, but without informing residents, the city rerouted the path to Querbes Avenue, stretching from Beaumont Avenue to Ogilvy Avenue. This unexpected change has left many in the community feeling blindsided and disadvantaged, as they were not given the opportunity to voice their opinions or concerns before the decision was made.

The Councillor expressed dissatisfaction with how the situation was handled, emphasizing that the lack of communication has eroded trust between the city administration and the community. The sudden change is seen as a top-down approach that fails to consider the input and needs of those directly affected.

Beyond the issue of communication, there are also concerns about the practicality of the new bike path. The Councillor highlighted the absence of a critical link between Outremont and Parc-Extension, which has long been a priority for local cyclists and community leaders. Without this connection, the newly planned bike path may not achieve its full potential, leaving it isolated and potentially underused.

The Councillor has urged the city to reconsider its approach, suggesting that a more integrated and connected cycling infrastructure would better serve the needs of both neighbourhoods. This situation underscores the importance of thoughtful and inclusive planning, where residents are actively involved in decisions that impact their daily lives.

As the debate continues, the future of the bike path on Querbes Avenue remains uncertain. Local leaders and residents alike are calling for greater transparency and accountability from the city, along with a renewed focus on community engagement in the urban planning process. The outcome of this controversy will likely shape the direction of future infrastructure projects in Parc-Extension and beyond, as the community strives for a more connected and inclusive approach to development.



Quebec's economic recovery and its impact on Parc-Extension

DIMITRIS ILIAS

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

As Quebec's economy shows signs of recovery, the effects are being felt across the province. The Desjardins Leading Index (DLI) has reported a 0.5% rise for two consecutive months, indicating that Quebec's economic foundations are strengthening after a turbulent 2023. This recovery is expected to positively impact communities throughout the province, including Parc-Extension, which is home to many small businesses and working-class families who could benefit from broader economic growth.

However, despite these positive economic indicators, the job market in Quebec remains sluggish, which could have implications for residents of Parc-Extension. In July, the province lost 9,100 jobs, following an even larger decline in June. The unemployment rate in Quebec remains at 5.7%, but this figure is somewhat misleading, as it is influenced by a decrease in labor force participation rather than actual job creation. Sectors such as retail, finance, and real estate—industries that employ many Parc-Extension residents—have been particularly affected.

For a neighbourhood like Parc-Extension, where many residents work in lower-wage jobs or are employed in sectors hit hard by the economic downturn, this sluggish job market is a significant concern. While the overall economy is beginning to recover, the benefits of this

growth may take time to reach the most vulnerable communities. The Quebec government's downward revision of its economic growth forecast for 2024—from 1.4% to 0.7%—further underscores the challenges ahead.

Local businesses in Parc-Extension, which often serve as vital hubs for the community, could face continued pressures due to these economic conditions. The provincial government's commitment to maintaining a balanced budget and reducing the debt burden is a positive sign, but how quickly these policies will translate into tangible benefits remains to be seen.

In the meantime, residents and local leaders in Parc-Extension may need to focus on community resilience and support systems to navigate the ongoing economic challenges while waiting for the broader recovery to take full effect.



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SINCE 1971

Quebec among provinces with lowest healthcare expenditure, how does the rest of Canada compare?

Study reveals the provinces spending the most on healthcare

Healthcare spending is a crucial aspect of public policy and quality of life in Canada, and the expenditure per person varies significantly across provinces.

New research has revealed the Canadian provinces and territories spending the most money on healthcare per person each year, with Quebec ranking tenth.

Alberta personal injury lawyers, Preszler Injury Lawyers, analyzed data from the Canadian Institute for Health Information to determine how much each of the provinces and territories spends on healthcare per person in a year, taking into consideration the costs of both public and private healthcare.

Taking the top spot is **Nunavut**, spending an estimated **\$23,652** annually per person on both public and private healthcare. The territory's remote location and harsh climate could contribute to these high costs. There is also a higher prevalence of certain diseases in Nunavut such as heart failure and lung cancer due to its higher number of smokers, requiring more specialized care than other regions of Canada.

In second place is the **Northwest Territories**, with an estimated yearly healthcare spend of **\$21,750** per person. Similarly to Nunavut, the Northwest Territories are more secluded, meaning they don't have the same access to healthcare as Canadians living in urban centers. This can sometimes mean patients have to be transported to more specialized facilities, costing more money.

Next on the list is **Yukon**, spending **\$15,696** per person on healthcare each year. The high cost could reflect the territory's efforts to provide

comprehensive medical services across its large, sparsely populated area, which inevitably brings costs up.

