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Last days to vote: Park Extension residents invited to name Montreal's next tunnel-boring machine

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With the voting deadline fast approaching, residents of Park Extension and across Montreal

have only a few days left to take part in a unique civic initiative, helping choose the name of a massive tunnel-boring machine set to play a key role in the city's expanding transit network. The public vote, which runs until March 22,

is part of a contest tied to the construction of a new underground tunnel between the future Vertières and Anjou metro stations. While the work is taking place in the city's east end, the broader transit expansion is expected to benefit central neighbourhoods such as Park Extension, where public transportation remains essential for daily life.

For residents in dense neighbourhoods like Park Extension, improved connectivity in other parts of the city can ease congestion, shorten travel times, and create more reliable service overall. Projects like this are part of a long-term effort to modernize infrastructure and respond to growing demand for public transit.

The contest itself is also designed to strengthen the connection between major infrastructure projects and the communities they ultimately serve, something that has not always been a priority in the past.

Symbolic tradition with public input

Naming a tunnel-boring machine is more than a technical formality. In major infrastructure projects around the world, it is customary to assign the machine a name and a symbolic "godmother" before excavation begins, a tradition meant to bring good fortune and highlight the human side of large-scale engineering work.

In Montreal's case, the chosen name will honour a living Quebec woman whose contributions have made a meaningful impact in fields connected to the project, including engineering, sustainable development, or public transit.

Five finalists were selected earlier this year following an internal call for nominations among project staff and partners. A jury evaluated candidates based on the relevance of their achievements, their connection to the project's mission, and the scope of their influence.

The five names now put to a public vote are Florence, Geneviève, Lisette, Louise, and Michèle.

Connecting communities through infrastructure

While Park Extension is not directly on the construction route, transit experts point out that any expansion of Montreal's metro network has ripple effects across the system.

A chance to step inside the project

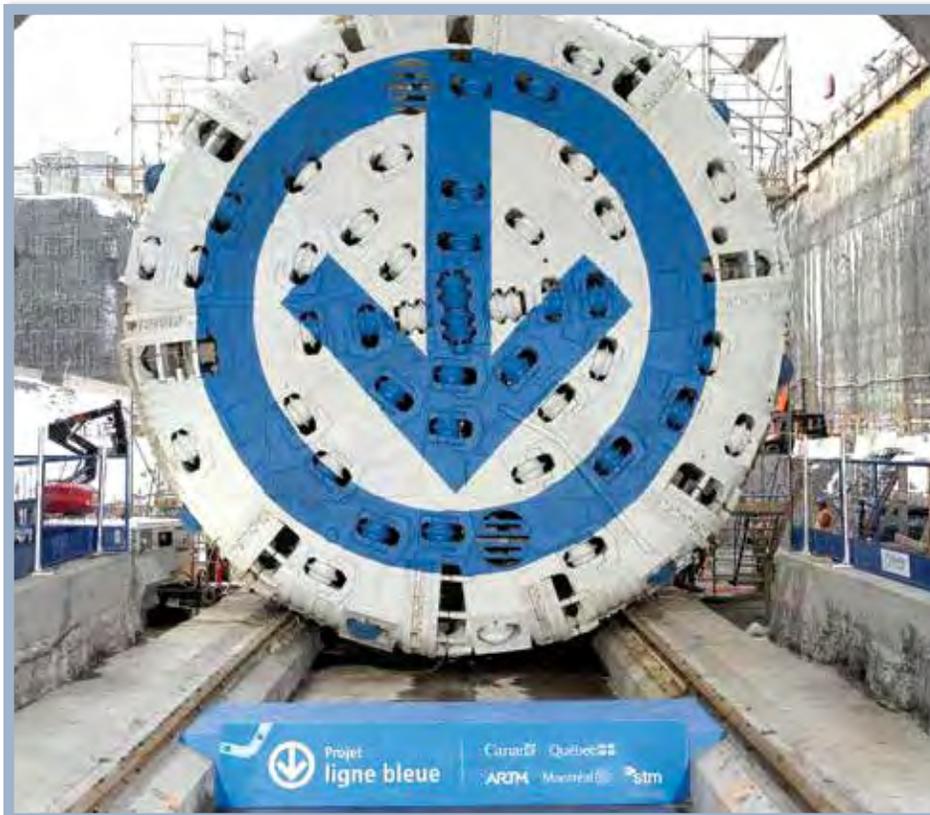
Beyond voting, participants are also entered into a draw for a chance to attend the official launch event of the tunnel-boring machine later this spring. Three winners will be selected at random and invited to the construction site for the unveiling of the machine's name and the start of excavation.

The selected "godmother" will also have a more direct role, following the progress of the work and meeting the teams involved in the project.

Rare moment of public engagement

Opportunities for residents to directly participate in large-scale infrastructure decisions are relatively rare. While the naming of a machine may seem symbolic, it reflects a broader effort to make such projects more accessible and relatable to the public.

As the March 22 deadline approaches, Park Extension residents still have time to cast their vote and leave their mark, however small, on a project that will shape Montreal's transit future for decades to come.



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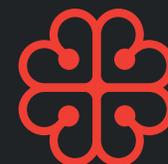
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OPINION & Editorial



Carney talks like Canada is a reliable energy partner

The world knows otherwise. Canada has the oil but years of political obstruction keep it from reaching markets

The world is scrambling for reliable oil suppliers as one of the largest supply disruptions in the history of oil hits global energy markets.

In early March, Israel and the United States launched coordinated strikes against Iran, triggering a regional conflict that quickly spilled into global markets.

Iran retaliated by disrupting shipping through the Strait of Hormuz. The narrow waterway normally carries roughly 20 per cent of the world's oil supply, making it one of the most important oil routes on the planet.

The impact was immediate. Tanker traffic slowed sharply, oil prices surged toward US\$100 a barrel and governments began releasing emergency reserves.

In moments like this, the world looks for producers that can quickly supply additional oil to global markets. Canada is not one of them.

During a meeting with Norwegian Prime Minister Jonas Gahr Støre in Oslo on March 14, Prime Minister Mark Carney presented Canada as a stable oil exporter and partner to the world. "From Canada's perspective, we are low-risk producers of oil. We are low-risk producers of natural gas. We're reliable," he said.

Stable we may be. Reliable we are not. When Germany and Asian partners asked Canada to supply more oil and natural gas during earlier energy shortages, they were effectively told by

then-prime minister Justin Trudeau that there was no business case for expanding exports. Germany instead secured energy supplies from Qatar and the United States.

Canada's export infrastructure tells the same story. Major projects such as the proposed Energy East pipeline, which would have carried western oil to Atlantic export terminals, were abandoned after years of regulatory uncertainty, rising costs and political opposition that made the project commercially unviable.

