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Our next issue will be published on August 14th

Canada Day celebrations highlight multicultural local communities in Parc-Ex



Surrounded by local children, elected officials who helped cut the Canada Day birthday cake in Place de la Gare on July 1 included Parc Extension city councillor Elvira Carhuallanqui (far left), Papineau Member of Parliament Marjorie Michel, Canada Day celebration coordinator Monir Hossain, and Saint-Michel city councillor Josué Corvil (representing Montreal mayor Soraya Martinez Ferrada). (Photo: Martin C. Barry, Nouvelles Parc Extension News)

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Reaction to proposed Tennis Canada Jarry Park expansion boils over at VSMPE council

'I can't take a position now for a project that does not exist,' Mayor Lalonde tells angry residents

MARTIN C. BARRY
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News that Tennis Canada may be planning a new stadium with a retractable roof to improve its existing facilities in Jarry Park drew a larger-than-usual crowd for Villeray/Saint-Michel/Parc Extension's July public meeting at the borough's Ogilvy Avenue headquarters on July 7.

Since it wouldn't be the first time Tennis Canada has undertaken an expansion of IGA Stadium in the park, and questions are being raised about the park's pool and baseball field being compromised, some residents of Parc Extension as well as Villeray are angered by the potential fallout.

Is borough passing the buck?

They are also accusing the borough council of complacency for passing the buck to the centre city, which is responsible for the 36-hectare Jarry Park, which in turn is defined as a "large park" containing biodiversity and natural spaces.



Parc Extension resident Maria Pantelopoulos got up to the microphone to complain about a waste management problem in the area. (Photo: Martin C. Barry, Nouvelles Parc Extension News)



Photo: Martin C. Barry, Nouvelles Parc Extension News

According to a news report in June, the proposed project would increase the stadium's capacity to approximately 15,000 seats (the current IGA Stadium has 11,991 seats) and add up to four tennis practice courts and a center court.

A preliminary study on the stadium's future provided Tennis Canada with three options: The renovation of the existing IGA stadium, the construction of a new stadium in Jarry Park, or the relocation of the tournament site elsewhere in Montreal.

According to a Radio-Canada report, Tennis Canada has its eyes set on an existing baseball field in Jarry Park as part of the project. Concerns have been expressed by the Coalition des amis du parc Jarry (CAP) about the impending impact on the swimming pool, which is located next to the stadium.

Retractable roof for downpours

IGA Stadium is built roughly over the former ballpark where the Montreal Expos played beginning in 1969 until moving in 1977 to Olympic Stadium.

In the meantime, new developments such as climate change, which is believed to be the cause of torrential rain storms increasingly assailing major cities, have made it necessary to cover IGA Stadium with a retractable roof, Tennis Canada maintains. In recent years, important Tennis Canada events have been rained out by downpours.

"There are plenty of residents and community groups who are getting organized and I would like to know what our elected officials have in mind," Marc Langlois, a representative of the Coalition des amis du parc Jarry, asked Borough Mayor Jean-François Lalonde during the public

question period.

He continued, "I think it's about time we stopped hearing that it's a responsibility of the centre city. Because that park is used by the citizens of Parc Extension, by the citizens of Villeray, by those from Little Italy ... It's about time our elected officials pulled up their pants and took a position."

'A project that does not exist,' Lalonde says

Responding, Mayor Lalonde contended that the borough had yet to receive any official notification from Tennis Canada about plans for the project. "I can only tell you for my part that I can't take a position now for a project that does not exist," he said.



Parc Extension city councillor Elvira Carhuallanqui said she had not yet seen any documents related to Tennis Canada's proposed IGA Stadium expansion project. (Photo: Martin C. Barry, Nouvelles Parc Extension News)



Borough Mayor Jean-François Lalonde contended that the borough had yet to receive any official notification from Tennis Canada about plans for an IGA Stadium expansion project. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

While acknowledging that he was aware a firm of architects had been hired and started public consultations, Lalonde pledged to take action if the centre city decides to move ahead.

"If the service for large parks and the current municipal administration act in such a way that Tennis Canada remains on the site while proceeding with an expansion project, I would say to you that we will find the best way to protect the residents of Parc Extension and try to seek out the maximum for the citizens of Parc Extension, Villeray and all the users of the park," Lalonde said.

Parc Extension city councillor Elvira Carhuallanqui said she hadn't yet seen any documents related to the project. "I am waiting, and I am following very closely the evolution of this dossier, this project," she said. "And I am making sure to represent the population of Parc Extension."

