

**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**



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

Commission scolaire English-Montréal English Montreal School Board

Adult Education & Vocational Services

# Nouvelles PARC-EXTENSION News

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

**ONGOING REGISTRATION**



Health & Business Centre

Choose Shadd. Choose Success.



**514-484-0485**  
 1000 Old Orchard Avenue  
 Located near Vendôme metro & train station  
[shadd.com/admissions](http://shadd.com/admissions)

**newsfirst**

Vol. 33-02

24 janvier 2025 / January 24, 2025

450-978-9999

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

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



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



EXCELLENT SERVICE | EXCEPTIONAL RESULTS



**ROYAL LePAGE**  
 HUMANIA CENTRE  
 AGENCE IMMOBILIÈRE 450.682.2121



**FREE**  
 EVALUATION  
 WITH NO  
 OBLIGATION

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





# Rogers has special offers for you and your loved ones.

Work here? Visit your Rogers store today to enjoy exclusive offers. Plus, save extra by pairing your mobile and home services.

Hurry, these are limited-time offers!

 **ROGERS** Authorized Dealer

## 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 | 514-939-5552

Complexe Desjardins  
175 René-Lévesque Blvd. West | 514-669-1880

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

### NORTH SHORE

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

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

### SOUTH SHORE

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

Centre Valleyfield  
50, Dufferin | 450-373-0519

### LANAUDIERE

Galeries Joliette  
1075 Firestone Blvd.  
Joliette | 450-760-3000

### OUTAOUAIS

Les Galeries de Hull  
320, St-Joseph blvd | 819-205-1390

**PLANÈTE**  
**MOBILE**



# Plante's priorities for final year in office: More social housing, reducing speed limits



(NEWSFIRST) - Mayor Valérie Plante's top priorities for her final months in office is to keep Montreal's construction sites clean.

Plante is vowing to ensure construction sites are well maintained across all neighbourhoods with a construction site management plan.

That plan would include an awareness campaign on cleanliness and the coordination of snow removal with site cleaning during the spring thaw.

It's one of five main goals outlined by Plante at a press conference Wednesday during which she laid out what she wants to accomplish in 2025 - her final term in office after she announced she would not be seeking a third term in this fall's municipal elections.

"I stand before you with the same energy, vision and determination to find concrete solutions to the complex issues we are facing," said Plante.

"I am extremely proud of our work so far but I know that it's not finished, that's for sure.

Plante says she wants to use her final year in power to continue transforming the city.

"There are still issues to be addressed, decisions to be made and changes to be implemented before the next election."

## Comments from the opposition

"If we're going to talk about the cleanliness in the city, we were trying to tell the mayor for the last seven years we're asking her to have people and to have the budget to use in the 19 boroughs and make sure at least the boroughs are clean," said Aref Salem, Ensemble Montréal leader, Montreal's official opposition. "This is

like repeating this for the last seven years."

Also included in her main goals is a plan to reduce speed limits in front of 35 schools that are in areas where the speed zone is currently 40 km/h or more.

The Montreal mayor also promised the city would continue to help the Quebec government in providing housing for the homeless.

"In addition to the 60 spaces that will be offered starting this spring in modular housing, the mayor hopes to announce, by the end of her term, additional spaces in this type of transitional housing located on city land that will eventually house social housing units," the City of Montreal said in a news release.

"Since becoming mayor, I've always rolled up my sleeves no matter the challenge," said Plante. "The last year of my term will not be any different while we have not solved everything by the end of this year, I guarantee you that I will work to improve Montreal and the daily lives of everyone until my last day."

This comes as the race to replace her as leader of Projet Montréal gets underway on Feb. 3 and candidates include: Villeray-St Michel-Parc Extension borough Laurence Lavigne Lalonde, Mayor Plateau-Mont-Royal borough mayor, Luc Rabouin; city councillor Ericka Alneus; and Gracia Kasoki Katahwa, borough mayor of Montréal's Côte-des-Neiges-NDG. Former Projet Montréal president Guedwig Bernier is also running.

"Although I will not be a candidate in the next election my term as mayor ends on Nov. 2, not before," said Plante. "I will not slow down. On the contrary, we have 300 days left."

