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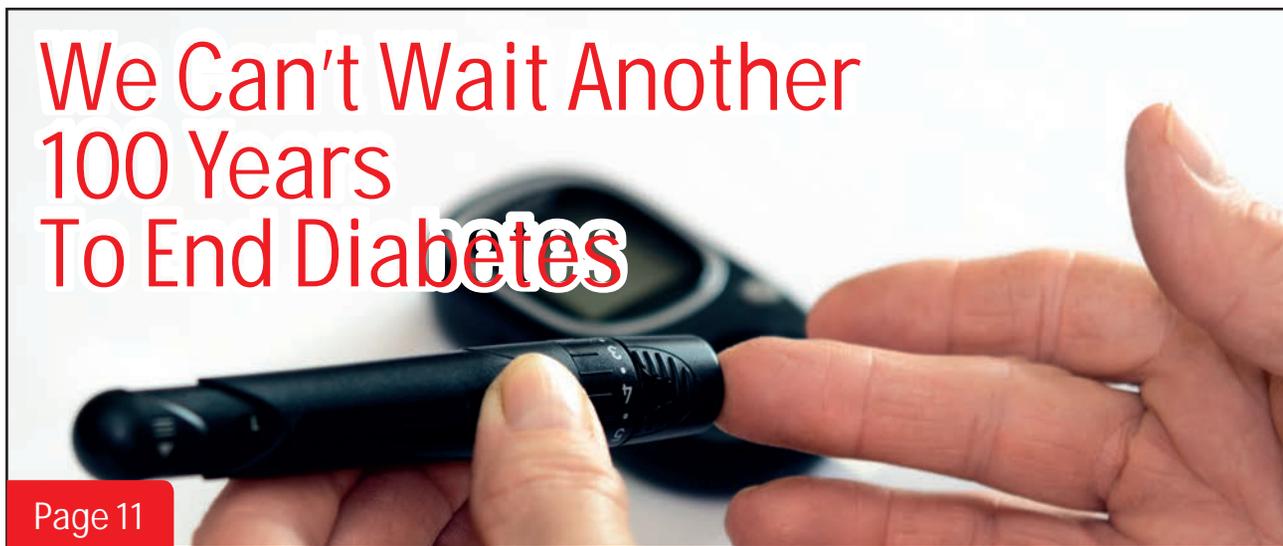
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Minister Monsef: "Pandemic pressures spur demand for women's shelters."

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Minister Monsef: "Ottawa is spending \$100 million, as domestic violence spikes."



MARTIN C. BARRY
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For nearly a year since the onset of COVID-19, Ottawa has been boosting funding to organizations dealing with gender-based violence – a phenomenon which has risen drastically during the pandemic, as have the pressures placed on individuals and families.

A statement on the federal Ministry for Women and Gender Equality website says, "The COVID-19 pandemic has created unprecedented challenges for those experiencing gender-based violence and the organizations that provide supports and services to them."

Demand is up, says Monsef

In May 2020, the ministry announced \$50 million in emergency funding for organizations providing support and services to those experiencing gender-based violence. In October, they announced an additional \$50 million. Then in December, they announced further details on the distribution of additional funding from October.

The measures and investments, according to the government, are supporting shelters and transition housing that provide a safe space for women and their families experiencing violence, while ensuring that anyone facing gender-based violence also has a safe place to turn.

During an exclusive interview this week with Newsfirst Multimedia, Women and Gender Equality Minister Maryam Monsef said the ministry has been in daily contact lately with organizations in Quebec and the rest of the coun-

try that are providing support to those who are fleeing abuse and violence.

"We heard in Quebec, as has been the case across the country, that the demand for services has gone up, and that the pandemic has added greater pressures to families, to individuals," said Monsef.

'This violence is preventable'

"The rates of violence against women and girls and children are up and this is not acceptable – this violence is preventable. But our government has been there since the beginning of COVID to provide immediate support to front-line organizations across the country."

According to Monsef, the Ministry for Women and Gender Equality has provided funding to more than 1,500 organizations over the past year, allowing the groups to stay open, to pay staff and to provide counselling and support services to families undergoing traumatic strife during the COVID-19 pandemic.

Given the uncertain prospects of a foreseeable end to the pandemic or its wide-ranging and long-term impacts, Monsef did not rule out the possibility that the Trudeau government might continue its support past the current commitments.

"Well, you've heard the Prime Minister say – and I hope Canadians and particularly those vulnerable women and gender non-binary folks who are in abusive homes and abusive relationships hear this too – that we will be there for you – for whatever it takes for as long as it takes," she said.

Post-pandemic support

Monsef said that even before the onset of the COVID-19 pandemic in Canada early last year, the Liberal government had already begun increasing funding to groups providing services to those enduring gender-based violence.

"We were able to invest \$100 million in emergency COVID funds for frontline organizations to support the most vulnerable in their hour of need," she said. "And we will continue to be there not just for emergency support, but to help recover from the pandemic once we are able to move to the other side of it."

Monsef said officials at the ministry are working proactively and taking their lead from the more than 1,500 organizations across Canada that are receiving assistance during the pandemic.

"They are the experts, they are creative, they are there to care for the most vulnerable, and we care about them. Every step of the way we've been working with them for the emergency response, but also to build better systems to put an end to violence against women and girls once and for all."

Internet access accelerated

On a separate but related COVID-19 issue, involving Monsef in her capacity as Minister for Rural Economic Development, she said some of the hardships created by the pandemic motivated the government to accelerate deployment of high-speed internet service to 98 per cent of Canada's rural and remote areas by 2026 (rather than 95 per cent by 2030, as previously planned).

"Life without internet access was hard before this pandemic and it is hard to endure during a pandemic," she said. "Before COVID, we were able to provide support and funding so that close



"The pandemic has added greater pressures to families, to individuals," says federal Women and Gender Equality Minister Maryam Monsef.

to 1,000 communities across the country were closer to getting high-speed internet. And by the end of 2020, tens of thousands of households who didn't have that access before we formed the government had high-speed internet access."

Last November, according to Monsef, the government decided to accelerate the plan to connect all of the country to high-speed internet. She said the decision was directly related to the situation created by the pandemic. "Having that connectivity is essential right now," she said. "It's about health and safety, it enables online learning and telework, and also it makes sure that Canada is competitive."

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Fate of local 'Shoe-Box' houses a concern to Park Ex Historical Society

These single-storey homes are coveted by developers for condo projects



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The Park Extension Historical Society's January bulletin draws attention to the ongoing state of uncertainty surrounding the fate and architectural integrity of a type of house found typically in Montreal, with many examples on several streets throughout Park Extension – the "shoe-box" home.

In their latest newsletter, the PEHS notes that a special committee the society had set up to deal with the shoe-box house issue "has not been able to meet due to the pandemic."

Architectural changes

The newsletter notes ongoing concerns regarding shoe-box houses on several of Park Extension's streets, including Champagnèur, where the PEHS recently spotted shoe-boxes undergoing exterior renovations changing their basic look, or in some cases where conversions included the addition of a second floor.