Ongoing sanitation issue in Parc Ex

Also during question period, a Parc Extension resident got up to the microphone to complain about a waste management problem in the district. "We haven't seen any improvements – on the contrary, the situation, especially in Parc Ex, has gotten worse," said Maria Pantelopoulos. "So, I'd like to – especially for Elvira who's now the city councillor – make some recommendations and ask some questions." She gave the following three suggestions:

- Fines for breaking sanitation laws, to be given out as rigorously as parking tickets "to change behaviour," said Pantelopoulos;
- Enforcement among landlords of housing occupancy laws, because population density is undermining sanitary requirements;
- And the creation of a citizens' public consultation committee to help resolve the problem.

Responding, Carhuallanqui noted that sanitation has been an issue going back many years in Parc Extension. She said efforts to resolve it will be gradual.

"For certain, you won't be seeing the results now, right away," she added. "It's something that takes time because we want to regulate problems in a way that's lasting, not just for the immediate."



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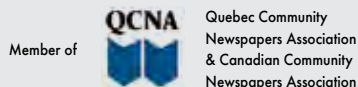
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OPINION & Editorial



Families that play together stay together

A particular kind of contagious-magical-air descends on ile Jésus at end-of-school year; backpacks shelved, alarms silenced, and time, so often rushed-and-rationed, feels open again. For families, summer's arrival isn't just seasonal change, it's an invitation for rediscovering one another, making moments that strengthen family bonds in lasting ways.

In the rhythm-of-modern life, where work schedules, school obligations, and digital distractions pull-and-push families in different directions, it's easy to overlook essential truth - children need time with parents, siblings and extended family. Not just supervision or routine, but meaningful, shared-time-and-place that nurtures emotional and psychological well-being. Summer brings valuable opportunities for parents to slow down, be truly present to their children.

I'm reminded of this through my own experiences with family-and-friends. We often gathered with nephews and friends' children at Centre de la Nature that became for us much more-than-just-a-park. It was where we reconnected, laughed freely, watched children immerse themselves in pure joy.

It was remarkable seeing them running, playing, exploring, with few constraints. We had escaped the hustle-and-bustle of the busy city, as if vacationing-in-our-backyard, moments extending beyond the activities themselves. Sitting together, we told stories, indulging simple pleasures - ice-cream-on-warm-afternoons, delicious poutine, fresh-salads, crispy-fries, burgers better-savoured outdoors; feasts-of-food, companionship and happiness. Most striking? How accessible it all was! Families left fulfilled, often surprised and pleased at how little it cost to create such meaningful memories.

Few places capture summer like Centre de la Nature. For families, it's tradition, spontaneous picnics under shade-of-mature-trees, paddle-boat-rides on calm water, children bouncing freely through-green-spaces, backdrops for memories that endure beyond-the-season. It's where laughter feels louder, time slows down, and connections happen naturally.

Just-as-captivating is the Musée de la Santé Armand Frappier, curiosity-at-work. For children-and-teenagers, learning becomes adventure-rather-than task; for parents, opportunities to engage alongside, asking ques-

tions, exploring exhibits, fostering knowledge, provoking dialogue, strengthening parent-child bonds.

For deeper links with nature, Parc-de-la-Rivière-des-Mille-Îles offers extraordinary escape. Kayaking, listening to rhythmic dips of paddles-in-water, birds overhead, sensing rustle-of-reeds along shorelines, creating calming and invigorating sensory experiences. Families unplug technology, reconnecting with nature and each other. Conversation flows easily, laughter echoes across water, time stretches in plentiful ways.

Bois Papineau, another gem, provides quieter, meditative experiences. Its wooded paths, dappled-with-sunlight, lined with crunching-of-leaves underfoot, encourage reflection. Children wander, imagine, observe, parents rediscover simple joys-of-walking beside them, without urgency or distraction; here creativity blossoms, presence becomes effortless.

Summer also invites families to venture further into beauty that surrounds us. Short drives to Saint-Sauveur reveal a village alive with enthusiasm - terrasses buzzing with energetic talk, scents-of-fresh-pastries drifting from cafés, children's laughter echoing down water-slides, enjoying outdoor activities nestled against the Laurentian backdrop.

Just-a-bit-north, Mont-Tremblant's landscape opens even wider. Gondola rides enthrall with sweeping-views-of-green mountains under endless-blue-skies, lakes shimmering-in-sunlight, coaxing families to wet feet or paddle along quiet shores. The pedestrian village hums: music, colour, movement, create a vibrant atmosphere that also easily relaxes the spirit.

Closer still, Vieux-Montréal offers escape steeped in history and texture. Cobblestone streets gently-vibrate beneath each step, street performers animate public squares, scents of crêpes, roasted nuts, café espresso fill the air. Children gaze at centuries-old-architecture, parents pause to take it in, together. Walks-along-the-Old Port, breezes coming off-the-water and subtle sounds of passing boats become joint wonderment. These outings, grand or simple, remind us that meaningful travel doesn't require distance, only a willingness to show up.