Newfoundland and Labrador spends an estimated **\$10,333** per person in a year. The province's aging population and high rates of chronic diseases could contribute to the high healthcare costs. Its geographic location also requires higher spending on medical transport and specialized treatments.

Fifth is **Nova Scotia**, spending roughly **\$9,737** per person in a year. Similarly to Newfoundland and Labrador, Nova Scotia has an older population and a high prevalence of chronic diseases, requiring more healthcare services, and therefore more money spent per person.

Following is **British Columbia**, spending around **\$9,182** on healthcare per person each year. The province has a significant elderly population, which could increase the demand for healthcare services.

With an estimated yearly healthcare spend of **\$9,112** per person, **Saskatchewan** ranks seventh. The need to provide services across both densely populated urban centers and remote rural areas could contribute to this cost.

Next up is **Alberta**, spending an estimated **\$9,041** per person. While it has a large population, which can strain the healthcare system, the province is efficient with preventative care measures and advanced technology.

In ninth place is **Prince Edward Island**, spending **\$9,036** per person on healthcare each year. This lower expenditure could be due to its smaller population, reducing the demand for healthcare

services. The province also has a relatively high ratio of primary care providers to residents, emphasizing preventive care and reducing the need for more expensive emergency services.

Tenth is **Quebec**, with an annual healthcare cost of **\$8,785** per person. There are a few factors that could contribute to the slightly lower cost in this province; it has a well-developed network of community health centers that provide accessible, cost-effective care. Quebec's pharmaceutical policies, such as the regulation of drug prices, also help to keep costs down.

Manitoba has the third lowest healthcare spend, at **\$8,616** annually. The province places a strong emphasis on preventive care and community health programs, which reduce the incidence of chronic diseases and the need for more expensive treatments.

New Brunswick is next, spending an annual **\$8,413** per person on healthcare. Its smaller and more stable population could allow for a more manageable demand for healthcare services, leading to efficient resource distribution and cost control.

The province spending the least on healthcare each year is **Ontario**, at just **\$8,245** per person. There are several factors that could contribute to this, from better preventative measures to advanced technology and telemedicine.

A spokesperson from Preszler Injury Lawyers has commented:

"It is fascinating to see which provinces are spending the most on healthcare. Factors such as population size, geographic location, and the prevalence of chronic diseases likely play signifi-

The Canadian provinces spending the most money on healthcare per person each year		
Rank	Province	Estimated healthcare spend per person (\$)
1	Nunavut	23,652
2	Northwest Territories	21,750
3	Yukon	15,696
4	Newfoundland and Labrador	10,333
5	Nova Scotia	9,737
6	British Columbia	9,182
7	Saskatchewan	9,112
8	Alberta	9,041
9	Prince Edward Island	9,036
10	Quebec	8,785
11	Manitoba	8,616
12	New Brunswick	8,413
13	Ontario	8,245
Canada as a whole		8,740

cant roles in these differences.

"On top of that, differences in health policies between provinces, the efficiency of healthcare systems, and the emphasis on preventive care can also have an impact on overall cost.

"Understanding these differences and the reasons for them can help policymakers tailor more effective healthcare solutions across the country."

This information was provided by Preszler Injury Lawyers, Alberta personal injury lawyers.



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FROM WAYNE & TAMARA

ONE-SIDED

Q I am divorced with two grown daughters in their 20s. Both my ex and I are remarried. He lives in a distant city. Both daughters are married, and one has two boys and the other one boy. My problem is the lack of interest my ex-husband shows in his daughters.

My youngest daughter is getting her master's degree and invited her dad to come to her graduation. Also, she bought a new house two years ago and has a little boy, neither of which he has seen. Her invitation to the graduation was greeted with enthusiasm, and she really thought he was coming. She also told the news to people at work and family members.

She's been buffing up the house and getting a guest room ready for his stay. Well, lo and behold, he's not going to come. He gave some lame excuse about tickets for something or other, and he couldn't give them away so he has to use them. Sorry, he said, you know you come first, but these tickets are hard to come by. Yada, yada, yada.

My daughter told me last night. I showed no sign of anger or disappointment, nor did I rank on him. But I'm mad. She says no big deal, but I know how hurt she is and it hurts me when my kids hurt. Both daughters are so nice they would never confront him on any issue. I don't want to butt in where I shouldn't, but when I see my kids hurt, I want to do something.

Do I have the right to interfere and call or write

my ex and tell him exactly what he has done? Or do I keep my mouth shut, and let relationship issues between father and daughters be dealt with by them?

