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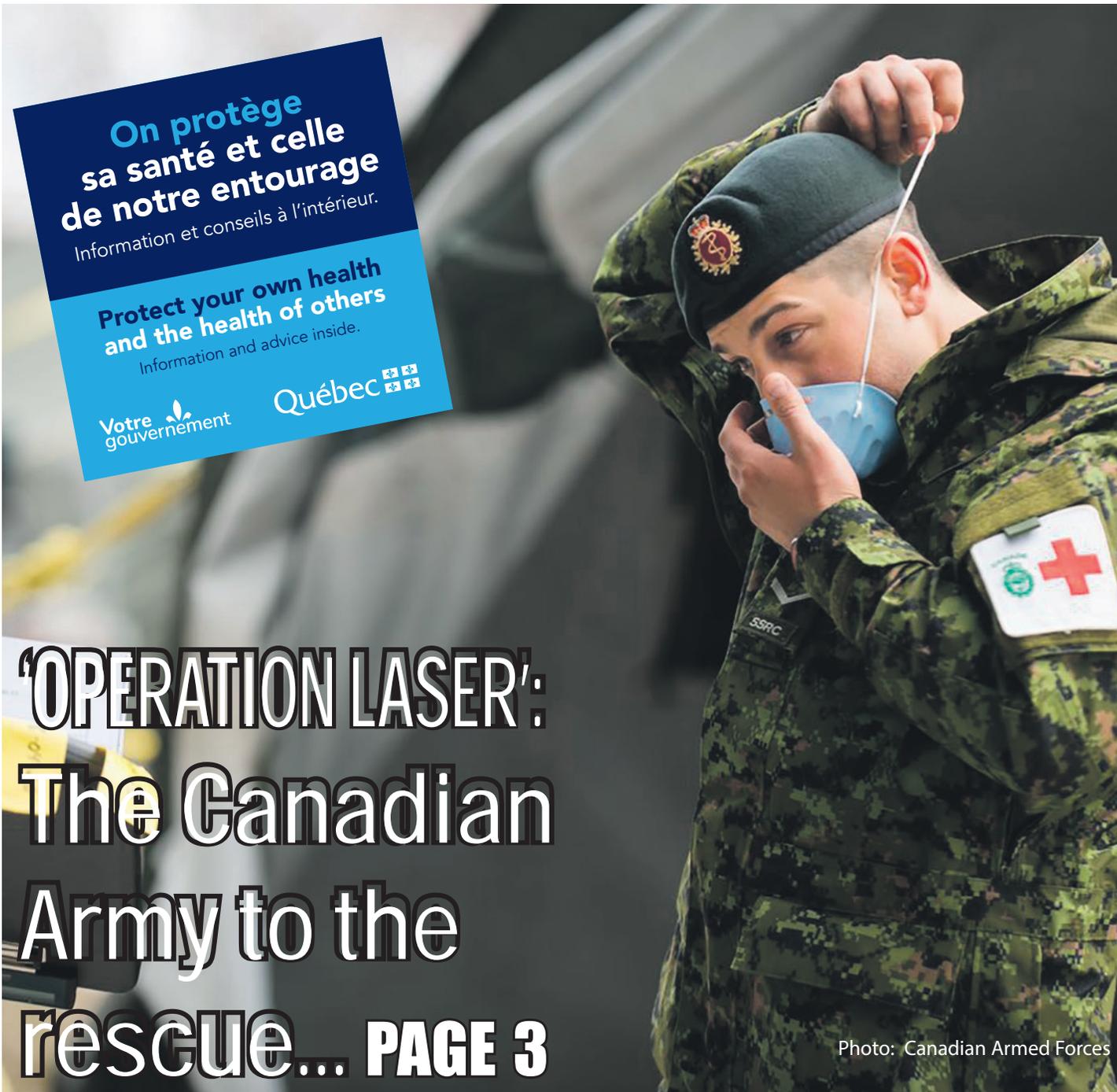
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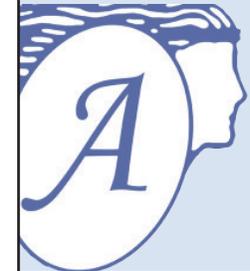
Protect your own health and the health of others
Information and advice inside.

Votre gouvernement Québec

**'OPERATION LASER':
The Canadian Army to the rescue... PAGE 3**

Photo: Canadian Armed Forces

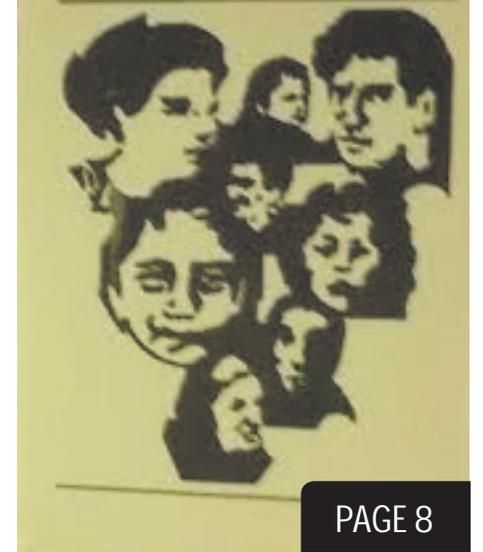
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More social housing needed

COMITÉ D'ACTION DE PARC EXTENSION



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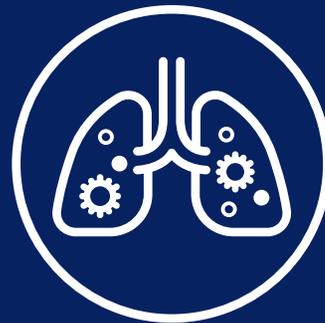
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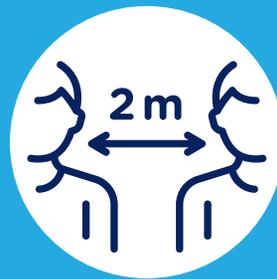
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Canadian Armed Forces send medics to seniors' residences

'We are proud that military personnel are helping to fight COVID-19' says Brigadier-General Gervais Carpentier.

MARTIN C. BARRY

In response to a request from the Quebec government, the Canadian Armed Forces' Joint Task Force East (JTFE) has dispatched medically-trained military personnel to the Montreal region to assist at nearly a half-dozen long-term care residences struggling with COVID-19

Answering a need

Following an agreement between the provincial and federal governments, JTFE personnel with medical experience were deployed to assist Quebec's Ministry of Health and Social Services (MSSS) with the COVID-19 crisis, said a spokesperson for CAF headquarters in Ottawa.

The MSSS had identified long-term care centres (CHSLDs) as institutions requiring the most assistance. The CAF said it worked closely with its government partners to identify priorities and the facilities where the greatest impact could be made, based on capabilities.

Helping civilian teams

Prior to deploying to selected long-term care facilities identified by the MSSS, the CAF's teams were liaising with the establishments to clearly assess the essential needs. The CAF says this critical planning process will ensure that military personnel subsequently sent to the facilities will effectively meet the support needs of the civilian teams already in place.

Five long-term care centres in the greater Montreal area are at the heart of the efforts in liaison with the on-site civilian teams. The CAF's deployed intervention teams are composed of up to 130 personnel, including two nurses and 12 medical technicians, all being assisted by support staff.

'Proud to serve'

The CAF says that as active members in their communities, the military personnel who are deployed "are proud to be able to help the people of Quebec." They have been assigned in small groups and have been mandated to "rigorously respect the standards and procedures established by the MSSS for the protection of patients, the public, and civilian and military personnel to combat COVID-19," according to the CAF.

The tasks performed by the military person-

nel vary according to the needs identified by their civilian partners. Among other things, the military are supporting the civilian health professionals already in place by augmenting the strength of the resources available at each location.

They were in isolation

In order to be ready to answer the call, members of the 2nd Canadian Division/Joint Task Force (East) team were in voluntary isolation since March 13.

"We are proud that military personnel are helping to fight COVID-19 in the long-term care centres following a request from the Government of Quebec that was approved by federal authorities," Brigadier-General Gervais Carpentier, Commander 2nd Canadian Division and Joint Task Force East, said in a statement.

Ready for challenges

"Our military health care professionals are ready and equipped to meet the challenges ahead," said Colonel Manon Asselin, Commander of 4 Health Services Group. "They have the knowledge and skills to work in health care settings together with civilian agencies in order to support their fellow citizens during this difficult time."

Operation LASER is the name of the Canadian Armed Forces' overall response to the pandemic. It focuses on CAF preservation, the assessment of CAF activities at home and abroad, and the preparation of the CAF to support civil authorities, as requested by the federal government.

JTFE one of six regions

Joint Task Force East (JTFE) is one of six regional forces established by the Canadian Armed Forces across the country. The task forces are located in key locations across Canada, and they conduct CAF operations on a continental scale.