## CENTRE DE FORMATION PROFESSIONNELLE LAURIER MACDONALD VOCATIONAL TRAINING AND CAREER CENTRE



### INSCRIPTION EN COURS REGISTER NOW

[LMACCAREERCENTRE.COM](http://LMACCAREERCENTRE.COM)  
5025 RUE JEAN-TALON E.  
(514) 374-4278

- ESTHÉTIQUE / AESTHETICS
- COIFFURE / HAIRDRESSING
- SOINS DE BARBE ET TECHNIQUES DE COUPE / BARBERING
- ÉPILATION / HAIR REMOVAL
- MÉCANIQUE DE VÉHICULES ÉLECTRIQUES / ELECTRIC VEHICLE MECHANICS
- MÉCANIQUE AUTOMOBILE / AUTOMOBILE MECHANICS
- ESTHÉTIQUE DE L'AUTOMOBILE / AUTOMOTIVE DETAILING
- SOUDAGE - MONTAGE / WELDING AND FITTING



## CUSTOM BEER MUGS

Your brand at your customer's table

Thick glass    Matte    High quality dye

**MEDIA-TREK**

microwave safe

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

AEVS Adult Education & Vocational Services



Commission scolaire English-Montréal  
English Montreal School Board





**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  
Dylan Adams Lemaçon  
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:



Project funded in part by



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

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

ENTIRE CONTENTS COPYRIGHT 2025



# Good fences, better neighbours: Rethinking the Canada-U.S. relationship

*How Canada can preserve its sovereignty while deepening cross-border co-operation*

Robert Frost famously said, "Good fences make good neighbours." While this adage underscores the importance of respecting boundaries, it also invites reflection on the purpose of those fences and how they shape relationships. For Canada and the United States, the border symbolizes both division and a shared history—a line of sovereignty and a bridge of interdependence.

At a time of significant global challenges, it's essential to re-examine this relationship, address its strengths and vulnerabilities, and lay the groundwork for a stronger partnership.

As someone deeply connected to both nations, this topic is profoundly personal. Born and raised in the U.S., I moved to Canada as a young man and eventually became a Canadian citizen. This choice reflected years of experience and admiration for Canada's distinct identity and values. It also mirrored a recognition of the deep, sometimes fraught, interdependence between the two nations—a relationship rooted in history and shared interests yet continually tested by evolving challenges.

Canada and the United States share the longest undefended border in the world, a testament to a partnership built on trust and mutual benefit. Economically, culturally, and politically, the ties run deep. Alberta's energy exports to the U.S., for example, fuel both economies but also reveal the risks of overdependence on a single market. Similarly, the U.S. reliance on Canadian resources—from oil and gas to timber and wheat—highlights a reciprocal need that must be carefully managed.

Yet this interdependence is not without tension. Divergent values and policy approaches often create friction. Canada takes pride in its emphasis on social welfare, multiculturalism, and collective well-being. The U.S., on the other hand, is known for its individualism, market-driven dynamism, and global assertiveness. While sometimes a source of misunderstanding, these differences also offer valuable lessons for each nation.

In an increasingly interconnected world, the challenges facing Canada and the U.S. transcend borders. Environmental and economic transitions, technological disruptions, and geopolitical uncertainty demand a unified approach. For instance, given the cross-border nature of environmental impacts, the shift toward renew-

able energy and climate adaptation requires co-ordinated policies. Similarly, addressing technological changes, such as the regulation of artificial intelligence and securing supply chains, necessitates collaboration.

However, this partnership must not come at the expense of Canada's unique identity and sovereignty. Troubling rhetoric, like Donald Trump's suggestion to annex Canada into a "United States of North America," highlights the need for vigilance. While such remarks may lack immediate credibility, they remind us of the importance of preserving Canadian independence while fostering a respectful relationship.

To maintain a strong partnership, both nations must tackle key challenges together. Addressing these issues collaboratively will build trust and mutual prosperity. Here are some critical areas that demand attention:

- **Supply chain management:** Reform is needed to prevent inflated consumer prices and ensure industries adapt to market changes, promoting competition, innovation, and affordability.
- **NATO responsibilities:** Canada must be a committed funder, active partner, and strong defender within the alliance to uphold democracy and collective security.
- **Restoring merit:** The focus on "woke" ideologies has overshadowed the importance of qualifications, ability, and achievement. Merit must return as the primary standard for decision-making.
- **Corruption:** Corruption in Canadian government, particularly in procurement, must be eliminated. It requires zero tolerance at all levels and across all political parties to restore accountability.
- **China's influence:** Undue interference in Canadian politics and elections threatens sovereignty and democracy. Immediate action is needed to eliminate this influence and protect political integrity.
- **Sovereignty:** Secure, well-protected borders are essential to maintaining Canada's sovereignty and safety, fostering mutual respect and clear boundaries in international relations.
- **Corporate subsidies:** Subsidies and incentives should only be used in urgent situations,

addressing critical needs without fostering dependency or creating unfair advantages.

- **Standard of living:** Economic productivity must translate into tangible improvements in citizens' standard of living, ensuring growth benefits everyone.
- **Energy transition:** Canada must balance its global responsibilities in the energy transition while addressing the world's ongoing demand for reliable energy resources.
- **Border security:** Strengthen measures to stop the flow of illegal guns into Canada and fentanyl into the U.S., ensuring the safety of both nations.