In November 2018, Nouvelles Parc Extension News featured coverage of the shoe-box house issue when Projet Montréal city councillor Christine Gosselin – who has done extensive work to preserve "shoe-box" houses in Rosemont-La Petite Patrie while she was chairing that borough's CCU – was the guest speaker at the Park Extension Historical Society's annual supper and history presentation.

On endangered list

Distinctive shoe-box homes were built towards the beginning of the 20th century in various areas

of Montreal. While they are not especially attractive architecturally, they are regarded as potentially endangered because of their dwindling numbers. Condo developers covet the lots they sit on because zoning rules allow a multiple number of individual dwelling units to be created on sites where they used to be just one shoebox building.

While shoe-box houses are small and have only a single storey, they can be worth up to half a million dollars because the land they sit on is valuable. Christin Gosselin played a key role in introducing a by-law in Rosemont-La Petite Patrie to protect the borough's shoebox houses.

Historic origins

The shoebox-style house evolved in Montreal out of the fact that many people arriving here during the late 19th and early 20th centuries from the countryside chose not to be renters but house owners. Although they might not have had much money, they bought a piece of land and had a modest shoebox house built, leaving just enough room on the property to have a garden in the front or rear.

It is estimated that there are thousands of shoeboxes left in Montreal, although that number is gradually being eroded because of gentrification leading towards redevelopment. A count done by the PEHS at one time found more than 80 shoe-box houses located in Park Extension.

Heritage Montreal's view

In a blog post on Shoebox Houses in January 2018, the Heritage Montreal architecture preservation group said, "the situation is less urgent than originally depicted, but is still cause for concern."



A fairly typical shoe-box house on Champagnèur St. in Park Extension, although this one's façade has been modified and modernized.

Heritage Montreal said it "would like the City to establish an interim protection plan in order to give experts time to inventory these shoebox properties for the entire territory and reflect on methods for protecting these emblems of an important period in the history of Montreal.

"In fact, the heritage action plan recently adopted

by the City of Montreal includes some measures that could apply," the organization added. "Note that while many shoebox houses are remarkable, not all of them warrant the same interest. Once again, we need to find a fair balance between the densification of the city and respecting Montreal's architectural personality."

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



A National Emergency Demands Leadership

I watched with envy as some NBC TV affiliate out of Seattle Washington was telecasting a report on how municipal and state governments, and corporations like Starbucks and Microsoft were lending their people to facilitate distribution of 50 thousand vaccines a day. Microsoft will actually set up a drive by location to help health workers inoculate at the rate of five thousand a day. One location, one day, 5 000 arms! I thought wow, all these vaccines and this amazing cooperation from the corporate sector. Excellent public relations, but still, generous of corporate America to step up in time of crisis. But there was more. The reporter then informs the viewer that two thousand pharmacies are set up to administer additional vaccines pouring into the state. What a fantastic logistical set up. And Washington state last week reached another plateau. They've moved on to the next round of vaccines for the 65 and over.

What the hell happened to Canada? We don't know when we'll be vaccinated, much less where. No need to worry about that this week because we're not receiving any vaccines, at all.

Less than 2%, about 600 thousand Canadians have received at least the first doze, while the US is close to 15%, Israel had 30% of its population done, and the United Arab Emirates 50% by the end of March.

Why the discrepancy? We have an exemplary health care system, but both of the Trudeau government's key ministers in this Covid pandemic, have no experience in their roles that is affecting the lives of 38 million Canadians. Health Minister Patty Hajdu was a graphic designer and event organizer before becoming Health Minister. The person responsible for purchasing our vaccines, our life line during this pandemic, Services and Procurement Minister, Anita Anand, with 12 months in politics, was a professor at U of T. Are you still wondering why vaccines are only trickling in by the few thousands for the millions of us? Are you still wondering why many of us have lost faith in this kind of lame authority? This is a national emergency! Where are the heavy weights? Where is the leadership?

It starts at the top. No corporate experience, no business skills, no economic savvy, no background in law, none in science. What do you expect?

The firing, oops, resignation of the Governor General starts with the person who hired her. Justin Trudeau single handedly hired the ex-astronaut to be Canada's representative. There was a much better

way. But he disbanded the nonpartisan committee that provided choices for such a function.

This Prime Minister does not lead, but seems to simply react to how Canadians feel. When we learned vaccines would stop this week from a mere trickle in the last few weeks, Canadians were enraged, and left helpless. Where was our Prime Minister? While other world leaders are constantly in contact with Pfizer, pressuring the pharma giant to speed up delivery, our PM was silent. It took the Premier of Ontario, so often criticized by Trudeau's minister, to light a fire. "I'd be sticking a ying yang up." Ford says he doesn't accept Pfizer's explanation for delays. "We have a contract. Deliver".

Five days after the Pfizer announcement, Trudeau finally tweeted he had called Pfizer CEO Dr Albert Bourla. "I have been promised..." We've heard that before.

Which brings me to the new American President Joe Biden cancelling our Keystone XL pipeline. This is a blow not only to Alberta. Biden has taken away jobs and income from Canada. Biden paid a debt by penalizing Canada. He promised to appease his left-wing Democrats, at Canada's expense.

Keystone XL is a politically symbolic pipeline, and it's hypocritical to stop it. Forbes reports "we track nearly 40 pipelines covering 11,000 miles either being built or in pre-construction development in the U.S." since 2008 when Trans Canada applied for a permit.

And our Canadian reaction is pathetic. While the US has taken away a chunk of our income our Transport Minister Marc Garneau responds with "I respect their decision". That's really sad. Some Premiers were more realistic "a gut punch" and "you don't do that to a friend".

On Canada's west coast, BC's John Horgan promised to make things better if elected with a majority in the snap election last Sept. Since his majority win, Covid infections in BC have increased 667%, sadly, deaths up 393%. (thebreaker.news) Leadership?

And so it goes my friends. Mr. Trudeau may not take the lead but let's hope he at least reacts to Francois Legault and other Premiers' demand to close our borders to vacationers, or have snow birds pay their hotel to guarantee their quarantine for two weeks. Beau travail Me Legault!

That's What I'm Thinking
Robert Vairo

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Letters to the Editor



The web giants' disinformation campaign



Last fall, Canada's local news publishers came together to urge the federal government – and MPs of all parties – to join with democracies around the world in fighting the monopoly positions of Google and Facebook.

News Media Canada, which represents the digital and print media industry in Quebec and elsewhere in Canada, outlined a list of actions to counter the stranglehold of these foreign web giants, which deny local newspapers the revenues that pay for real journalism, in a report entitled "Levelling the Digital Playing Field."

Since then, Google and Facebook, already in hot water for problems with spreading disinformation on their platforms, have responded with some disinformation of their own.

Google's misleading omissions

The latest illustration is a letter sent by Google to every MP in Ottawa as part of a high-priced global lobby campaign. As the American company seeks to fight all restraints on its wealth and power, the letter contains statements and claims that are as important for what they omit as what they purport. Contrary to Google's claims that "Not all publishers agree with News Media Canada," we point out that our group represents the publishers of the daily, regional, community and ethnocultural news publications that account for more than 90 per cent of news media readership in Canada.

