

**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



# Nouvelles PARC-EXTENSION News

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

**PANIER DU FERMIER**  
FRUITS ET LÉGUMES

Our weekly customers save up to **\$1,700** per year

A value of **\$70+** Only **\$40**

16 TO 20 VARIETIES  
**MIXED BASKET**  
FRUITS & VEGGIES

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

**newsfirst**  
MULTIMEDIA

Vol. 34-07

3 avril 2026 / April 3, 2026

450-978-9999

www.px-news.com

editor@newsfirst.ca

## Rent increase fuels housing concerns

Page 6



## Residents encouraged to green their streets



Page 6

## ALERT TO ALL READERS

Page 3

*BEWARE OF BREAD COMPENSATION SCAMS*

## Greek Independence Day Parade



Page 9

Papineau Liberal MP and Health Minister in the Carney cabinet, Marjorie Michel, attended the parade.

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**  
**SPRING**  
**SALE**

**GET THE**  
**PIXEL 10 PRO**  
 ON A 5G+ ULTIMATE PLAN

FROM

**\$0** /MO.

FULL PRICE:

**\$1579<sup>44</sup>**



Google  
Pixel 10 Pro

After bill credit, with financing and the plan for 24 months with phone returned.  
 \$80 Setup Service Fee applies.

**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



Offer subject to change without notice. A Setup Service Fee of \$80 applies to setup your device and related services. Shipping fee (\$25) may apply. Taxes extra. Google Pixel 10 Pro 128GB: 0% APR, \$0 down OAC with 24 mo. financing agreement, eligible mobile plan and Save & Return (S&R). S&R Amount (\$360) will be deducted from full device price (\$1579.44) before calculating 24 equal monthly payments (\$50.81/mo.). \$50.81/mo. credit will be applied to account for 24 mos. Device must be returned in good working condition within 24 mos. (failure to do so will result in S&R Amount becoming due). Cancellation of financing or mobile plan or downgrading your plan results in outstanding financing balance and S&R Amount becoming due and loss of \$50.81/mo. credit. Offer not valid at all locations. Rogers & Design and related brand names and logos are trademarks of Rogers Communications Inc. or an affiliate used under license. © 2026 Rogers Communications.

# Renovating in Parc-Extension?

## Heritage rules mean permits come first

DIMITRIS ILIAS  
dimitri@newsfirst.ca

In neighbourhoods like Parc-Extension, where rows of older plexes and character-filled façades define entire streets, even routine home improvements can require more planning than many property owners expect.

Local officials are reminding residents that replacing visible features such as doors, windows, balconies, or exterior siding on heritage-designated properties requires prior approval from the borough of Villeraie–Saint-Michel–Parc-Extension.

For many homeowners and landlords, the rule can come as a surprise, especially when tackling projects that appear straightforward, such as installing new windows or updating a worn front balcony.

### Preserving the look of neighbourhood streets

Across Parc-Extension, much of the housing stock dates back several decades, with architectural details that contribute to the neighbourhood's distinct visual identity. From narrow staircases and wrought-iron railings to original brickwork and window styles, these features are part of what gives many streets their recognizable character.

Municipal officials say these visible elements are not simply decorative. They play a central role in maintaining the architectural continuity of heritage areas and protecting the long-term value of buildings.

That is why any renovation involving visible exterior components must be reviewed before



work begins. Projects involving balconies, staircases, guardrails, windows, doors, and exterior cladding typically require permits and additional authorization.

### Renovations that often trigger permits

Many of the most common exterior upgrades fall under the category of regulated work.

Replacing aging balcony structures, installing new doors, or upgrading windows to improve insulation are among the most frequent projects requiring approval. Exterior siding replacements also fall under the same requirements, particularly when changes alter the building's appearance from the street.

The rules apply to a wide range of property types, including single-family homes, duplexes, triplexes, and apartment buildings, all of which are common throughout Parc-Extension.

Officials emphasize that approval requirements are tied not only to the type of work but

also to the architectural style of the building. Materials and designs must align with the original character of the property whenever possible.

### A balance between modernization and preservation

For many property owners, maintaining older buildings while adapting to modern needs can be challenging. Energy efficiency upgrades, accessibility improvements, and routine repairs are all necessary, but they must be carried out in ways that respect the historical appearance of the structure.

Urban planners say these regulations are intended to strike a balance between modernization and preservation. Without such oversight, inconsistent renovations could gradually erase architectural details that define neighbourhood identity.

In Parc-Extension, where multi-unit housing dominates many blocks, preserving the

visual harmony of façades helps maintain the distinctive streetscape that residents recognize and value.

### Avoiding costly mistakes

Failing to obtain the required permits before beginning exterior work can lead to delays, fines, or the need to redo completed renovations.

Municipal officials recommend that property owners verify their building's classification before purchasing materials or hiring contractors. In many cases, acceptable replacement models for windows, doors, and other elements depend on both the architectural style and the age of the structure.

Guidelines outlining approved materials and design options are available for different building types, allowing owners to plan projects that meet regulatory requirements while maintaining the building's original character.

### A neighbourhood shaped by its buildings

In areas such as Parc-Extension, where heritage buildings line many residential streets, renovation rules are closely tied to preserving the neighbourhood's identity.

What may appear to be a simple upgrade — a new front door, updated windows, or rebuilt balcony — can have lasting visual impact when multiplied across dozens of properties.

For property owners, taking the time to confirm requirements before starting work can help avoid unexpected complications and ensure that renovations enhance both individual homes and the broader streetscape.

## Beware of bread compensation scams

NEWSFIRST MULTIMEDIA  
info@newsfirst.ca

A legitimate Canadian classaction settlement does exist related to the longrunning **bread pricefixing case**. Unfortunately, scammers are now exploiting this real situation by sending **fake emails, text messages, and linking to fraudulent websites** that pretend to be part of the official compensation process.

These scams are designed to look convincing — and many Canadians have already been targeted. Staying informed is the best way to protect yourself.

### How the bread scam works

Scammers are posing as official settlement administrators and contacting people directly. Their goal is simple: **to steal your personal and financial information**.

Common tactics include:

- Messages claiming you can **"claim your bread compensation now."**
- Fake emails or text messages pretending to be from the settlement administrator.
- Links that lead to professional-looking but **fraudulent websites**.
- Requests for sensitive information such as:
  - Banking or credit card details
  - SIN (Social Insurance Number)
  - Driver's licence information

### Important

The legitimate settlement **does NOT send text messages, never required receipts, and does not ask for banking information upfront**. Any message that does is a red flag. Scammers often create urgency, pressure, or fear to get you to act quickly without thinking.

### How to identify a scam

You should be suspicious if:

- You receive a **text message** about bread compensation.
- The message urges you to **click a link immediately** or warns of missing out.
- The website asks for personal or financial information.
- The sender's email address looks **unofficial, generic, or slightly misspelled**.
- You receive a **payment notice** even though you never filed a claim.

If something feels rushed or "too good to be true," it likely is.

### What you should do

- **Do not click** links in suspicious emails or text messages.
- **Do not share** personal or financial information.
- Visit the **official settlement website directly** by typing the address yourself, rather than clicking links.
- If you already clicked a link or shared information:
  - Change your passwords immediately.
  - Monitor your bank and credit card accounts closely.
  - Consider reporting the incident to your financial institution and consumer fraud authorities.

### Stay alert, stay protected

Scammers rely on confusion and trust. By spreading awareness and staying cautious, we can prevent these fraud attempts from causing harm.

If you're unsure about a message, **pause, verify, and never rush**. Your security is worth it.



## Vous planifiez des travaux pour protéger votre bâtiment des fortes pluies?

Vous pourriez être admissible à une subvention.

Consultez [Montréal.ca](http://Montréal.ca) pour en savoir plus.



# Nouvelles PARC-EXTENSION News

9500  
Copies

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

Tel: 450-978-9999 • Fax: 450-687-6330

E-mail: editor@newsfirst.ca

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

Distribué dans le district  
de Parc Extension.

Distribution in the  
Park Extension area. H3N



## Publishers:

George Bakoyannis  
George S. Guzman

## General Director:

George Bakoyannis

## VP Sales & Marketing:

George S. Guzman  
sales@newsfirst.ca

## Graphic Design:

Lareine Zakhour  
Elena Molter  
Thomas Bakoyannis


## Advertising:

George S. Guzman

## Editorial Staff:

Martin C. Barry  
Dimitris Ilias  
Maria Diamantis  
Renata Isopo

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

Member of  Quebec Community Newspapers Association & Canadian Community Newspapers Association

Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL

Printing: TC. TRANSCONTINENTAL

National Representation:

 RÉSEAU SÉLECT  
PARTICIPANTS PUBLISSEURS  
info@reseuselect.ca



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

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

ENTIRE CONTENTS COPYRIGHT 2026

# OPINION & Editorial



## Testifying for Christ's crucifixion and resurrection

*Celebrating Easter of peace, renewal, faith, hope, and love*

Easter is often celebrated with springtime colours, flowers, chocolate, and whimsical bunnies, yet for many Catholics this festive atmosphere feels at odds with the solemn reality of our broken world. Yes, it is proclaimed in churches that the Resurrection of Christ conquers death, that hope is reborn; yet as wars rage in Ukraine, the Middle East and elsewhere, as civilians suffer, and poverty, violence, and civil unrest mark daily life, is it right that we should celebrate in the midst of such painful times? Is there still room for genuine hope?

Yes, it is crucial that we celebrate. For the Church, Easter is not a denial of suffering. It is the declaration that suffering and death do not have the last word. The Resurrection is the source of what Christian's call "living hope" - trust that God is at work even when the world looks broken, and that evil will not triumph forever. This is not mere optimism, it is the conviction that Christ's victory over death can still renew persons, communities, and history. In this light, Easter does not ignore the pain of war, social injustice, or personal struggle; it reinterprets them in the light of grace.