Canada is one of the world's largest oil producers. But most of its crude flows south to the United States because export infrastructure to global markets was never built. Canada's oil pipelines are largely oriented north-south into the U.S. refining system rather than to overseas export terminals. That was a political choice.

In the short term (one to two years), Canada cannot do much to ease the current supply shock. Oil production is already running near capacity and most Canadian crude flows to the U.S. through existing pipeline systems. Without additional export infrastructure, there is little ability to redirect large volumes to global markets during a crisis. The reality is that our oil cannot reach global markets quickly enough to matter.

In the mid-term (three to five years), Canada could modestly expand its role. Oil sands production in northern Alberta continues to grow and

the Trans Mountain pipeline expansion now allows more Canadian oil to reach the Pacific coast for export to overseas markets. But these changes add supply gradually rather than quickly. They will not solve today's crisis.

In the long term (10 years or more), the potential is far larger if the political will is there. Canada holds the world's third-largest proven oil reserves and operates one of the most politically stable energy sectors in the world. With additional pipelines, export terminals and liquefied natural gas infrastructure, Canada could become one of the most reliable energy suppliers in global markets.

For now, however, Canada's ability to respond remains limited. Canada produced on average 5.3 million bpd of crude oil in 2025, according to the Canada Energy Regulator. And as part of the International Energy Agency's plan to increase oil supply, Canadian production is set to increase by about 140,000 barrels per day starting in April, according to the Natural Resources minister's office.

That increase represents about a 2.6 per cent rise in Canadian supply. It also illustrates the broader constraint. Canada can grow production. It just cannot deliver it when the world needs it.

Canada has the resources to be a global energy leader. What it lacks is the infrastructure and the political will needed to become one.

Rashid Husain Syed

You cannot bomb a country into freedom

The record of foreign intervention is bleak. Political change lasts only when it is driven by the people who live there

Last month marked the 40th anniversary of the People Power Revolution in the Philippines, the 1986 uprising that ended the two-decade dictatorship of Ferdinand Marcos Sr., a bloodless, indigenous, and very effective regime change.

And in an age where countries with powerful armies view regime change in foreign lands as justification for violence, it is worth reflecting on what the world can learn from this event.

I consider myself incredibly fortunate to have gone to university in the Philippines a few years before the People Power Revolution. President Ferdinand Marcos Sr. was the dictator at the time. Since it was during the Cold War and Marcos was an American ally, anyone who objected to his regime was labelled a communist.

As a Canadian used to free speech, I was shocked when students were uncomfortable engaging in political debates in the classroom, and then I learned about disappearances, shootings, and curious "accidents" that happened with regularity.

When my friends knew that there were no informants around, they talked to me about what was happening in their country. They were well-educated and skilled in critical thinking. They also made very effective use of humour.

While I enjoyed talking with my Filipino friends, I was very aware that as a foreigner, I needed to listen and learn. I had absolutely no right to advise them about how their country should be run. To me, this is simply common sense.

A few years after I left, the world stood in awe when, after a contested presidential election result, throngs of Filipinos confronted the military armed only with flowers and prayer beads.

U.S. President Ronald Reagan wisely remained silent, and Marcos was powerless. He left the country and Corazon Aquino, his opponent in the election, became the new president of the Philippines, bringing back democratic government after years of authoritarian rule.

The lesson from the People Power Revolution is clear. History offers few examples where foreign intervention—through sanctions, embargoes, blockades or violence—improved life for the citizens of a country. In fact, these actions often inflict tremendous suffering on the people living there. History repeatedly shows that attempts by outside powers to force political change often make conditions worse for the people living there.

This lesson is relevant far beyond the Philippines. In the case of outside efforts to bring about regime change in Iran, it seems very odd that foreigners who express concern about the freedom of the people of Iran are so willing to risk Iranian lives. On the first day of the latest military assault on Iran, reports said an elementary school was blown up, tragically killing more than 100 schoolgirls. Iranian authorities blamed the United States and Israel for the strike, though responsibility remains disputed.

The people of Iran, like the people of the

Philippines, are well educated. They live under a political system dominated by religious authorities and powerful security institutions and are fully capable of deciding how they want to be governed. Political change is far more likely to last when it is driven by a country's own citizens rather than imposed from outside.

The confirmed death of Iran's supreme leader, Ayatollah Ali Khamenei, who had served as Iran's supreme leader since 1989, does not appear to have had the impact outside observers were hoping for. For many Shiite Muslims, he will be viewed as a martyr, and his death will likely strengthen resistance to what many will see as foreign aggression.

Whatever the outcome of the conflict, lasting political change in Iran, if it occurs, will ultimately depend on the choices made by the Iranian people themselves.

Sustaining a war also requires public support. In the U.S., public opinion polls show more Americans oppose the war in Iran than support it, with younger voters especially skeptical.

Forty years after the People Power Revolution, life is not perfect in the Philippines. I was shocked when the population elected Ferdinand Marcos Jr., the son of the former dictator, as their president in 2022. Regardless of what I think of this choice, it is not my business as a foreigner to tell Filipinos how they should be governed.

Nor is it our business who governs Iran.

Gerry Chidiac



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Renovating in Park Extension

What residents need to know before starting work



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As warmer weather approaches, renovation activity is picking up across Montreal, including in Park Extension, where a mix of older duplexes, triplexes, and tightly packed residential buildings creates both opportunity and complexity for homeowners and landlords looking to upgrade their properties.

But while the desire to renovate is strong, city officials continue to stress that many projects in neighbourhoods like Park Extension require careful planning, proper permits, and strict adherence to regulations that are often more detailed than residents expect.

A neighbourhood where every change matters

Park Extension is one of Montreal's most densely built areas, with properties often sharing walls, narrow lots, and limited outdoor space. That reality means even small renovations can have a significant impact on neighbouring buildings.

Projects such as replacing balconies, modifying exterior staircases, or adding awnings are not just aesthetic upgrades, they are regulated elements that must meet both provincial safety standards and borough-specific bylaws.

In older buildings, which are common throughout Park Extension, these requirements are even more critical. Structural integrity, fire safety, and proper materials are closely monitored, especially when work involves exterior components.

Permits are not optional

One of the most frequent issues reported by inspectors is work being carried out without permits. In Montreal, permits

are required for a wide range of projects, including exterior renovations, interior reconfigurations such as removing walls, and the addition of accessory structures like sheds or small extensions.

Even installing or replacing doors and windows can be subject to regulations, particularly if it affects the building's exterior appearance or energy efficiency.

Starting work without authorization can result in fines, stop-work orders, or even the obligation to undo completed renovations, a costly mistake in a neighbourhood where margins are already tight for many property owners.

Balconies, staircases, and exterior features under scrutiny

Exterior elements are a major focus of regulation in Park Extension. Balconies, staircases, and other projections must comply with strict standards designed to ensure safety and durability.