Google claims that it did not cause "the disruption of the newspaper business model," implying that what it dismissively refers to as "legacy media" have not kept up with changing technology. In fact, Canadian newspaper publishers, large and small, have been in the forefront of adapting to the digital world, rapidly developing products for their readers tailored to the various digital platforms available on the market.

Google also states that it "does not earn meaningful revenues from news." We will leave it to you to decide what constitutes "meaningful revenues" for a company that earned more than C\$200 billion in revenues in 2019.

Google also neglects to acknowledge that it and Facebook combined collect 80 per cent of all online advertising revenues in Canada.

Google's omissions of facts in its letter are deliberate – and deliberately misleading. For example, it states that it "does not set ad prices... (they) are driven by real time auctions." In fact, Google uses its immense size and wealth and its uncontested market domination to control every step of buying and selling digital advertising and thus lay claim to the lion's share of all advertising.

Since 2001, Google has aggressively acquired digital display advertising technology companies that posed any threat. Google technology now powers the ad systems used to display ads on publisher websites; is used to offer those placements to the market for purchase (bidding), is the base for bidding on the placement of those ads; and is used for targeting consumers and tracking how those ads perform. Google is the auction, the auctioneer, the product, the buyer and the seller.

Putting an end to the abuse of power

The rejection of Google's abuse of power is growing in democracies around the world. The alarm we raised in our report has been subsequently echoed in recent reports in the United States Senate and the British House of Lords.

Australia is also taking decisive action to ensure a fair online market for media in that country. We believe – given our similar legal and federal political systems – that same approach should be adopted by the Government of Canada. That is the key recommendation of our report. It requires no government funding or new or increased taxes or user fees.

All it requires is for our MPs to quickly exercise their responsibilities to protect Canadians and Canadian businesses from the predatory and destructive practice of this powerful monopoly and thus ensure fair competition.

Interests as powerful as Google and Facebook won't allow this to happen without a fight. Based on their behaviour in other jurisdictions, like Australia and Europe for example, we can expect bare-knuckled lobbying and outright threats to follow.

As media publishers in Canada and Quebec, we will continue to champion the interests of local news and the communities we serve. We will continue to fight for women and men in newsrooms across Canada. Real journalists, reporting real news and using new, innovative ways of reaching their readers. We hope that by taking the legislative action we outlined in our report, MPs from all parties and all regions of Quebec and Canada will stand with us.

John Hinds
President and CEO of News Media Canada



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Les effets de la Covid-19 sur le déménagement en 2020

La crise sanitaire de la Covid-19 a affecté nos vies de manière importante, et a bousculé un grand nombre d'habitudes et de comportements, tant au niveau personnel que collectif. Nous avons voulu savoir comment ce changement majeur a impacté les Québécois en matière de déménagement, et ce, depuis l'instauration des restrictions sanitaires le 13 mars 2020. Le confinement les a-t-il poussés à déménager? Ou, au contraire, la pandémie décourage-t-elle les Québécois à déménager dans les mois à venir?

MovingWaldo a réalisé une étude visant à savoir de quelles manières la pandémie de Covid-19 a influencé le déménagement des Québécois, et de voir si le confinement a donné de nouvelles envies de déménager aux Québécois. Notre sondage maison a été répondu par 1530 personnes qui ont déménagé dans la dernière année, échantillon représentatif de la population québécoise affectée par les mesures sanitaires de 2020.

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Résultats de l'étude

L'étude révèle notamment qu'en 2020, 1 déménagement sur 10 fut causé par la Covid-19, et que près de 1 déménagement sur 5 le sera en 2021. En effet, 85% des Québécois ont dit avoir précipité leur décision de déménager en raison de la crise sanitaire. Il est également montré que 50% des déménagements ayant eu lieu en 2020 ont été incités par un désir de changer d'environnement. Par ailleurs, l'étude démontre que 67% des Québécois ont éprouvé du stress en déménageant lors de la pandémie de Covid-19.

Toujours envie de déménager?

Malgré les inconvénients évidents associés à la crise sanitaire, l'analyse du sondage confirme que les Québécois ont toujours la volonté de déménager. En effet, 22% disent vouloir déménager en 2021, dont la moitié prévoit même de le faire dans les 6 à 12 prochains mois.

Parmi ces déménagements prévus pour l'année 2021, 20% auront été motivés par la Covid-19. L'étude montre que 33% des Québécois âgés entre 18 et 30 ans éprouvent le désir de déménager

prochainement.

Ce qui pousse les Québécois à déménager

Parmi les révélations les plus parlantes du sondage, on apprend que 10% des Québécois qui ont déménagé en 2020 l'ont fait en raison de la crise sanitaire. Quelles sont donc les autres raisons qui ont poussé les Québécois à déménager en 2020?

- 75% Raisons personnelles (changement d'environnement, mariage, achat d'un bien, etc.)
- 15% Raisons professionnelles (opportunité professionnelle, relocalisation, etc.)
- 10% La crise sanitaire de Covid-19

Ainsi, mis à part les raisons d'ordre personnelles et des raisons d'ordre professionnelles, qui sont généralement les raisons derrière les déménagements, la pandémie de Covid-19 se présente comme nouveau critère important dans la décision de déménager.

Allant plus en profondeur, le sondage s'intéresse également aux différentes raisons liées à la Covid-19 qui ont poussé les Québécois à déménager. On constate alors que

- 37% Réduire le prix moyen de son loyer
- 31% Désir de vivre avec des proches
- 25% Occuper un logement plus grand
- 23% Partir en région / quitter la ville
- 12% Optimiser ses conditions de télétravail

À ce sujet, Renaud Thibault, propriétaire de RE/MAX D'ICI, a vu la valeur totale des propriétés vendues par son agence croître de 36% en 2020, contre 22% en 2019. Au-delà de l'augmentation de la demande de maison en banlieue de Montréal, les prix ont explosé de 20%, contre une croissance de 6% l'année précédente à Repentigny.