At the heart of Easter stands the mystery of the Trinity: God the Father, who in love sent His Son into the world; Jesus the Son, who fully shared our humanity, suffered with us, died for us, and now rises to open the way to new life; and the Holy Spirit, often symbolized as a dove, who gently guides, comforts, and unites us. This Triune God is not distant from suffering. He enters into it and transforms it. The Father receives our pain, the Son bears it on the Cross, and the Spirit brings consolation, courage, and communion. When we say "Christ is risen," we're not just celebrating a past event, but opening ourselves to God's ongoing presence - Father, Son, and Holy Spirit working in our hearts, our homes, and our communities, even in these dark and uncertain days.

That message matters deeply in our time. Pope

Francis in his time, and Pope Leo XIV in recent time, have repeatedly linked Easter hope to prayers for peace in Ukraine, the Middle East, and other regions scarred by conflict, reminding the faithful that amid bombs terror, and refugees, the risen Christ calls humanity to compassion, reconciliation, and conversion from hatred. The Easter spirit asks us to see the displaced not as burdens but as neighbours, the wounded not as statistics but as children of God, and our enemies not as objects of vengeance but as possibilities for peace. In this way, Easter becomes not only a feast of the heart but a moral challenge to live as peacemakers, defenders of life, and builders of a more-just-and-humane civilization.

Yes, at the same time, Easter has become a global consumer event. Supermarkets overflow with brightly wrapped chocolates, pastel colored eggs, and stuffed rabbits, while parades and department stores display the season as cheerful, almost playful spectacles. For many, these customs are simply part of tradition - family habits more than acts-of-faith. In that sense, they are not automatically hypocritical; they can express joy, renewal, and the arrival of Spring. The problem is not chocolate or flowers, but the risk that these symbols become the whole celebration, leaving little room for contemplation of the Cross and the Resurrection of Christ.

Commercial Easter often emphasizes sweetness, beauty, and entertainment, while the deeper themes of sacrifice, repentance, and new life recede into the background. When the season is reduced to candy and pastel decor, the Cross can be hidden behind the packaging. The danger is not that people enjoy eggs and bunnies, but that they forget what or rather who those symbols faintly echo. Eggs have long represented new life, rabbits symbolize fertility and renewal, and flowers speak of Spring and awakening. These are not Christian doctrines, yet they can still resonate with the Easter message if properly understood.

The real loss occurs when the symbols become the center of the feast, and the spiritual meaning is left behind.

Still, these customs need not be empty. The challenge for believers is to recover the heart of the celebration. Easter invites us to see the world with new eyes- to recognize that suffering is real, but so is grace; that evil is powerful, but not supreme; that humanity is wounded, yet capable of mercy and courage. In this light, even the bright colours and festive traditions can be viewed as imperfect reflections of the deeper truth that life rises from death, light follows darkness, and hope endures even in the darkest times.

For Christians, then, Easter is both a source-of-joy and a call-to-responsibility. It is a reminder that the Resurrection of Christ is not a distant story, but a living presence that should shape how we live through solidarity with the poor, accompaniment of the suffering, and courageous witness for peace. In our own communities, Easter can be seen in the neighbour who shares food with the hungry, the volunteer who comforts the lonely, the teacher who protects the vulnerable, and the ordinary act-of-forgiveness that refuses to perpetuate hatred. In the greater community and beyond, this Easter can be a chance to choose kindness over anger, listening over judging, and dialogue over silence - small but powerful signs that hope is still alive.

At Easter 2026, may all members of the entire Christian and human community rejoice in the heart-of-the-matter and in their own hearts, thankful for comfort from family and friends, and for strength in their struggles. May we all be reminded that even in the midst of war, social tension, terror, and injustice - hope is not lost. Christ is risen, and from that truth flows the courage to keep believing, keep caring, and keep building a civilization of compassion, one small act of kindness at a time.

*Renata Isopo*

## 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)



# Canada's #1 prepaid mobile provider.

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

**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, Les Galeries du Parc, Mail Champlain, Place Bourassa, Place Longueuil, Plaza Côte-des-Neiges, YUL airport.*

**Head Office**

*12053 Laurentien Blvd, Montreal.*

**(438) 992 2002**

# Parc-Extension residents push back on rents increases

**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

As rent increase notices reached mailboxes across Quebec at the end of March, tensions spilled into the streets of Parc-Extension, where residents and housing advocates gathered Tuesday to raise alarm over what they describe as sharply rising housing costs.

The demonstration took place outside a multi-building residential complex on Avenue d'Anvers, where tenants say recent rent adjustments have far exceeded what many families can reasonably afford. Several residents reported increases of up to \$150 per month, amounts they say arrived without significant improvements or renovations to their apartments.

For many in attendance, the issue was not just about one building, but about what they see as a growing pattern affecting renters throughout Montreal.

## A neighbourhood feeling the pressure

Parc-Extension has long been home to working families, newcomers, and long-term tenants,

many of whom depend on stable rental costs to remain in the area. But in recent years, rising housing demand and limited availability have increased pressure on tenants across the city.

This year, Quebec's housing tribunal recommended an average rent adjustment guideline of **3.1 percent** for 2026. While that figure varies depending on property expenses such as taxes and maintenance, tenant advocates say increases far beyond that range are becoming more common in certain buildings.

For residents living on fixed or moderate incomes, even modest increases can create difficult choices between housing, groceries, and other essentials.

## Neighbours comparing notices

One of the recurring messages shared during Tuesday the 31<sup>st</sup> of March's gathering was the importance of communication among tenants.

Housing advocates encouraged residents to compare rent notices and discuss their options collectively. In many cases, they explained, increases affecting one apartment are reflected across entire buildings, making coordinated responses more effective.

Under Quebec law, tenants have **one month** after receiving a notice to respond. They may accept the increase, negotiate with the landlord, or refuse the increase while remaining in the apartment, which allows the matter to be reviewed through the province's housing tribunal.

Advocates noted that many tenants remain unaware of these rights until they seek advice from community organizations.

## A broader movement taking shape

The gathering in Parc-Extension formed part of a wider wave of housing-related mobilization across Quebec as affordability concerns continue to intensify.

Recent data from housing organizations show that vacancy rates remain low in many Montreal neighbourhoods, limiting options for tenants who consider relocating. This shortage has contributed to rising rents and increased competition for available apartments.

Housing advocates argue that these pressures are especially visible in neighbourhoods with historically affordable housing stock, where long-term tenants are now facing adjustments

that strain already tight budgets.

## Looking ahead

Community groups participating in Tuesday's demonstration called for stronger protections aimed at stabilizing rents and reducing sudden increases.

Among the proposals discussed were stricter oversight of rent adjustments and policy changes that would limit how much rents can increase within a given period.

While legislative decisions rest at the provincial level, organizers emphasized that community action remains an important tool for raising awareness and influencing public debate.

As the spring rent cycle continues, many tenants across Montreal are now reviewing their options, weighing financial realities against the desire to remain in neighbourhoods they have called home for years.

For residents gathered in Parc-Extension, Tuesday's demonstration reflected more than frustration over individual rent notices. It highlighted a broader concern about housing stability and the future affordability of life in the neighbourhood.

# Residents encouraged to green their streets through tree-pit adoption program

**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

Residents looking to brighten their streets while supporting urban biodiversity now have an opportunity to take an active role in greening their neighbourhoods through Montreal's tree-pit adoption program.

The initiative invites residents to adopt and maintain small planting spaces, known as tree pits, located between sidewalks and roadways. These modest patches of soil, often overlooked, are increasingly being transformed into small gardens that add colour and life to city streets. A tree pit, sometimes called a tree square, typically surrounds a street tree, though some larger spaces can support more than one planting area.

## A simple way to support neighbourhood biodiversity

The program allows residents to adopt one or more tree pits and enhance them with plants that support biodiversity while improving the

visual appeal of local streets.

Participants who register before May 1 may receive plants, compost, and mulch free of charge, depending on availability. Protective stakes and informational signage are also available through local Éco-quartier service points.

In neighbourhoods where green space is limited, even small planting projects can have a visible impact, softening hard urban landscapes and providing habitat for pollinators such as bees and butterflies.

## Planning ahead before planting

Officials stress that preparation is essential before beginning any landscaping. Residents are encouraged to confirm whether their chosen tree pit is scheduled for municipal work, such as tree removal or new planting.

Tree pits containing stumps or lacking trees altogether should not be planted until municipal plans are verified. Residents can contact city services to determine whether future work is planned for the site. Planting trees independently in public tree pits is not permitted, as

tree selection and placement are managed by municipal forestry services.

## Rules designed to protect safety

To maintain safety for pedestrians, cyclists, and snow-removal crews, several design rules must be followed.

Plants must remain under one metre in height, while borders or decorative structures cannot exceed 30 centimetres. A clear path of at least 1.8 metres must be maintained to allow safe movement along sidewalks and access for maintenance equipment.

Residents are also advised to avoid planting directly against tree trunks or using climbing plants, as these practices can damage tree roots and affect long-term tree health. Participants remain responsible for maintaining their adopted tree pits, and installations that do not meet guidelines may be removed.

## Choosing plants suited to urban life

Experts recommend selecting hardy perennial plants capable of withstanding challenging urban conditions such as heat, pollution, and winter salt.

Native plants that attract pollinators are particularly encouraged, along with ground-cover species that help control weeds and stabilize soil. Certain plants, including invasive species, climbing plants, and vegetable crops, are not permitted due to environmental and public health concerns.

## How residents can get involved

Residents may register to adopt a tree pit at any time during the year, but early registration increases the likelihood of receiving materials such as plants and compost.

Before planting, residents are encouraged to confirm eligibility by contacting Montreal's 311 service, which can provide information about scheduled municipal work.