Most of us know that Québec's third largest city is remarkable in providing countless, accessible, often-free recreational services and

activities throughout the four seasons. These enjoyable pursuits are there for the asking, pleasant realities that will most certainly please new families choosing the city as home.

Young families, new to the city or not, who may feel limited in their ability to plan outings or vacations, can avail themselves of lots-of-fun activities at little-or-no-cost to limited budgets, gifts as cost-of-living rises. Enriching activities lie within reach - parks, art-exhibits-and-festivals, cultural spaces, community events, cycling paths, nearby escapes, outdoor movie nights, and local eateries that turn simple outings into memorable experiences.

Indeed, there's plenty at-door-step. With minimal planning, meaningful activities abound: morning-bike-rides along scenic paths, afternoons-at-museums, evenings-at-outdoor-movies, affordable-meals-at-restaurants, spontaneous-day-trips that feel like true getaways. These moments don't require elaborate preparation or significant expense, only intention, perhaps the most important message every summer carries.

Children don't measure happiness by grandeur experiences, but by quality-of-attention. Infectious-laughing, conversations-along-walks, parents fully-engaging in games and activities all build emotional security and lasting memories. In a world that prioritizes productivity and efficiency, choosing to invest time-in-children is a simple and powerful act. For parents, this may require a conscious shift - setting aside distractions, resisting urges-to-multitask, embracing precious moments, recognizing that summer days, while seemingly endless, are fleeting.

Childhood moves quickly, opportunities to build connections don't last forever. Parks, cultural institutions, community spaces, and accessibility are second-to-none, reminding that we don't need to travel far to find joy, learning, togetherness.

As summer unfolds, step outside, explore, and most-importantly, be present. Enjoy what the surroundings offer.

This summer, choose to connect, choose presence, choose-to-make-time, not someday, but now. In the end, the most meaningful destinations aren't just places, they're journeys in pursuit-of-happiness in the company of those who matter most - family.

Renata Isopo

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Séance du conseil d'arrondissement : Trois initiatives pour renforcer la vitalité et le mieux-être dans l'arrondissement

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Lors de la dernière séance du conseil d'arrondissement de Villeray-Saint-Michel-Parc-Extension, les membres du conseil ont entériné plusieurs initiatives structurantes visant à améliorer la qualité de vie et à soutenir le dynamisme local. Ils ont notamment approuvé une promesse bilatérale par laquelle la Ville de Montréal s'engage à céder par emphytéose, pour une durée de 100 ans, une partie de terrain situé au parc Howard à la Table de quartier de Parc-Extension afin de permettre la réalisation d'un futur centre communautaire. Le conseil a également octroyé une contribution financière de 50 000 \$ pour l'année 2026 à l'Association des commerçants Legendre Saint-Michel afin de renforcer le rayonnement et la vitalité de cette artère commerciale. Enfin, il a autorisé la mise en place d'un projet-pilote de marché solidaire au parc Nicolas-Tillemont, contribuant ainsi à améliorer l'accès à une alimentation saine, locale

et abordable pour la population. « L'octroi d'une emphytéose sur ce terrain représente une étape importante pour soutenir le développement d'initiatives répondant aux besoins de la communauté de Parc-Extension. Nous souhaitons vraiment y favoriser l'émergence d'un lieu qui offrira des services de proximité et des espaces accessibles bénéfiques au dynamisme et à la qualité de vie du quartier », a déclaré Jean François Lalonde, maire de l'arrondissement de Villeray-Saint-Michel-Parc-Extension.

Cession d'un terrain de basketball au parc Howard pour un futur projet communautaire

La Ville de Montréal procédera à la cession, sous forme d'emphytéose d'une durée de 100 ans, d'un terrain actuellement occupé par un terrain de basketball au parc Howard à la Table de quartier de Parc-Extension. Cette démarche vise à permettre la réalisation d'un futur centre communautaire qui répondra aux besoins

grandissants du secteur en matière d'espaces collectifs. Le projet prévoit la construction d'un bâtiment de trois étages comprenant des locaux pour les organismes, des salles polyvalentes et un gymnase intérieur accessible à la population. Bien que le terrain de basketball actuel soit remplacé, une nouvelle installation sportive intérieure permettra d'assurer une offre d'activités à l'année pour les résidentes et résidents.