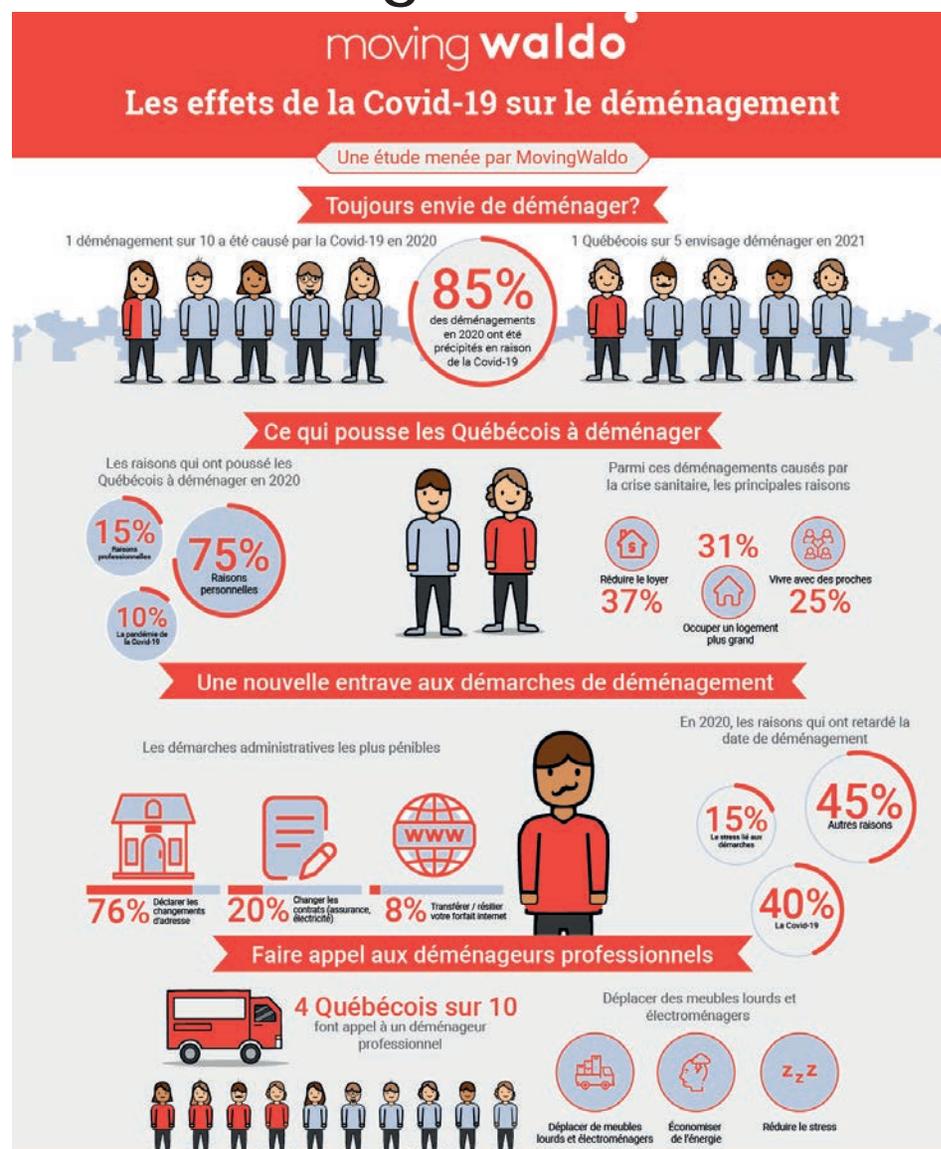
« Plus de transactions en banlieue, et plus chères. »

Selon lui, la hausse de la demande des maisons en banlieue motive des vendeurs plus âgés à se départir de leur résidence pour profiter de la surenchère des acheteurs montréalais. Selon l'homme d'affaires, ils quittent la ville dans l'espoir d'habiter une résidence plus spacieuse qui pourra mieux accommoder le télétravail.

« Les gens ont besoin d'air, et dans Lanaudière les maisons ont de l'espace à offrir. »

En analysant les données au Canada en 2020, voici deux observations faites par la startup :

- En raison de la pandémie, on observe chez les locataires un changement dans leurs préférences en matière de mode de vie. L'intérêt pour les unités locatives situées à proximité de parcs a augmenté de 8% entre le premier et le quatrième trimestre de 2020 à travers le pays, alors que l'utilisation du transport en commun a diminué de 24%. Il est encore trop tôt pour dire si ces changements sont temporaires ou non.
- La région de Montréal a connu une augmenta-



tion importante dans l'offre d'annonces de location de toutes les tailles dans la dernière année, alors que les locations de courte durée sont retournées sur le marché, que le télétravail a gagné en popularité et que moins d'étudiants ont déménagé en ville. On remarque une augmentation particulièrement importante dans la disponibilité de logements de petite taille, ce dont témoigne la baisse du prix de loyer durant cette période.

Une nouvelle entrave aux démarches de déménagement

La crise sanitaire a imposé de nouveaux obstacles aux Québécois dans leurs plans de

déménagement. En effet, on observe l'émergence d'un nouveau frein quant aux démarches de déménagement, soit la Covid-19, qui devient l'une des principales entraves en 2020.

Selon les réponses des participants, 40% des déménagements qui ont été retardés en 2020 l'ont été en raison de la Covid-19, alors que 15% ont été retardés en raison du stress lié aux démarches à faire.

Grâce aux réponses du sondage, on peut constater que les principales craintes liées au déménagement sont en lien aux démarches administratives (paperasse, résiliation de bail, etc.) à 30% et à la logistique (boîtes, meubles à démonter, etc.) à 30%. D'ailleurs, 76% des Québécois ont déclaré que parmi les démarches administratives en lien avec le déménagement, les changements d'adresse consistent en la tâche la plus pénible.

Faire appel aux déménageurs professionnels

Comme nous venons de le voir, un déménagement est un événement de grande importance, ce pour quoi plusieurs l'associent à une expérience stressante et épuisante. Est-ce la raison qui explique pourquoi les Québécois font appel à de l'aide professionnelle pour leur déménagement?

Notre enquête a justement permis de constater que 4 Québécois sur 10 font appel à une compagnie de déménagement professionnelle pour leur déménagement. Les principales raisons justifiant d'avoir recours à des professionnels sont:

- 71% Déplacer de meubles lourds et électroménagers
- 57% Économiser de l'énergie
- 50% Réduire le stress

Les Québécois sont d'ailleurs 67% à juger stressant un déménagement en temps de Covid-19.

L'aide de déménageurs professionnels n'est toutefois pas la seule ressource pour les Québécois. Effectivement, 60% d'entre eux font appel à leurs proches pour les aider à déménager: 71% comptent sur leur famille et 51% sur des amis.

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Le Québec en confinement

Un confinement et un couvre-feu sont en vigueur du 9 janvier au 8 février 2021 inclusivement* dans tout le Québec, sauf les Terres-Cries-de-la-Baie-James et le Nunavik.

Ces mesures sont en place afin de freiner la propagation du virus et protéger la population, dont les aînés, les personnes vulnérables et les travailleurs de la santé.

LE CONFINEMENT EN BREF



Rassemblements interdits

- Les rassemblements privés à domicile (maison et chalet) à l'intérieur ou à l'extérieur sont interdits.
- Il y a quelques exceptions :
 - un seul visiteur d'une autre adresse pour les personnes seules (il est demandé de toujours recevoir la même personne afin de limiter les contacts sociaux);
 - une personne proche aidante;
 - une personne offrant un service ou du soutien;
 - main-d'œuvre pour travaux prévus.



Déplacements non recommandés

- Les déplacements entre les régions et les villes sont non recommandés (sauf certains déplacements essentiels permettant aux étudiants, aux travailleurs, aux parents en garde partagée et aux marchandises de circuler).



Activités sportives et récréatives avec sa bulle familiale seulement

- Les activités sportives et récréatives doivent désormais se limiter à une même bulle familiale. Les activités telles que la marche et la pratique du ski alpin ou du ski de fond sont tolérées, à condition qu'elles soient pratiquées en bulle familiale ou en solo et qu'elles respectent le couvre-feu en vigueur.
- Une exception est également permise pour une personne habitant seule, qui peut alors pratiquer une activité avec une autre personne (idéalement toujours la même). Dans ce cas, une distance minimale de deux mètres doit être maintenue en tout temps.