Questions about permitted plants or design guidelines can be directed to the program by email at [vsp.carredarbre@montreal.ca](mailto:vsp.carredarbre@montreal.ca), while additional support and materials are available through local Éco-quartier service points.

As more residents participate, these small spaces have the potential to make a meaningful difference, turning simple patches of soil into vibrant additions that benefit both neighbourhood streets and the environment.

**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](http://www.sdextermination.com)

**S.D. Exterminating Service Inc.**

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

SINCE 1971

Serving the community for over 55 years

C550279  
Membre of Canadian Association

**CHROMAMUSIKA studios**

SINGING and PIANO LESSONS  
PRO RECORDINGS and VIDEOCLIPS for SOCIAL MEDIA  
ONLINE CONCERTS and PRESENTATIONS

514.616.6919  
dimil@videotron.ca  
[chromapanarmonia.com/private-lessons](http://chromapanarmonia.com/private-lessons)  
Directors: Maria Diamantis BMus,  
Dimitris Ilias BFA, DAMPS

In collaboration with: **newsfirst** **AMT** **Kalamita**

Covid-19: In our studios we take all the necessary protective measures: Social distancing, thorough disinfection and proper air circulation, online lessons, disposable headphones and mic covers, hand sanitiser, 0.3 micron air purifiers and air quality monitors.



# Happy Easter!

## Fashion tips for Easter

Traditionally, wearing new clothes on Easter is believed to bring good luck. Here are some tips to help you pick out an outfit for the occasion.



### WHAT TO AVOID

Easter is the perfect time to dress up and wear fun clothing and accessories. Consequently, you should avoid putting on basic jeans, joggers and leggings or wearing dark and drab colours like black, grey and brown. Moreover, avoid layers of heavy clothing and bulky jewelry. After all, Easter and spring are all about lightness.

### WHAT TO WEAR

Wear cheerful colours like blue, pink, purple and yellow. Pick out something playful yet stylish. For example, a dress, pleated trousers or a fitted suit are all great options. You may also want to consider wearing a floral-print shirt, tunic, skirt or silk scarf. If you decide to wear casual attire, make sure you look well put together.

Whether you're having dinner at a restaurant, brunch at home or participating in an egg hunt outdoors, choose an outfit that's suitable for the celebration planned.

To find the perfect outfit for Easter, visit your local boutiques.

## Give the perfect hostess gift this Easter

Have you been invited to an Easter gathering and are searching for a unique way to express your thanks? These ideas may give you inspiration.

### SPRING-THEMED GIFTS

Along with chicks, bunnies and chocolate, Easter is about nature returning to life. A bouquet of flowers, a potted plant or a springtime-scented candle makes a timely gift. Spring's warmer weather welcomes activities like gardening, camping and cycling. Accessories related to your host's favourite springtime activities are a good bet.

### GOURMET TREATS

Chocolate is an Easter classic, but you have other options, too. Local spirits, assorted teas, specialty sweets like maple candies, barbecue spices and flavoured popcorn are sure to delight your host. Look for themed gourmet baskets or build your own with your favourite local products.

### PERSONALIZED SURPRISES

If the host is near and dear to you, don't be

afraid to think outside the box. Consider a piece of jewelry, for example, tickets to the theatre or a fun workshop experience. You might also personalize a practical object like a cup, apron or reusable bag with the host's signature saying.



**Happy Easter!**  
**Joyeuses Pâques!**





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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



**ROYALLEPAGE**  
HUMANIA CENTRE  
AGENCE IMMOBILIÈRE 450.682.2121

**Joyeuses Pâques!**  
**Happy Easter!**





**HONORABLE**  
**MARJORIE MICHEL**  
**DÉPUTÉE DE PAPINEAU**  
**514-277-1645**  
**marjorie.michel@parl.gc.ca**  
**1100 Boul Crémazie E, bureau 220**  
**Montréal, QC H2P 2X2**



CHAMBRE DES COMMUNES  
HOUSE OF COMMONS  
CANADA

# Hellenics from Laval and Montreal gather for Greece Independence Day festivities

*Visit by republic's Deputy Prime Minister adds to HCGM's 120th anniversary celebration*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter  
marty@newsfirst.ca

The 120th anniversary of the Hellenic Community of Greater Montreal along with an observance of the 205th anniversary of the liberation of Greece was a dual celebration for 500 guests who attended a gala dinner on the evening of Saturday March 28 at the Château Royal in Chomedey.

For Greeks around the world, March 25 in the year 1821 was the beginning of the revolutionary fight that ended 400 years of Ottoman rule.



**The 2026 Hellene of the Year, following a nomination process held by the Hellenic Community of Greater Montreal, was Montreal-area social services consultant Danae Savides.**

Following a protracted war in which Greek patriots received support from Russia, Britain and France, Greece finally received recognition from the world as an independent nation in 1832.

## Deeply spiritual meaning

For Greeks every year, the commemoration date also has deeply religious significance as it falls on the feast of the Annunciation of the Virgin Mary in Christian Orthodox tradition.

Among the dignitaries



*Photos: Martin C. Barry, Newsfirst Multimedia*

at the Château Royal were Deputy Prime Minister of Greece Kostas Hatzidakis, Greek Ambassador to Canada Ekaterina Dimakis, Greek Consul General in Montreal Nikolaos Karalekas, federal Health Minister Marjorie Michel and Hellenic Community of Greater Montreal president Basile Angelopoulos.

Also present were Laval-Les Îles MP Fayçal El-Khoury, Chomedey MNA Sona Lakhoyan-Olivier, Saint-Laurent Liberal MP Emmanuella Lambropoulos, Laval city councillors Vasiliou Karidogiannis (representing the mayor) and Nicolas Borne, Chomedey city councillor Aglaia Revelakis and Montreal Vice-Mayor Effie Giannou.

## A bridge between nations

In an exclusive interview with Newsfirst Multimedia, the Greek republic's deputy prime minister said he was impressed by the turnout and enthusiasm shown by members of the Greek

diaspora in Laval and Montreal on the occasion of the HCGM's birthday as well as the anniversary of the independence of Greece.

"Greece unites us, and we believe that the Greek Canadian community here is a bridge between Greece and Canada," said Hatzidakis, adding that Greece and Canada share characteristics and are "like-minded" states, while Canada and Greece "cooperate on things like NATO and we hope this will continue."

## Greek Republic's mail-in votes

Hatzidakis said he especially wanted to emphasize that a recent decision by the Hellenic Parliament to allow mail-in voting by Greek citizens living outside Greece in upcoming national elections will lead to even closer ties between the home country and the Greek diaspora abroad "to the benefit of both sides."

In the evening's keynote address, the HCGM's

president emphasized the Hellenic community's looking towards the future, rather than focusing on the past. "Our parade on Jean Talon will not be a march of memory – it will be a declaration of the present," Angelopoulos said, referring to the Greek Independence Day parade in Montreal the next day.

## Danae Savides Hellene of the Year

The 2026 Hellene of the Year Award, following a nomination process held by the Hellenic Community of Greater Montreal, was presented to Montreal-area social services consultant Danae Savides. She was presented with a plaque by HCGM president Basile Angelopoulos. Among other accomplishments, Savides has written on the phenomenon of Suicidal Adolescents and the Greek Community of Montreal.



**"Greece unites us," Deputy Prime Minister of Greece Kostas Hatzidakis told Newsfirst Multimedia, referring to the Republic of Greece's close relationship with members of the Greek diaspora residing in Canada.**

## FOR SALE

**Chomedey:** Beautiful ground floor condo, open concept with private entrance and garage. Offering 1 huge master, 1 bath with shower and tub. Rented semi-furnished with fridge, stove, dishwasher, washer, dryer. Close to highways and schools.

MLS: 14952293



**Chomedey:** Enjoy the best of both worlds in this stylish two-bedroom, open-concept condo. Located in the heart of the action, this home features a beautiful kitchen designed for both daily life and hosting. Commuting is a breeze with immediate access to major highways and a location just minutes from the Lachapelle Bridge. Best of all, you'll never hunt for a spot with two dedicated parking spaces (one garage, one exterior).

MLS: 23852845



## FOR RENT

**Ste-Dorothée:** Experience ultimate convenience in this bright and airy two-bedroom apartment. Located in the vibrant heart of Ste-Dorothee, you're just steps away from shopping, schools, and public transit. Effortless highway access makes commuting a breeze. This must-see unit features windows that flood the space with natural light and includes an exterior parking spot. Easy to visit!

MLS: 13838743



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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



**ROYAL LEPAGE**  
HUMANIA CENTRE

AGENCE IMMOBILIÈRE 450.682.2121

# Montreal's mayor and Greece's Deputy PM led the 2026 Greek Independence Day Parade

## *Hellenic or not, many people waved Greek, Canadian and Quebec flags proudly*

**MARTIN C. BARRY**  
Local Journalism Initiative Reporter  
marty@newsfirst.ca

Several thousand people from a wide range of cultural backgrounds – although primarily Greeks – lined the sidewalks of Jean-Talon St. in Parc Extension last Sunday afternoon for the Montreal Hellenic community's biggest annual celebration – the Greek Independence Day Parade.

It was all the more important this year as 2026 marks the 120<sup>th</sup> anniversary of the founding of the largest organization representing the greater Montreal Hellenic community.

### Two parade marshals

The parade marshals were Montreal mayor Soraya Martinez Ferrada and Deputy Prime Minister of Greece Kostas Hatzidakis. They led the dignitaries westward on Jean Talon St. past Athena Park near the corner of Bloomfield Ave. where they climbed the stairs onto an outdoor stage to review the marchers passing by.

Greek or not, most people brought many flags to the parade in order to pay tribute to the history, heroism and the independence of Greece – the nation that gave birth to modern-day traditions of democracy.

"I'm very happy, very honored to be parade marshal today," Mayor Martinez Ferrada told *Nouvelles Parc Extension News* a few minutes before the start of the parade. "And 120 years shows how well implanted the Hellenic community is in Montreal. So I'm very proud to be here and to share with the community."