Given the age of many buildings in the area, repairs or replacements are common, but they must be carried out according to current codes, not the standards that existed when the building was originally constructed.

Improper work on these elements can pose serious risks, particularly in winter conditions when ice and snow add additional stress to structures.

Interior renovations also regulated

While exterior work tends to draw the most attention, interior renovations are not exempt from oversight. Removing load-bearing walls, creating additional units, or modifying plumbing and electrical systems all require proper authorization.

In a neighbourhood like Park Extension, where housing density is high, illegal conversions or unapproved modifications can have broader implications, including strain on infrastructure and safety concerns for tenants.

Special rules for heating and cooling systems

Montreal regulations also prohibit the use of air conditioning or cooling systems that rely on potable water, a rule in place

since 2018. Property owners who still have such systems are expected to replace them with compliant alternatives such as standard air conditioners or heat pumps.

This regulation is particularly relevant in older buildings, where outdated systems may still be in use.

Pools, sheds, and small structures still require compliance

Even smaller projects, such as installing a backyard pool, spa, or shed, are subject to specific rules. Safety standards for pools are especially strict, requiring proper fencing and controlled access to prevent accidents.

Similarly, accessory structures must respect size limits and placement rules, which can be challenging in Park Extension's compact lots.

Using public space comes with conditions

For many renovation projects, especially in dense neighbourhoods, contractors may need to place containers or equipment on public streets. This requires a separate permit for occupying public space.

Whether it is a construction debris container or a moving truck, unauthorized use of the street can lead to fines and complaints from neighbours, something residents in Park Extension are all too familiar with.

A reminder to plan before building

Municipal officials emphasize that the best way to avoid problems is to consult borough regulations before starting any work. Each project, no matter how small it may seem, should be evaluated in light of zoning rules, safety standards, and permit requirements.

In a neighbourhood like Park Extension, where buildings are close together and infrastructure is shared, the margin for error is small.

For homeowners and landlords alike, the message is clear: before picking up a hammer, make sure the paperwork is in order. It is a step that can save time, money, and significant headaches down the line.

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Carney's first year: a new governance

NEWSFIRST MULTIMEDIA
info@newsfirst.ca

By March 2026, the "New Liberal" government under Prime Minister Mark Carney has officially hit its stride. Since taking office in early 2025, Carney—often called "Mike" by his inner circle—has traded the traditional political playbook for a spreadsheet-driven, results-oriented approach. One year in, Canada looks less like a standard democracy and more like a massive global corporation under new management.

The CEO in the east block

Carney's first year was defined by a total overhaul of how Ottawa works. He inherited a government that many felt was stalled by slow debates. His response was to centralize power among a small group of economic experts, prioritizing "deliverables" over "discussion."

The "Carney Doctrine" is simple: Social programs are only as strong as the economy that pays for them. To jumpstart growth, he launched the **Major Projects Office**, an agency designed to bypass the "red tape" that slows down big projects. If a company wants to build a critical mineral mine or a green energy plant, the goal is now to have it approved within two years, rather than ten.

The "one elbow up" strategy and global trade

Carney's arrival coincided with the return of Donald Trump to the White House. Navigating this has been his biggest test, leading to a strategy called "One Elbow Up."

- **The "Up" Elbow:** Carney has been aggressive in defending Canadian trade. When threatened with U.S. tariffs, he traveled to Washington with a list of "counter-tariffs" ready to go, proving he would not be bullied.
- **The "Down" Elbow:** Simultaneously, he has diversified Canada's friendships. In early 2026, Carney secured a massive **Strategic Partnership with China**, allowing for more Canadian canola exports while bringing in affordable Chinese Electric Vehicles (EVs) to help meet climate goals. He also signed a **\$2.6 billion uranium deal with India**, positioning Canada as a top global energy supplier.

By March 2026, polling shows that 61% of Canadians approve of his "professional" handling of these global relationships.

A fortress in the North: defense investments

Recognizing that a "serious" country must be able to defend itself, Carney used his first year to launch a generational reinvestment in the military. In March 2026, he announced a staggering **\$35 billion plan** focused almost entirely on the Arctic.

The plan includes building "Operational Support Hubs" in places like Resolute and Whitehorse, ensuring the Canadian Armed Forces can stay in the North year-round. He has also committed to reaching NATO's **2% GDP spending target** immediately, with an eye toward much higher spending by 2035. This isn't just about guns and planes; it's "dual-use" infrastructure. New roads and airports in the North will serve both military jets and local communities, helping to unlock the region's vast mineral wealth.

The "Canada Strong" housing pivot

Perhaps the most aggressive part of Carney's first year was his 2025 Budget, which treated housing like a national emergency.

The centerpiece was **Build Canada Homes**, a federal agency that acts like a developer to build 500,000 homes a year. Carney's "CEO brain" saw that traditional building was too slow, so he shifted billions into **prefabricated (prefab) housing**. By building parts of homes in factories and snapping them together on-site, the government is trying to cut construction time in half. To help buyers, he also eliminated the **5% GST** on new homes under \$1 million for first-time owners, saving families up to \$50,000 instantly.

The reality check: the cost of living

Despite these big wins, Carney faces a major "reliability" problem. While the economy looks better on a chart, the average Canadian's wallet is still feeling the pinch.

Metric (March 2026)	The Public's Verdict
Leadership Style	Strong (61% approval)
National Security	High; people feel safer with a "steady hand."
Cost of Living	Poor (55% feel life is harder than last year).

The main criticism is that Carney is "too corporate." To a family struggling to buy groceries today, a "Strategic Partnership with India" or a new "Support Hub" in the Arctic doesn't help with dinner. His opponents have branded him as a "globalist banker" who cares more about international deals than local prices.

From planning to proving

Mark Carney's first year was about rebuilding the "engine" of Canada. He has streamlined the government, diversified trade, and launched a massive defense and housing plan. He has successfully convinced much of the country that he is a competent manager.

However, the "planning" phase is over. To stay in power, he must now prove that his "CEO style" works for the average person. If the new houses aren't finished soon and if food prices don't stabilize, his reputation as a "financial wizard" won't be enough to win the next election.



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Canadians are living on financial alert as tariff turbulence fuels the precarity mindset

EDDIE SHEPPARD & DAVID COLETTO
ABACUS DATA

Over the past year, Canadians have lived through a steady drumbeat of U.S. tariff threats, economic pressure, and political tension. For some, it fades into the background. For others, it shows up every time they tap their debit card.

In our latest research, I wanted to understand not just what people think about trade policy, but how this stretch of instability is shaping the way they live, spend, and make decisions.

If you've been following our work on the precarity mindset, none of this will feel disconnected. What we're seeing now is that mindset being reinforced in very practical ways. The sense that stability is fragile. That another hit could come at any time.