Commerces ouverts pour les produits essentiels seulement

- Les commerces considérés comme non prioritaires doivent fermer leurs portes jusqu'à la fin du confinement. Ceux ayant l'autorisation d'exercer leurs activités doivent quant à eux offrir seulement des biens et services considérés comme essentiels.
- La cueillette à la porte est toutefois permise. Ainsi, il est possible d'acheter un produit en ligne ou par téléphone et de se le faire livrer ou d'aller le chercher sur place, sans entrer dans le commerce, en respectant les consignes sanitaires.
- Les salles à manger des restaurants demeurent fermées. La livraison, les commandes pour emporter et les commandes à l'auto sont permises. Durant toute la période du couvre-feu, seule la livraison demeure possible.
- Afin de s'arrimer avec le couvre-feu de 20 h, tous les commerces doivent fermer leurs portes au plus tard à 19 h 30.
- Durant la période du couvre-feu, les pharmacies et les stations-service demeureront ouvertes selon leur horaire habituel. Les pharmacies ne pourront vendre que des médicaments et des produits essentiels comme des produits pharmaceutiques, hygiéniques ou sanitaires. Les stations-service ne pourront vendre que de la nourriture, des boissons non alcoolisées, de l'essence et des produits pour véhicules routiers. Les stations-service ne sont donc pas autorisées à vendre du tabac et des produits alcoolisés durant la période du couvre-feu.



Télétravail obligatoire et réduction des activités

- Le télétravail est obligatoire pour les personnes qui travaillent dans les édifices à bureaux.
- Dans les secteurs manufacturiers et la construction, les activités sont réduites au minimum pour assurer la réalisation des engagements. Le télétravail est obligatoire lorsque possible et l'ajustement des quarts de travail doit être fait pour limiter les présences sur les sites de production et de construction au même moment.

Consultez [Québec.ca/confinement](https://quebec.ca/confinement) pour obtenir plus de détails sur l'ensemble des mesures en vigueur.



LE COUVRE-FEU EN BREF

On reste chez soi de 20h à 5h du matin

Durant le confinement, un couvre-feu est en vigueur de **20h à 5h du matin**. Pendant cette période, il est formellement interdit à quiconque de se trouver hors de son lieu de résidence ou du terrain de celle-ci, hormis dans les cas d'exception.

Exceptions permises

- Une personne dont la présence est essentielle sur les lieux de son travail ou qui doit assurer le transport de biens nécessaires à la poursuite des activités de son entreprise;
- Une personne qui se rend dans une pharmacie pour obtenir des médicaments ou des produits pharmaceutiques, hygiéniques ou sanitaires;
- Une personne qui doit se rendre à l'hôpital ou à la clinique, chez le dentiste, l'optométriste, ou en revenir;
- Une personne qui doit se rendre au chevet d'un parent malade ou blessé;
- Un étudiant qui doit participer à un cours du soir en présentiel ou à un laboratoire dans une école reconnue;
- Un parent qui doit reconduire ses enfants chez l'autre parent qui en a la garde;
- Une personne qui doit prendre un autobus assurant un service interrégional ou interprovincial, un train ou un avion pour se rendre, à la suite de son trajet, à sa destination;
- Une personne qui doit sortir pour que son chien puisse faire « ses besoins », dans un rayon maximal d'un kilomètre autour de sa résidence;
- Une personne qui se déplace pour se conformer à un jugement rendu par un tribunal, pour répondre à une assignation à comparaître devant un tribunal ou pour permettre l'exercice des droits de garde ou d'accès parentaux;
- Une personne qui doit accompagner une autre personne incapable de conduire pour se rendre à un rendez-vous médical;
- Un parent qui doit accompagner un enfant malade à l'hôpital;
- Une personne qui se déplace pour faire un don de sang à Héma-Québec;
- Une personne qui doit accompagner une autre ayant besoin d'assistance dans l'une des situations mentionnées ci-dessus (ex. : un parent qui doit reconduire son enfant adolescent au travail).

Une surveillance accrue et des amendes pour les contrevenants

- Les policiers continueront d'assurer le respect des mesures sanitaires et pourront intervenir si une personne se trouve à l'extérieur de sa résidence lors des heures non permises.
- Les contrevenants s'exposent à des amendes de 1 000 \$ à 6 000 \$ s'ils ne sont pas en mesure de justifier adéquatement la raison de leur sortie. Les jeunes de 14 ans et plus sont passibles de recevoir une amende de 500 \$.

Pour en savoir plus sur le couvre-feu, consultez [Québec.ca/confinement](https://quebec.ca/confinement)

Soyez là pour vous comme vous l'êtes pour vos proches

Il est possible que la situation actuelle suscite des émotions difficiles ou de la détresse. Il est normal de vivre un certain déséquilibre dans différentes sphères de sa vie. La gestion de ses pensées, de ses émotions, de ses comportements et de ses relations avec les autres peut devenir plus ardue. La plupart des gens arriveront à s'adapter à la situation, mais il demeure important que vous restiez à l'écoute de vos besoins. N'hésitez pas à prendre les moyens nécessaires pour vous aider.



Des solutions existent. Visitez [Québec.ca/allermieux](https://quebec.ca/allermieux) pour en savoir plus.

* Ce publiereportage contient l'information valable en date du 12 janvier 2021. Pour les dernières informations, consultez [Québec.ca/confinement](https://quebec.ca/confinement).

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

☎ 1 877 644-4545

Québec

Confinement in Québec

A confinement and a curfew are in effect across Québec from January 9 to February 8, 2021, inclusively,* with the exception of the Cree Territory of James Bay and Nunavik.

These measures are in place to slow the spread of the virus and protect the population, which includes seniors, at-risk individuals and healthcare workers.

THE CONFINEMENT AT A GLANCE



Gatherings are prohibited

- Private indoor and outdoor gatherings at homes and cottages are prohibited.
- There are a few exceptions:
 - One visitor from another address for people living alone (ideally, always the same person to limit social contacts)
 - One informal caregiver
 - Individuals offering services or support
 - Labourers for planned work



Travel is not recommended

- Travel between cities or regions is not recommended (except for essential travel for students, workers, shared custody and freight transportation).



Sports and recreational activities with members of the same household only

- Sports and recreational activities must be limited to members of the same household. Activities such as walking, downhill skiing and cross-country skiing are permitted, provided they are carried out individually or with members of the same household, and that the curfew is respected.
- An exception is also permitted for individuals who live alone, who may carry out an activity with another individual (ideally, always the same person). In this case, a minimum distance of two metres must be maintained at all times.



Commercial establishments open for essential goods only

- Non-priority businesses must close until the end of the confinement. Businesses authorized to continue their activities must offer only essential goods and services.
- Curbside pickup is still allowed. Products can be purchased online and delivered or picked up on site without entering the premises, in accordance with the health recommendations.
- Restaurant dining rooms remain closed. Delivery, takeout and drive-through orders are permitted. Only delivery will be possible during the curfew.
- To comply with the 8 p.m. curfew, all businesses must close their doors no later than 7:30 p.m.
- Exceptionally, during the curfew, pharmacies and service stations will remain open on the same schedule as usual. Pharmacies will only be allowed to sell medication and essential products such as pharmaceutical, hygiene and cleaning products. Service stations will only be allowed to sell food, non-alcoholic drinks, fuel and products for road vehicles. In other words, service stations are not authorized to sell tobacco or alcohol products during the curfew.