In an exclusive interview, the Greek republic's deputy prime minister said he was impressed by the turnout and enthusiasm shown by members of the Greek diaspora in Laval and Montreal on the occasion of the HCGM's birthday as well as the anniversary of the independence of Greece.

### A bridge from Canada to Greece

"Greece unites us, and we believe that the

Greek Canadian community here is a bridge between Greece and Canada," said Hatzidakis, adding that Greece and Canada share characteristics and are "like-minded" states, while Canada and Greece "cooperate on things like NATO and we hope this will continue."

Papineau Liberal MP Marjorie Michel, who is Health Minister in the Carney cabinet, said she was attending the parade long before being elected in April last year. As deputy chief of staff at former prime minister Justin Trudeau's office in Ottawa, she often attended the parade.

"The Greek community was at one time the backbone of Papineau," she said in an interview at the corner of Jean Talon and Hutchison where the parade started. She made a point of bringing along the Canadian and Republic of Greece flags she used in previous years.

"I'm so excited to be here," Michel said. "Even though many Greeks now live in Laval, I want to be with my Greek constituents on this important day."

### HCGM's anniversary continues

In addition to continuing a decades-old tradition with a series of commemorative events marking Greek Independence Day all last weekend, the Hellenic Community of Greater Montreal (HCGM) has been celebrating its 120<sup>th</sup> anniversary with special events throughout the year. In a statement, the HCGM said this year's parade marked a double celebration.

"On the one hand, the heroic Greek Revolution of 1821 and the timeless values of freedom and democracy, and on the other, the long and proud journey of the Hellenic Community of Greater Montreal, founded in 1906, which continues to uphold and preserve the ideals of Hellenism."

Additionally, on the occasion of the important anniversary, the federal government arranged that on March 25, the Samuel-De-Champlain Bridge was illuminated in blue and white in honor of Greece's National Independence Day and in celebration of the 120<sup>th</sup> anniversary of the Hellenic Community of Greater Montreal.





Real moments, real Soleil residents



## It's Open House *Soleil* in all Les Résidences Soleil

A family business from here

### Visit to win

### A gift and a draw prize await you!

**65+** years An ideal opportunity to explore the abundance of leisure and recreational activities, evolving services, and 1<sup>1/2</sup> to 4<sup>1/2</sup> affordable housing

Complete your experience by enjoying a complimentary meal (meal reservation required: 1 800 363-0663)

Visit us 7/7 · With or without an appointment · 9 am to 5 pm

1 800 363-0663

**St-Laurent**  
115, Deguire Blvd.

1<sup>1/2</sup> · 3<sup>1/2</sup> · 4<sup>1/2</sup>  
+ Care section  
Available now

**Dollard-des-Ormeaux**  
53, Hasting St.

1<sup>1/2</sup> · 3<sup>1/2</sup>  
Available now

**St-Léonard**  
7 650, Lespinay Street

1<sup>1/2</sup> · 2<sup>1/2</sup> · 3<sup>1/2</sup> · 4<sup>1/2</sup>  
+ Care section  
Available now

**Plaza (downtown Mtl)**  
505, Sherbrooke St. East



Sherbrooke station private access

1<sup>1/2</sup> · 2<sup>1/2</sup> · 4<sup>1/2</sup> + Care section  
Available now

Montréal: Plaza (downtown) · St-Léonard · St-Laurent · Dollard-des-Ormeaux · Pointe-aux-Trembles  
Montréal: Boucherville · Brossard · Sainte-Julie · Mont St-Hilaire · Sorel · Rive-Nord: Laval  
Estrie: Granby · Sherbrooke · Musée (Sherbrooke) · Lanaudière: Repentigny (new)

Here, all seniors have the means!

3 avril 2026 / April 3, 2026 • Nouvelles Parc-Extension News • 9

**Table 1: Per Capita Gross National Income, Cumulative Growth, and Inequality for G7**

	GNI Per Capita 2023*	Cumulative Growth Per Capita GNI 2013-23 (percent)	After-tax Gini Coefficient** (Disposable Income) 2022	After-tax Gini Coefficient** (Pre-tax Gini Coefficient) 2022
Canada	54,796	2	0.28	0.44
France	55,022	7	0.29	0.37
Germany	65,122	6	0.30	0.38
Italy	52,183	12	0.34	0.41
Japan	46,656	6	0.30	0.37
United Kingdom	53,132	5	0.36	0.43
United States	74,190	15	0.31	0.36
Australia	58,406	14	0.33	0.39
Ireland	87,099	39	0.29	0.37
Sweden	64,545	9	0.29	0.31
High Income Countries	56,964	11	0.31	0.36

\* In 2021 international dollars.  
 \*\* The Gini coefficient is a widely used measure of income or wealth inequality, with higher values indicating higher inequality.  
 Source: Our World in Data, Luxembourg Income Study, OECD (for France).

**NICHOLAS DAHIR, ALEXANDRE LAURIN, JACK M. MINTZ  
CD HOWE INSTITUTE**

Tax policy is a powerful policy tool for shaping an economy. The primary aim of taxation is to raise revenue to fund well-managed public services. However, taxes discourage whatever we choose to tax. Some taxes create more economic harm than others. If governments rely on a poorly designed tax structure to raise revenue, they unnecessarily undermine economic prosperity and make it harder for the economy to sustain the public services voters expect.

After a decade of virtually stagnant per capita economic output, tax reform and broader growth reforms are now on the front burner once again. The need for bold growth-oriented policy changes has become even more acute in light of US “America First” tariff policies, geopolitical tensions, and higher private and public debt financing costs. The federal government promised an “expert review” of the corporate tax system in the last election, but it is absent from its first budget. The budget includes enhanced tax depreciation allowances for a few sectors. We argue that Canada needs a much broader and more comprehensive reform effort.

Several tax reform efforts have been successful in the past. Some were initially unpopular – such as the adoption of the Goods and Services Tax (GST) in 1991 – but were later judged successful because they ultimately improved the economy while providing the government with more stable revenue. The federal and provincial income tax reforms of 1972, 1985–87, and 2000 lowered tax rates and broadened the base, creating a more neutral and fair system that benefited the economy. By contrast, reforms that raise rates or provide preferences for politically favoured activities increase complexity, raise economic costs, and worsen fairness. As American actor and humorous social commentator Will Rogers, once said: “The difference between death and taxes is death doesn’t get worse every time Congress meets.”

In this article, we propose several “big bang” tax reforms to promote greater Canadian prosperity. We emphasize “big bang” because Canada urgently needs to reorient its economy onto a more prosperous path. These reforms are politically difficult, especially if the aim is to maintain the same level of revenues. The winners from revenue-neutral reform are often silent while the losers strongly oppose any shift in tax burdens. If tax reform is undertaken with some loss in revenue, paired with spending reductions, the reform becomes easier since most taxpayers will be winners.

While our focus is on growth and simplification, we do not ignore fairness. By fairness, we mean both (i) a level-playing field with an equal treatment of equals and (ii) distributing tax burdens according to ability to pay. Canada already achieves the lowest degree of inequality among G7 countries after accounting for taxes and transfers. However, it has also had the lowest per capita growth rates among all G7 countries in the past three decades. Thus, our emphasis is on pro-growth tax reform, given the heightened concern that Canadians have over the economy, with little change in households’ average tax rates.

# “Big bang” tax reform

## Unleashing growth in the Canadian economy

Below, we set out the case for “big bang” tax reform. Canada relies too much on personal income taxes with high marginal tax rates at relatively low levels of income compared to other G7 countries. These rates discourage work effort, risk-taking, and investment, and they encourage Canadians to migrate abroad. The corporate income tax no longer provides an advantage for locating businesses in Canada and distorts the allocation of capital markedly to its most profitable use. Unlike other major countries, Canada relies too little on taxes that cause less economic harm, such as the GST (which itself could be improved) and payroll taxes.

Our “big bang” reform includes four major recommendations that work together as a package while relying less on the most economically damaging taxes, relying more on those that are less harmful, and improving the taxation of corporate income. In designing this package, we have sought to ensure it remains implementable, even if politically challenging, and that does not compromise Canada’s high level of income redistribution:

1. Reduce marginal personal income tax rates and widen income brackets. Federal income tax rates would begin at 14 percent for incomes up to \$60,000, 20.5 percent for incomes between \$60,000 and \$180,000, and 26 percent on incomes above \$180,000. Provincial rates would apply in addition to the federal rates: the top rate on average would be 45 percent, similar to a decade and a half ago.
2. Introduce an optional simplified \$10,000 tax credit. Taxpayers could choose this credit instead of itemizing numerous deductions and credits. This policy would especially benefit most low- to mid-income taxpayers and simplify the tax system.
3. Reform the corporate income tax to remove preferences. We explore two options. The first reduces the federal corporate income tax rate by five points to 10 percent with the elimination of tax incentives including accelerated depreciation, the small business deduction, and tax credits. The second option exempts retained earnings reinvested in business activities and taxes only distributed book profits at 13 percent. This would result in a substantially lower tax cost on investment for all businesses and encourage venture capital and research. Given that three- to four-fifths of the corporate income tax falls on labour incomes, the reform will improve wages for workers.
4. Offset reduced reliance on income taxation by increasing less harmful taxes. We propose either a 2.8-point increase in the GST or a new employer payroll tax at the rate of 3.2 percent of pay earmarked for healthcare, similar to many European countries and the United States. The payroll tax would apply to payroll and self-employed earnings above \$15,000 earned by each individual and therefore fall more on higher earnings.

Our reform will increase investment by \$140 billion in the long run and GDP by \$79 billion. This analysis holds federal revenues constant in the short term. Naturally, if governments also moderated business grants or other spending, they could reduce taxes further and improve neutrality with respect to business taxation and grant support.