While these issues present significant challenges, they also offer opportunities for Canada and the U.S. to strengthen their partnership through focused, collaborative policies. Moving forward, both nations must formalize and deepen their dialogue, drawing on their shared history to confront modern challenges effectively.

A bilateral climate and energy council could align policies and accelerate the transition to sustainable practices. Similarly, joint task forces on emerging technologies, like artificial intelligence and cybersecurity, would foster innovation while protecting national interests. Modernizing trade agreements, like the United States-Mexico-Canada Agreement (USMCA), could address economic vulnerabilities and reflect current realities. Finally, expanding cultural exchange programs—including student exchanges and cross-border internships—would deepen grassroots connections and mutual understanding.

Canada and the U.S. have always been more than neighbours—they are partners bound by geography, history, and shared destiny. However, this partnership must evolve to meet the demands of the future. By prioritizing collaboration on critical issues and respecting each other's sovereignty, both nations can chart a course toward greater prosperity and stability.

The challenges we face—environmental, technological, and geopolitical—demand co-operation, not isolation. Let's work together not to erase our differences but to build a shared future rooted in mutual respect and purpose.

Good fences may make good neighbours, but great partnerships make better futures.

*Dr. Perry Kinkaide*

## 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)



**NO COMMITMENT.  
NO CREDIT CHECKS.  
NO OVERAGES.  
NO BRAINER.**

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

Offer is subject to change without notice. Taxes extra. <sup>TM</sup> Trademarks used under license ©2025

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



# Quebec's retirees at risk of losing their homes

## How Bill 16 affects condo owners in Park-Extension

**DIMITRIS ILIAS**

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

After years of hesitation, Quebec has finally introduced Bill 16, a legislative reform that will significantly change the way condominiums are managed across the province. While the new regulations aim to ensure better upkeep of buildings and prevent financial mismanagement, they could also create serious financial strain for many condo owners—especially retirees living on fixed incomes.

### What does Bill 16 mean for condo owners?

Buying a condo isn't just about owning a private unit—it also means shared responsibility for the upkeep of common areas, such as hallways, roofs, garages, elevators, plumbing, electrical systems, and the overall structural integrity of the building. Over time, these shared facilities require maintenance and costly repairs.

Until now, Quebec's regulations on condo reserve funds have been vague. Many condo associations either didn't collect enough money for future repairs or had no reserve fund at all. As a result, when major repairs became necessary, many condo owners were hit with sudden, hefty bills.

### Bill 16 introduces three major changes

**1. Mandatory building inspections:** Independent experts (engineers, architects, or financial analysts) will evaluate the state

of condo buildings and determine future maintenance needs.

**2. Adequate reserve funds:** Condo owners must contribute to a properly funded reserve based on expert evaluations.

**3. Financial transparency in sales:** Prospective buyers must receive detailed financial reports on the condo association's reserve fund and overall financial health before purchasing a unit.

### The financial burden on retirees and low-income residents

For many retirees in Park-Extension and across Montreal, these changes could lead to a financial crisis. Monthly condo fees are expected to rise sharply—some might even double or triple—to meet the new reserve fund requirements. In some cases, owners may be forced to pay thousands of dollars extra each year.

This is particularly concerning for elderly condo owners who bought their homes years ago when prices and fees were lower. Now, with limited income from pensions and savings, they may struggle to afford the sudden increases. The difficult choices they face include:

- Taking out loans or refinancing their homes, which is often difficult for older individuals with limited income.
- Selling their condos, though properties with underfunded reserves may see a drop in value, making it harder to find buyers.
- Moving into rental housing, though rents in Montreal, including Park-Extension, have surged in recent years.

For many elderly residents who have lived in Park-Extension for decades, leaving their

home isn't just about finances—it's about being forced to leave their community, neighbours, and support networks behind.

### What can condo owners do?

If you own a condo in a building with little to no reserve fund, you should prepare for increased fees, potential special assessments, and even new mortgage payments. Before purchasing a condo, prospective buyers should thoroughly review the financial health of the condo association to avoid unexpected costs

down the road.

While Bill 16 is intended to protect the structural integrity of condo buildings in Quebec, it also presents serious financial challenges—especially for retirees and lower-income condo owners. Without additional support measures, many residents may find themselves unable to keep their homes, potentially leading to a wave of forced relocations.

The future of condo living in Quebec is changing—but for many, this change may come at a steep cost.