Delia

A Delia, you cannot make him be the man he isn't. If that could be done, everyone could just write a letter or make a phone call, and everything on the planet would be fixed. He is taking advantage of your daughters because they are nice, but if they weren't nice, would they be your daughters?

You've experienced who he is. A divorce didn't change him. Your daughters are going to have to come to terms with this on their own. There are children whose parents die when they are young. There are children who are abused by their parents. There are children who are ignored by their parents.

Each child deals with that individually. Perhaps 20 years from now he may suddenly decide he needs a relationship with his daughters. And they may accept, or reject, him based on their past dealings with him.

This is not a matter for you to get involved with. He is no longer your husband. Your daughter is trying to "win" her dad, a man who rejects her. She may always try to do that, and she may take for granted the person who has been there by her side all along. Best to take a neutral stance here and do nothing.

Wayne & Tamara

AROUND THE BLOCK

Q I'm 21 and for the past seven months I've been with my girlfriend, 20. I am the first person she's slept with. Although she is the first girl

I've been in a relationship with, she is not the first lady I slept with. Prior to her I had a series of one night stands with five other women. In the beginning, she was perfectly all right with that.

Lately we've been fighting, and she finds me disgusting, dirty, and cheap for having slept with

other women. The last analogy prior to kicking me out was I am a used car, a cheap Yugo, while she is a brand-new Ferrari.

Burt

A Burt, she was a brand-new Ferrari. Not anymore. Now you're both "pre-owned." When it's love, history doesn't matter.

When it's not, history does.

Wayne & Tamara

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

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

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AVIS DE RADIATION (21-23-0041)

Prenez avis que le 31 juillet 2024, le Tribunal des professions a rejeté l'appel de la décision rendue par le Conseil de discipline de l'Ordre des infirmières et infirmiers auxiliaires du Québec le 29 janvier 2024, dans laquelle le Conseil a imposé à **Maria Blanca Sura**, exerçant la profession d'infirmière auxiliaire dans la région de Lachine, une période de radiation temporaire de trois (3) mois sous le chef 1 et d'un mois sous le chef 2 de la plainte portée contre elle, à purger de façon concurrente.

Considérant le rejet de l'appel interjeté au Tribunal des professions, la sanction imposée dans la décision du Conseil de discipline du 29 janvier 2024 est exécutoire depuis le 31 juillet 2024 conformément au *Code des professions*.

Mme Maria Blanca Sura a été déclarée coupable par le Conseil de discipline des infractions suivantes :

1. Le ou vers le 21 décembre 2022, à la Résidence du Groupe Maurice Le Savignon de Lachine, a fait défaut d'agir avec diligence auprès de la patiente;
2. Le ou vers le 21 décembre 2022, à la Résidence du Groupe Maurice Le Savignon de Lachine, a apposé sa signature par anticipation au formulaire d'administration des médicaments de la patiente.

Mme Maria Blanca Sura est donc radiée du Tableau de l'Ordre des infirmières et infirmiers auxiliaires du Québec pour une période de trois (3) mois, soit du **31 juillet au 31 octobre 2024**.

Cet avis est publié en vertu de l'article 156 du *Code des professions*.

Montréal, ce 6 août 2024.

Me Caroline Leblanc

Secrétaire du Conseil de discipline de l'OIIAQ

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- Cucumber (QC)
- Apples (3) (QC)
- Big Peaches (3)
- Bananas (4)
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Week of AUGUST 18 TO 24, 2024

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ARIES, TAURUS AND GEMINI

ARIES
If you closely examine your budget, you'll discover you can turn your dreams into reality. The funds you need to achieve one of your greatest dreams will be within your reach.

TAURUS
Although your responsibilities may seem overwhelming, your steady progress will give you confidence in your abilities. From now on, nothing will be able to stop you. You'll have the courage to act.

GEMINI
Sometimes, you must take a step back to gain clarity. At work, achieving your ambitious aspirations will require incremental progress.

CANCER
Although you're barely back from your summer holidays, you'll already start planning the next one with your friends. You'll organize a large meeting at work, bringing together the entire company.

LEO
You desire intellectual and spiritual growth. You may be contemplating a career change or taking an enriching personal journey. Don't be afraid of change! It's good for you.

VIRGO
You must take some time to reflect before making an important decision about your personal or professional future. Negotiations are necessary. You must weigh the pros and cons before finalizing anything.

LIBRA
Compromise isn't always possible, especially when there are conflicting opinions. You'll need to use your imagination to keep the peace with those around you and resolve conflicts.