Un soutien financier pour dynamiser le boulevard Saint-Michel

L'Arrondissement accordera une contribution financière de 50 000 \$ à l'Association des commerçants Legendre Saint-Michel (Quartier St-Michel) afin de soutenir un projet de communication et de rayonnement du boulevard Saint-Michel. Cette initiative permettra notamment d'accroître la visibilité de l'artère commerciale par le développement d'outils numériques, la création de contenu promotionnel et l'organisation d'activités comme l'événement Saint-Michel en fête. Elle contribuera également à

l'amélioration du cadre de vie grâce à l'entretien du mobilier urbain et à la mobilisation des commerçants locaux, renforçant ainsi la vitalité économique du secteur.

Un marché solidaire au parc Nicolas-Tillemont pour améliorer l'accès à une alimentation saine et abordable

L'Arrondissement autorise la mise en place d'un projet-pilote de marché solidaire au parc Nicolas-Tillemont, de la mi-août à la fin octobre 2026. Porté par la Corporation de développement communautaire Solidarités Villeray et le Collectif Villeray Sans Faim, ce marché offrira des aliments frais, locaux et abordables grâce à une tarification solidaire, en plus de proposer des activités d'éducation culinaire et d'animation. Accessible du vendredi au dimanche, ce nouveau lieu de proximité vise à améliorer la sécurité alimentaire, particulièrement pour les ménages vulnérables de l'est de Villeray, tout en contribuant à la vitalité du parc et à la qualité de vie du quartier.

'Uncertainty' hangs over Canada's economy with non-renewal of CUSMA with U.S.

Canada-U.S. business relationships have weakened during trade war, CFIB says

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As CUSMA negotiations move into a new phase after the U.S. government's failure to renew the trade agreement with Canada, the Canadian Federation of Independent Business (CFIB) is calling on Prime Minister Mark Carney's Liberal government to ensure small business priorities remain front and centre.

On July 1, when the Trump administration decided it would require annual reviews of the Canada-United States-Mexico Agreement instead of renewing it in its current form, minister responsible for Canada-U.S. Trade Dominic LeBlanc issued a statement after a meeting with U.S. and Mexico counterparts.

Global economic uncertainty

"In this meeting, I reaffirmed Canada's

unwavering support for the CUSMA and its renewal," said LeBlanc.

"Canada approaches these discussions from a position of strength and with the goal of preserving and strengthening one of the most successful trading relationships in the world," he continued. "At a time of global economic uncertainty, Canada is a stable, reliable and trusted partner."

Small business owners in Canada "are frustrated" with the uncertainty, said Dan Kelly, president of the CFIB, Canada's largest association of small and medium-sized businesses with 103,000 members across the country.

He said the ongoing uncertainty around tariffs and trade has delayed real decisions on investment and growth, while adding that "protecting Canada's existing CUSMA exemptions must remain government's top priority."

"While Canada's continued tariff-free CUSMA

access has helped enormously," said Kelly, "small businesses are facing several major pain-points, including sectoral tariffs on steel and aluminum and challenges for small volume exporters in demonstrating CUSMA compliance."

Most SMEs want best deal possible

According to the CFIB, two-thirds (64 per cent) of small businesses in Canada support taking the time needed to secure the best possible terms for renewed or renegotiated CUSMA, compared to only 16 per cent who would prefer a quicker but potentially less favourable agreement.

The CFIB maintains that Canada-U.S. business relationships have weakened significantly during the trade war, with 75 per cent of SMEs saying the tariff fight has strained their relationships with U.S. partners or clients in April 2026, up sharply from 49 per cent in March 2025. Only 40 per cent of small firms now view the U.S. as a reliable trading partner.

As a result, nearly half (48 per cent) of Canada's SMEs trading with the U.S. have shifted to non-U.S. suppliers or customers. Among those, nearly three-quarters are pivoting to domestic markets. Beyond Canada, Asia (40 per cent) and EU countries (39 per cent) are the top alternatives though high shipping costs, border delays and complex custom procedures limit broader trade diversification.

No replacement for U.S. market

"While business owners are doing what they can to diversify their trade, we're never going to be able to entirely replace the 340-million-person market that exists right along our border," said Kelly. "That's why it's so important to get this right and get a deal that business owners are confident will hold for years to come."

As talks continue, according to Kelly, negotiators should seek out areas where there is common ground for improvement, including making CUSMA more accessible to small business owners, streamlining customs rules at the border and clarifying rules of origin.

"As negotiators look ahead to the next version of the agreement, they need to understand it's



"Small business owners are frustrated," says CFIB president Dan Kelly.

not an easy process for small businesses to navigate," said Corinne Pohlmann, CFIB executive vice-president of advocacy. "Unclear rules of origin, and high compliance and administrative costs mean some small firms are forced to weigh paying tariffs instead of using CUSMA."

"We can do better," she continued. "Ottawa must ensure that small business voices are included in trade negotiations and secure a deal that is clear, accessible and works for businesses of every size."