Three in ten Canadians say the past year has felt like a storm that keeps coming back. Not one sharp shock. Not a single disruptive

moment. Something that passes, then circles back. Something you brace for. Another 23% describe it as a wake-up call. A signal that they need to rethink how they spend, what they buy, and who they trust.

That tension between fatigue and adaptation is shaping consumer behaviour right now.

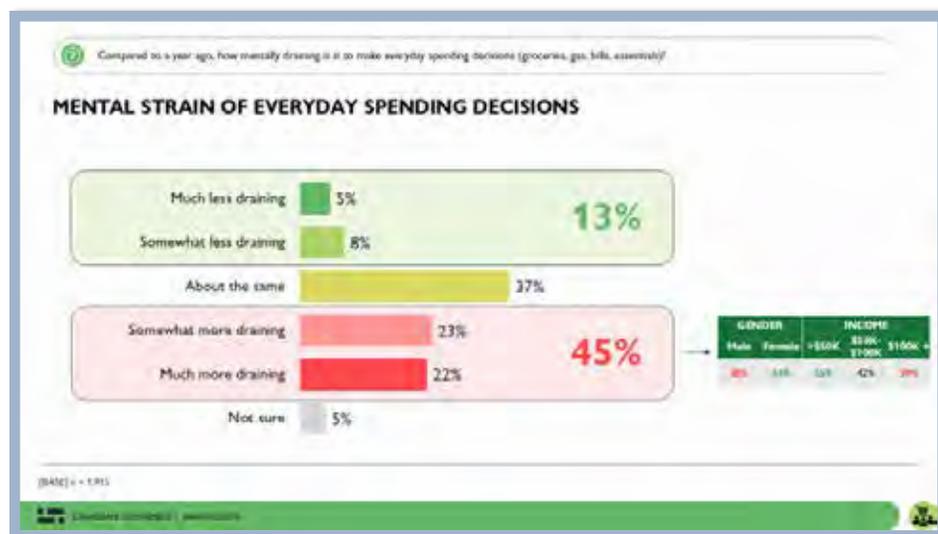
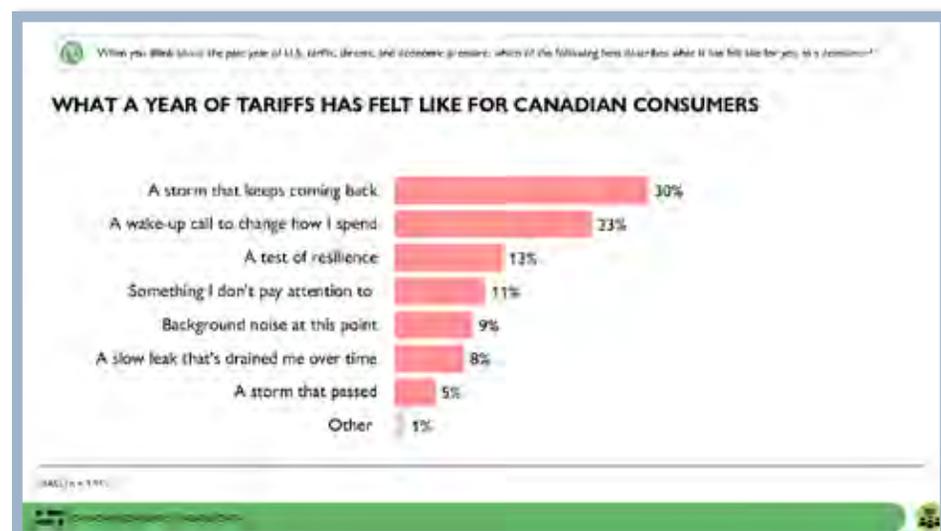
Living on financial alert

The most consistent signal in the data is this: Canadians feel on guard.

More than 8 in 10 say they feel like they have to stay on guard financially because another hit could come at any time. A similar share say they're exhausted by how often prices seem to change or jump. Even small purchases now require more thought than they used to.

This isn't just about buying a car or booking a vacation. It's groceries. Household basics. Everyday decisions that used to run on autopilot now require calculation.

That's precarity in action. 45% of Canadians say everyday spending deci-



sions are more mentally draining than they were a year ago. Among households earning under \$50,000, that rises to 55%. For many households, this isn't theoretical pressure. It's cognitive load, every single week.

Two-thirds say that right now it feels like no matter what they do, they can't really get ahead financially. And a similar share say they feel less financially secure than they did a year ago.

This is what erosion feels like from a consumer perspective. Constant pressure, like a drumbeat, not a full-on collapse.

How people are coping

When we look at behaviour, Canadians aren't responding in one uniform way.

Some Canadians are pulling back. About a quarter say they avoid spending whenever possible because it feels safer to hold onto money. Others are delaying decisions because they feel stuck. To them, everything looks expensive, so they wait.

There's also a growing group that's pushing

back. More than 8 in 10 say that if a company raises prices unfairly, they actively avoid them now. Loyalty is conditional.

At the same time, national sentiment is shifting. Three-quarters say this past year has made them believe Canada should rely less on the U.S., even if it costs more in the short term. A similar share says they're making a real effort to buy Canadian products when they can. Among Canadians over 60, those numbers are even higher.

This isn't just economic behaviour. It's emotional positioning. People are trying to regain a sense of agency.

What people actually want

In uncertain environments, you might assume consumers want big discounts or dramatic gestures, but this isn't what they tell us.