The CAF says that one of the cornerstones of military medicine is the management of infectious diseases in a military environment such as bases, camps, ships and air stations. As such, they add, preventive medicine focuses on the required skill sets to accomplish the task, and all its health professionals are equally well-trained in this area.



CAF Photo: Members of the CAF's 4 Health Services Group are seen here training in preparation for 'OPERATION LASER'.

Police enforce social distancing

AVLEEN K. MOKHA

Montreal City Police Service (SPVM) issued fines and reports to citizens who do not distance themselves as per guidelines given from Sante Quebec, Quebec's public health ministry. Since March 12, the police issued 1,841 tickets total in the Island of Montreal, according to SPVM spokesperson Inspector Andreas Durocher.

Social distancing guidelines

City police is acting under directives by public health officials to enforce social distancing. The city police is intervening under the section of the Quebec Public Health Act (QPHA) in which the city can give itself "exceptional powers" during an emergency that threatens public health.

The SPVM lists the following as the main rules to enforce: No gatherings of several people can take place, indoors or outdoors. In a store or during shopping, citizens have to stay at least 2 meters away from each other and take health measures like coughing and sneezing away from others.

Residents can report indoor gatherings or people playing soccer match in the park by dialing 911 or by filing a report at the city police website.

Social distancing does not apply to family members or couples currently living together.

The SPVM can also fine a store or factory of a service that the government lists as non-essential services during a health emergency.

Know the difference: Reports and fines Durocher says that when enforcing guidelines started on March 12, police officers didn't have the law set in place to issue official tickets. That's why, the police wrote reports that go to the Director of Criminal and Penal Prosecutions. Reports have a lengthy process, Inspector Durocher says. The Director decides on a case by case basis which reports to pursue.



Born and raised in Park Extension, Andre Durocher works as a police inspector. Photo: SPVM

On April 4, police officers received permission to write fines which do not take as long. For residents, the main difference between a fine and a report is the cost. The charge for a social-distancing fine is \$1,000, plus costs of \$546.

"The officer has no discretion," Inspector Durocher said, explaining that a police officer cannot charge a higher fine, even if they person is disruptive or aggressive. "If you get a report and you are accused, there will be a charge between \$1,200 to \$6,000," Inspector Durocher said. "But the exact amount will be decided by a judge."

Consequences for non-payment

If a citizen does not pay the fine, they face consequences similar to not paying a parking ticket. Inspector Durocher stresses that fines

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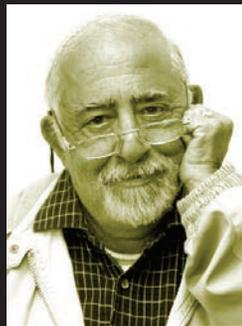
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Alcide Borik



Notre auto-emprisonnement!

Voilà plus d'un mois et demi que, volontairement ou par la force des choses, dans leur hermitage, bon nombre d'entre nous se sont retirés du monde des vivants ; ils redécouvrent leur environnement familial qui finit par leur taper sur les nerfs, et, réfugiés dans leur fort intérieur, ils cherchent des coupables qui puissent justifier leur colère... surtout quand il s'agit d'un vieux couple qui a perdu depuis longtemps l'habitude de se côtoyer!

De mon téléphone, j'essaie de deviner l'objet de leur ire : D'abord, ce sont les Chinois. Essayaient-ils de "fabriquer l'arme absolue pour abattre l'Occident" ? Était-ce "accidentel"?... Ont-ils paniqué devant les résultats? Ont-ils essayé de dissimuler leur succès?... Un ami particulièrement méchant m'a dit à l'oreille que non, *parce que le Coronavirus aurait été battu plus tôt : après tout, un "made in China" n'était jamais fait pour durer longtemps!...*

Au cours d'une brève sortie sur la rue Parc, j'en ai entendu des vertes et des pas mures : ma voisine de palier accuse les Juifs hassidiques, leur mode de vie où chants et danses (à moins de six pieds!) qui plaisent tant aux Outre montois, indépendamment de la bizarrerie de leurs nourritures dont même les recettes sont *Cacher...* devant tout le monde ; dans leurs ghettos dorés de taille de diamants jusqu'aux fin fonds des résidences pour troisième âge de Côte-St-Luc, en passant par les rideaux sur les fenêtres du WMCA, tirés, par pudeur sur nos maillots de corps et nos biceps bronzés ils ont *certainement* quelque chose à voir dans cette diablerie, mais mon cousin s'insurge :

- *Enfin...! keske sa nous rapporte de faire ça...? en plis, nous en sommes la première fiktime! ... comme d'habitude...*

- Alors, ce sont les Russes, ils n'ont presque pas de victimes... Le TSAR KOVID a eu peur de Poutine ! ... Les Français n'y croient pas pour un Macron, les Anglais, passent à travers, car ils sont vaccinés de sang royal ... Au fait, *iléyou* le jeune couple aux vellétés roturières qui venait s'installer au Canada?... God shave the Queen...

- S'ils passent par Montréal, c'est sûr que je reste confiné chez moi!

- *Palio Tomaro !...*

Enfin, ici, nos Premiers Ministres *coast to coast*, passent le lundi à nous raconter leurs bons coups, et les six autres à nous dire qu'ils n'avaient pas l'information nécessaire et qu'ils vont en faire encore plus, que ça va coûter des milliards... et en profitent pour se voter à la sauvette une augmentation de salaire... God save **our** skin!

Pandemic has exposed our scandalous neglect of the elderly

Canada has shunted vulnerable people to nursing homes where staff slave in sometimes filthy, and now dangerous, conditions

I hadn't really thought of moving to Norway until the last week, when I began to pay attention to how that country cares for its elderly citizens.

While North Americans warehouse aging people, who have spent lifetimes contributing to society, there are cultures around the world that take a completely different approach. And Norway, it turns out, is at the top of the list.

As a baby boomer entering that unsavoury age, I find the prospect of more thoughtful care for older people pretty appealing.

Of the many jarring social dysfunctions laid bare by the COVID-19 pandemic, one of the most scandalous is the way Canada has allowed old and vulnerable people to be cast aside – out of sight and out of mind. They're shunted to nursing homes where underpaid staff slave in sometimes filthy, and now dangerous, conditions trying to give whatever comfort they can to people who face the bleakest of prospects for their remaining days.

The extent of this negligence was laid bare in a recent CBC news report that found that only nine of 626 homes in Ontario received resident quality inspections (RQIs) in 2019. Because RQIs are random and unannounced, they tend to get a truer picture of what's going on in a facility.

Instead, now most inspections in that province are driven by a complaint or a "critical incident" – in both cases, giving the homes a chance to clean up before inspectors arrive. As I write this, 114 long-term care facilities in Ontario have reported outbreaks of COVID-19.

There are equally concerning stories coming out of Quebec and other provinces, including my home province of Alberta. Across Canada, almost half of the more than 1,000-plus COVID-19-related deaths have occurred in nursing homes, including one just five kilo-

metres from my home in Calgary.

By the time you read this, it will almost certainly be worse.

It truly doesn't have to be this way. There's research to back it up. In a study published in 2018, the Research Network on an Aging Society ranked 18 countries on the Aging Society Index. (Canada was not ranked in this study.) It ranked Norway tops, following closely by Sweden. Other high performers included the U.S., Netherlands, Japan, Ireland and Denmark.

Quality scores were determined by measuring productivity and engagement, well-being, equality, social cohesion, and seniors' physical and financial security.

Of that list, perhaps the most surprising finding was the United States. John Rowe, a geriatrician and public policy expert at Columbia University and lead author of the paper, attributed the high score to the fact that many seniors in the U.S. still have to work, which raises their productivity and engagement score, and "Work is good for your brain and your body."

Many Americans work into their senior years because they have no choice. The paper found that more than 20 per cent of Americans older than 60 are at risk for poverty, compared to 12.5 per cent in the rest of the Organization for Economic Co-operation and Development (OECD) countries.

Not so in Norway. It leapt ahead of other countries in its care for seniors about eight years ago, when it began a series of reforms to the way it delivered health care. It introduced a policy that encouraged getting people out of hospital and nursing home beds as quickly as possible.

That meant it had to build the supports that would enable frail elderly people, including those with dementia, to live more independently. It's estimated that about half of the 70,000 Norwegians with dementia are living in their

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own homes.

That took a large up-front investment and, as we know, Norway has an abundance of cash thanks to its energy revenue-fueled sovereign wealth fund. The country used some of its wealth to offer grants and low-interest loans to renovate houses and to build new facilities.

It also established a "housing bank" that subsidizes the purchase of electronic devices, such as an electronic mattress sensor that turns on a light when a person gets up, or calls an alarm if they don't get back to bed in a reasonable time. Such tools make it easier for the elderly and infirm to live at home.