Uncertainty hangs over businesses

In an interview with Newsfirst Multimedia, a spokesperson for the CFIB explained what the fallout might be for Canada's small and medium-size businesses in light of the non-renewal of CUSMA.

"I think the main concern on our end is that it just continues the ongoing uncertainty that has plagued small business owners since the trade war started," he said. All the same, he said there is some solace to be found in the July 1 deadline coming and going without great fanfare.

"Between the news and what the President was saying, maybe it was a little bit of cause of concern for the public. But knowing that CUSMA remains in place and that the deal doesn't just end on its own and there's a whole annual process to go through, I think that provides a little bit of certainty amidst the uncertainty."

"But the main thing as negotiations go forward and we continue in this uncertain situation, we don't know what's going to happen with the deal, we don't know what changes are going to be made," he added.

"And for small business owners across the country, that means they're going to continue to delay investment decisions, hiring decisions, business decisions until the ground becomes a little bit more stable."

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Hundreds of Parc Exers mark Canada Day at twin birthday bashes

Multicultural celebrations held at Place de la Gare and Saint-Roch Park

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On July 1 in Parc Extension, not one, but two Canada Day parties a few blocks apart meant twice as much patriotic fervor for hundreds of Parc Exers who turned out.

It was the 23rd year the National Bangladeshi-Canadian Council (NBCC) hosted their Canada Day celebration, with funding from the Canadian Heritage ministry in partnership with local community organizations, in Place de la Gare on Jean Talon at Hutchison next to the Maxi supermarket.

Over the afternoon and evening, there was Canada Day cake, a free BBQ with a seemingly unlimited supply of hot dogs, music, folk songs, dance, children's activities, live entertainment, and a hearty welcome to any new citizens of Canada who were on hand.

"The purpose of this celebration is to promote Canadian culture and heritage as well as different ethnic cultures," said Monir Hossain, who has led the organization of the Place de la Gare Canada Day celebration for more than two decades.



A celebration of Canada's multiculturalism took place during a second Canada Day party held by the Himalaya Seniors of Quebec on July 1 in Saint-Roch Park. (Photo: Martin C. Barry, Nouvelles Parc Extension News)



Mohamed Zahid, a hot dog "master chef" for the day in Place de la Gare, helped oversee the preparation of hundreds of sausages over the course of the afternoon on Canada Day. (Photo: Martin C. Barry, Nouvelles Parc Extension News)



Parc Extension's Place de la Gare was the place to celebrate Canada's birthday on July 1. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

come from everywhere in the world, it is very important for us to be united and together. It's also very important for us that everybody should know we are together."

A big multicultural bash

All in all, it was party time in Place de la Gare, with virtually all the multicultural Canadian communities living in Montreal's Parc-Extension district present. Hundreds of people were on hand, with many children dressed in the red and white colours of the nation's flag.

Flags of Canada floated in the wind as the Canadian national anthem was played. All in all, the day represented a chance for those present to show pride in their origins, as seen within Canadian history as a generation of Canadians, being the bridge and link from the present to the future to unite multicultural and Canadian communities.

A few blocks north along Querbes Ave. at Saint-Roch Park, another Canada Day party, this one sponsored by the Himalaya Seniors, was also underway. For the group's general secretary, Nizam Uddin, July 1 was doubly meaningful, as it was his 80th birthday.

Partying on at Saint-Roch Park

The Himalaya Seniors' Canada Day celebration offered a hefty slice of Canadian multiculturalism, with performances by dancers from South America, Pakistan and other regions around the world.

"Today, we all gather here together to celebrate Canada Day with dignity, joy and grati-

tude," Himalaya Seniors president Vathany Srikandarajah said in an opening address.

"Most of us come to Canada with a dream of having a better life," she added. "Yes, we are very proud to be Canadian, and we get the opportunity to develop and achieve our goals.

"Let's take a moment to appreciate the journey by this beautiful nation and incredible people – the story and the land that is Canada," said Srikandarajah. "Happy Canada Day 2026."



Parc Extension city councillor Elvira Carhuallanqui (left) got into the spirit of the Canada Day celebrations during the Himalaya Seniors of Quebec's event July 1 at Saint-Roch Park. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

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Death of unhoused man renews calls for stronger emergency resources in Parc-Extension

DIMITRIS ILIAS
dimitri@newsfirst.ca

The death of a 42-year-old man after spending nearly a week without shelter during Montreal's winter has renewed concerns about homelessness and the availability of emergency services in Parc-Extension.

A coroner's report released in June concluded that Manjeet Singh died in January from the combined effects of acute alcohol intoxication and environmental hypothermia. According to the report, Singh left the apartment he shared with roommates following a dispute and spent six days unhoused before being found outdoors during temperatures of approximately -15 C.