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



**FREE**  
EVALUATION  
WITH NO  
OBLIGATION

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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



**ROYAL LEPAGE**

HUMANIA CENTRE

AGENCE IMMOBILIÈRE 450.682.2121



# Addressing mental health in high schools: A key to resilience in Park-Extension

**DIMITRIS ILIAS**

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

Park-Extension, is home to a vibrant community with a significant number of young students navigating the challenges of adolescence. Recent research on mental health education in high schools has shed light on the critical role that early intervention can play in fostering resilience and reducing substance abuse disorders among youth. This study, conducted in Montreal, found that first-year high school students who attended just two mental health workshops were less likely to develop substance abuse problems by the time they graduated.

This discovery holds particular significance for communities like Park-Extension, where economic and social pressures can sometimes exacerbate mental health challenges among students. With many immigrant families working hard to establish themselves in Canada, young people in the neighbourhood often face added responsibilities, cultural adjustments, and the pressure to succeed academically. These stressors, if left unaddressed, can contribute to anxiety, depression, and, in some cases, unhealthy coping mechanisms such as substance use.

The study's findings suggest that implementing structured mental health programs in high schools could have far-reaching

benefits for students in Park-Extension. By equipping young people with the tools to recognize and manage stress, educators and community leaders can help mitigate long-term mental health risks. Schools in the area, including those under the EMSB and CSSDM, could benefit from integrating mental health workshops into their curricula, ensuring that students receive the support they need before problems escalate.

Local organizations and mental health advocates have long emphasized the importance of community-based support for youth. Groups such as the Park Extension Youth Organization and the École Secondaire Georges-Vanier's student services have been instrumental in providing safe spaces and counselling for students. However, the recent study highlights the necessity of embedding mental health education within the school system itself rather than relying solely on external services.

Mental health awareness is no longer a peripheral issue—it is a fundamental aspect of education that can shape students' futures. For the youth of Park-Extension, access to early mental health education could mean the difference between struggling in silence and developing the skills to navigate life's challenges with confidence. As Montreal continues to adapt to the evolving needs of its diverse communities, prioritizing mental health in schools should remain at the forefront of the conversation.



Start your life!  
Live your dream!



## OUR PROGRAMS

<p>Accounting</p>	<p>Starting a Business</p>
<p>Secretarial and Legal Studies</p>	<p>Sales Representation Professional Sales</p>
<p>Hotel Reception</p>	<p>Professional Cooking</p>
<p>Contemporary Professional Pastry Making</p>	<p>Food &amp; Beverage</p>

REGISTER TODAY 514-381-5440

PIUSCENTRE.COM

9955, Papineau Ave., Montreal, QC H2B 1Z9



FOLLOW US ON





# Happy Tamil Heritage Month

## Tamils mark 'Heritage Month' at lively and fun event

*Federal cabinet ministers, local MPs, MNA and city councillors join the celebration*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
marty@newsfirst.ca

For a seventh consecutive year, members of more than 40 Tamil community organizations gathered at the Château Royal to celebrate the contributions of Tamils since their arrival in Canada.

More than 1,000 guests, including representatives from a number of other multicultural communities as well as elected officials from the three levels of government, took part in the admission-free celebration.

### A networking event

Lunch and refreshments were provided, along with a great opportunity to learn and network with fellow leaders and organizations within the Tamil community of Quebec. Among the guests were a number of prominent as well as local elected officials.

They included federal Minister of Public Services Jean-Yves Duclos, Immigration Minister Marc Miller, Vimy Liberal MP Annie Koutrakis, Laval-Les Îles Liberal MP Fayçal El-Khoury.



Dancers from Tamil community groups performed during the event at the Château Royal. (Photo: Martin C. Barry, Newsfirst Multimedia)

### Celebrating Tamil heritage

Tamil Heritage Month, which was launched in 2010, aims to celebrate the history of Canada's Tamil community and its contributions to the social, cultural, political and economic strength of Canada.

While recognizing the Tamil community's accomplishments and tracing its roots, Tamil Heritage Month also provides opportunities to celebrate the Tamil community's history in Canada. As well, the month-long observance shines a spotlight on Tamil heritage overall, while helping to rejuvenate Tamil culture in Canada.

### Tamil Heritage Month goals

According to organizers of the event, the objectives of Tamil Heritage Month are five-fold:

1. To celebrate the richness of the Tamil language and literature;
2. To celebrate the traditions, arts and culture of Tamils around the world;
3. To educate Canadians of all backgrounds about the language, traditions and history

► Continued on page 9



SÉCURITÉ  
**SPARTAN**  
SECURITY

**(514) 289-8585**

Burglar • Fire • Cameras • Intercoms

**25 years at your service!**

**A COMPANY YOU CAN TRUST**

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

**24 HOUR MONITORING**





# Happy Tamil Heritage Month

◀ Continued from page 8

of the Tamil people;

4. To highlight the achievements of Tamils in various fields both in the past and the present;
5. To advance the growth and prosperity of Tamils.