Over time, as economic activity increases due to the tax reform, the reform could yield over \$26 billion in additional tax revenues annually across all levels of government.

### What ails the Canadian tax system?

Over the past decade, Canada has had the worst growth in per capita Gross National Income (GNI) compared to G7 countries and some selected Organisation for Economic Co-operation and Development (OECD) countries (Table 1). In 2023, Canada’s per capita GNI was \$45,796 (in 2021 international dollars), below the average of high-income countries of \$56,964 and only 74 percent that of the United States.

Canada’s real growth in per capita GNI has virtually stalled in the past decade, with only a 2 percent cumulative gain. Ireland is one of the fastest-growing high-income countries and has one of the highest per capita GNIs in the OECD, surpassing even the United States. (We discuss below how taxation impacted Ireland’s growth). Australia, resource-intensive like Canada, did better with higher cumulative growth at 14 percent and a per capita GNI that was 6.5 percent higher than Canada’s in 2023. Sweden, also resource-rich and with low taxes on capital income under a “dual income tax” system, performed better than Canada. Its per capita GNI was 18 percent higher than Canada’s.

While Canada’s record on economic growth this past decade has been disappointing, it has a much better record in redistributing income once accounting for taxes and government transfers. On an after-tax basis, Canada has the lowest income inequality among the G7 countries, tied with Sweden as of 2022. If we measure the impact of redistributive policies by taking the ratio of the after-tax to pre-tax Gini coefficient, Canada’s fiscal system reduces inequality by 36 percent from 0.44 to 0.28. While France, Germany, Ireland, and Sweden redistribute even more, they have achieved superior economic growth to Canada. The United States has grown faster in per capita GNI but has the highest after-tax inequality and the least redistribution through its tax and transfer system.

From this analysis, we conclude that Canada’s focus for tax reform should be on economic growth, while limiting the burden on those with less ability to pay. Below, we lay out the existing problems with the tax system that impair economic growth.

### Canada’s tax competitiveness challenge

Ignoring non-tax revenues like user fees and royalties, Canada’s tax revenues are about 35 percent of GDP as of 2023, higher than the OECD average (Table 2). If social security taxes that fund mainly pension benefits (and in some countries, health insurance) are ignored, Canada’s tax burden stands at 29.6 percent of GDP – the highest of the G7 and OECD average. Taxes are much higher than in the United States, our most important trading partner, whether social security contributions are included or not. This gap compounds Canada’s competitiveness challenge, as pre-tax per capita GNI in Canada is about three-quarters of US levels (as noted in Table 1).

Income taxes account for about half of revenues collected in Canada: 37 percent from personal income taxation and 14 percent from corporate income taxation. Sales taxes account for another 22 percent of taxes paid in Canada, while payroll and social security taxes account for a further 16 percent. Canada relies more heavily on personal and corporate income taxes as a share of

**Table 2: Taxes as a Share of GDP by G7 Country and the OECD in 2023, Percent**

	Personal Income Tax	Corporate Income Tax	Sales and Excise	Property Tax	Payroll Tax	Other Taxes*	Total without Social Security Taxes	Social Security Taxes (Employers and Employees)	Total
Canada	37.2	5.9	4.9	3.4	0.8	0.8	29.4	7.2	36.6
France	9.4	2.3	11.2	3.5	1.9	1.0	29.3	14.5	43.9
Germany	9.8	2.2	9.8	0.9	0.2	0.1	23.0	14.3	37.3
Italy	11.4	2.9	10.7	2.2	0.9	2.9	29.2	13.3	42.5
Japan	6.2	4.7	6.7	2.7	0.0	0.2	20.5	13.2	33.7
United Kingdom	19.5	3.4	10.4	3.7	0.3	0.2	28.2	6.7	34.9
United States	19.2	2.2	4.0	2.9	0.0	0.3	28.6	6.0	34.6
OECD	8.3	3.9	10.1	1.7	0.5	0.4	24.9	8.9	33.7

\* Includes profits of fiscal monopolies, interest and liquor duties, taxes on airports and other taxes.  
 Source: Taxation Statistics, OECD.

▶ Continued on page

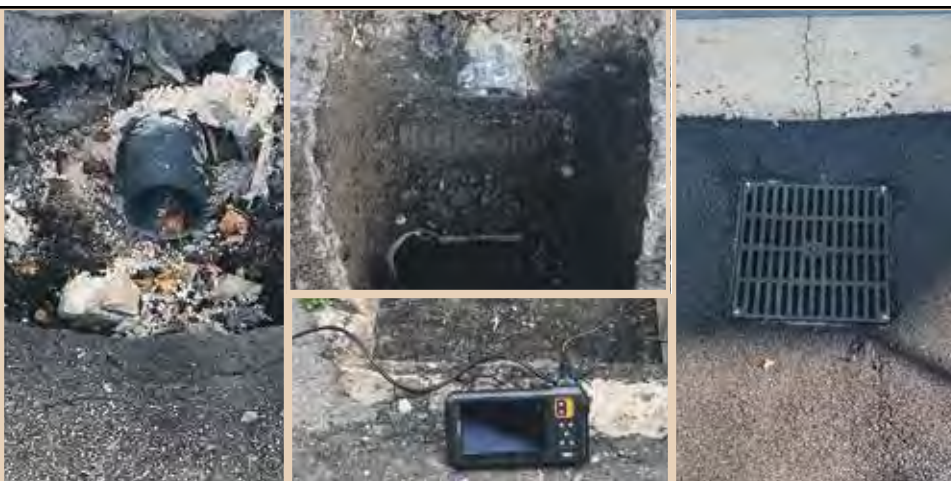
11

# DRAIN REPAIR

**CRACKS  
POT HOLES  
EDGES OF GARAGE ENTRANCES AND FOUNDATIONS  
REPLACEMENT OF DRAINS**



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



GDP (18 percent, the highest in the G7) than the OECD average (12 percent) or the United States (12 percent). Canada is light in taxing consumption with sales and excise taxes at 6.9 percent of GDP compared to the OECD average of 10 percent. In the United States, sales and excise taxes account for only 4 percent of GDP. Canada and the United States also rely less on payroll and social security taxes (5.2 and 6 percent of GDP respectively) compared to the OECD (9 percent) and other G7 countries. Canada's economic growth is harmed by relying on a tax structure heavily focused on income taxes, which impose a higher economic cost than consumption or payroll taxes.

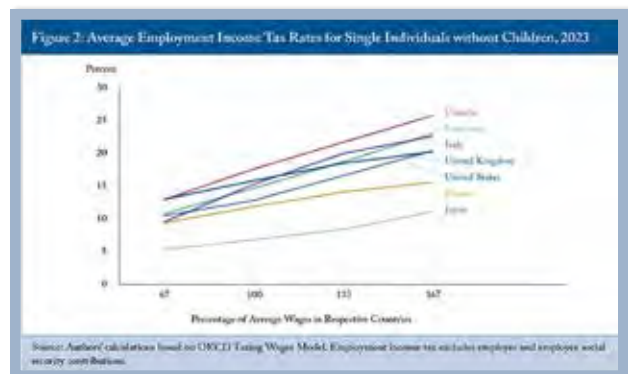
**Canada's over-reliance on personal income taxes**

As noted above, Canadian federal and provincial governments rely disproportionately more on personal income taxes (PIT) compared to other revenue sources. As shown in Figure 1, the increased reliance on PIT began after the Second World War. In 1965, governments collected less PIT (5.8 percent of GDP) than sales and excise taxes (8.5 percent). By 1970, PIT revenues had risen to about 10 percent of GDP and peaked at 12 percent by the mid-1980s. In response to mounting deficits and debt, governments pushed PIT revenues to record highs in the late 1980s and 1990s – reaching 13 to 14 percent of GDP, almost double the revenue from sales and excise taxes. After falling during the 2000s, PIT revenues have been rising again, growing from 11 percent of GDP in 2010 to 13 percent in 2023. Today, PIT is almost twice the size of any other source of federal or provincial taxes.



PIT rates in Canada are progressive. Income earned on retirement assets (including pensions, registered retirement savings plans [RRSPs], tax-free savings accounts [TFSA], and principal residences) is tax exempt. Dividends and capital gains are taxed preferentially to mitigate double taxation at the corporate and personal levels. However, capital gains face lower top rates than eligible or ineligible dividends, which encourages taxpayers to recharacterize income as capital gains rather than dividends to minimize personal income tax.

Given Canada's greater reliance on PIT as a share of GDP than any other G7 country, Canada's PIT average tax rates on employ-



ment income (Figure 2) are correspondingly higher across much of the income spectrum. According to OECD data, Canada's income taxes as a share of wages and salaries for single individuals without children are higher at the average-wage scenario up to the top income scenario.

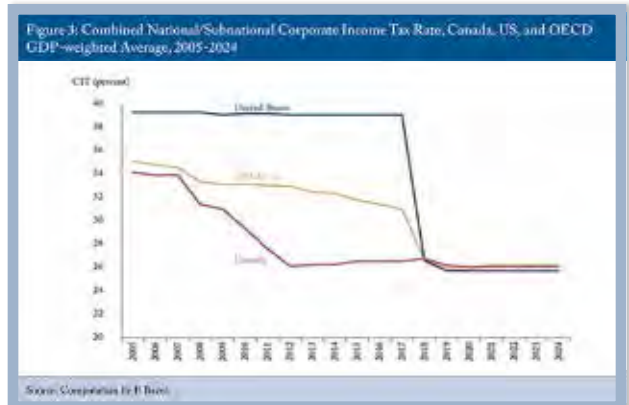
**Canada's corporate income taxes no longer provide a distinct advantage**

Corporate tax competitiveness has concerned policymakers for decades. Canada faces two distinct disadvantages for investment: a small population dispersed across a large landmass along its southern border, which limits economies of scale, and a cold climate (Mintz 2003). The Technical Committee on Business Taxation (1997) recommended a corporate tax rate below that of other countries and a more neutral tax system to create a policy advantage to attract investment and profits while reducing economic distortions in the tax system. While much focus is on the United States, the current federal government's desire to diversify trade means that Canada needs to create a distinct policy advantage to attract investment compared to many countries today.