When asked what companies can do to earn

▶ Continued on page 9



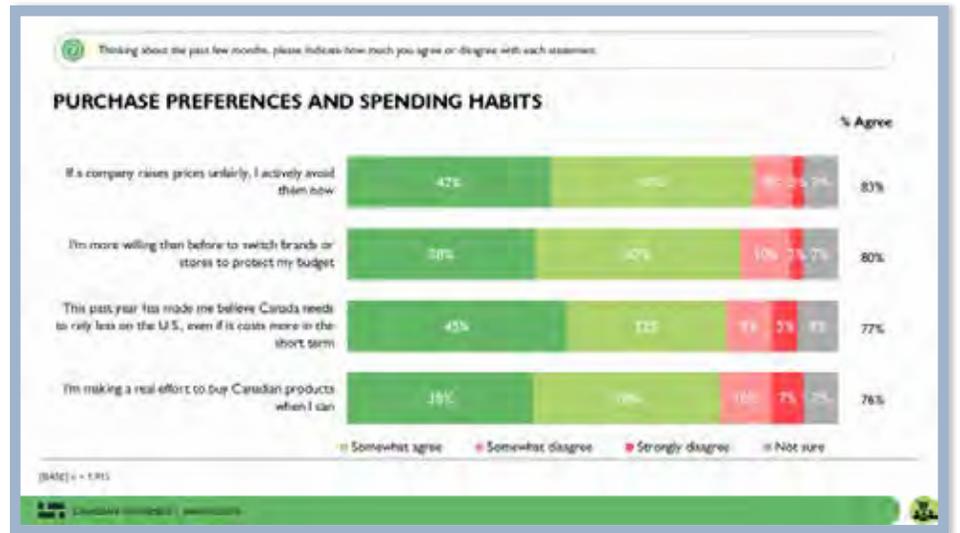
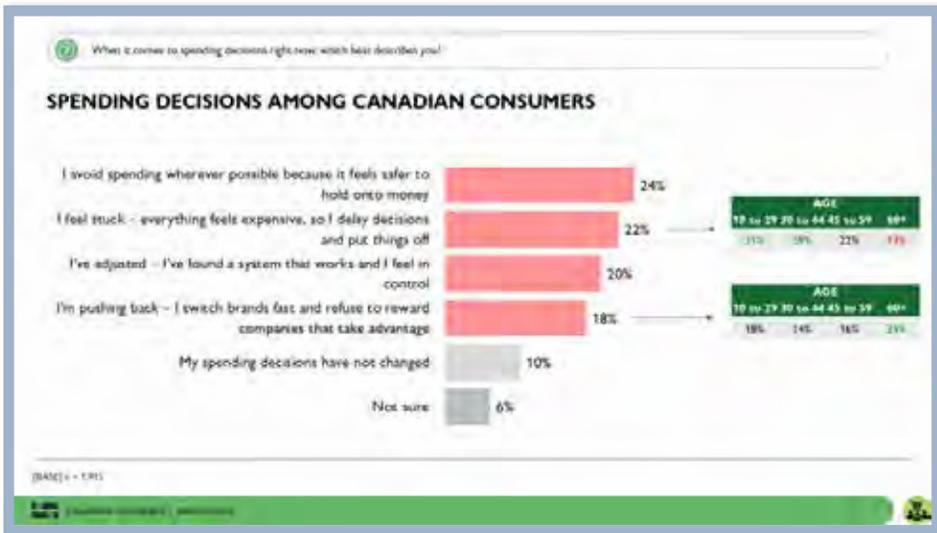
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◀ **Continued from page 8**

trust right now, the top answer is keeping prices stable and predictable. Not flashy. Not aggressive promotions. Stable.

After that, people talk about honesty about price increases and being treated fairly.

And when we ask what would restore a sense of certainty and stability in their lives as consumers, the leading response is prices becoming more predictable week to week. The second is knowing Canada has a plan to protect jobs and reduce reliance on the U.S.

The common theme that emerges from all of this is simple: Canadians want fewer surprises.

In a precarity mindset, predictability becomes a form of value.

The upshot

For consumers, this year hasn't fundamentally changed who they are, but it has changed how tightly they hold on. They are more alert. More skeptical. More willing to switch. More aware of where products come from. More mentally taxed by everyday decisions. Many feel like they're running harder just to stay in place.

For brands, the implications are straight-

forward but not easy. Stability now competes with price as a driver of trust. Predictability, transparency, and perceived fairness matters. If consumers believe you are taking advantage of volatility, they will walk.

Brand loyalty is no longer a given. It must be earned repeatedly, especially in moments of perceived unfairness.

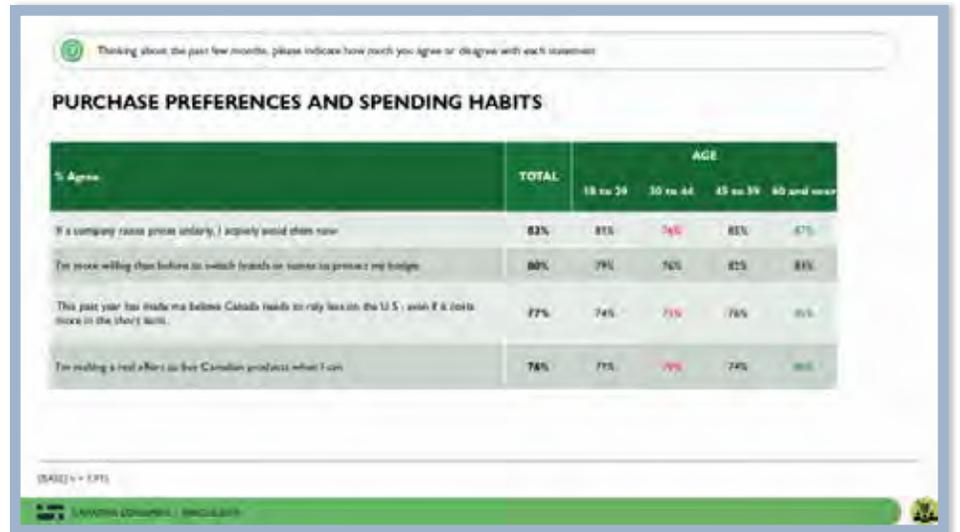
The precarity mindset won't disappear overnight. It will begin to fade as people experience consistency over time.

Right now, Canadian consumers are adapting. They're not spiraling. But they are tired. And in environments like this, the brands and institutions that reduce friction, reduce surprises, and restore a sense of steadiness are the ones most likely to earn lasting trust.

Methodology

The survey was conducted with 1,850 Canadian adults from February 20 to 25, 2026. A random sample of panelists were invited to complete the survey from a set of partner panels based on the PureSpectrum platform. These partners are typically double opt-in survey panels, blended to manage out potential skews in the data from a single source.