They say the month of January was chosen as Tamil Heritage Month for a number of reasons. The Pongal festival, the most important and widely-celebrated festival amongst Tamils

around the world, falls in the middle of the month.

## Pongal and a New Year

Pongal is both a time of thanksgiving for the blessings of a past year and a time to look forward to the start of a new year. As well, the first month of Tamil calendar, Thai, begins in the middle of January.

According to tradition, the Pongal festival marks the end of winter solstice, as well as the start of the sun's six-month-long journey northwards when it enters the Capricorn, also



Photo: Martin C. Barry, Newsfirst Multimedia



Around 1,000 people mostly of Tamil origin turned up for the Tamil Heritage Month event last Sunday afternoon. (Photo: Martin C. Barry, Newsfirst Multimedia)

known as Uttarayana. Pongal is regarded as one of the most important festivals celebrated by Tamil people.

## Tamil diaspora celebrates

Pongal is observed by the Tamil diaspora worldwide, including Tamils in the United States, United Kingdom, Canada, Malaysia, Mauritius, South Africa, Singapore and the Gulf countries.

Canada's Tamil population is among the largest in the western world. From a population of fewer than 150 in 1983, Tamils form an increasing share of the overall Canadian population.

According to Statistics Canada figures, there were 237,890 Tamils living in Canada up to five years ago, a more than 25 per cent increase since 2016. As well, Quebec is home to more than 20,000 people of Tamil origin.



Choose Shadd.  
Choose Success.



FULL-TIME STUDIES

Administrative Assistant

DAY

**ONGOING REGISTRATION**



FULL-TIME STUDIES

Accounting Program

DAY & EVENING

**ONGOING REGISTRATION**



FULL-TIME STUDIES

Institutional &  
Home Care Assistance

DAY & EVENING

**ONGOING REGISTRATION**

**MOST PROGRAMS ARE ELIGIBLE FOR LOANS AND BURSARIES**

**514-484-0485**  
1000 Old Orchard Avenue  
[shadd.com/admissions](http://shadd.com/admissions)

Located near  
Vendôme metro  
and train station

**GOOGLE**  
Shadd Health & Business Centre





## 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





# Hospital emergency rooms under pressure in Montreal, including Parc-Extension

**DIMITRIS ILIAS**

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

Hospitals across Quebec, particularly in the greater Montreal area, continue to experience significant pressure in their emergency rooms due to a rise in flu cases. Experts warn that the situation is unlikely to improve in the coming weeks.

## Flu season worsening

“Historically, from late January to early February, we see a critical increase in the number of people with flu-like symptoms seeking emergency care,” said Frédéric Abergel, Executive Vice-President of Operations and Transformation at Santé Québec.

According to Santé Québec, emergency rooms in areas surrounding Montreal, including Laval, Lanaudière, Laurentides, and Montérégie, reached an average bed occupancy rate of 142% between December 31 and January 13. In Montreal itself, the rate is at 138%, while the provincial average sits at 121%.

The Institut national de santé publique du Québec reports that flu activity remains moder-



ate but is increasing. “Hospitals remain under pressure as we enter the peak of the winter season,” Abergel stated.

## A slightly better situation than last year

Despite the ongoing strain, Santé Québec notes some improvements compared to last year. Province-wide, bed occupancy rates have decreased by 5% in the past year, although Montreal has seen a slight 1% increase.

The average emergency room stay on a stretcher in Quebec is now 18.6 hours, an improvement of 1.5 hours from last year.

Abergel attributes some of the hospital congestion in Montreal and the surrounding regions to a growing and aging population. “This affects not only emergency rooms but also in-patient units throughout the hospitals,” he explained.

## Addressing staffing challenges

While the healthcare system faces budget constraints, efforts are being made to ensure services remain available and wait times are reduced.

“We are working to better allocate human resources, especially for weekends,” said Abergel. “In many locations, staff are being

asked to take on shifts during the weekend to help manage patient loads.”

## Alternative care options for Parc-Extension residents

Abergel emphasized that it is “never too late” to get vaccinated against the flu and COVID-19. Santé Québec urges residents to consider alternatives to emergency rooms when possible,

such as calling Info-Santé (811), visiting a local CLSC, or consulting a family doctor.

For minor illnesses, pharmacists can now provide treatment for flu and COVID-19 symptoms, gastroenteritis, and, in certain cases, urinary tract infections in women and shingles, according to Benoit Morin, President of the Association québécoise des pharmaciens propriétaires.