The housing bank also supports the construction of "sheltered housing" for people with dementia. The concept, borrowed from Sweden, allows people who can't take care of themselves to live in small groups, with trained staff to support them.

But caring for our elderly is not just a matter of investing in the proper infrastructure. It's also a question of attitude. It seems that North Americans are inclined to think that old people are no longer useful, as though when they stopped working full time they no longer had much to contribute to society.

How wrong such an attitude is. Consider attitudes of cultures in other parts of the world. In East Asia, the Confucian principle of filial piety – a show of respect for the elderly, parents and ancestors – remains strong. Singapore and China both have laws mandating families to care for their oldest members.

In Greece, "old man" is considered a term of endearment. And in India, there's a tradition in which young people are taught to touch the feet of elders as a show of respect.

People who have lived seven, eight or more decades have a lot of life experience. They have a sense of historical perspective the rest of us don't. And, yes, some have even developed their fair share of wisdom in those years.

An associate of mine recently said "the world is on pause" during the pandemic. Let's take this time to reflect on the way we treat our elderly citizens, ask ourselves if we can do better, and work on ways to make their lives – and, in turn, our own – richer as a result.

Doug Firby

Lettre de lecteur

Montréal, le 27 avril 2020.

Mme Giuliana Fumagali
Mairesse de l'Arrondissement Villeray-St-Michel-Parc-Extension.

Bonjour!
J'espère que vous allez bien.

Je vous écris en rapport avec cette crise que nous vivons et qui, démontrant la fragilité de notre société, devrait nous amener à réfléchir et nous permettre de prendre de bonnes décisions. Et il me semble que nous devrions en profiter pour renforcer la sécurité alimentaire de notre population. Dans notre quartier de Parc-Extension, il y a déjà beaucoup de gens qui utilisent leur cour pour jardiner; il y a aussi des jardins communautaires fort populaires (avec une liste d'attente pour les nouveaux aspirants jardiniers d'autour de cinq ans).

L'Arrondissement pourrait tenter de trouver de nouveaux espaces pour développer jardins communautaires ou jardins collectifs; dans le cas de ces derniers, le besoin est d'autant plus grand que les seuls qui existent sont actuellement localisés en dehors des limites du quartier, sur le terrain du nouveau pavillon de l'Université de Montréal; et il n'y a aucune assurance qu'ils seront encore accessibles pour les prochaines années.

La Ville de Montréal possède actuellement un vaste terrain au coin des rues Beaumont et de l'Épée qu'elle prévoit transformer en parc. L'aménagement du terrain n'est pas commencé et il serait encore temps d'en changer la vocation. Bien sûr, nous avons aussi besoin de parcs, mais le besoin de s'alimenter est encore plus grand. Nous pourrions répondre aux deux besoins en même temps, en divisant le terrain en deux. Une partie en parc, une partie en jardins communautaires ou collectifs ou les deux.

Les terrains non construits dans Parc-Extension sont rarissimes. Il me semble qu'on ne devrait pas laisser passer cette occasion unique de contribuer à notre sécurité alimentaire et de renforcer nos liens communautaires. Un tel geste démontrerait une grande sagesse de la part de notre mairesse.

Serge Mongeau
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c.c. Nouvelles Parc-Extension

Tickets...

Continued from page 3

issued for not following social distancing are penal charges. Penal charges are not the same as criminal charges. "If you don't pay your ticket after a judgement, you will have a pending fine, but not a criminal record."



Police officers gather before taking rounds.
Photo: SPVM

Other crime-rate statistics

Posts circulated in social media groups for Park Extension residents show a growing concern for theft and burglary. Inspector Durocher says it is too soon to draw conclusions on crime rates, though he suggests everyone staying at home minimizes the risk of thieves breaking and entering residences. SPVM has not issued statistics for crime rates in the period of the health emergency. Inspector Durchor says that SPVM wants to make sure they have sufficient time to analyze data. He expects that SPVM will release statistics later this month. "We wanted our people and our resources to do what needs to be done immediately. Right now, our concentration is on the tasks at hand."

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Women isolated at home flee conjugal violence

AVLEEN K. MOKHA

Late evening on April 18, a man began shooting civilians in northern Nova Scotia. This mass shooting was the deadliest in Canadian history, with at least 22 people dead, including one member of the Royal Canadian Armed Forces.

Investigation into the shooter's motives showed that the man was verbally and physically abusive to his long-term girlfriend. Before the shooter killed civilians, he assaulted his partner and forcibly restrained her. Nova Scotia police believe that the "significant assault" could have been a "catalyst" for the deadly chain of events.

The shooter's partner fled to the woods to escape. She survived. Slowing the spread of coronavirus (COVID-19) means that women across Canada spend more time with abusive partners. They cannot flee their abusers easily.

Stress from external factors closure of schools or loss of unemployment can worsen abuse. Such stress can explain spikes in abuse, but do not justify the action of abusers.

For this reason, services continue for women facing violence at home during the coronavirus (COVID-19) emergency as an essential service.

Shield of Athena is one such organization. The Shield supports women in Montreal facing abuse at home. The organization has three points of service in Greater Montreal, including a shelter for women in Park Extension. Founding member and executive director Melpa Kamateros has led the Shield for the past 29 years. She elaborates on the realities of maintaining the Shield during the public health emergency.

Not always obvious

Physical assault is only one kind of conjugal violence. Conjugal violence occurs when two people are in a relationship and one person makes behavior such as threats, harassment, to physical blows. The person acting in such a way hopes to make sure that their partner does not leave the relationship.

"It is not always as obvious as a man hitting his partner," West Island Women's Shelter says. "It will often be insidious: these women suffer insults, denigration and constant control by their partner."

Need for housing

Quebec has about 100 shelters for women experiencing conjugal violence. Shelters give women a place to stay temporarily. Shield of Athena is one of a few shelters that accepts mothers with their children.

Women at Shield of Athena anywhere from one day from a day to 2 months. Last year, about half of the sheltered women stayed for 33 days.

"Of course, if we see that the woman doesn't have money, doesn't have a support system, then we will extend it to 3 months," Kamateros said.

The shelter organizes activities for women that prepare women at the shelter to enter the job market. For example, women get help with resume-writing or making business cards. "If you give women the information, it's amazing what they do with it," Kamateros said, sharing that a pre-employment seminar last year helped a sheltered woman become a caterer. "It's a presumption that women from ethnic communities don't do anything with what's given to them. They want to be able to work. They want to be independent."

In addition, the shelter holds sessions for stress management, legal consultation and self-betterment. "When women enter the shelter, they are not autonomous yet. Our purpose is to make them autonomous."

Concerns for Park Extension

Women in Park Extension may be at risk for conjugal violence



Workers at the Shield of Athena during a general assembly. Photo: Melpa Kamateros

during the pandemic. In 2016, Montreal Police Services (SPVM) Department 33 published a report on violence between married partners. Park Extension ranked 5 out of 32 neighbourhoods in Greater Montreal.

Having money to leave your partner is a major concern for women in Park Extension. Almost 80% of residents rent where they live and almost 40% of renters put one-third or more of their income towards rent, according to statistics from the 2016 census.

Women in Park Extension who are immigrants face greater challenges because English and French may not be their language of origin. The language barrier can make it difficult for women to know about social and healthcare services available to them, making them isolated enough to unknowingly controlled by their partners.

Since the time the COVID-19 shutdown began in Quebec, Shield continues telephone consultations, and calls through videoconferencing. Much of the organization's work lies in giving free consultation to women in the languages they are most comfortable

Kamateros says that last year, 1 in every 3 women at the Shield's shelter spoke only the language of her culture. In this way, the organization uniquely caters to multi-ethnic women by offering services in 17 languages other than English and French.

Most women who call Shield of Athena don't speak English or French. 1 in every 2 calls the shelter received on average last year was in a language other than English and French.

While a majority of women get referred to the Shelter, Kamateros says that women that consult the Shield's services often pass on the information to other women in their language or religious communities that face similar situations. Women thinking of leaving their homes but hesitant about the next steps find answers through the Shield's helplines.

Operating in a pandemic

Shield of Athena is one of 575 violence against women shelters across Canada that needs financial aid during the pandemic, and fast.

Early April, Prime Minister Justin Trudeau announced that \$40 million will be given to Women and Gender Equality Canada (WAGE). Up to \$26 million of this amount should be divided among shelters for women fleeing violence but money can be slow to trickle down the system.

Kamateros said that since the federal government announced help, the Shield received \$10,000. However, the shelter finds itself financially strained.

"If you are people three times a day, and you have children in your shelter, you need baby formula and diapers – the money we got does not go that far," Kamateros said.



Volunteers receiving training to work for the Shield of Athena. Photo: Melpa Kamateros

"We can't go pick up donations. We can't have people dropping things off. That's why we need money to cover the basics."