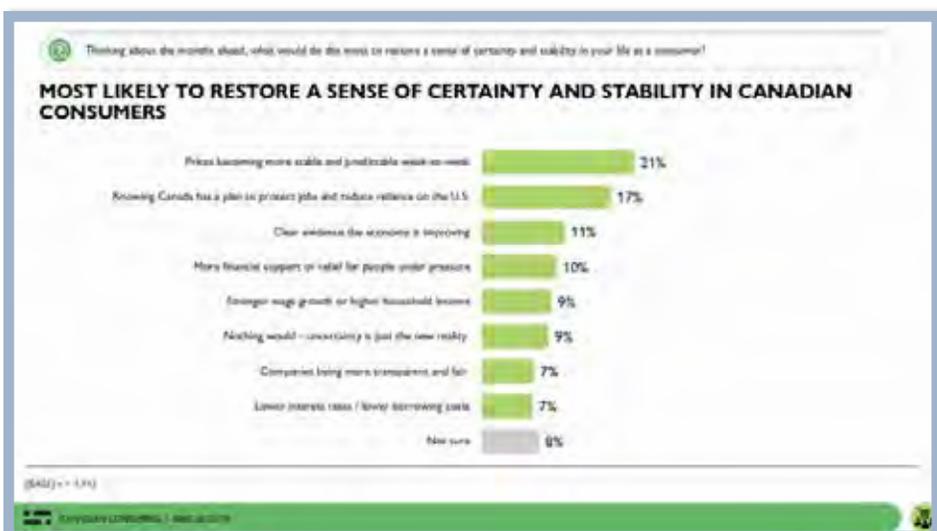
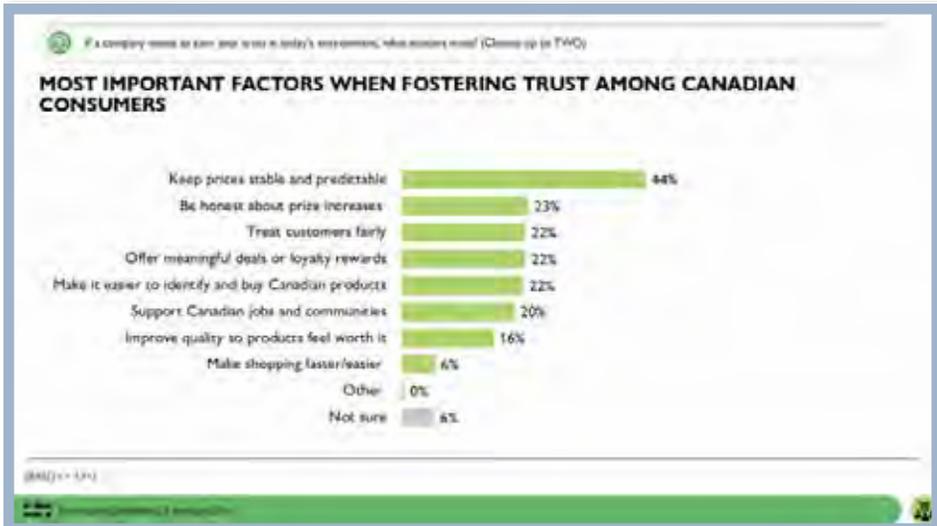
The margin of error for a comparable prob-



ability-based random sample of the same size is +/- 2.24%, 19 times out of 20.

The data were weighted according to census

data to ensure that the sample matched Canada's population according to age, gender, educational attainment, and region.





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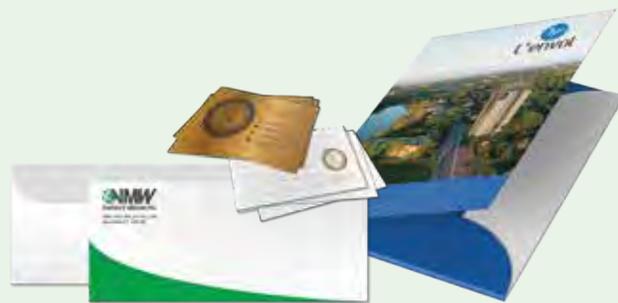
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New urban planning rules take shape in Villeray–Saint-Michel–Parc-Extension

Public consultation wraps up as borough aligns regulations with Montreal's long-term 2050 vision

DIMITRIS ILIAS
dimitri@newsfirst.ca

As of this week, residents of Villeray–Saint-Michel–Parc-Extension, including those in Park Extension, are beginning to see concrete changes tied to Montreal's long-term urban vision take shape, with new regulatory updates designed to align local bylaws with the city's ambitious Plan d'urbanisme et de mobilité 2050.

The public consultation period on these changes concluded on March 18, just days before this publication, marking an important step in translating a citywide strategy into neighbourhood-level rules that will directly affect development, housing, and preservation in Park Extension.

From vision to reality

Adopted in June 2025, Montreal's 2050 urban and mobility plan lays out a 25-year road-map focused on sustainable development, improved mobility, and better integration of communities. However, for that vision to become reality, each borough must adjust its own regulations, a process known as regulatory harmonization.

In Villeray–Saint-Michel–Parc-Extension, this harmonization is being rolled out in phases, beginning this spring with updates to several key bylaws that govern how projects are approved, evaluated, and built.

A second, more comprehensive rewrite of zoning regulations is expected between late 2026 and 2027.

What this means for Park Extension

For residents and property owners in Park Extension, the changes may not be immediately visible, but they will have a growing impact on how buildings are modified, demolished, or constructed in the coming years.

One of the most significant shifts is an increased emphasis on protecting the borough's built heritage. New rules expand the list of buildings considered to have patrimonial value, including not only places of worship, but also schools, hospitals, and

certain commercial and industrial buildings.

Any major project involving these properties will now require additional documentation, including heritage evaluations, and demolition approvals will be more tightly controlled.

In practical terms, this means that even routine redevelopment projects could face additional scrutiny, particularly in areas with older building stock such as Park Extension.

Stronger safeguards for heritage and identity

The borough is also introducing stricter requirements for projects involving institutional and religious properties, many of which are landmarks within their communities.

New criteria aim to limit the destruction of historically significant elements, and in cases of major transformation, developers will be required to submit detailed studies assessing the heritage value of the site.

At the same time, archaeological considerations are being formally integrated into the approval process. Projects involving underground work in designated areas will now require studies evaluating archaeological potential before permits are granted.

Protecting views and urban character

Another notable addition is the introduction of protected "view corridors." These are designated sightlines that must be preserved, particularly those offering views toward Mount Royal and the Olympic Stadium.

For Park Extension, this could influence how future buildings are designed or positioned, especially in areas where new construction might obstruct these views. Certain projects within these corridors will require additional analysis before approval.

Urban planners say this approach is intended to preserve not only individual buildings, but also the broader visual identity of the city.

New rules for large-scale redevelopment

The updated framework also introduces provisions for major redevelopment sites, including large commercial areas with signifi-

cant transformation potential.

Within the borough, the primary site identified is the Le Boulevard shopping centre and its surrounding area. While not located in Park Extension, changes there could have indirect effects on traffic patterns, commercial activity, and housing availability across the district.

Environmental and climate considerations move forward

Environmental performance is another central pillar of the updated regulations.

New requirements will affect larger residential buildings, particularly those with nine units or more, which will need to include improved waste management systems as part of their design.

In addition, new construction projects will be expected to better manage water on-site, incorporating features that allow for rainwater capture, drainage, and reduced runoff, an increasingly important measure as cities adapt to more frequent extreme weather events.

Demolition rules are also evolving, with greater emphasis on reusing materials, particularly in institutional and industrial projects.

Opening the door to new housing models

The borough is also introducing more flex-

ibility in certain areas to address housing challenges.

New provisions will allow for conditional uses, including shelters and service facilities for people experiencing housing instability, in zones where they were previously restricted. These projects will still require approval, but the changes reflect a broader effort to respond to social needs within existing urban fabric.