Mandatory teleworking and reduced activities

- Teleworking is mandatory for people who work in office buildings.
- In the manufacturing and construction sectors, activities must be reduced to a minimum to meet commitments. Teleworking is mandatory when possible and shifts must be adjusted to limit the staff present at any time on production and construction sites.

Visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement) for more information about the measures in force.



THE CURFEW AT A GLANCE

Stay home from 8 p.m. to 5 a.m.

During the confinement, a curfew is in effect from **8 p.m. to 5 a.m.** Quebecers must not leave their homes or property during this period, save for the exceptions below.

Valid exceptions

- A person whose presence is required at their place of work or who is transporting goods needed for the ongoing activities of their business.
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygiene or cleaning products.
- A person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office.
- A person who must visit a sick or injured relative.
- A student who must attend an in-person evening class or go to a laboratory in a recognized school.
- A parent who must accompany their child/children to the home of the other parent who has custody of them.

- A person who is going to take an inter-regional or inter-provincial bus, train or plane to their final destination.
- A person who must take their dog out to do its business, within a radius of no more than one kilometre from their place of residence.
- A person who must travel in order to comply with a court judgment, to respond to a summons to appear before a court, or to exercise custody or access rights as a parent.
- A person who must accompany another individual to a medical appointment if they are unable to drive themselves there.
- A parent who must accompany a sick child to the hospital.
- A person travelling to give blood at a Héma-Québec donor centre.

- A person who must accompany another person who requires assistance in one of the situations listed above (e.g. a parent who must drive an adolescent to their workplace).

Broader policing and fines for offenders

- Police will continue to ensure compliance with health measures and can intervene when individuals are outside their homes during curfew hours.
- Offenders can face fines ranging from \$1,000 to \$6,000 if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

To learn more about the curfew, visit [Québec.ca/en/confinement](https://Quebec.ca/en/confinement).

Be there for yourself like you're there for your loved ones

The current situation may cause emotions that are distressful or difficult to handle. Experiencing an imbalance in various facets of everyday life is a normal reaction. Managing your thoughts, emotions, behaviours and relationships with others may become more challenging. While most people will adapt to the situation, it is important that you listen to your needs. Take the necessary steps to get help if you need it.



There are solutions. Visit [Québec.ca/gettingbetter](https://Quebec.ca/gettingbetter) to learn more.

**This article contains information valid as of January 12, 2021. For the most up-to-date information, visit [Québec.ca/en/confinement](https://Quebec.ca/en/confinement).*

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

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Québec

We can't wait another 100 years to End Diabetes



(GLOBE NEWSWIRE) -- This year marks the 100th anniversary since the revolutionary Canadian discovery of insulin, but it is not a cure. Diabetes continues to take the lives of Canadians and the prevalence rates are alarming with one in three Canadians living with or at risk of diabetes and our youth aged 20 years old have a 50 per cent chance of being diagnosed with type 2 diabetes in their lifetime.

The COVID-19 pandemic is hindering care, heightening consequences, and putting people with diabetes at a three times higher risk of dying from COVID-19. With a sense of urgency and the understanding that despite the help of insulin, diabetes is successful at taking over the country, Diabetes Canada is launching a bold fundraising and awareness campaign, We Can't Wait Another 100 Years to End Diabetes.

"The discovery of insulin in Canada ranks among the leading achievements of medical research," says Laura Syron, President and CEO of Diabetes Canada. "Although insulin has enabled an incredible change in life expectancy and quality of life for millions of people around the world, it isn't a cure. It is a treatment. More than ever, the millions of Canadians with or at risk of diabetes need our support. We can't wait another 100 years and we hope Canadians will support us and help to end diabetes."

Beginning in January 2021 and running until 2022, the campaign will recognize the 100th anniversary of the Nobel Prize winning scientific achievement by Sir Frederick Banting, Charles Best, JJR Macleod and James Collip, while also reminding Canadians about the serious and sometimes deadly consequences of the disease and the success it continues to have in leading to other chronic illness including blindness, heart attack and stroke, amputation and kidney failure. Through the campaign, Diabetes Canada will engage in a national conversation: although the 100th anniversary is an incredible discovery; insulin is not enough. It's the starting line, not the finish line for diabetes.

As Canada's largest charitable organization dedicated to supporting people living with all forms of diabetes, which was started by Charles Best in 1940, Diabetes Canada is looking to mobilize other healthcare, research and community partners, industry, government, and all Canadians to finally end diabetes.

Banting House—the National Historic Site of Canada (owned and operated by Diabetes Canada)—is among the many engaging in the campaign. "While we have better insulin today than we did 100 years ago when it was first discovered, we still don't have anything better than insulin," says Grant Maltman, Curator of Banting House. "People living with diabetes from across the globe have visited the birthplace of insulin on a pilgrimage to see where the idea for their life-saving treatment was conceived and reminded us that the discovery itself is not the end of the story."

"The discovery of insulin has enabled me to live with diabetes for the last 20 years, but our country has done too little to maintain its position as a global leader in diabetes care as Canada ranks among the worst countries in the Organisation for Economic Co-operation and Development for the number of diabetes cases per capita," says Brooks Roche who is living with type 1 diabetes and who is a member of the Prime Minister's Youth Council from Charlottetown, PEI. "We owe it to our history and to our country to invest in a major systemic change to help End Diabetes."

Diabetes Facts:

- Close to 11.5 million Canadians are living with diabetes or prediabetes.
- Diabetes is the leading cause of vision loss and blindness in those 20-65 years of age.
- Diabetes contributes to 30% of strokes, 40% of heart attacks, 50% of kidney failure requiring dialysis.
- Diabetes is the cause of 70 per cent of all non-traumatic limb amputations.
- Having diabetes can shorten one's lifespan by five to 15 years.
- Diabetes is successful at taking money out of Canadians' pockets, costing \$30 billion dollars to treat.
- The ongoing pandemic has added to the anxieties around diabetes, with one-third of Canadians saying they are now more concerned about diabetes than they were before.
- Adults living with diabetes who contract COVID-19 are at greater risk of developing serious symptoms and complications, like pneumonia, and they are almost three times more likely to die in hospital.

About Diabetes Canada

Diabetes Canada is the registered national charitable organization that is making the invisible epidemic of diabetes visible and urgent. Diabetes Canada partners with Canadians to End Diabetes through:

- Resources for health-care professionals on best practices to care for people with diabetes;
- Advocacy to governments, schools, and workplaces; and
- Funding world-leading Canadian research to improve treatments and find a cure.



Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinémas Guzzo Team

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention



Dogs now trained to sniff out the coronavirus

Most have a 100% success rate

What does a pandemic smell like? If dogs could talk, they might be able to tell us.

Led by Dominique Grandjean, an international research team, at France's National Veterinary School of Alfort, has been training detector dogs to sniff out traces of the novel coronavirus (SARS-CoV-2) since March.