While the report determined the cause of death, it did not include recommendations to prevent similar incidents. The case has nonetheless

reignited discussion about the resources available to vulnerable residents in one of Montreal's most densely populated neighbourhoods.

Parc-Extension has long faced challenges related to affordable housing, overcrowding and poverty. The neighbourhood is home to many newcomers and low-income families, many of whom already face barriers in securing stable housing. Rising rents and a shortage of affordable apartments have increased pressure on residents, making it more difficult for those experiencing a personal or financial crisis to quickly find alternative accommodation.

According to the Canada Mortgage and Housing Corporation, Montreal continues to experience a tight rental market, with low vacancy rates limiting affordable housing options across the city.

Community organizations have also pointed to gaps in emergency services within Parc-Extension.

While support programs exist, the neighbourhood does not have a dedicated adult emergency shelter or permanent warming centre, meaning people in crisis often need to travel elsewhere in Montreal to access overnight shelter and related services.

Public health experts note that emergency shelters play an important role beyond providing a place to sleep. They also connect vulnerable individuals with healthcare, mental health services, addiction treatment and housing support that can help prevent longer-term homelessness.

Singh's death comes as Quebec prepares a public inquiry into the deaths of unhoused people in Montreal. The inquiry is expected to examine whether existing public services adequately protect vulnerable residents and identify potential improvements to the province's homelessness response.

The issue also remains a growing public policy



concern ahead of Quebec's provincial election on Oct. 5. Governments and community organizations continue to debate solutions that include expanding affordable housing, increasing emergency shelter capacity and strengthening prevention programs designed to help people remain housed before they reach crisis.

For Parc-Extension, Singh's death has become a reminder of the challenges facing neighbourhoods where housing pressures, economic insecurity and limited emergency resources intersect. As policymakers consider future investments, the case has renewed questions about whether local services are sufficient to protect vulnerable residents during Montreal's harsh winter months.

Rising housing supply offers modest relief as Montreal home sales slow

DIMITRIS ILIAS
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The Montreal housing market showed signs of cooling in June, with residential sales declining while the number of properties available for purchase continued to grow, according to the Quebec Professional Association of Real Estate Brokers (QPAREB).

A total of 4,012 residential properties were sold across the Montreal census metropolitan area in June, an 8.2 per cent decrease compared with



the same month last year. At the same time, new listings increased by 11.1 per cent, while the total number of properties on the market rose 17.4 per cent year over year, marking the eleventh consecutive month of inventory growth.

Despite the increase in supply, home prices continued to rise. The median price of a single-family home reached \$649,000, up 3.5 per cent from June 2025. Condominiums recorded a median price of \$435,000, a two per cent increase, while plexes experienced the strongest growth, with the median price climbing 5.9 per cent to \$880,000.

For neighbourhoods such as Parc-Extension, where housing affordability remains a major

concern, the increase in available properties may provide buyers with more choice and slightly reduce the intense competition that has characterized Montreal's housing market in recent years. However, the continued rise in prices means that homeownership remains out of reach for many households.

The growing inventory may also benefit first-time buyers by allowing more time to compare properties and negotiate prices, a significant change from the highly competitive market experienced during the pandemic years.

Housing affordability continues to be a major public policy issue across Quebec, with governments at all levels investing in measures to

increase housing supply. While the latest figures suggest that market conditions are becoming more balanced, real estate analysts note that sustained increases in housing construction will be needed to improve affordability over the longer term.

For many Parc-Extension residents, where renting remains the primary form of housing, the data also highlights the importance of expanding the overall housing supply. Experts have argued that increasing the number of available homes across the region can help ease pressure on both the ownership and rental markets, although meaningful improvements are expected to take time.

FOR SALE

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

Chomedey: Step into this beautiful family residence, 3 +1 bedrooms, 1 ½ bathrooms, grand kitchen, showcasing an open concept layout and impressive high ceilings. Designed for comfortable and functional family living, this home is ideally located in the heart of a vibrant area near schools, shopping, transportation, and more. With a private backyard and inground pool, in a harmonious community, this property offers an exceptional opportunity you won't want to miss.

MLS: 21585233

SOLD IN 4 DAYS!!

Chomedey: Discover this 1 bedroom, 1 bath, newer construction condo ideally located in the heart of Laval, just steps from groceries, pharmacies, schools, parks, daycares, restaurants, and public transit. The open concept layout features large windows that flood the space with natural light, complemented by quality finishes throughout. This well built concrete and steel structure offers superior soundproofing between floors, two elevators, and a convenient storage locker. Also enjoy access to a cardio gym on the main floor and a stunning rooftop terrace with panoramic views. Easy to visit! Must see!