Since the May 1985 budget, when corporate tax reform was proposed, Canada has embarked on a series of corporate income tax reforms to reduce rates and broaden tax bases. Initially, reform was intended to improve market efficiency and reduce tax erosion due to tax preferences. However, after the 1986 Reagan corporate tax reform in the United States that reduced the federal rate by 12 points (from 46 to 34 percent), corporate tax reform was also pushed by the potential loss of investment and corporate income to the United States. By 1988, the federal general corporate income tax rate was lowered from 36 to 28 percent and investment tax credits, inventory allowance, and depreciation deductions were scaled back. With a federal surtax of about one point and provincial tax rates of 14 points, the general rate topped at 43 percent.

As other countries were reducing corporate income tax (the US rate was about 39 percent), Canada had the highest corporate income tax rate among industrialized countries by the end of the 1990s (Canada 1997). Concerned about base erosion and competitiveness, governments reduced corporate income tax rates again. By 2012, the federal general rate had fallen to 15 percent and provincial rates ranging in 2026 from 8 percent in Alberta to 15 percent in Newfoundland and Labrador and Prince Edward Island, with tax preferences also reduced. Canada enjoyed a clear advantage over the United States until 2018, when the US Tax Cuts and Jobs Act lowered the federal corporate rate by 14 points, from 35 to 21 percent. Including state taxes, 2026 US corporate rates range from 21 percent (e.g., Ohio, Texas, and Washington) to 30.1 percent in New Jersey.

CIT revenues have therefore been affected by both economic conditions and corporate tax reforms. CIT revenues fell from 4 percent of GDP in 1975 to 2 percent following a deep recession that ended in 1992 (Figure 1). They rebounded in the next decade as profitability improved and corporate tax reforms in 1986-87 lowered rates while eliminating or scaling back many tax preferences. With robust profitability, CIT revenues remained relatively stable from 2000 to 2020, despite reductions in statutory rates.



Since 2020, CIT revenues have risen again, reaching 4.7 percent of GDP.

As shown in Figure 3, Canada achieved a significant tax advantage in 2012 by lowering the combined federal-provincial corporate income tax rate well below the GDP-weighted OECD average. However, that advantage has since disappeared. The US rate cut in 2018 – particularly significant given the US share of roughly one-quarter of global GDP – eliminated Canada's statutory rate advantage entirely. By 2024, Canada's combined corporate tax rate stood at 26.1 percent, virtually identical to the OECD weighted average, while the US rate was 25.7 percent.

The effect of taxation on investment depends not only on the statutory tax rate but also on tax incentives, such as accelerated depreciation and investment tax credits. Other taxes on capital, such as sales taxes on capital inputs, real estate and financial transfer taxes, property and asset-based taxes, also affect capital decisions. Even these taxes do not tell the whole picture. Payroll taxes on labour and fuel and carbon taxes on energy increase input costs in production. A more complete measure to compare tax competitiveness would focus on production costs to incorporate taxation of different inputs (McKenzie, Mintz and Scharf 1997; Technical Committee on Business Taxation 1997).

Nonetheless, it is useful to consider how the profit-based taxes impact investment in Canada, particularly across sectors, to determine how they distort the allocation of capital (the finance sector is excluded due to a lack of data). Including the 2025 Budget provisions, Bazel and Mintz estimate the marginal effective tax rate (METR) on new investment in Canada to be 12.6 percent in 2025 and 18.6 percent by 2034 when the accelerated provisions are phased out.

Canada's tax competitiveness and productivity are weakened by a distortionary corporate income tax system, which leads to a misallocation of capital. The system particularly favours forestry (including lumber and pulp and paper manufacturing activities), critical mining, and manufacturing, all of which face effective tax rates substantially lower than those of service sectors and oil and gas (Table 3).

	Canada 2025 <sup>**</sup>	Canada 2034 <sup>**</sup>	United States 2025 <sup>**</sup>
Agriculture	11.9	15.5	16.1
Forestry	-6.7	12.6	18.3
Mining – Non-critical (Iron)	12.9	14.9	3.2
Mining – Critical (Copper)	6.0	11.1	3.5
Oil and Gas	26.0	31.2	29.9
Manufacturing	-4.4	16.2	17.8
Utilities	12.0	16.0	10.9
Construction	19.0	21.3	16.3
Transportation	11.8	15.0	14.6
Communications	11.3	18.3	15.7
Wholesale Trade	19.6	21.8	20.1
Retail Trade	20.4	22.3	22.6
Other Services	15.8	20.7	14.0
Average <sup>***</sup>	12.6	18.6	15.5

Notes: <sup>\*\*</sup>Estimates of marginal effective tax rates include the 2025 Budget provisions in Canada, accelerated depreciation and the Productivity Super-Deduction for temporary and phased-out by 2034. <sup>\*\*</sup>The United States has entered the base depreciation phase, our estimates under the 2017 Tax Cuts and Jobs Act (TCJA), which was scheduled to begin in 2024. Under the "Big Beautiful Bill" passed by Congress in 2025, the 2017 base depreciation provisions (the US equivalent of accelerated depreciation) has been extended indefinitely. <sup>\*\*\*</sup>Marginal effective tax rates are equal to the combined value of rates paid to share of the pre-tax rate of return on capital. Taxes include corporate income taxes, profit-based levies and mining profit rates on mineral commodities income. <sup>\*\*\*</sup>Source: Calculations by P. Bazel based on the School of Public Policy, METR model. Estimates include corporate income tax, mining profit tax and profit-based oil and gas taxation.

In 2025, the dispersion in effective tax rates (26.7 percentage points) is more than twice the average effective tax rate. By 2034, this dispersion falls to 20.1 percentage points with the elimination of accelerated depreciation. Eliminating accelerated depreciation and the productivity incentive would make the profit-based business tax more neutral, although effective tax rates would increase.

In some instances, tax incentives target low-growth industries. The Budget 2025 Productivity Super-Deduction particularly benefits manufacturing. Yet, despite this and previous favourable tax incentives, manufacturing has declined for other reasons, such



SÉCURITÉ

# SPARTAN

SECURITY

A COMPANY YOU CAN TRUST

**(514) 289-8585**

**25 years at your service!**

---

- Burglar
- Fire
- Cameras
- Intercoms

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



**24 HOUR MONITORING**

as the shift of production to China and other Asian countries since 2000. Manufacturing value-added as a share of GDP has steadily fallen from 15 percent in 1997 to 9 percent in 2025. Bazel and Mintz (2022) show that Canada has historically the most biased system towards manufacturing than any other OECD or BRIC country except India.

In 2025, Canada's average effective tax rate on capital (12.6 percent) will be somewhat below that of the United States (15.5 percent). However, eight of 12 industries, including the technology-intensive communication sector, mining, utilities, transportation and construction, are currently more heavily taxed than in the United States. Once the 2025 Budget proposals expire in 2034, the effective tax rate on capital in Canada (18.6 percent) will exceed the US rate (15.5 percent), leaving nine of 12 sectors in Canada disadvantaged.

The above estimates of effective tax rates on new investment mask other distortions with the corporate income tax, including: Effective tax rates vary by type of investment. The system provides preferences for clean energy, research and development, and machinery and equipment that are taxed much less than structures and inventory investments.

The estimates assume the same degree of leverage (40 percent debt financing) for all industries. Yet, given the deductibility of debt financing, the corporate tax system encourages greater leverage unless limited by thin capitalization rules.

Given that governments take a greater share of profits than their shares in losses, income taxation discourages investment in risky enterprises, including high-tech and start-up companies.

Foreign income, especially in low-tax jurisdictions, is typically taxed less than domestic income earned by Canadian corporations, thereby encouraging capital outflows. Foreign companies operating in Canada may be taxed more highly than Canadian companies due to withholding taxes on income remitted to foreign investors and limits on interest and other deductions, thereby discouraging foreign ownership. The new 15 percent global minimum corporate tax, including Canada's domestic minimum tax, will raise taxes on large multinationals, though foreign investment may still receive relatively favourable treatment.

Small businesses are given preferential corporate income and payroll tax rates. Canadian-controlled private corporations face a small business corporate rate of about 13 percent compared to roughly 26 percent for large businesses, while unincorporated business income is taxed in the hands of individual investors.

In other words, Canada's business tax structure is a jumble of distortions that misallocate capital in the economy, with tax considerations influencing investment decisions rather than having them taken solely on the basis of economic profitability.

### Efficiency considerations

While progressive personal income tax rates play a redistributive role, high marginal rates discourage work, labour force participation, savings, and risk-taking. They can also weaken incentives for entrepreneurship and innovation and may encourage high-income earners to emigrate. Numerous studies show that personal income taxes impose a higher efficiency cost per dollar of tax revenue than consumption or property taxes (Table 4). This cost rises exponentially as top tax rates increase.

Corporate income taxes are generally considered even more distortionary. Dahlby and Ferde (2011, 2022) demonstrate their high economic cost due to their impact on investment decisions and incentives for profit shifting. However, the incidence of corporate tax depends on firm size. Corporate taxes on large, internationally financed firms tend to be regressive, with much of the burden passed on to relatively immobile labour and consumers. By contrast, corporate taxes on small private firms may be progressive, since these firms' profits often reflect returns to personal savings.