The staff at the Shield includes social workers and language interpreters. Kamateros needed to hire another social worker in April, which means the organization will pay the surcharge of a new employee without the ability to rely on donations or fundraising like usual. "At the community level, an organization has to rely on fundraising to stay afloat," Kamateros said, adding that the health emergency directives order people to stay at home which makes it harder to mobilize financial help.

Help is still available

Activities at Shield of Athena's shelter continue. New women joining the shelter will be quarantined before they can interact with others.

Kamateros stresses that women suffering from conjugal violence are not necessarily homeless women. Though homeless women can and do experience violence, Shield of Athena focuses its services for women who have homes that are dangerous for them due to conjugal violence.

Dr Andreas Nikolis recently donated masks, gloves, and hand sanitizers to the shelter, which allows workers at the shelter to protect themselves.

Call Shield of Athena's Montreal office at 514-274-8117 or 1-877-274-8117. Dial their Multilingual Sexual Violence Referral and Help Lines at 514-270-2900 (Montreal) and 450-688-2117 (Laval). As always, dial 9-1-1 for assistance from the police.



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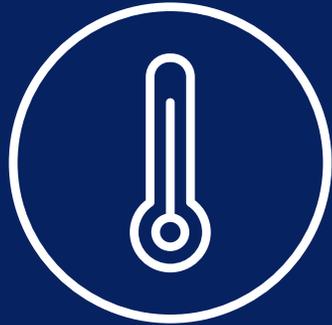
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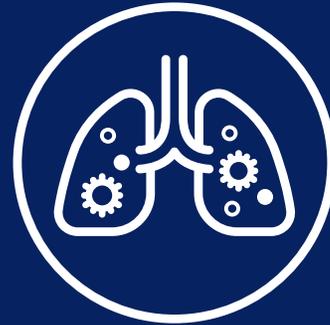
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble Breathing

Protecting yourself saves lives.



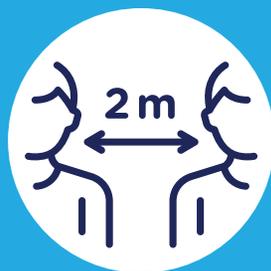
Cough into your sleeves



Throw your used tissues into the trash



Wash your hands



Keep your distance



Stay at home

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

 514 644-4545

Mise en place d'un corridor sanitaire sur la rue Jarry Est

Depuis samedi dernier, l'arrondissement de Villeray-Saint-Michel-Parc-Extension aménage un corridor sanitaire sur la rue Jarry Est, entre les rues Boyer et Saint-Denis.

«Notre arrondissement pose un geste concret afin de faciliter les déplacements essentiels sécuritaires. L'implantation de ce premier corridor sanitaire permettra également aux citoyennes et aux citoyens de soutenir

bachat local tout en respectant les mesures de distanciation sociale», a souligné la mairesse Giuliana Fumagalli.

Le déploiement du corridor, qui consiste en l'élargissement des trottoirs au moyen de barrières, se fera en deux phases. Le premier tronçon, constitué de neuf sections situées entre la rue Boyer et la rue Saint-Denis, sera accessible dès le 25 avril. D'un périmètre de 400 mètres, ce dernier englobera plusieurs commerces de

proximité achalandés tels qu'une boulangerie, une fruiterie ou encore une pharmacie.

La deuxième phase du projet, quant à elle, devrait intervenir d'ici quelques semaines et concerner la portion localisée entre la rue Saint-Denis et le boulevard Saint-Laurent. Selon le scénario prévu, elle comporterait six tronçons répartis sur une surface de 300 mètres, qui fera le lien avec le Parc Jarry.

Par l'entremise de ce corridor sanitaire, l'ar-

rondissement souhaite favoriser le respect des consignes de distanciation sociale édictées par la Direction régionale de santé publique, tout en maintenant l'accès aux commerces locaux, durement touchés par la crise de la COVID-19.

Des affiches seront installées à l'entrée de chaque section du corridor afin d'informer les piétons de la mise en place de cette nouvelle mesure et leur rappeler les règles d'hygiène à respecter.

Advocacy group calls on govt to protect tenants' rights this moving season

AVLEEN K. MOKHA

According to groups that advocate for tenants' rights, the coronavirus (COVID-19) health emergency calls for the government to take specific action to reduce difficulties this moving season. Committee Action Park Extension (CAPE) is demanding that the municipal and provincial governments prohibit evictions for non-payment of rent, prolong leases and extend moratorium on rent.

Construction delays

On April 9, Quebec Premier Francois Legault said that construction workers can return to work for residential projects which began before March 24. The measure aims to allow the renovations of homes in time for July 31. July 1 is typically when residents in Quebec move out.

Construction was closed for three weeks, which means some units will not be ready for July 31.

Some contractors in Quebec are having trouble securing enough steel, partly due to shutdowns in countries such as Belgium, Luxembourg and Spain, according to Quebec Construction Association spokesperson Guillaume Houle in an interview with the Gazette. For projects that won't be completed in time, Quebec Construction Association says that contractors are securing emergency hotels for tenants till houses become ready.

But tenants who did not renew their leases are stuck at home, CAPE spokesperson Amy Darwish said. Unable to search for housing, many tenants will have no choice but to move out without having homes for the next year.

Sound the alarm

Hearings at Quebec's rental board Regie du Logement are suspended till the end of the COVID-19 emergency is declared. The Regie announced a suspension on evictions. Re-possession of properties is prohibited because of the public health emergency.

That said, hearings can begin soon after the end of the emergency is declared. "Tenants who were facing repossessions or evictions [...] might



find themselves having to find new housing with little time and under stressful conditions," Darwish said.

Currently no law bans people from visiting apartments as long as they maintain physical distancing rules of two metres. However, both Premier Legault and Quebec Minister of Housing Andrée Laforest advised against home visits early April. The public health directives to stay at home also discourage tenants and owners from scheduling visits in-person without posing a

risk to themselves or others.

Housing shortage: Park Ex at crisis point

CAPE has been increasing pressure to protect tenants from evictions. February this year, tenants protested the impact of evictions.

"If no emergency measures are announced, we're very worried that many Parc-Ex tenants could find themselves homeless on July 1," Darwish said.

The vacancy rate of residential units is the lowest it has been in 15 years for the Villeray-Saint-Michel-Park Extension region.

When is "too soon"?

CAPE mobilizes as part of two large coalitions for residents, that express similar concerns. Front d'action populaire de réaménagement urbain (FRAPRU) and the Regroupement des comités de logement et associations de locataires (RCLALQ).

The coalitions ask the government of Quebec to prolong non-payment of rent during the pandemic, extend the suspension of evictions, and delay the end of lease dates.

Last, the coalitions ask the city of Montreal to use vacant AirBnBs, hotels, condos and luxury apartments for those who don't have a place to stay this moving season.

"To date, there has been little response from the Quebec government," Darwish said, adding that Quebec Minister of Housing Laforest responded to calls to cancel rent on April 1 by suggesting that tenants take loans. According to Darwish, loans are not a sustainable option for many tenants in Park Extension. Not all tenants qualify for such loans, and they will gather more debt.

This leads the organization to ask for specific governmental plans to ensure tenants facing financial instability due to the COVID-19 measures do not lose their homes.

No plan of action has been announced so far for this year's moving season. Francois Legault said that it was "too soon" to talk about delaying the July 1 moving date, though groups like CAPE clearly believe otherwise.

Thinking of selling or downsizing?

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Aide à la décision

Si vous avez des symptômes de la COVID-19

Suivez les indications décrites dans ce tableau pour vous aider à prendre la meilleure décision pour vous et pour vos proches.

En tout temps, appliquez les mesures d'hygiène et de prévention pour éviter la contamination :

- lavez-vous les mains souvent ;
- tousez ou éternuez dans le pli de votre coude, le haut de votre bras ou dans un mouchoir de papier plutôt que dans vos mains ;
- nettoyez votre environnement.

Situation pour un adulte ou un enfant

Je ne fais pas de fièvre (moins de 38 °C ou 100,4 °F), mais j'ai les symptômes suivants :

- mal de gorge ;
- nez qui coule ;
- nez bouché ;
- toux.

DÉCISION

J'ai probablement un rhume, je prends du repos.

Situation pour un adulte à risque de symptômes respiratoires graves

- Je fais plus de 38 °C (100,4 °F) de température.
- Je fais partie d'un groupe à risque de développer une complication respiratoire grave (personnes âgées ou personne avec un problème chronique cardiaque ou pulmonaire, immunodéficiência ou diabète).

Situation pour un adulte

Je fais de la fièvre ou j'ai des symptômes parmi les suivants :

- perte soudaine de l'odorat sans congestion nasale, avec ou sans perte de goût ;
- toux ;
- difficultés respiratoires ;
- fatigue extrême.