# DRAIN 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

C550279  
Membre of Canadian Association

SINCE 1971





# DIRECT ANSWERS

FROM WAYNE & TAMARA

## DRAGONSLIPPERS

**Q** *I need you to help me because I feel like I'm going insane. It has to do with my sister and her boyfriend. She's been with him for nine years and living a lie ever since. He's been unfaithful to her since the beginning of the relationship and continues to do her wrong. When times get hard, he runs out on her.*

*She has a daughter from a previous marriage and one with him. He plays in a rock band and never has time for them. He stays out every weekend and says he has a show, when in actuality he is with another woman. He has girls text messaging him and she's seen what they say to him, yet she covers for him and says it's nothing.*

*Her children are suffering because she doesn't pay attention to their needs. Just a few weeks ago, he tells her he's leaving her again and moves in with another woman. Then he texts how miserable he is without her and how much he loves her.*

*I know she will take him back, and I think it will be the last straw for me. I love her with all my heart, but I worry more about what she is doing to the children. She acts as if she can't live without him and will put up with anything--lying, cheating, disrespect--just so he won't leave her. What can I do to help her see the light?*

Bernadette

**A** Bernadette, there are only three things you can do. First, you can be the best aunt to your sister's children that you can be.

Second, accept that your sister is in an abusive relationship. For some reason, she is willing to put up with this behavior. You don't understand that reason, but it has great power over her. So to gain more understanding, and possibly be of help, start reading about abuse and contact organizations for abused women.

One question outsiders always have is, How can an otherwise smart, capable woman put up with abuse? "Dragonslippers," a book by Rosalind Penfold, provides an answer. Roz Penfold was in such a relationship for 10 years. She kept a diary, and when words failed her, she drew pictures. The book is a graphic portrait of abuse.

Many women like Roz ease into abuse one small step at a time and use common ideas in our culture to justify what they are doing--turning the other cheek, forgiving the other, accepting bad behavior as a disease.

It is a truism that a woman with an abusive man will not leave that situation until she sees things in the particular light which will make her change. For one woman, it might be consideration of the children--their suffering, their future, their well-being. For another woman, it might be understanding that she seeks abuse because she feels unworthy of anything better. For a third woman, it might be a vision of her own future.

In dealing with your sister and her family you must be totally honest. If your sister praises her boyfriend, let her know everyone knows exactly what he is like and how he fails as a man. Don't go along with any imaginary or delusional way she presents his behavior. Let her children know that a good man does not treat a woman this way, and that a woman should never put up with this sort of treatment. In short, educate them to your way--the proper way--to view their home life.

Finally, realize she may never change, and there may be nothing you can do to cause her to change. An accident of birth has linked the two of you as sisters. Just as you cannot allow alcoholic and drug-based behavior, or criminal behavior, or abusive behavior to dominate your life, so you cannot allow her self-demeaning life to ruin your own.

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)

For all your  
**printing** and  
**promo** needs



**MEDIA-TREK®**

🌐 [mediatrek.ca](http://mediatrek.ca)

☎ (450) 978-0070

✉ [info@mediatrek.ca](mailto:info@mediatrek.ca)





COLLÈGE  
DES MÉDECINS  
DU QUÉBEC

## AVIS DE RADIATION (dossier : 24-2024-01195)

**AVIS** est donné, par les présentes, que le Dr Joseph Mbea Bitchoka (permis 84511), exerçant la profession de médecin (médecine de famille) à Montréal (Québec), a plaidé coupable devant le conseil de discipline du Collège des médecins du Québec de l'infraction qui lui était reprochée, à savoir :

- d'avoir abusé de la relation professionnelle avec sa patiente, du ou vers le mois d'août 2022 au ou vers le mois d'avril 2023, à qui il fournissait des services depuis le ou vers le mois de juin 2018, en ayant des relations sexuelles avec celle-ci (chef 2)

Le 6 décembre 2024, le conseil de discipline a imposé au Dr Bitchoka une période de radiation temporaire de 7 ans sous l'unique chef de la plainte modifiée.

Le Conseil a ordonné que la présente décision soit exécutoire à l'expiration du délai d'appel.

Le Dr Joseph Mbea Bitchoka est donc radié du tableau de l'ordre pour une période totalisant 7 ans à compter du 10 janvier 2025.

Le présent avis est donné en vertu des articles 156 et 180 du Code des professions.

Montréal, le 10 janvier 2025

Linda Bélanger, avocate  
Secrétaire du conseil de discipline



Ordre des infirmières  
et infirmiers auxiliaires  
du Québec

## AVIS DE RADIATION (21-23-0046)

Prenez avis que le 10 décembre 2024, le Conseil de discipline de l'Ordre des infirmières et infirmiers auxiliaires du Québec, a imposé à **Mme Irma Delva**, exerçant la profession d'infirmière auxiliaire dans la région de Montréal, une période de radiation temporaire de quatre (4) mois, sous le chef 1 et une période radiation de deux (2) mois sur le chef 2 de la plainte portée contre elle, ces périodes de radiation étant à purger de façon concurrente.