MLS: 13585109

Laval: Here is your opportunity to become a homeowner in one of Fabreville's most soughtafter neighbourhoods. This charming semi-detached bungalow offers generous living space and has been beautifully maintained by its owners over the years. The property features a total of 3 bedrooms and 1+1 bathrooms. The main floor boasts a bright, openconcept layout that seamlessly connects the kitchen and dining area, complemented by a welcoming living room perfect for relaxing. The basement provides an excellent additional living space with a cozy family room ideal for unwinding or hosting guests.

MLS: 14952293



NEW LISTING

FOR RENT

Cote-des-Neiges: Apartment for 4 ½ for rent. Newly renovated 2 bedroom apartment located in the Cote-des-Neiges/Notre-Dame-de-Grace close to all amenities, shopping, schools and transportation. Included are all stainless-steel appliances, fridge, stove, dishwasher, washer/dryer and cooking fan. Close to all services, restaurants, hospital and pharmacies. Available for July 1st, 2026.

MLS: 19933966



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



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DIRECT ANSWERS

FROM WAYNE & TAMARA

INVISIBLE WOMAN

Q My boyfriend and I plan on buying a home together. He has been divorced 12 years and has four adult children, two boys from his first marriage and two girls from the second. They grew up together on weekends with their father and his second wife.

He and his first wife hate each other. He gets along with his two daughters and now, after a period of estrangement, with his older son. Recently he has not had contact with his younger son. I am concerned. This young man is a college grad but more of a mama's boy and in the past into drugs.

My boyfriend loves all his children and misses them terribly when they're not in his life. I have known him as a friend for 10 years, dated him for six, but the children have not met me.

When he dated and lived with another woman, she verbally mistreated the children. She never incorporated his family photos in their house, and all pictures were of her family only. I am sure the children noticed this the few times they were invited over.

My boyfriend is so proud to show me pictures of his children, and he tells me everything about them. I feel as if I already know each and every one of them. I want them to know I love their dad, and I open my arms to each of them as if they were my own.

I would like to invite his children often to our new home and get them into a more family-oriented relationship with their dad. I plan on making a wall with all our family photos. I would also like to have everyone for a long weekend at our home, or take a trip to a dude ranch or someplace fun. Would this be a good idea?

How should I go about bringing this once close family back together as a new family unit? What would be the best way to help my boyfriend get closer to his younger son?

Twyla

A Twyla, if you saw a man running down the street, what should you do? Do you think it might make a difference why he was running? Heck, yes.

If the police were chasing him because he assaulted a woman, you might lob something in his path to slow him down. If a large dog was chasing him, you might grab a shovel to hold the dog at bay. And if he was running for his health, you probably would do nothing at all.

Each of your boyfriend's children has a story, and if they told you their version of growing up, you might swear they weren't talking about the same family. It's fantastic to welcome them with open arms, but what looks to you like a once idyllic family may not have been so idyllic.

Start slow. You dated their father six years and these young adults don't know who you are. That shows a level of family disconnection. And your boyfriend's younger son? It doesn't sound as if he is on a spiritual journey. More likely he is running from what he comes from.

So first let the children know you exist. The grander event you make this, the grander the chance for a catastrophe. Don't go from zero to 60 with people you never met. Some family members don't mesh, and when they grow up and have their own personality, they may not enjoy each other's company.

It might be best to meet the children one at a time or on neutral territory, like a restaurant. They have an idea how they want their own lives to go. Don't be sad or surprised if you can't pull them together. But keep the door always open. Let them feel your warmth and your welcome. You can't resurrect the past, but you can create something new.

Wayne & Tamara

LOW ROAD

Q I have been dating my girlfriend a year. We dated a couple of months while she was still living with her previous long-term ex. Officially she was cheating, however, I figured our association was a stepping-stone out of what she called "a difficult relationship."

I recently learned she cheated on him several times over many years. I recoiled at this. She explained the latest of these episodes was eight years ago. This casts doubt on my belief she could be faithful to me. Should I pull the plug before I get in too deep, or

give her the benefit of the doubt and proceed with caution?

Barry

A Barry, the last time she cheated wasn't eight years ago. It was a few months ago. With you. How can you give your heart cautiously? Why don't you realize momentum may keep you with her when your worst fears are realized.