Je suis une personne âgée qui présente des symptômes gériatriques (perte d'autonomie, chute, confusion nouvelle, agitation ou ralentissement, perte d'appétit, fatigue extrême, etc.).

DÉCISION

Je reste à la maison et j'appelle ou mon proche appelle la ligne info coronavirus 1 877 644-4545.

Entre 8 h et 18 h*

Je suis les indications que l'on me donne.

* Les heures d'ouverture sont sujettes à changements.

Situation pour un adulte ou un enfant

Je fais plus de 38 °C (100,4 °F) de fièvre et je suis dans l'une des situations suivantes :

- difficulté à respirer qui persiste ou qui augmente ;
- lèbres bleues ;
- difficulté à bouger ;
- fièvre chez un bébé de moins de 3 mois ;
- somnolence, confusion, désorientation ou difficulté à rester éveillé ;
- absence d'urine depuis 12 heures.

DÉCISION

Je me rends sans attendre à l'urgence.

Si j'ai besoin d'aide, j'appelle le 911.



Précautions et soins si vous avez des symptômes de la COVID-19

Je me repose

Si vous présentez des symptômes de la maladie à coronavirus (COVID-19), vous vous sentirez faible et fatigué. Le repos vous aidera à combattre la maladie. Limitez vos contacts avec les autres jusqu'à la fin des symptômes. Vous pouvez reprendre vos activités quand votre état vous le permet.

Je bois souvent

Il est important que vous buviez souvent, parce que la fièvre fait transpirer et vous fait perdre beaucoup de liquide.

Il est recommandé de boire au **minimum 1,5 litre par jour**.

Buvez des liquides froids ou tièdes selon vos goûts. Évitez les boissons alcoolisées ou celles contenant de la caféine, comme le café, le thé et les boissons gazeuses. L'alcool et la caféine ont pour effet de faire uriner et d'augmenter les pertes de liquides.

Surveillez les signes de déshydratation :

- Sensation de soif extrême ;
- Bouche et langue sèches ;
- Urines peu fréquentes ou foncées ;
- Sensation d'étourdissements, d'être mêlé (confusion) et maux de tête.

Je protège mon entourage

Pour protéger votre entourage, jusqu'à la fin des symptômes (fièvre, toux, fatigue, perte soudaine de l'odorat sans congestion nasale, avec ou sans perte de goût) :

- Isolez-vous dans une chambre pour éviter de contaminer vos proches ;
- Dormez et mangez seul dans votre chambre ;
- Utilisez une seule salle de bain ;

- Couvrez votre nez et votre bouche lorsque vous toussiez ou éternuez, idéalement avec un mouchoir de papier. Lavez-vous les mains après ;
- Si vous n'avez pas de mouchoir de papier, toussiez ou éternuez dans le pli de votre coude ou le haut de votre bras, étant donné que ces endroits ne sont pas en contact avec des personnes ou des objets ;
- Crachez dans un mouchoir de papier ;
- Déposez les mouchoirs de papier utilisés dans le sac à déchets d'une poubelle fermée. Gardez les mouchoirs utilisés hors de la portée des enfants ;
- N'accueillez pas de visiteur à la maison.

Je nettoie mon environnement

Le coronavirus (COVID-19) peut vivre sur les objets et surfaces. Sa durée de vie est de :

- 3 heures sur les objets avec surfaces sèches ;
- 6 jours sur les objets avec surfaces humides.

Il est donc important que vous laviez les comptoirs, les lavabos, les poignées de porte et toutes les surfaces fréquemment touchées par les mains. Le nettoyage et la désinfection sont très efficaces pour éliminer le virus.

Pour nettoyer, utilisez de l'eau et du savon ou des produits de nettoyage à usage domestique.

Pour désinfecter, utilisez une solution javellisante (1 partie d'eau de Javel pour 9 parties d'eau) ou des produits désinfectants. Donc, 10 ml d'eau de Javel dans 90 ml d'eau.

Si vous êtes malade, votre literie, vos serviettes, vos vêtements et votre vaisselle peuvent être lavés avec ceux des autres personnes de la maison avec les détergents habituels.

Je prévois de l'aide

Plusieurs personnes ont les ressources nécessaires pour faire face à la situation actuelle. Si vous éprouvez de l'inquiétude, n'hésitez pas à demander ou à accepter de l'aide. Il est important d'en discuter avec vos proches.

Pour obtenir de l'aide à domicile, vous pouvez aussi appeler au 211 ou demander le service de soins et services à domicile auprès de votre CLSC.

Je m'informe

Pour des informations à jour, écoutez la radio ou la télévision, lisez les journaux ou consultez souvent le site Internet gouvernemental :

Québec.ca/coronavirus

Le ministère de la Santé et des Services sociaux donnera les indications à suivre par la population pour les questions sur la santé et pour obtenir des soins.

Dans tous les cas, respectez les avis et consignes donnés par le gouvernement. Ces avis et consignes peuvent changer en fonction de l'évolution de la situation.

Renseignements généraux

Centre de relations avec la clientèle de Services Québec

Ligne info coronavirus
1 877 644-4545 (sans frais)

Personnes sourdes ou malentendantes
1 800 361-9596 (sans frais)

Le Guide autosoins est disponible sur [Québec.ca/coronavirus](https://quebec.ca/coronavirus). Si vous ne l'avez pas déjà reçu, commandez votre version papier en ligne.

Québec 

Protect your own health and the health of others

Decision Fact Sheet

If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family.

Always use proper hygienic and preventive measures to avoid contamination.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

Adults & children

No fever (less than 38 °C/100.4 °F) but the following symptoms:

- Sore throat
- Sniffles
- Blocked nose
- Cough

DECISION

I probably have a cold and need to rest.

Adults at risk of severe respiratory symptoms

- I have a fever higher than 38 °C/100.4 °F.
- I am in an at-risk category for severe respiratory complications (senior or person with chronic cardiac and/or pulmonary problems, immune deficiency or diabetes).

Adults

I have a fever and/or some of the following symptoms:

- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Cough
- Difficulty breathing
- Extreme fatigue

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

DECISION

I stay at home and call the 1 877 644-4545 coronavirus hotline. Between 8 a.m. and 6 p.m.*

Follow instructions.

* Opening hours are subject to change.

Adults or children

I have a fever higher than 38 °C/100.4 °F and one or more of the following:

- Persistent and/or increasing difficulty in breathing
- Somnolence, confusion, disorientation, difficulty staying awake
- Blue lips
- No urine for 12 hours
- Difficulty moving
- Fever (baby less than three months of age)

DECISION

Go to the emergency room immediately.

If help is needed, call 911.



Precautions and care if you have COVID-19 symptoms

Rest

If you have coronavirus symptoms, feel weak and fatigued, rest will help you fight the disease. Limit your contact with others until you have no more symptoms. You can go back to your normal activities when your state of health allows you to.

Drink frequently

Frequent drinking is important because fever causes perspiration and major loss of liquids.

You should drink **at least 1.5 litres of liquids every day.**

You can drink cold or warm liquids, as you prefer. Avoid alcoholic beverages and liquids like coffee or tea that contain caffeine, as well as soft drinks.

Alcohol and caffeine will cause you to urinate more often and increase loss of liquids.

Watch out for these signs of dehydration:

- Extreme thirst
- Dry mouth and tongue
- Infrequent and/or dark urine
- Dizziness, confusion and headaches

Protect your entourage

Do the following to protect your entourage until you have no more symptoms (fever, cough, fatigue, sudden loss of sense of smell without nasal congestion, with or without loss of taste):

- Self-isolate in a bedroom to avoid contaminating others
- Sleep and eat meals alone in your bedroom
- Only use one bathroom
- Cover your nose and mouth when sneezing or coughing, ideally with a facial tissue. Wash your hands right after

- If you do not have any facial tissue, cough or sneeze into your elbow or upper arm, which are not in contact with people or objects
- Spit into a facial tissue
- Throw away facial tissues into a garbage bag in a trash can with a lid. Keep used tissues away from children
- Do not allow visitors in the house

Keep your environment clean

The coronavirus (COVID-19) can survive for the following lengths of time on objects and surfaces:

- 3 hours on dry surfaces
- 6 days on moist surfaces

Therefore, it is important that you clean counters, sinks, door handles and all other surfaces frequently touched by hands. Cleaning and disinfecting are very efficient ways of eliminating the virus.

Use soap and water or household cleaners to clean surfaces.

Use a 1/9 bleach-water solution or disinfectants. For example, this means 10 ml of bleach to 90 ml of water.

If you are sick, your sheets, towels, cloths and dishware can be washed with those of others in the home using normal detergents.