Mme Irma Delva a été déclarée coupable des infractions suivantes:

1. Le ou vers le 13 novembre 2022, à la Résidence l'Image d'Outremont, a fait défaut d'intervenir avec diligence, auprès de la patiente [...];
2. Le ou vers le 13 novembre 2022, à la Résidence l'Image d'Outremont, a omis, suite à la chute de la patiente [...], de compléter un rapport d'incident/accident et d'inscrire au dossier de [la patiente] les informations nécessaires.

Mme Delva sera donc radiée temporairement du Tableau de l'Ordre des infirmières et infirmiers auxiliaires du Québec, pour une période de quatre (4) mois, du 11 janvier 2025 au 11 mai 2025.

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

Montréal, ce 11 janvier 2025.

Me Caroline Leblanc  
Secrétaire du Conseil de discipline de l'OIIAQ

## WE BUY GOLD AND DIAMONDS

450-681-1363

- For over 38 years -



Before selling  
elsewhere,  
come see us!

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

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

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  
**\$40**

*Fresh products!  
Nice variety!  
Excellent value!*

Our weekly customers

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

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

VISITOURFACEBOOKANDINSTAGRAMPAGE!

@PANIERDUFERMIER

**THIS WEEK'S BASKET:**

- Strawberries
- Blueberries
- Corn
- Broccoli
- Green Beans
- Cremini Mushrooms
- Celery
- Carrots (2lbs)
- Potatoes (~2lbs)
- Garlic (Spain)
- Green Onions
- Romaine Hearts (3)
- Cucumber
- Tomatoes (Medley)
- Sweet Oranges (5) (Small)
- Grapefruit
- Tumeric (Organic)
- Ginger (Organic)
- Bananas (4-5)

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

**Pointe-aux-Trembles  
(Aux p'tits bœufs)**  
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 JANUARY 26 TO FEBRUARY 1

The luckiest signs this week:  
ARIES, TAURUS AND GEMINI

**ARIES**  
You may be offered a big promotion at work. Before making a decision, however, you should talk to your partner and loved ones to prevent any misunderstandings.

**TAURUS**  
The winter blues are starting to get you down. This may prompt you to seriously consider planning a sunny vacation. Just thinking about it fills you with joy and enthusiasm!

**GEMINI**  
Your senses will be on high alert, and your emotions could play tricks on you. You'll untangle the threads of a scandalous affair, be it in your workplace or within your family circle. The chaos will soon fade away.

**CANCER**  
Get ready to sharpen your negotiation skills, whether at work or in your personal life. You've got what it takes to secure solid agreements that will pave the way for career success.

**LEO**  
You'll be in the spotlight this week, which will make you happy. You may also be rewarded. A celebration for your career advancement could be on the horizon.

**VIRGO**  
If you're not feeling your best physically, take it easy. Every hour of rest will work wonders, giving you the energy boost you need to accomplish amazing things.

**LIBRA**  
After the festivities, your home may still be a bit of a mess. You'll be in a hurry to put everything back in order. This is the perfect opportunity to declutter and refresh your space to help you feel lighter and more energized.

**SCORPIO**  
You'll speak freely, saying aloud what others keep to themselves. You may even write a poem or a powerful phrase that earns you global recognition.

**SAGITTARIUS**  
Your finances will be top of mind this week. A small mistake like receiving a bill in the wrong name could create some worry. However, once the mix-up has been resolved, you'll feel much more at ease.

**CAPRICORN**  
Adventure awaits! Those around you will be eager to include you in all sorts of activities, pulling you out of your slump. You'll be encouraged to join group training, at least with your close friends by your side.

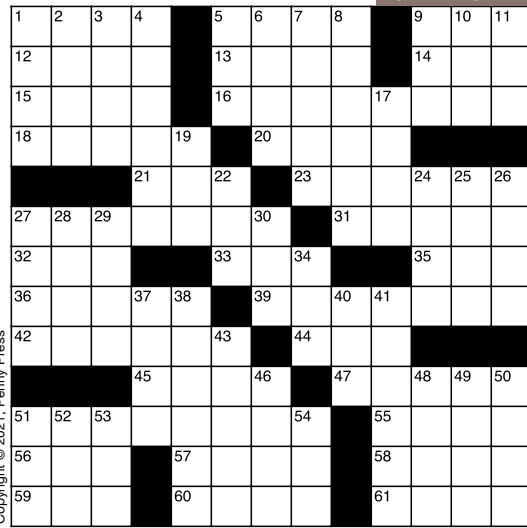
**AQUARIUS**  
You'll need a second cup of coffee to clear your head and stop procrastinating. Boosting your efficiency will be the key to completing new projects and reaching your goals.