The GST is widely regarded as one of the least distortionary taxes. It does not penalize savings and has little effect on the economy,

Tax Base	Barba and Benassy (2004)	Dahlby and Ferde (2011)	Dahlby and Ferde (2022)
Corporate income	1.37	1.71	3.02
Personal income	1.32	1.87	2.36
Payroll	1.83	n/a	n/a
Consumption	1.83	1.11	n/a

Note: The marginal cost of funds represents the cost to society of raising an additional dollar of tax. It is a function of the elasticity of tax bases, plus the economic efficiency cost of that dollar of tax.

though it can reduce work incentives at low-income levels. While the GST/HST is regressive in isolation, refundable tax credits mitigate its impact on low-income households. Middle-income households bear the heaviest burden, which may explain political resistance to rate hikes.

Still, Canada's GST/HST collects from slightly less than half the potential tax base due to exemptions and zero-rating (OECD 2024), which increases its distortionary impact. Broadening the base, as in New Zealand's value-added tax (VAT), which collects 96 percent of potential consumption, could lower GST/HST rates by almost half while improving efficiency. Alternatively, the additional GST/HST revenue could be used to reduce more harmful taxes.

Payroll taxes fund social insurance programs like the Canada Pension Plan, Employment Insurance, and provincial workers' compensation. Some provinces also levy general employer-paid payroll taxes. Unlike consumption taxes, which retirees also bear, payroll taxes apply only to workers and employers. Contribution ceilings also cap their fiscal and behavioural impact. About two-thirds of OECD countries use payroll taxes to fund healthcare – a potential alternative to general tax-financed health contributions (Khanal, MacKinnon and Mintz 2024). Payroll taxes are generally less distortionary than personal and corporate income taxes, especially when designed as flat contributions with benefit linkages. Expanding the role of payroll taxation, particularly for healthcare, may offer a more efficient and transparent way to raise revenue while preserving economic growth.

### Complexity

Canada's tax system is extremely complex. Originally enacted in 1917 as a six-page document, the federal Income Tax Act has expanded dramatically over the past century. On the personal income tax side, the T1 General Income Tax Return has grown to include 14 schedules and multiple sections, reflecting decades of accumulated rules and preferences. As a result, non-experts increasingly rely on accountants or specialized software, especially when reporting income beyond standard T4 employment income.

The corporate income tax system is even more intricate. The Income Tax Act devotes hundreds of pages to corporate taxation. Although the T2 Corporation Income Tax Return is nominally nine pages, corporations often complete dozens of additional schedules depending on their activities. Businesses claiming investment tax credits, carrying forward losses, or engaged in research and development must complete highly detailed forms. Frequent and layered tax changes further increase complexity.

Recent years have seen the introduction or expansion of measures such as Specified Corporate Income rules, the Tax on Split Income, Adjusted Aggregate Investment Income thresholds, the Underused Housing Tax, bare trust reporting requirements, the Excessive Interest and Financing Expenses Limitation, the Digital Services Tax, the Global Minimum Tax, the new Mandatory Disclosure Rules, updates to the General Anti-Avoidance Rule (GAAR), and a suite of clean economy investment tax credits. Each of these measures introduces additional definitions, filing obligations, and interpretive uncertainty, making compliance significantly more difficult for businesses and their tax advisors. Taxpayers must also navigate differing federal and provincial rules, further increasing compliance burdens and reliance on tax professionals.

Measuring compliance costs is difficult because they vary by taxpayer and income source. One analysis shows that the time taken to fill out the average personal income tax forms has fallen from 5.6 hours in 1985 to 2 hours in 2022 with digitization (Vaillancourt 2020). However, taxpayers increasingly purchase software or hire professionals. Vaillancourt estimates that the

cost per tax return has fallen from \$288 in 1985 to \$138 in 2022 (in 2024 dollars). In 2022, self-employed taxpayers paid 1.7 times the average cost per form (\$235), while the highest income tax filers incurred a cost 1.4 times the average (\$193). Total personal income tax compliance costs reached an estimated \$4.2 billion in 2022 (\$4.5 billion in 2024 dollars). These estimates exclude compliance costs for other taxes including property, payroll taxes, and many tax benefits that require special forms (such as home ownership and education plans).

For businesses, the World Bank estimates that the average Canadian firm spent 131 hours per year complying with taxes in 2019. About 45 hours are spent on corporate income taxes, 36 hours on payroll taxes, and 50 hours on VAT/sales taxes. Compliance time is highest in Chile (291 hours) and Poland (260 hours). Of the G7 countries, Italy tops at 238 hours, followed by Germany (218 hours) and the United States (175 hours). Canada's compliance time exceeds that of the United Kingdom (110 hours), Australia (105 hours), Ireland (82 hours) and Switzerland (63 hours). With an average hourly cost of \$40 in 2024 and 2.6 million corporate taxpayers, the compliance costs for business taxes in Canada are estimated to have been \$14.7 billion in 2024.

Governments also incur significant administrative costs in collecting taxes. The Canada Revenue Agency's operating budget (excluding transfer payments) is \$6.2 billion as of 2024/25. Provincial tax administration, court proceedings, and tax policy development add further costs. However, a rough estimate for provincial tax administration (based on Ontario tax and benefit administration in 2023/24) is \$1.3 billion. Overall, compliance and administrative costs of Canada's tax system total approximately \$26.4 billion, or 2.1 percent of tax revenues. This figure likely understates the true burden, as it excludes many costs associated with tax expenditures, property taxes, land transfer taxes, and vacant property taxes.

### Fairness

Tax systems strongly influence income distribution. Typically, tax fairness has been defined in terms of horizontal equity (equal treatment of equals) and vertical equity (generally measured according to the ability to pay tax). As Table 1 shows, Canada has successfully redistributed income through its tax/transfer system compared to other G7 countries.

While the system is successful in achieving vertical equity, it is less successful in achieving horizontal equity. It particularly benefits seniors relative to the working population. Crisan, McKenzie and Mintz (2015) measure effective net tax rates (taxes paid minus transfers divided by market income), on personal and corporate income, payroll, sales/excise and property taxes, and money transfers, including the Canada Pension Plan (CPP)/Québec Pension Plan (QPP), Employment Insurance, and social assistance. The richest quintile pays an average net tax rate of 34 percent, and the poorest pay a net tax of -47.7 percent.

However, working individuals pay much more tax than seniors, even in the highest quintile. For example, workers aged 25-29 in the top quintile face a net tax rate of 34.2 percent, while those between 70-74 pay less than half at 15.5 percent. Middle-income workers aged 30-34 (third quintile) face a net tax rate of 20.3 percent, compared to 7.2 percent for those aged 60-64. Even though the data are from 2015, it remains applicable today: horizontal equity is not fair across taxpayers of different age groups. None of this is particularly surprising given the transfers geared to seniors, including Old Age Security, the pension income deduction, the age credit, and pension income splitting.

Few studies consider the effect of business taxation on individual income. Theoretically, taxes are shifted to customers through higher consumer prices, workers through lower wages or layoffs, or owners through reduced capital income receipts. Corporate profits in part reflect economic rents that can be shared by capital owners and workers through wage negotiation. Foreign-owned businesses should also be considered when assessing the impact of taxes on Canadian households.

*continued next edition*

# Professional Auto Body Repair & Painting

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



**514 476-4565**

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

**A2 AUTO**



# DIRECT ANSWERS

FROM WAYNE & TAMARA

## HEARTFELT REMARKS

**Q** My husband and son had a bad dispute in August, and my husband made some "comments" about our son's wife. My husband and son have since reconciled to the point of being polite, talking and joking, but there is still some strain and resentment on our son's part.

Our daughter-in-law still wants nothing to do with us. We have not seen her or spoken to her. I sent her Christmas presents home with our son. He said she didn't want to take them, but he convinced her that she should.

It is now her birthday. We give a card with money in it to our boys and their wives for each of their birthdays. I say we give her a card with money. My husband says she wants nothing to do with us, why be fake and send her a card. I would like to see the feud end at some point. I'd appreciate hearing what you have to say.

Myrna

**A** Myrna, we get letters involving alcoholism, neglect, and physical abuse—all of which can and should cause a permanent rift in families. Compared to those letters,

there is nothing in your letter which makes this problem one which should fracture your family, keeping one generation estranged from portions of the next two.

Perhaps your husband and your son are too much alike. At any rate, in the heat of a dispute your husband tried to hurt his son by hurting his wife, and your son repeated the remarks to get his wife on his side. Because it is always prudent to stay away from those who try to hurt us, your daughter-in-law's reaction is both understandable and justified.

There is a principle your husband would do well to keep in mind: we don't need to say everything which is in our head. Now his son's wife knows what he thinks of her, and that can't be taken back. However, your husband is right about one thing. It would be a fraud to send her a card—from him. But it is not a fraud for you to send the card along with money.

Treat your daughter-in-law like your other daughters-in-law. In time she may let this pass and accept your husband for who he is. In truly toxic families there is no solution except a split, but that is a remedy of last resort, not the first place to go to when we are furious.

Wayne & Tamara

## INVITING OFFERS

**Q** I am a male in my 30s in a very lovable, committed relationship. My partner is considerably older than myself. She finds no harm in giving and asking for other men's phone numbers in order to have coffee, though she tells them she is in a committed relationship. When men do phone to set up a coffee date, she declines.

When I find out about it, she says it is a purely innocent gesture, and she does not understand why I am angry or hurt. Is this a form of unfaithfulness, or am I just being a prude?

Rod

**A** Rod, the publisher Bennett Cerf was known for placing ads for books which didn't exist. He

or his staff would dream up a title like "Seven Tips of Great Gardeners." If enough orders came in for the book, he would commission someone to write it. In the meantime he would return customers' money telling them the book was out of stock or temporarily unavailable.

Your girlfriend is advertising her availability, a product which does not yet exist, but if demand is sufficient, it may. She is also compiling a list of back orders she may decide to fill. You know how much men respect a woman in a relationship who asks for their phone number. Those men know the difference between a committed woman and a woman asking them for a date, and so does she.