At the same time, rules around demolition are being adjusted to facilitate the construction of social and non-market housing. In some cases, projects will no longer need to go through the demolition committee, except when heritage buildings are involved.

A long-term shift for a changing neighbourhood

While many of these changes may appear technical, their long-term impact on Park Extension could be significant.

From stricter heritage protections to new environmental standards and evolving housing policies, the updated regulations signal a shift toward more controlled, deliberate development in one of Montreal's most dynamic boroughs.

For residents, developers, and community groups alike, the message is clear: the rules governing how Park Extension evolves are changing, and those changes are now moving from consultation to implementation.

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DIRECT ANSWERS

FROM WAYNE & TAMARA

PART-TIME FRIEND

Q I am a middle-aged woman who teaches at a university and is happily married, so I feel stupid asking you this question. I just wanted you to know I am not a teenager!

A Christian friend of mine has stopped going to breakfast with me, which was once a treat for us as we are both very busy. I know she is occupied, but the signs of cooling are there, I think. Without naming them she tells me she has been breakfasting with other friends.

My husband and I were once welcome at her beach house, but the offer was not extended when they bought a new beach house this past year. Her morning phone calls were once almost daily but now are few and far between. She calls me randomly when she is out on errands, but not for long chats.

Long ago I was warned by a friend she dumped that she uses people for her own purposes, like getting them to volunteer at her church outreach. Then she dumps them when the need disappears. I feel so dumb if this is the case.

I know lives change and circumstances are constantly varying, but what do you think? If she is dumping me, please advise how I can feel better about it and not mope.

Elisabet

A Elisabet, author Nassim Nicholas Taleb once wrote about the dilemma faced by turkeys. If you are a turkey being fed for a long period of time, what should you believe? Does the feeding confirm your safety, or does it confirm the danger of becoming dinner?

You were forewarned. You knew what might happen, and yes, it happened to you. When we get a little bit older we don't have to wrestle things into what we want them to be. We can accept them for what they are. Today we can leave the bed unmade.

The number of people you will have a real bond with will always be small. What you had with this woman wasn't love or deep friendship but mutual benefit for a time. Though it was more in your eyes, in her eyes it was a symbiotic relationship, a tit for tat, a quid pro quo.

In the novel "Anne of Green Gables" Anne Shirley hopes for a "bosom friend." Perhaps you have an opening for that, and that is why you wrote. From your experience you know this woman is not a candidate for close friendship. Knowing that will free you to give time and attention to more constant friends, one of whom may become the bosom friend you desire.

Wayne & Tamara

SECONDHAND ROSE

Q I am a full-time college student. Two months ago my boyfriend went away for training. On the day he left, as I entered my car in a rush to work, he handed me a ring and asked that I wear it and also specified it was not an engagement ring but a promise ring. The ring was very nice and barely fit my ring finger. I gave him a kiss goodbye and off I was.

After taking a closer look during my drive, I realized this ring looked strangely familiar. One night early in our relationship he pulled out this box and showed me a wedding ring set which belonged to his ex-wife. I have a good

eye and know for a fact the ring he gave was not new or purchased specifically for me. It's the wedding ring from the set. We agreed I will move in with him after I graduate. Am I wrong for feeling offended?

Misty

A Misty, isn't that special! He gave you another woman's wedding ring that doesn't even fit. Is he planning on making you his next ex-wife?

Regifting is most often done for people we don't care about. His was a secondhand promise with a secondhand ring. Don't have a second thought about returning it.

Tamara

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

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Numéro de dossier : 919103 31 20251103
Numéro de demande : 4952073

Adresse du logement concernée : 8135 boul. de l'Acadie, App 6, Montréal, H3N 2W3

Début du bail actuel : 2025-07-01

Fin du bail actuel : 2026-06-30

Loyer mensuel actuel : 660,00\$

PARTIE DEMANDERESSE

Nom : Steve Pantelis

Adresse : 555 rue Ladouceur, Laval, H7X 1K9

Tél. au travail : 438 861-8152

Courriel : stevepantelis1960@hotmail.com

PARTIE DÉFENDERESSE

Nom : Mohsin Ali

Adresse : 8135 boul. de l'Acadie, App 6, Montréal, H3N 2W3

Tél. au domicile : 438 938-2534

Tél. au travail : 438 836-4612

Objet de la demande :

- Résiliation du bail et éviction du locataire et de tous les occupants.
- Condamner le défendeur à payer au demandeur à titre de loyers dus à son départ, la somme de [7260] \$, le tout avec les intérêts et l'indemnité additionnelle prévue à l'article 1619 du Code civil du Québec.
- Condamner la partie défenderesse au paiement des frais.
- Ordonner l'exécution provisoire de la décision malgré l'appel.

Motifs de la demande :

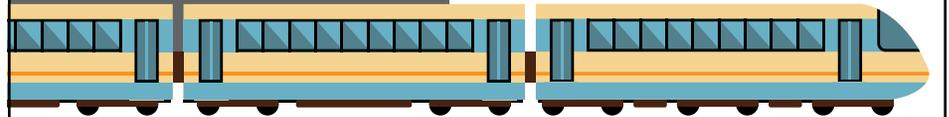
- Le locataire a abandonné le logement avec quelques effets à l'intérieur; le locataire est introuvable.
- Lors du départ du défendeur le loyer était impayé pour les mois de [janvier 2025, février 2025, mars 2025, avril 2025, mai 2025, juin 2025, juillet 2025, août 2025, septembre 2025, octobre 2025 et novembre 2025] soit 11 mois impayés pour la somme de [7260]\$.
- La partie défenderesse est en retard depuis plus de trois semaines dans le paiement de son loyer.

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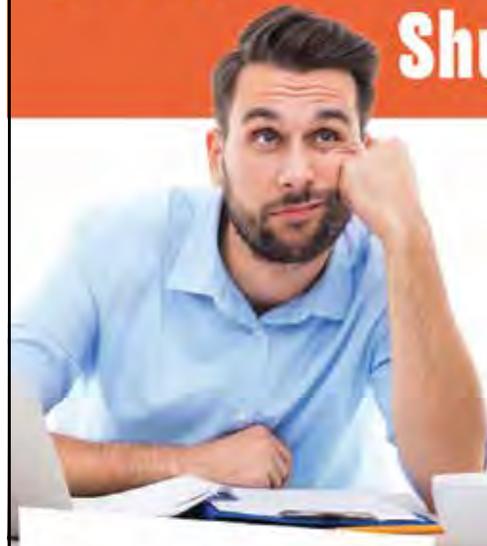
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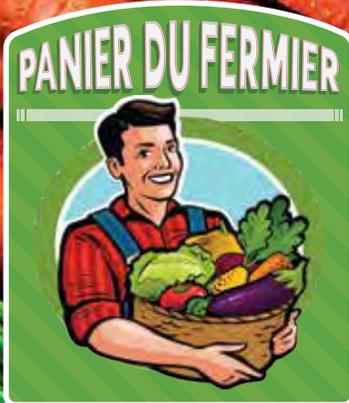
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| 2. Romaine Hearts (3) | 10. Lemon |
| 3. Pineapple | 11. Brussels Sprouts |
| 4. Grapes | 12. Pears (3) |
| 5. Strawberries | 13. Grapefruit |
| 6. Spinach | 14. Oranges (3) |
| 7. Green Zucchini (2) | 15. Dates |
| 8. Fresh Stalk Garlic (Egypt) | 16. Radishes |
| | 17. Butternut Squash |
| | 18. Cantaloupe |