Seek help

While many of us have the necessary resources to deal with a COVID-19 situation, others may not. If you are concerned, do not hesitate to ask for or accept help. Talk about it with your close family members.

You can also dial 211 for help or ask your local CLSC to connect you with their home care and services resource.

Stay informed

Listen to the radio, watch TV, read the newspaper and/or go to the following government website often:

Québec.ca/coronavirus

The Ministère de la Santé et des Services sociaux will provide instructions for the population on health matters and to obtain care.

Always follow the government's current notices and instructions, since the situation can change.

General information

Services Québec

Coronavirus hotline

1 877 644-4545 (toll free)

Deaf or hard-of-hearing persons

1 800 361-9596 (toll free)

The Self-Care Guide is available at [Québec.ca/coronavirus](https://quebec.ca/coronavirus). You can order your English hard copy online.



Mother's DAY

Celebrate your love for her

4 mothers who made history

VERA RUBIN, ASTRONOMER (1928-2016)

American astronomer Vera Florence Cooper Rubin made a major scientific breakthrough when studying the rotation of galaxies early in her career. She discovered that galaxies rotate too fast to hold their shape if the only thing holding them together is the combined gravitational force of their stars.

Her observations and calculations led to the theory that dark matter holds them together. It's theorized that there's as much as six times more of this invisible



matter in the universe as there is visible matter. Dr. Rubin was equally known for her work making astronomy more accessible to women, and she mentored many aspiring female astronomers.

Throughout her groundbreaking career, Dr. Rubin raised four children who all went on to achieve PhDs in the sciences.

MARIE CURIE, PHYSICIST AND CHEMIST (1867-1934)



Not only was Marie Curie the first woman to receive a Nobel Prize, she also remains the only person to have ever received Nobel Prizes in two different sciences.

In 1906, she shared the award for physics with her hus-

band, Pierre Curie, and her colleague, Henri Becquerel, for their research on radiation.

In 1911, she won the prize for chemistry for the discovery of the elements polonium (named for her native Poland) and radium. Her research was crucial in the development of X-ray equipment.

Marie and Pierre weren't the only ones in their family to win Nobel Prizes. Their daughter, Irène Joliot-Curie, shared the prize for chemistry with her husband, Frédéric Joliot-Curie, in 1935.

SIRIMAVO BANDARANAIKE, POLITICIAN (1916-2000)

When she was elected prime minister of Sri Lanka in 1960, Sirimavo Bandaranaike became the world's first female non-hereditary head of government in modern history. She served in this role for three non-consecutive terms.

Two of her three children followed her into politics. Her daughter, Chandrika Kumaratunga, was the fifth president of Sri Lanka, and her son, Anura Bandaranaike, held numerous positions in parliament, notably Speaker, minister of higher

education and minister of foreign affairs.



VALENTINA TERESHKOVA, COSMONAUT (1937)

On June 6, 1963, 26 year old Valentina Tereshkova became the first woman to travel to space. During her three-day solo flight aboard the space capsule Volstok 6, she orbited the earth 48 times.

As a young woman, Tereshkova worked in a textile plant and skydived as a hobby. Her interest in skydiving played a part in her being chosen out of more than 400 candidates to be among the first group of female cosmonauts.

After her historic flight, she went on to obtain a doctorate in aerospace engineering.

Tereshkova married fellow cosmonaut Adrian Nikolayev and had a daughter named Elena. As the first child born to two parents who had been to space, Elena was the subject of medical interest. No medical issues were found, however, and Elena grew up to become a doctor.



Happy Mother's Day

Nouvelles PARC-EXTENSION News

J'aimerais souhaiter à toutes les mamans de Parc-Extension **Bonne Fête des Mères!**

I would like to wish all the mothers in Parc-Extension **Happy Mother's Day!**

MARY DEROS
Maire suppléante de Villeray-Saint-Michel-Parc-Extension
Conseillère du District de Parc-Extension
514 872-3103 | mderos@ville.montreal.qc.ca

Villeray Saint-Michel Parc-Extension
Montréal

Mon bureau de circonscription et moi sommes là pour vous et travaillons avec détermination pour soutenir et protéger les Canadiens dans le contexte actuel. En cette période de distanciation sociale, soyez prudents tout en passant une Bonne fête des mères!

My constituency office and I are here for you and are working tirelessly to support and protect Canadians in the current situation. In this period of social distancing, be careful while enjoying a Happy Mother's Day!

Le très hon. / The Rt. Hon. Justin P. J. Trudeau
Député/MP Papineau

1100, boul. Crémazie Est, Suite 220, Montréal (QC), H2P 2X2
T: 514-277-6020 e-mail: justin.trudeau.c1c@parl.gc.ca

Revenu Québec urges essential workers to register early for benefits

Province anticipates 600,000 will apply for COVID-19 work loss compensation

MARTIN C. BARRY

In view of the sheer number of workers displaced by COVID-19 who are expected to apply for government relief, Revenu Québec is asking candidates for an essential workers compensation program to start applying now before the lineup grows long and difficult to manage.

On April 3, the Quebec government announced a new financial assistance program, the Incentive Program to Retain Essential Workers (IPREW), for individuals working essential jobs during the COVID-19 pandemic. The assistance amount is meant to make up the difference between the Canada Emergency Response Benefit (CERB) and an eligible worker's wages.

How much does it pay?

Eligible workers can apply for benefits online beginning on May 19. The program provides \$100 for each week of qualifying work beginning March 15, extending for a maximum of 16 weeks. This means that, in addition to their wages, workers can receive a taxable benefit of \$400 per month, for a total of \$1,600 for the full 16-week period. Payments are made every two weeks starting on May 27.



"If everyone makes their registration on May 19 at the same time, it will be hard for us to provide an adequate service for everyone," says Revenu Québec spokesperson Martin Croteau. "To be honest, we are concerned

there may be major waiting times if everyone turns up at the same time. So we are encouraging people to take the first step now."

Eligibility conditions

To be eligible under the program, workers must work part-time or full-time in one of the essential service sectors during the program period; receive gross wages of \$550 or less per week; have an annual employment income of at least \$5,000 for 2020; have a total annual income of no more than \$28,600 for 2020; be at least 15 years old when they apply for assistance under the IPREW; and have been resident in Quebec since last December 31, and plan to reside in Quebec throughout 2020.

As well, to receive assistance for a given week covered by the program, workers must not have received amounts under the federal CERB or the temporary aid for workers program for that same week. However, workers are eligible for the program even if their employer receives assistance through the Canada Emergency Wage Subsidy.

Register to be eligible

According to Croteau, more than 600,000 full and part-time workers in the province will be eligible to receive assistance from the IPREW program. But first, he pointed out, they must register for an account on the Revenu Québec web site. Registration requires disclosure of the following information: social insurance number, date of birth, and at least one recent notice of income tax assessment over the past five years.

Some individuals who cannot provide a notice of assessment number will still be able to register for My Account by getting a temporary access code by text or automated call.

Avoid delays, do it now

To avoid an overload of calls to client services when the IPREW application period opens on May 19, Revenu Québec invites eligible workers to register for My Account and ensure that their direct deposit banking information is up to date right away. Doing this now will make the application process easier later.

Eligible workers will receive their payments quickly. A first payment of up to \$1,000 will be made on May 27. Individuals not registered for direct deposit will receive a single lump-sum payment by cheque once the program period ends in July.

Workers in the following essential services are eligible for the IPREW program:

- Priority health services and social services
- Institutions in the health and social services network, including 811 call centres
- Pre-hospital emergency services, including the Corporation d'Urgences santé, first responders, ambulance service operators and healthcare communication centres
- Private health consulting room or office, including dentists and optometrists (for emergency services only)
- Pharmacies
- Intermediate resources and family-type resources
- Private seniors' residences
- Individuals, enterprises and organizations providing services to the elderly, to the disabled and to the vulnerable, in particular as part of the direct allocation—service employment paycheque measure
- Specialized resources offering accommodation for vulnerable groups and their relatives (domestic violence, vagrancy, cancer, addicts housed in community or private resources, palliative and end-of-life care, the underprivileged, immigrants, the elderly, the mentally ill, mother and child, prenatal and postnatal groups, young people in difficulty and their families, people with an intellectual or physical deficiency or an autism spectrum disorder, victims of crime)
- Héma-Québec
- Transplant Québec
- Canadian Red Cross
- Institut national de santé publique du Québec
- Wholesalers and manufacturers of medication accredited by the Minister of Health and Social Services (including supply and distribution)
- Medical and pharmaceutical laboratories and research centres
- Enterprises manufacturing vaccines or by-products to produce vaccines
- Suppliers, distributors and co-contractors in the health and social services network
- Independent placement agencies in the field of health services and social services
- Private IV clinics
- Joint procurement groups
- Public security services
- Police departments and police forces, including emergency call dispatch centres (operated by a municipality or the Sûreté du Québec)
- Fire services
- Correctional services
- Special constables
- Highway controllers
- Wildlife protection officers
- Security agencies
- Forest firefighters and all types of professionals providing support for civil security