These detector dogs are trained using sweat samples from people infected with COVID-19. When introduced to a line of sweat samples, most dogs can detect a positive one from a line of negative ones with 100% accuracy. Across the globe, coronavirus detector dogs are being trained in the United Arab Emirates (UAE), Chile, Argentina, Brazil and Belgium. In the UAE, detector dogs – stationed at various airports – have already started helping efforts to control COVID-19's spread.

A keen nose

Detector dogs were able to detect SARS-CoV-2 in infected people when they were still asymptomatic, before later testing positive. When it comes to SARS-CoV-2 detection, we don't know for sure what the dogs are smelling. On average, dogs have about 220 million scent receptors.

The volatile organic compounds (VOCs) given off in the sweat samples are a complex mix. So it's likely the dogs are detecting a particular profile rather than individual compounds. Sweat is used for tests as it's not considered infectious for COVID-19. This means it presents less risk when handling samples. COVID-19 sniffing dogs in Australia

In Australia, the most common breed used for this work so far has been the German shepherd, with various other breeds also involved. Once operational, detector dogs in Australia could be hugely valuable in many scenarios, such as screening people at airports and state borders, or monitoring staff working in aged care facilities and hospitals daily (so they don't need repeat testing).

To properly train a dog to detect SARS-CoV-2, it takes:

6-8 weeks for a dog that is already trained to detect other scents, or
3-6 months for a dog that has never been trained.

To further reduce any potential risk of transmission to both people and dogs, the apparatus used to train the dogs doesn't allow any direct contact between the dog's nose and the sweat

sample.

The dog's nose goes into a stainless steel cone, with the sweat sample in a receptacle behind. This allows free access to the volatile olfactory compounds but no physical contact. Furthermore, all the dogs trained to detect COVID-19 are regularly checked by nasal swab tests, rectal swab tests and blood tests to identify antibodies. So far, none of the detector dogs has been found to be infected. Dogs are not susceptible to the negative effects of the novel coronavirus.

Hurdles to jump

Now and in the future, it will be important to identify any instances where detector dogs may present false positives (signalling a sample is positive when it's negative) or false negatives (signalling the sample is negative when it's positive).

We're also hoping our work can reveal exactly which volatile olfactory compound(s) is/are specific to COVID-19 infection. This knowledge might help us understand the disease process resulting from COVID-19 infection – and in detecting other diseases using detector dogs.

This pandemic has been a huge challenge for everyone. Being able to find asymptomatic people infected with the coronavirus would be a game-changer – and that's what we need right now.

A friend to us (and science)

Perhaps we shouldn't be surprised about dogs' ability to detect COVID-19, as we already know their noses are amazing.

Dogs can help detect hypoglycaemia in diabetics, warn people who are about to have an epileptic seizure and have been used to sniff out some cancers.

Just recently the Miami Heat basketball team is using these special dogs to sniff out fans that have COVID-19.

The coronavirus-sniffing dog idea has been put into place at airports in Dubai, United Arab Emirates, and Helsinki in recent months. At Heat games, fans arriving for the game will be brought to a screening area and the detector dogs will walk past. If the dog keeps going, the fan is cleared; if the dog sits, that's a sign it detects the virus and the fan will be denied entry.

Five types of digestive cancer have been linked to tobacco use

Quebec Council for Tobacco and Health observes Tobacco-Free Week



MARTIN C. BARRY
marty@newsfirst.ca

When most people think of the harm to health caused by tobacco smoking, what's perhaps more likely than anything else to come to mind are breathing-related health problems such as emphysema and lung cancer.

But how many are aware that smoking, as well as secondary smoke, can also cause five different types of cancers affecting the body's digestive system?

According to the Quebec Council for Tobacco and Health (CQTS), which marked Quebec Tobacco-Free Week recently, tobacco smoking and secondary smoke account for up to 44 per cent of the development of digestive system cancers, including cancers of the liver, rectum, pancreas, stomach and esophagus.

Digestive system cancers

"In Quebec, a significant proportion of digestive system cancers are linked to tobacco smoking," Annie Papageorgiou, executive-director of the CQTS, said during an online webcast. "These cancers have serious consequences. When you think about it, the risk is high, especially since these cancers can be avoided. We must inform and protect people from the harm done by tobacco."

According to the CQTS, one liver cancer in five and nearly half the cancers of the esophagus are caused by tobacco smoking.

In addition to this, digestive system cancers are associated with low survival rates. Generally speaking, these types of cancer aren't detected early enough because symptoms are usually not very apparent.

Quality of life impacted

"Blood in the stool and cancerous masses only appear during late stages of digestive system cancers," said Dr. Nicolas Benoit, a Montérégie-based gastroenterologist who took part in the webcast. When such cancers don't prove fatal, they often lead to other consequences that limit living life to the fullest.

For those who've smoked for years and don't think they can quit, the message from the CQTS is that giving up tobacco has long-lasting benefits that safeguard you from digestive system cancers.

Quebec film, TV and stage star Patrice Godin, who was the CQTS's official spokesperson for the anti-smoking campaign for a second consecutive year, delivered a personal testimonial on his own struggles to quit smoking.

Shortens the lifespan

"On average, smoking reduces a lifespan by 10 years," he noted. "That's a lot. That's why I was looking forward to being back for a second year as spokesperson. There is still so much work to be done to control tobacco abuse in Quebec. It can be through quitting tobacco, helping someone else to stop or raising the awareness of a young person to the importance of not starting to smoke."

"Effectively under the current circumstances, it is more important than ever to watch out for one's health," added Annie Papageorgiou, noting the risks of other types of cancer in conjunction with the ongoing COVID-19 pandemic.

Smoking and COVID-19

"Apart from digestive system cancers, tobacco abuse also affects the respiratory system and smokers are at a greater risk of coming down with a more severe form of COVID-19 than non-smokers," she said.

According to the CQTS, last year in Quebec 17 per cent of the population 12 years of age and older smoked, for a total of 1.2 million persons. That represents more than one person in six. In this respect, Quebec ranks higher than the Canadian average, which stands at 15.8 per cent of Canadians who are smokers.

Want to speak with a specialist to help you quit smoking? Call the I QUIT NOW helpline. It's free. Telephone support to quit smoking is available from the CQTS at 1-866-527-7383. Monday to Thursday: 8 A.M. to 9 P.M. Friday: 8 A.M. to 8 P.M.

TLN2902AntiTobacco1: In Quebec, a significant proportion of digestive system cancers are linked to tobacco smoking," Annie Papageorgiou, executive-director of the CQTS, said during the online webcast.

TLN2902AntiTobacco2: According to Dr. Nicolas Benoit, when digestive system cancers don't prove fatal, they often lead to other consequences that limit living life to the fullest.

TLN2902AntiTobacco3: "On average, smoking reduces a lifespan by 10 years," noted Quebec film, TV and stage star Patrice Godin, who was the CQTS's official spokesperson for the anti-smoking campaign for a second consecutive year.