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)

# CLASSIFIEDS • NOTICES • JOBS

THE LAVAL news

THE NORTH SHORE News

Nouvelles PARC-EXTENSION News

Call 450 978.9999

Payment:

## 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.
- No charge for stock photos.

**MEDIA-TREK**

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

You're in good hands.

Meeting deadlines and exceeding expectations is our business!

**mediatrek.ca**

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

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

Your message travels farther with us.

**ADVERTISE WITH US.**

Nouvelles **PARC-EXTENSION** News

**450-978-9999**

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

Same address since 1989

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



**AU VIEUX DULUTH**

**JOB OPPORTUNITY**

<p><b>AU VIEUX DULUTH LAVAL RESTAURANT</b></p> <p><b>MANAGER FULL TIME</b></p> <p>1755 INDUSTRIAL BLVD. LAVAL QC</p> <p><b>CALL VICKY; 450 663 1165</b></p>	<p><b>ALIMENTS GOURMETS MEDOR WAREHOUSE</b></p> <p><b>CENTRAL KITCHEN HELPER FULL TIME</b></p> <p>815 BOUL. ST MARTIN O. LAVAL QC</p> <p><b>CALL JOHN; 450 663 1165</b></p>
---	---

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



# BASKET OF *Fruits and Vegetables*

16 to 20 VARIETIES

**THURSDAYS (PICKUP OR DELIVERY) & SATURDAYS (DELIVERY)**

**\$4.99 DELIVERY FEE**

*Fresh products!  
Nice variety!  
Excellent value!*

A value of  
**\$70+**  
at the supermarket  
**You pay only  
\$40**

Our weekly  
customers  
**save**  
**\$1,700**  
up to  
per year

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



## **BIG BASKET (\$40)**

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1. Strawberries (Smucchies) (2 packs) | 8. Red Swiss chard            |
| 2. Broccoli (crown)                   | 9. Bananas (4-5)              |
| 3. Cauliflower                        | 10. Pears (Bartlett) (3)      |
| 4. Peppers (bag of Snaps or minis)    | 11. Jumbo Green Apples (2)    |
| 5. Brazilian Palmer Mango             | 12. Oranges (3)               |
| 6. Zucchini (2)                       | 13. Lettuce (Romaine)         |
| 7. Yellow Potatoes (~3lbs)            | 14. Avocados (2)              |
|                                       | 15. Mini Cucumbers (pack)     |
|                                       | 16. Tomatoes (Minis Roma) (5) |

## **SMALL BASKET (\$22)**

- |                                    |                            |
|------------------------------------|----------------------------|
| 1. Mini Cucumbers (pack)           | 5. Lettuce                 |
| 2. Strawberries (Smucchies)        | 6. Zucchini                |
| 3. Peppers (bag of Snaps or minis) | 7. Pears (2)               |
| 4. Tomatoes (Minis Roma) (2)       | 8. Lemon                   |
|                                    | 9. Oranges (2)             |
|                                    | 10. Bananas (3)            |
|                                    | 11. Brazilian Palmer Mango |

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!

  **@PANIERDUFERMIER**

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

**Pointe-aux-Trembles (Aux p'tits bœux)**  
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 April 5 to 11, 2026

The luckiest signs this week:  
AQUARIUS, PISCES AND ARIES

**♈ ARIES**  
Don't suppress your emotions; they'll guide your decisions. Your friends and family will be there for you and show compassion if you're going through a tough time. You'll soon have clarity to find solutions and ease your worries.

**♉ TAURUS**  
Relations with coworkers and acquaintances will flow smoothly, unlike the increased tension in interactions with your loved ones. Friends and colleagues will understand you completely. Maintain a healthy distance to protect yourself and avoid unnecessary conflict.

**♊ GEMINI**  
Pay close attention to a small professional detail. Advancement may be within reach if you clearly define your responsibilities and your relationship with authority. The energy around you will be beneficial. Thoughtful gestures will strengthen your position.

**♋ CANCER**  
A friend might surprise you by revealing their romantic feelings. If you're single, you could find love unexpectedly. A sudden influx of money or unexpected compensation could help ease your financial worries.

**♌ LEO**  
A change of scenery is on the horizon. Despite your busy schedule, your family will remain your top priority. An online post will attract positive attention, bringing you recognition.

**♍ VIRGO**  
You may be tempted to make a big purchase, perhaps a new car. However, give it some calm consideration to avoid straining your budget with a rash decision. Patience and reason will help you resist this fleeting urge for a non-essential luxury.

**♎ LIBRA**  
This week will be all about heartfelt conversations. To resolve tensions and misunderstandings, devote more time to sincere exchanges. This will help restore harmony and closeness. Your intuition could help improve your financial situation.

**♏ SCORPIO**  
Your renewed vitality will inspire you to take on new challenges. The obstacles that once limited you are finally receding, leaving you feeling lighter. You'll feel ready to face the future with clarity and confidence.

**♐ SAGITTARIUS**  
A minor health issue demands attention. Don't delay getting help. Act quickly to ensure a speedy recovery. A positive mindset will boost your vitality, helping you enjoy life more fully.

**♑ CAPRICORN**  
Those around you will be brimming with energy, bordering on intrusive. They'll be full of suggestions for new activities. Some ideas will excite you, while others won't. Choose what suits you best to preserve your energy, joy and sense of authenticity.

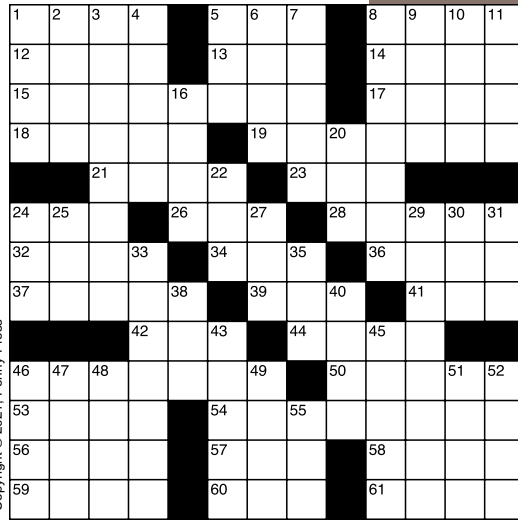
**♒ AQUARIUS**  
Between family obligations and professional responsibilities, you may feel overwhelmed. Setting clear priorities will help you move forward. By avoiding procrastination, you can experience the satisfaction of a job well done and peace of mind.

**♓ PISCES**  
You'll explore a spiritual path that helps you find inner balance. This journey will bring peace, renewed energy and an exchange of knowledge. This enlightening development will pave the way for lasting happiness.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 301



Copyright © 2021, Penny Press

### ACROSS

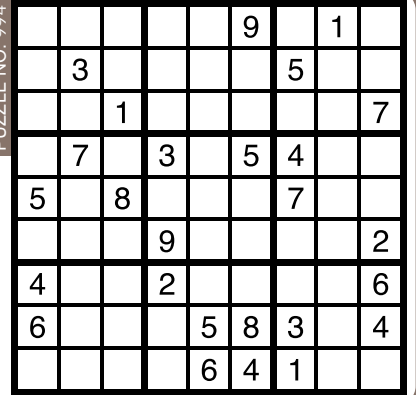
1. Pens
5. Had food
8. Spelling mistake
12. Sports competition
13. Brother's sib
14. River source
15. Church districts
17. Few and far between
18. Robbed
19. Detailed accounts
21. Do in, as a dragon
23. Tan
24. Igloo block
26. Toss
28. Father
32. Food fish
34. Container
36. Cabbage dish
37. Garden starters
39. Be ill
41. Spanish gold
42. Center

### DOWN

1. Naughty kids
2. Tidy
3. Lamp fluid
4. Silent
5. Fire residue
6. Cake layer
7. Road curves
8. Kingly chairs
9. 52 weeks
10. Fragment
11. Keats poems
16. Close up
20. Tavern
22. Not me
24. "\_\_\_ Impossible"
25. Prompter's offering
27. Bathing-suit top
29. Word list
30. Sense of hearing
31. Noah's number
33. Clung
35. Small bite
38. Amount of money
40. Unaccompanied
43. Defeats
45. Lighter
46. Turn
47. Morse \_\_\_
48. \_\_\_ in one
49. Go away!
51. Unit of land
52. Minus
55. Personal

# Sudoku

PUZZLE NO. 994



### 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.

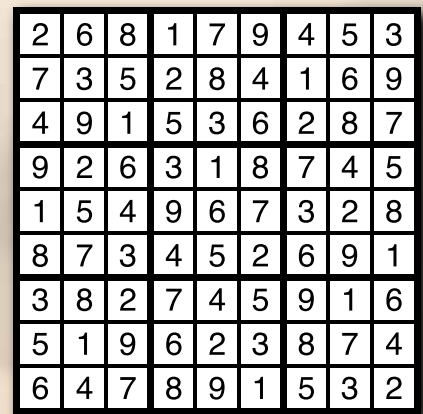
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

### Last Issue's Answers

CROSSWORDS



Sudoku





# SAVE MONEY

Print your cheques with us with confidence

MEDIA-TREK®

Communications - Promotions - Marketing

info@mediatrek.ca | mediatrek.ca

Amazing prices!

200 for \$84

400 for \$134

600 for \$164

Call us for more information 450-978-0070

Full Banking Security Features

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

fido 

# CELEBRATE GOOD FINDS



## SAMSUNG Galaxy S25

OAC with financing<sup>1</sup> on select plans.  
Setup Service Fee (\$80) applies.

**UPGRADE TODAY**

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

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

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

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

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

### MONTREAL

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

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

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

**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

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

### LANAUDIERE

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

### OUTAOUAIS

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



**EXCLUSIVE DEALER** 

Offer subject to change without notice. A Setup Service Fee of \$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. <sup>TM</sup>Fido related names & logos are trademarks used under licence. ©2026 Fido