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MEDIA-TREK

operations

- Communication services
- Enterprises involved in environmental emergencies
- Government services and other priority activities
- Childcare workers and support staff for emergency childcare services
- Online higher education
- Suppliers of goods and services for underprivileged citizens
- Food inspection and food quality
- Waste collection and residual materials management
- Government air services
- Suicide prevention centres
- Assistance services for victims of domestic violence
- Services deemed essential by municipal organizations (administration, public works, etc.)
- Food banks
- Veterinarian clinics and agronomists
- Care for live animals kept in captivity:
 - Production and distribution of medications, vaccines and medical equipment for veterinary medicine
 - Laboratories and animal health research centres
 - Inspection and monitoring of animal health and crops
- Courts of justice and administrative tribunals, for matters they deem urgent
- Legal services (lawyers, notaries, bailiffs, translators and other workers)
- Professional orders – public protection component
- Priority union activities
- Maintenance and operation of strategic infrastructure
- Energy production, supply, transmission, transportation and distribution (hydroelectricity, fossil fuels and wind energy, biomass energy)
- Maintenance of essential public infrastructures in proper working order (bridges, municipal buildings, etc.)
- Construction, maintenance and upkeep of essential activities in connection, in particular, with public and private infrastructures that may create a risk for public health and safety (private dams, management of hazardous and radioactive waste, etc.)
- Sanitary services and supply chains (for example water treatment plants)
- Computer resources (security, maintenance, urgent needs in the current situation)
- Data centres
- Priority manufacturing activities
- Food production (for example agricultural operations, food processing, drink production, slaughterhouses, market-garden vegetable and horticultural production, fisheries and commercial aquaculture)
- Production of inputs necessary for priority sectors
- Manufacture of medical instruments
- Manufacture of chemicals
- Manufacture of sanitary products
- Manufacture of micro-electronic components
- Manufacturing and maintenance in the defence sector
- Priority commercial enterprises
- Grocery stores and other food retailers
- Pharmacies
- Convenience stores

- Stores not in a mall (offering grocery, pharmacy or hardware products)
- Businesses supplying agricultural operations (machinery, fertilizer, etc.)
- Société des alcools du Québec and Société québécoise du cannabis
- Furniture and household appliances (online or telephone sales only)
- Funeral services business and cemetery
- Restaurants (drive-through, take-out and delivery only)
- Hotels to accommodate persons returning to Québec and not having a fixed residence
- Cleaners, laundries and laundromats
- Medical and orthopaedic supply firms
- Suppliers of pet food and supplies
- Moving firms
- Work equipment (safety and protection)
- Products, parts and other equipment necessary for transportation and logistics services
- Media and telecommunications services
- Telecommunications (network and equipment)
- Cable services
- Printing (only for newspaper printing)
- National media
- Local media
- Communications agencies (advertising, production, feedback)
- Banking, financial and other services
- Financial services (financial institutions, automatic teller machines and other payment methods)
- Insurance (telephone services)
- Payroll services
- Accounting services
- Financial market and stock exchange services
- Placement agencies
- Construction sector services
- Construction firms, for emergency repairs or to ensure safety
- Electricians, plumbers and other trades (emergency services only)
- Equipment rental firms
- Building maintenance and upkeep services
- Cleaning, upkeep and pest management
- Building maintenance (elevators, ventilation, alarm systems, etc.)
- Household appliance maintenance and repair
- Priority services in the field of transportation and logistics
- Public transit services and passenger services
- Ports and airports
- Maintenance of locomotives, aircraft and boats and essential air operations (air transportation)
- Supply and distribution of foodstuffs, grocery stores and convenience stores
- Transportation, storage and distribution of goods
- Snow removal and road maintenance
- Service stations, vehicle maintenance and repair, tow truck firms, trucks and specialized equipment, and roadside assistance
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Man attacks two Park Ex residents walking to Jarry Park

AVLEEN K. MOKHA

A resident of Park Extension decided to take a brief stroll with his friend. Together, the two headed towards Jarry Park late Friday evening, April 20.

They were passing the entrance to the Saint Roch swimming pool when a man approached from the shadows of a stairwell. The stranger threw a stone at Surinder, shouted and demanded money.

The attacker blocked the two men from walking back to safety. The attacker yelled racial slurs at the two residents, using profane language. When they said they didn't have money to give him, the attacker said that he can kill. Surinder says that he told the man to let them go, else they will call the police. That's when the man began physically assaulting Surinder.

"He started punching me on the face," Surinder said. "Once he started, he didn't stop."

Surinder was bleeding from his nose and eyes and asking his friend to run. With one hand on his face and one hand leaning onto a wall, he dialed 911 for help around 11:20 pm.

"The officers arrived within moments," Surinder said, referring to members of the police department #33. "They wasted no time."

An ambulance arrived soon after to take the two residents to Jean Talon Hospital.

Identifying the attacker

The man who attacked Surinder is black and has a slim athletic figure. Surinder says it was difficult to tell how tall the attacker was because he moved close to the two friends quickly. Still, Surinder guesses that the man may be 5 feet and 8 inches tall. He had long curly hair put up into a ponytail and wore black trousers and a full-sleeved shirt with a logo that night. He had a light beard, with a bit of a moustache.

Medical treatment after the attack

"He hit me very hard on my neck and my head," Surinder said. Surinder realized that his friend also got hurt. His friend was punched similarly, with blows on the face and on the ear.

Surinder's left eye was not opening. The nurse Surinder saw at the emergency room was not sure if his nose was fractured.

The doctor used a reading test, a machine, and an ultrasound to assess the extent to which Surinder's eye was hurt. Eventually, he found out that a vein in his eye was full of blood, which blocked the blood flow to the eye. The doctor told Surinder that although the attack was very dangerous, he will be able to see again. His face is swollen, and it hurts when he breathes. He is taking medication prescribed to him and contacting his doctor to follow up.

Man identified by police

After the residents received medical attention, the police filed incident reports. The residents returned to the scene of attack with the police early Saturday evening. According to Surinder, the police suspected that cameras located outside the Park Extension library may have captured the attacker running away.

Surinder was called to the police office along with his friend to identify the attacker on Saturday, April 25. They both identified the same photograph while staying in separate rooms.

Surinder was told that the man will be arrested. The two residents are waiting to receive a call from the Court.

Attack victim fears for the less mobile, fear for minorities

Surinder fears for both the children and the elderly of Park Extension. Both he and his friend are in their late thirties and were physically capable of trying to run.

"Believe me, if he punched an older person, it will be a disaster," Surinder said.

He tried to snatch the cell phones of both residents.

The attacker identified the two residents as "Indians" and told that he did want "people like you."

When attacking his friend, the attacker used a specific Hindi swear word, *behnchod*, when he threatened to kill Surinder's friend. The residents speculate the attacker had Indian friends or knew a bit of the language.

"What I'm scared about is that because it's Park Extension, it's Jarry Park, I've seen so people go to walk there," Surinder said, adding how he especially sees South Asian elderly men and women frequent the park.

As a father of two children, he worries that one of his family members can be attacked.

"In my heart, I'm concerned for every kid here. When I think of the elderly and imagine something happening to them. I think about my mother. They do not have the physical strength it takes to bear this kind of aggression. I share my story for the safety of my people."

While Surinder is physically okay, he says he feels psychologically disturbed. From his window, he watched families walk on the street and wishes he could tell them to go back inside.

Surinder plans to seek psychological help to cope with what happened to him.

The SPVM confirmed that a report was filed regarding an aggressive attack on two men. Police officials were unable to comment further on this specific case.

Surinder is not the real name of the interviewee. Surinder is a name that Parc-Extension News chose for the victim to protect his identity.



Two Park Ex resident were on their way to Jarry Park when a man approached from the shadows of a stairwell. Photo: David East / Unsplash

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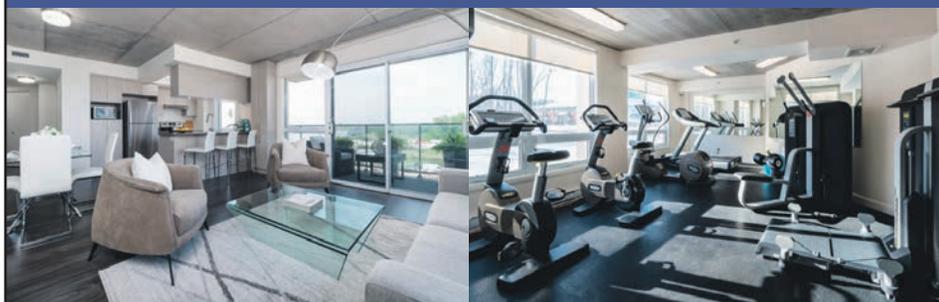


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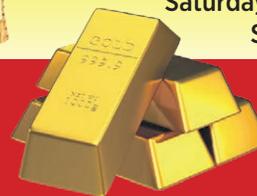


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POIRIER, Madeleine

1924 - 2020



She was 95 years old and was the wife of the late Raymond Gareau for 68 years. Madeleine was a generous, welcoming woman and a most loving mother for her children, Nicole, Pierre (Linda Desautels) and Richard (Dominique Léonard). She was a caring grandmother towards her six grandchildren, Maryse, Philip, Karine, Geneviève, Catherine and Alexandre. Her great-granddaughters, Émilie, Léane, Blanche, Marianne, Juliette, Ève and Sarah as well as her nephews, nieces, relatives and friends join us to say a last goodbye and testify to her all our love.