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In Memoriam & Obituaries

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FLEURENT, James 2002 - 2021



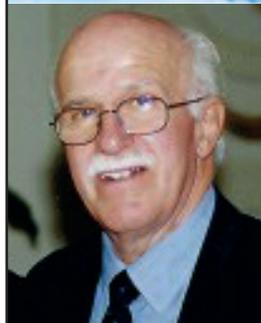
In Pointe-Claire, on January 23, 2021, at the age of 18, passed away James Fleurent. He will be sadly missed by his parents Melanie Dunnigan and Joël Fleurent, his sister Julianna, his grandparents Murray and Doris Dunnigan and Florence Martin, his aunts, uncles and cousins, as well as many relatives and friends.

PENCZAK (NÉE ST-LOUIS), Monique 1931 - 2021



It is with broken hearts and profound sadness that we announce the passing of our mother Monique at Lakeshore General Hospital on Wednesday, January 20, 2021 due to Covid 19. Exactly 22 years to the day that we lost our father, Alexander. She leaves behind to mourn her daughters Linda (Mike Jelley), Stefanie (Paul Pires) and son John (Danielle Lavigne). Grandchildren Michelle, Vanessa, Christopher and Alexander Survived by her sister Maureen Leduc and brother Ernie St. Louis and many other relatives from Eganville, Renfrew and Terrace Bay. Also many friends and neighbours who loved her dearly.

VANIER, Jean 1935 - 2021



He is survived by his children Constance, Natalie (Eugène) and Louis (Michelle), his grandchildren Natacha, Yannick, Camille, Émilie, Frédérick, Justine and Louis-Éric, as well as Tomas and Judith, his sisters Louise (late Germain), Pauline (Paul), and several nephews, nieces, relatives and friends.

TRISTER "Laddie", Lawrence 1930 - 2021



With a profound sense of loss, and immeasurable sadness, the family of Lawrence "Laddie" Trister announces his peaceful passing at home, on Saturday, January 16, 2021, at the age of ninety-one. Devoted husband of the late Joan (Rubman) Trister to whom he was eternally bonded for over seventy years. Loving father and proud father-in-law to his cherished children, Ronda and Dr. Arthur Swift, Ben and Emmanuelle (Fontaine) Trister.



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HOROSCOPE

Week of **JANUARY 31 TO FEBRUARY 6, 2021**

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS

♈ ARIES
Negotiating with people you love is always a delicate matter. You'll be much more vulnerable if you let your emotions get in-volved. Try to take a step back so you can see the situation clearly.

♉ TAURUS
Professional success is just around the corner. You'll manage to gather a large group of people for a particular event, and you'll benefit from great discounts that'll allow you to in-crease your profits.

♊ GEMINI
Your passions will be awake-ned, your mind will be filled with great ideas and all eyes will be on you. You'll be enthusiastically applauded, and you'll receive a medal or other type of award.

♋ CANCER
You'll find yourself spending most of your time at home or in the company of family members. Someone might ask you to take on some pretty hefty responsibilities.

♌ LEO
Bargaining during your next shop-ping trip could be advantageous. You only need to raise your voice slightly to be heard and respected. Don't hesitate to express your emotions out loud.

♍ VIRGO
Exercise is great for your health when done in moderation. You'll find people with whom you can enjoy an inspirational activity and discuss your spirituality.

♎ LIBRA
This will be a hectic week, especially if you have young children or an active social life. As for matters of the heart, you might experience a lot of passion while on a trip or romantic getaway.

♏ SCORPIO
The harsh winter weather could start to dampen your spirits. Fortunately, now's an excellent time to fire up your imagination and create a work of art.

♐ SAGITTARIUS
You'll find yourself surrou-nded by many people in situations that might be quite stressful or scary at times. Some down time before the end of the week will be crucial to recharge your batteries.

♑ CAPRICORN
You'll likely be given some very important new responsibilities at work. You'll be greatly appreciated, and people will go out of their way to do business with you because you're someone who can be trusted.

♒ AQUARIUS
You'll feel the desire to travel and explore. You'll be inspired by new adventures, each one more fantastic than the last. You might consider signing up for a training course.

♓ PISCES
Your emotions might run high if you experience a turbulent financial situation. Fortunately, a solution will quickly present it-self and you'll soon be back on the path to stability and success.

Coffee Break

CROSSWORDS

PUZZLE NO. 1018

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		

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ACROSS

- 1. Likewise
- 4. Word of lament
- 8. Sharp hit
- 12. Chinese sauce
- 13. Not early
- 14. Auto for hire
- 15. Climbing flower
- 17. Give out
- 18. Rules to follow
- 19. Elegant
- 21. Nonsupporters
- 24. Aim
- 25. Run into
- 26. Conduct, as business
- 30. Ruin
- 31. Get up
- 32. Hem's partner
- 33. Decoration
- 35. Mediocre
- 36. Auto's path
- 37. Eye ailments

- 38. Piles
- 41. Take legal action
- 42. Country singer Johnny ____
- 43. Last
- 48. Feel a dull pain
- 49. Public brawl
- 50. Flight record
- 51. Lads
- 52. Evergreen plants
- 53. Chair support

- 6. Had lunch
- 7. Shore
- 8. Swipes
- 9. Flees
- 10. Pivot point
- 11. Compassion
- 16. Prepare for print
- 20. Highway section
- 21. Bullets, e.g.
- 22. Far's mate
- 23. Gull-like bird
- 24. Pulverize
- 26. Government funds locale
- 27. Sailor's greeting
- 28. Brief follower
- 29. Duos
- 31. Berserk
- 34. Bows
- 35. Flower stalk

- 37. Hearts, clubs, etc.
- 38. Wound cover
- 39. Tex-Mex treat
- 40. Pale
- 41. Stash
- 44. Fib
- 45. Everything
- 46. Finger's opposite
- 47. Easter ____ hunt

DOWN

- 1. Beast of burden
- 2. Pronto!
- 3. Hue
- 4. Singing voices
- 5. Race units

Sudoku

PUZZLE NO. 742

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

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

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

Sudoku

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

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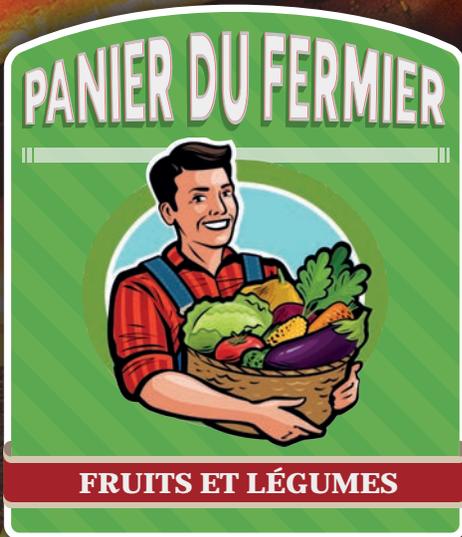
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This week's basket:

- Asparagus (white or green)
- Cauliflower
- Broccoli
- Squash
- Oranges
- Potatoes
- Brussel Sprouts
- Lemons
- Leek
- Green Onions
- Lettuce
- Avocados
- Cucumber
- Onions
- Bananas
- Dried figs
- Peppers
- Mystery item

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