Wayne & Tamara

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

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

or email: GetInTouch@WayneAndTamara.com

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|--------------------------|---------------------------|
| 1. Yellow Cherries (bag) | 9. Black Plums (4) |
| 2. Green Grapes | 10. Limes (2) |
| 3. Strawberries | 11. Radishes |
| 4. Spinach | 12. Bananas (4) |
| 5. Broccoli | 13. Mushrooms |
| 6. Pineapple | 14. Mini Cucumbers (pack) |
| 7. Potatoes (5 lb bag) | 15. Tomatoes (3) |
| 8. Clementines (5) | 16. Lettuce |
| | 17. Garlic |

SMALL BASKET (\$22)

- | | |
|-------------------|-----------------------|
| 1. Strawberries | 6. Zucchini (2) |
| 2. Spinach | 7. Green Beans |
| 3. Bananas | 8. Yellow Bell Pepper |
| 4. Romaine Hearts | 9. Mushrooms |
| 5. Grape Tomatoes | 10. Sweet Corn (2) |
| | 11. Onions (3-4) |

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HOROSCOPE

Week of **JULY 12 TO 18, 2026**

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS



ARIES

Although you prefer the comfort of your own bubble, you'll find yourself rushing here and there, responding to countless requests. Your family will need your presence, and you'll be unable to resist the urge to spontaneously offer your support and availability.



TAURUS

If you must address a crowd, prepare carefully—this isn't the time to improvise! At the same time, your gentle words will help ease tensions and resolve misunderstandings around you.



GEMINI

Choose your words carefully around certain people. Listen attentively and respond with tact to avoid unnecessary conflict. Also, keep an eye on your finances. An unexpected expense could disrupt your budget.



CANCER

Bursting with energy, you'll need to eat a healthy diet, take your vitamins and get enough sleep to support a healthy lifestyle. Your mind will overflow with ideas, but they may feel jumbled. Stay focused to turn your dreams into reality.



LEO

You tend to give too much of yourself to others, at the risk of seriously exhausting yourself. You'll be there for your loved ones when they need you, but you must learn to pace yourself to protect your energy.



VIRGO

Big responsibilities, some lacking clear direction, will land on your shoulders this week. Even at home, sharing tasks could prove challenging. Your patience and understanding will help you make your everyday life run more smoothly.



LIBRA

A professional transition could open the door to new training opportunities. Accepting this challenge could lead to a more prestigious and fulfilling role—one that aligns perfectly with your ambitions.



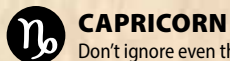
SCORPIO

Now is the ideal time to plan a getaway, explore a change of scenery and break free from your routine. Learning or refreshing a foreign language could also prove beneficial if you're planning to go abroad.



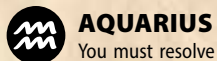
SAGITTARIUS

Emotions will be raw this week, demanding self-care and making you want to withdraw. Fortunately, your friends will support you, listen to you and cheer you up when you need it.



CAPRICORN

Don't ignore even the slightest bit of physical discomfort. Consult a health professional if needed. Trust your intuition to create a calm, protective atmosphere that encourages harmony at work and at home.



AQUARIUS

You must resolve urgent or unclear work matters before going on vacation. If you'll be swimming, make sure you're aware of the small risk of infection. If you're single, meeting new people could prove particularly enjoyable this week.



PISCES

Give yourself permission to enjoy movies, plays and other artistic performances. An opportunity to step into the spotlight may also arise, giving you the chance to share your talents and express your creative side.

Coffee Break

CROSSWORD

GRID N° 308

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
	18		19	20				21			
22	23		24	25							
26			27					28	29	30	31
32						33	34				
35							36				
			37	38	39	40			41		
42	43	44					45	46			
47				48			49	50	51	52	
53				54				55			
56				57				58			

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ACROSS

- Bungle
- Night fliers
- Talented
- To the ocean
- Browning or Millay
- Be deceptive
- Schoolroom item
- Roman wear
- Wayside stopping place
- Bowling number
- Watered down
- Take to the slopes
- Pearl maker
- Request
- Present
- Heavy
- Boulevard
- Convey orally
- List of names
- Consequence
- Graceful tree

- Friendly
- Slip up
- Gorilla or orangutan
- Put away
- Over
- 22nd letter
- Cassette
- Flower urn
- At wit's _____
- Winter snow slider
- What _____ is new?

DOWN

- Ticked off
- Operate
- Celebration
- Synthetic
- Elect
- Forest
- Lawful
- No longer fresh
- Touched ground
- Cone-producing
- tree
- Watch over
- Musical tone
- Impulses
- River deposit
- Leg joint
- Desire
- Ran in neutral
- Inside
- Oil
- Semester
- Semicircle
- Ballot
- Boxers' weapons
- "Attraction"
- Run away to marry
- Primitive dwelling
- Cafe sign
- Rex or Lou
- Rant and _____
- Join in marriage
- Curvy turn
- Very small

Sudoku

HOW TO PLAY

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

Each 3x3 box is outlined with a darker line.

You already have a few numbers to get you started.

Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

GRID N° 1001

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

LAST ISSUE'S ANSWERS

CROSSWORD

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

Sudoku

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



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