BÉLANGER, Claude

1933 - 2020



At the Maisonneuve-Rosemont Hospital in Montreal, on April 23, 2020, at the age of 87 years passed away Mr. Claude Bélanger, residing in Montreal. Originally from Saint-Eugène de L'Islet, he was the son of the late Dame Marie-Anne Tondreau and the late Mr. Émile Bélanger; his brothers and sisters: the late Gérard (late Lucille Dumont), late Annette (late François Simard) late Joseph, late Lucille (late Roger Dubé), Lorraine (late Yvan Lafortune) late Louis-Georges (late Véronique Caron - Marcelle Pelletier) and the late Jacqueline (late Claude Caron).

RATTÉ, Yolande

1926 - 2020



In Montreal, April 26, 2020, at the age of 93 years, passed away Mrs. Yolande Ratté-Letendre, beloved wife of feu Pierre-Aimé Letendre. She is survived by her children, Rita (late Jean-Jacques), Parise (Jean-Marie) and Chantal (Yvon), her grandchildren, Frédéric (Julie), Isabelle (Steven), Alexandre (Audrey), Maxime (Evelyne) and Valérie (François) and her great grandchildren Samuel, Jérémy, Christopher, Anthony, Émilie-Rose and Mélodie-Anne.

HINDS, Florent

1932 - 2020



At the CHUM in Montreal, on April 23, 2020, at the age of 88 years, passed away Mr. Florent Hinds, residing at RI Carrefour Fleury. He was the son of the late Marie-Anne Nadeau and the late John Hinds. He is survived by his sisters Gearleen (Emilien Côté), Marianne (Paul-André Harpin), Georgeline (Normand Demers), Joe-Ann (Gaétan Olivier) as well as nephews and nieces, relatives and friends.



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HOROSCOPE

Week of April 26 to May 2, 2020

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO

ARIES
You'll concentrate on your fa-mily this week. Those closest to you will place demands on your time. A new home may be on the horizon.

TAURUS
Travel might be difficult this week or your communications with others may not always be clear. Your outspokenness will have an impact on those around you.

GEMINI
Money is a cause for concern this week. Don't hesitate to take matters into your own hands and negotiate with those invol-ved. You may be able to resolve your financial troubles once and for all.

CANCER
Work is piling up and you don't know where to start to get it all done. Pace yourself so you don't get overwhelmed. If you manage your time and energy efficien-tly, you'll get through it.

LEO
Don't be surprised if you find yourself replacing a colleague who's going away indefinitely. This will cause some stress but will benefit you greatly in the end.

VIRGO
When you speak in front of a large crowd, you'll feel a thrill when you hear the audience applaud. However, one or more people may offer up some criticism you weren't expecting

LIBRA
It's often hard to balance the demands of your job with your responsibilities at home. It'll take some effort to juggle your job and your family's busy schedule without disappointing anyone.

SCORPIO
You may take an unexpected va-cation. You need some time away to clear your head before making a difficult decision and moving forward with conviction.

SAGITTARIUS
There's a good chance you'll have to tighten your circle of friends. Fortunately, some will pay you what they owe you be-fore you have to remove them from your life.

CAPRICORN
You'll find a billing error. It may take most of the week, but you'll track down the problem and will be reimbursed in full.

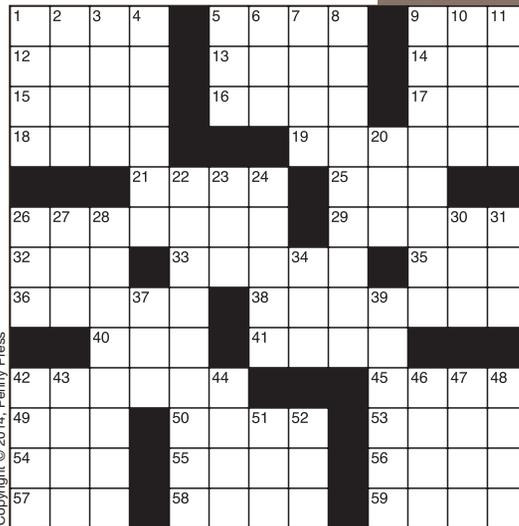
AQUARIUS
A new medical treatment or diet will quickly prove to be effective. One thing's for sure, you're definitely moving toward living a healthier lifestyle.

PISCES
You'll be surprised to find out just how popular you are in your circle of friends. If you're single, you'll be equally sho-cked to realize that more than a few people are vying for your affections.



CROSSWORDS

PUZZLE NO. 984



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ACROSS

1. Wineglass part
5. Equal
9. Resort for dieters
12. Bubbly beverage
13. Old stringed instrument
14. Road diagram
15. Tentacles
16. Slangy assent
17. Perfect serve
18. Better than better
19. Closed, as an envelope
21. Decreases
25. Cobbler's punch
26. Refuge
29. Marsh grasses
32. Paddle's cousin

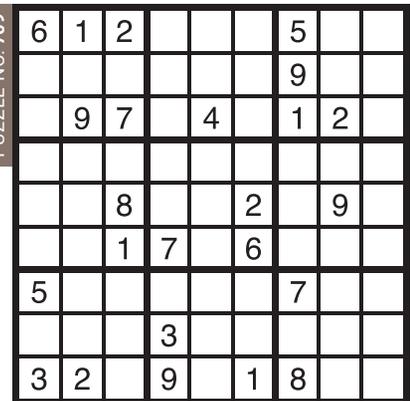
33. Residue
35. Baltic or Red
36. Doodles
38. Made into law
40. Janitor's implement
41. Dilly
42. Slender candles
45. Break sharply
49. House shape
50. Side of New York
53. Nero's garment
54. Breakfasted
55. Off yonder
56. Wallet fillers
57. In fashion
58. Wet with morning droplets
59. Forest-floor plant

DOWN

1. Wound cover
2. Rushed
3. "Desire Under the ____"
4. Learn well
5. Tissue layer
6. Needle's hole
7. Memorable periods
8. Play practice
9. Littlest
10. Swiftmess
11. Acted like
20. Fear
22. Comforter
23. Piece of soap
24. Pittsburgh product
26. Reel holder
27. Cauliflower
28. Crushed
30. Cee's follower
31. Heartbreaking
34. Large antelope
37. Unhappiness
39. Habit
42. Atlanta Braves, e.g.
43. Low female voice
44. Out of danger
46. "____, Nanette": 2 wds.
47. Gets older
48. Lapse
51. Cutting tool
52. Go for it

Sudoku

PUZZLE NO. 709



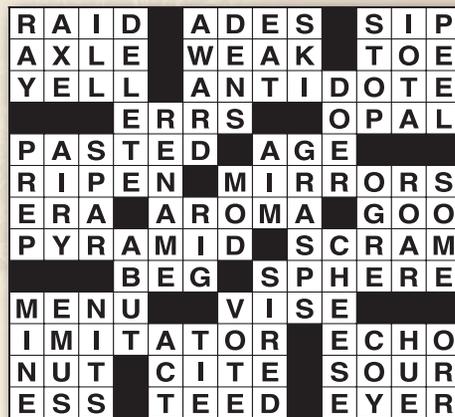
HOW TO PLAY:

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

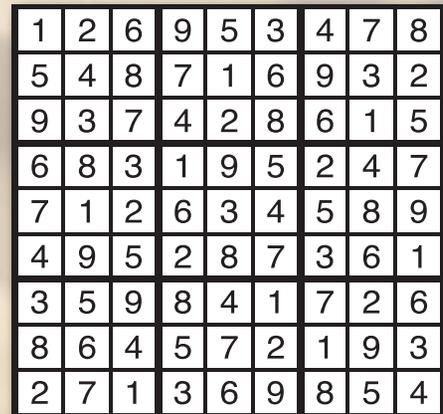
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



Following the most recent requests from the provincial government regarding the spread of COVID-19, we wish to confirm that all Cinemas Guzzo will be closed till further notice.

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