SCORPIO
A few small wins will help restore your self-confidence, giving you the boost you need to move forward with a project near and dear to your heart.

SAGITTARIUS
Creating a functional home office will be a top priority this week. After careful planning, your leadership skills will emerge, allowing you to start your own business.

CAPRICORN
Love will take a prominent place in your thoughts this week. Subtle gestures, small tokens of appreciation and words of love will help you deepen your feelings for your partner.

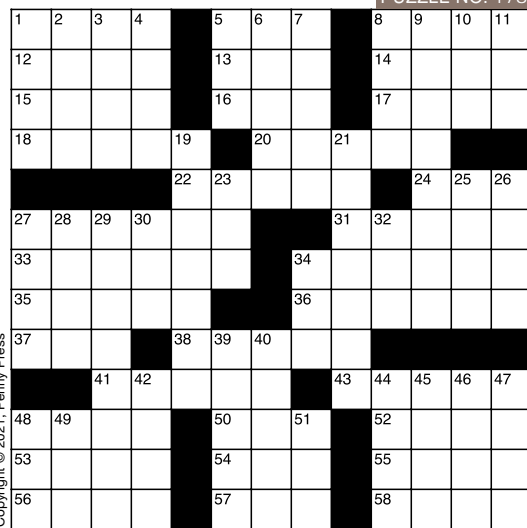
AQUARIUS
The idea of selling or buying a property will cross your mind. You could find more affordable housing to improve your family's quality of life and get your hands on a large sum of money.

PISCES
Some individuals may repeatedly request your assistance, requiring you to travel frequently. This could allow you to treat yourself and even consider buying a new car.

Coffee Break

CROSSWORDS

PUZZLE NO. 178



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ACROSS

- 1. Drenches
- 5. Horse's relative
- 8. Swindle
- 12. Hateful
- 13. Stopover spot
- 14. Mexican food item
- 15. Restaurant list
- 16. Couple
- 17. Secondhand
- 18. Beginning part
- 20. Scorched
- 22. Adhesive
- 24. Law ___ order
- 27. Wandered
- 31. "___ Hall"
- 33. Whistles
- 34. Each
- 35. Dish
- 36. Drooped
- 37. Take to the slopes
- 38. Black bird
- 41. Nightclub for dancing

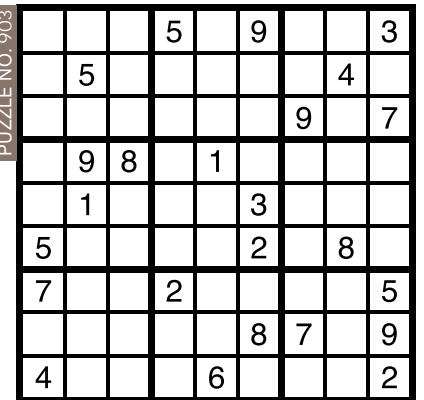
DOWN

- 43. Zest
- 48. Leg front
- 50. Tear
- 52. Avenue
- 53. Large lump
- 54. Hockey-rink surface
- 55. Cover with gold
- 56. Bacon's partner
- 57. Dawn drops
- 58. Building annexes

- 19. Season starters
- 21. Harvesting
- 23. Yellow-pages fillers
- 25. Friendly
- 26. Land document
- 27. Poisonous serpents
- 28. Cow product
- 29. Weaving, as hair
- 30. Rent
- 32. None
- 34. Wondrous fear
- 39. Pungent
- 40. Soprano, e.g.
- 42. Writing fluids
- 44. Craving
- 45. Loam
- 46. Like a beanpole
- 47. Bookies' concerns
- 48. This lady
- 49. Cuddle
- 51. Sunday bench

Sudoku

PUZZLE NO. 903



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.

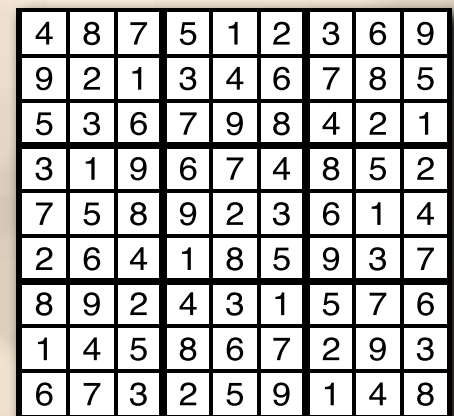
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

Last Issue's Answers

CROSSWORDS



Sudoku



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