SMALL BASKET (\$22)

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|-----------------------|-------------------|
| 1. Red Peppers (2) | 5. Green Zucchini |
| 2. Strawberries | 6. Sweet Potato |
| 3. Romaine Hearts (3) | 7. Spinach |
| 4. Cherry tomatoes | 8. Lemon |
| | 9. Oranges (2) |
| | 10. Pears (2) |
| | 11. Bananas (3) |

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Week of March 22 to 28, 2026

The luckiest signs this week:
LEO, VIRGO AND LIBRA

♈ ARIES
Your honesty will bring hidden issues to light but may also cause some tension. An unexpected revelation will prompt reflection and doubt. The new moon's influence will cause a truth to be revealed, opening the path toward greater clarity.

♉ TAURUS
Even if your finances are strained, solutions will appear. You'll have the chance to revisit a pet project or redecorate your home, rekindling your motivation and sense of hope.

♊ GEMINI
This week promises to be lively and full of twists and turns. You may need to confront certain people to restore harmony. Even if you value peace, clear boundaries will help you rebuild trust and respect.

♋ CANCER
Your intuitive and creative abilities will grow this week, giving you a more spiritual outlook and fresh perspectives. Your empathy will intensify. Your artistic or inspiring side may start to shine.

♌ LEO
You may be unexpectedly inspired by a social media message that opens up new perspectives. A supportive friend will play a crucial role in helping you achieve something great, boosting your confidence and driving your pursuit of happiness.

♍ VIRGO
Your schedule may become overwhelming if you take on too much. Space out your appointments to avoid stress and last-minute chaos. Treat your time like a precious resource. Use it wisely to regain balance and peace of mind.

♎ LIBRA
You'll have the sudden urge to radically transform your life. A return to school or a career change could bring you closer to your true calling and pave the way for a more fulfilling, purposeful future.

♏ SCORPIO
Your emotions could overpower your logic this week, influencing your decisions even as you try to stay rational. Accepting your feelings and daring to step outside your comfort zone will guide you toward change that aligns with your path.

♐ SAGITTARIUS
This week will highlight the need for balance in all your relationships. Whether at work, in love, with relatives or friends, you'll need to negotiate skillfully, make compromises and adjust your expectations to preserve harmony and happiness.

♑ CAPRICORN
A disagreement or confusing situation at work could spark thoughts of a career shift. Before making a move, take a step back, weigh your options carefully and seek advice from loved ones.

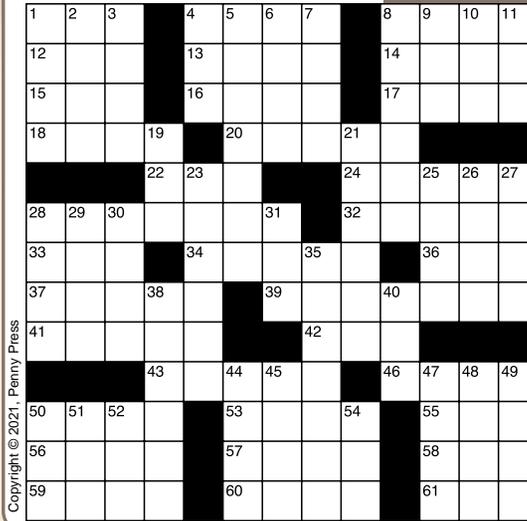
♒ AQUARIUS
You'll shine brightly this week, attracting the recognition you deserve. This recognition will boost your confidence, self-esteem and self-worth, setting the stage for meaningful change in your future.

♓ PISCES
A move may be on the horizon, especially if your current home feels too big. This change could mark a new chapter in your life. In romance, positive changes could strengthen or rekindle your relationship.

Coffee Break

CROSSWORDS

PUZZLE NO. 300



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ACROSS

- Picnic insect
- Grand celebration
- Absent
- Seek the affection of
- Almost round
- Vatican City official
- Carry with effort
- Color
- Four-footed friends
- Glitch
- Clay brick
- Tread the boards
- Cato's language
- Hotel worker
- Wear down
- Verse type
- Stadium
- British brew
- Husbands' spouses
- Shrunk
- Method
- "___ Do You Love"
- Weight units

DOWN

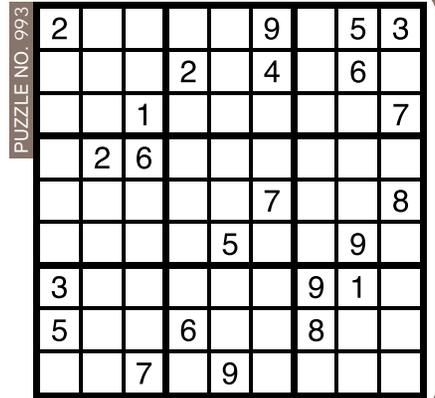
- Sal, for example
- Laundry brightener
- Follower
- Croaker
- Run in neutral
- Requirement
- Curtsies
- Change a manuscript
- Impose, as a tax
- Part of rpm
- TV anchors
- Firstborn
- Long time
- Deadly snakes
- Pack animal
- At another place
- Stadium section
- Ship's mast
- Flawed
- Frozen dessert
- Young society woman
- Cheerless

Sudoku

HOW TO PLAY:

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

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

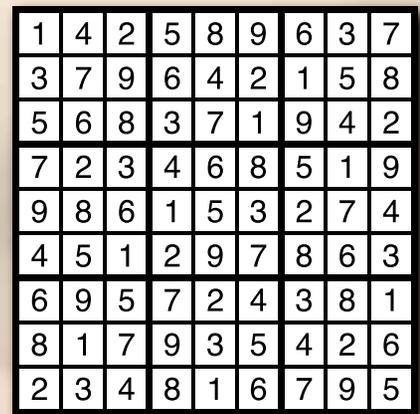


Last Issue's Answers

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Sudoku





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Offer subject to change without notice. A Setup Service Fee of \$80 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. If you downgrade to a lower-tier plan during the financing term, promo credits will end if applicable. TMFido related names & logos are trademarks used under licence. ©2026 Fido