**PISCES**  
It's not always easy to find your way in a crowd. At work, juggling the demands of your boss, customers and colleagues may feel like an uphill battle.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 272



### ACROSS

- 1. Tableland
- 5. Flows back
- 9. Handful
- 12. Arena shape
- 13. Invalid
- 14. Historic epoch
- 15. Monk's quarters
- 16. Romantic ones
- 18. Leg joints
- 20. Evaluate
- 21. Shaggy ox
- 23. Brewing vessel
- 27. Slip
- 31. Capture
- 32. Get an "A" on
- 33. Clear liquor
- 35. Aggravate
- 36. Comes together
- 39. Least messy
- 42. Allows to enter
- 44. Goopy liquid
- 45. Require
- 47. Stadiums

### DOWN

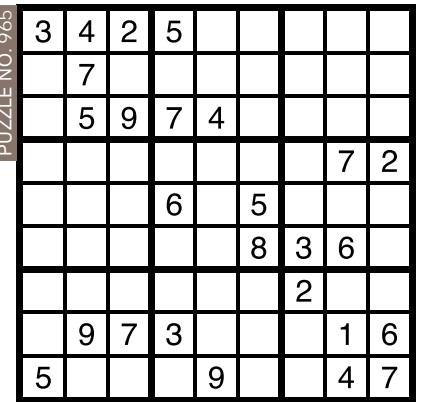
- 1. Mimic
- 2. Fifty-fifty
- 3. Bargain offering
- 4. Side streets
- 5. Come to a close
- 6. "Perry Mason" star
- 7. Lamb's comment
- 8. Blackboards
- 9. Attorney's charge
- 10. Botch
- 11. Had being
- 17. Nasty

### DOWN

- 19. Posed for a picture
- 22. Barrel
- 24. \_\_\_ the way
- 25. Mineral resources
- 26. Printed matter part
- 27. \_\_\_ Cass
- 28. Frozen
- 29. Appear
- 30. Cherry seed
- 34. Young bug
- 37. Dye
- 38. Robs
- 40. Small quantity
- 41. Pressed
- 43. Raise: 2 wds.
- 46. \_\_\_ on (love excessively)
- 48. Put on, as clothes
- 49. Liquid rock
- 50. Flower support
- 51. Tread the boards
- 52. Muck
- 53. Electrified particle
- 54. Ruby-hued

# Sudoku

PUZZLE NO. 965



### 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.

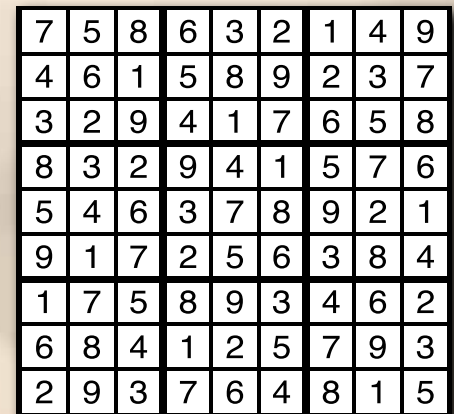
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

## Last Issue's Answers

### CROSSWORDS



### Sudoku



# SAVE MONEY

Print your cheques with us with confidence

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

Amazing prices!  
**200 for \$84**  
**400 for \$134**  
**600 for \$164**

## MEDIA-TREK

Communications - Promotions - Marketing

info@mediatrek.ca | mediatrek.ca

Call us for more information **450-978-0070**

Full Banking Security Features





# ZERO. THAT'S RIGHT.

treat yourself to an upgrade

\$  
DOWN



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

OAC, on select phones and plans.  
Setup Service Fee (\$70) may apply.

**UPGRADE TODAY**

Visit [mobifone.ca](http://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

**4257 Boul. St-Laurent**  
Mont-Royal Metro  
514 439-9934

**Place Viau**  
7600, Viau Blvd.  
514 376-6667

**SOUTH SHORE**

**Valleyfield Centre**  
50 Dufferin, Unit 1200  
Valleyfield  
450 373-0519

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

**NORTH SHORE**

**Galeries Terrebonne**  
1185, Moody Blvd.  
Terrebonne  
450 964-8403

**LANAUDIERE**

**Galeries Joliette**  
1075 Firestone Blvd.  
Joliette  
450 760-3000

**OUTAOUAIS**

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



**EXCLUSIVE DEALER** **fido in**

Offer subject to change without notice. A Setup Service Fee of \$70 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. ©2025 Fido