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Ottawa unveils triple-headed strategy to soothe average Canadian's inflation pain

Quebec Lieutenant Pablo Rodriguez defends new approach – and mounting Liberal spending



MARTIN C. BARRY
marty@newsfirst.ca

As families in Quebec and other areas of Canada increasingly feel the pinch of inflation in the post-Covid economic era, last week the Trudeau government quietly announced new measures they claim will make life easier and more affordable for Canadians before the current year is finished.

During an interview with Newsfirst Multimedia earlier this week, Montreal-area Liberal MP Pablo Rodriguez, the Minister of Canadian Heritage and Quebec Lieutenant in the Trudeau government, maintained that the series of proposed measures had already been well received by economists.

Justifies new dental program

He cited the beginnings of a new dental insurance program as an example of something that could pay off in the long run by providing support so that families wouldn't have to give up some of their most important priorities to be able to afford others.

"I went to the dentist not too long ago, and my friend, you probably know this, it's expensive," said Rodriguez. "So sometimes people can't afford it. Quite often, actually. So, they make that decision, then you know what? They're going to sacrifice other stuff."

Regarding the Liberal government's rent subsidy program, he said they estimate it will help about 2 million people, who can expect to receive a "top up" of about 100\$ very soon from Ottawa. "We're working on the mechanism," said Rodriguez. "We'll have more details soon, but that's what it is."

Denies influence by Poilievre

According to recent news reports, newly-selected Conservative Party of Canada leader Pierre Poilievre claimed that his election was what actually motivated the Liberal government into finally taking decisive action against the country's mounting economic problems, including inflation.

"We started way before the election of mister Poilievre," Rodriguez responded. "We don't govern based on who's the leader of the Conservative parties. We govern based on the needs of Canadians. So, some of the programs that I've mentioned, like the increase of the pension, like the kind of workers benefit that the help of housing, you know, before the top up and many other programs were put in place way before mister Poilievre."

Defends spending record

Despite the new Conservative leader's further claims that the government's massive spending over the past two and more years may actually have been feeding inflation, Rodriguez defended the Liberal record, comparing it to the results obtained in the United Kingdom, following that country's strategy involving restrained spending.

"England, which is led by a Conservative party, didn't spend that much, okay?" he said. "Compared together, okay, well, they have an inflation around 22 per cent. It's crazy inflation. So no, we invested in Canadians view because we had to."

"We invested in our businesses because we needed them to stay alive. How do you want to rebuild the economy if your businesses are not there anymore, especially in small and medium

size fences? So, we invested. It wasn't perfect, we know that. But I think we invested smartly and Canada is considered among the top."

Three new measures

According to the PMO, the government's first pieces of the new strategy, to be introduced in the upcoming parliamentary sitting, would include the following measures:

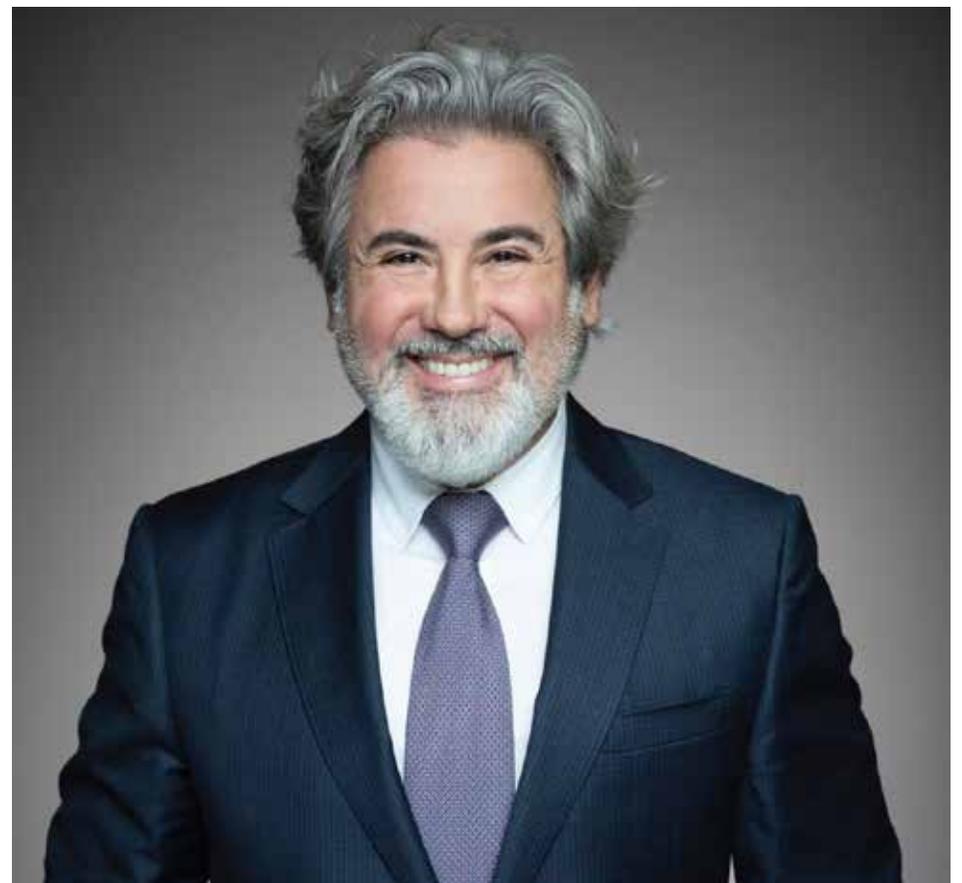
- **Double the Goods and Services Tax Credit (GSTC) for six months**, delivering additional financial help to roughly 11 million individuals and families who receive the tax credit, including about half of Canadian families with children, and more than half of Canadian seniors. Single Canadians without children would receive up to an extra \$234 and couples with two children would receive up to an extra \$467 this year. Seniors would receive an extra \$225 on average.
- **Provide a Canada Dental Benefit to children under 12 who do not have access to dental insurance, starting this year.** Direct payments totalling up to \$1,300 per child over the next two years (up to \$650 per year) would be provided for dental care services. This would be the first stage of the government's plan to deliver dental coverage for families with incomes under \$90,000, and would allow children under 12 to receive dental care while the government develops a comprehensive national dental care program, as previously pledged following an agreement the Liberals made with the NDP in exchange of support in Parliament.
- **Provide a one-time top-up to the Canada Housing Benefit to deliver \$500 to 1.8 million Canadian renters.** This element would more than double the Liberal government's Budget 2022 commitment, reaching twice as many Canadians as initially promised. The new one-time federal benefit would also be in addition to the Canada Housing Benefit currently co-funded and delivered by provinces and territories. The federal benefit would be available to applicants with an adjusted net income below \$35,000 for families, or below \$20,000 for individuals, who pay at least 30 per cent of their income on rent.

According to the Liberal government, doubling the Goods and Services Tax Credit for six months will provide \$2.5 billion in relief to those who qualify for it. As well, the Canada Dental Benefit would deliver over \$900 million to support dental health, starting in 2022-23.

National dental coverage

The Canada Dental Benefit would provide direct payments to eligible applicants totalling up to \$650 per year per child for dental care services for applicants with a family income under \$70,000, \$390 for those with a family income of \$70,000 to \$79,999, and \$260 for those with a family income of \$80,000 to \$89,999. However, parents or guardians of eligible children would need to apply to access payments.

The government said that a new national dental program is under development, with the goal of expanding dental coverage to under 18-year-olds, seniors, and persons living with a disability in 2023, with full implementation for all families with incomes under \$90,000 by 2025.





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The Shield of Athena launched a new multilingual public awareness campaign on family violence, "For the love of women", on March 10, 2022. Its goal is to assure that all Canadians can access important information.

Through its content, recipes from many countries, it touches diverse ethnic groups and communities in Canadian society.

For 12 weeks, readers will be introduced to a new recipe from the world's kitchen in Farsi and ten other languages!

Stay tuned every other Monday, and visit our YouTube page for more information.



Week 4 - Arancinis

This week's fabulous recipe is **Arancinis** from an Italian kitchen.

See how it's made on the following link:
<https://www.youtube.com/watch?v=CJw8UjyOzMc>

Along with other international recipes, it is part of the Shield of Athena's new outreach campaign, "For the love of women".



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Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising Consultants:

Peter Stavropoulos
peter@newsfirst.ca

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Maria Diamantis
Renata Isopo
Robert Vairo

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OPINION & Editorial



On International Day of Older Persons 2022, let's stop treating seniors as if they have one foot in the grave, the other on a banana peel

We are, all of us, aware that time does not exclude anyone from its impact on mind, heart, and soul. On the timeline of life, everyone transitions from "growing up" to "growing older". It's hard to pinpoint when that happens, but like terrorism, porn, or plain old creepiness, even if you can't describe it, you will know it when you see it. But to prevent getting down, we must be optimistic.

And this, despite the prevailing informed opinion on the part of many, that days or weeks designated to mark specific aspects of the human condition, are more sizzle than meat, as too much of the hullabaloo is just a smoke screen to distract from problems that plague the people being celebrated. Yes, the problems will forever persist in varying degrees of gravity, but there are lights at the end of the tunnel, beams of hope that the future will be better than the past.

Consider that for bad things about aging, there are counter-balancing good things. Our body deteriorates? Upon waking up in the morning, we're ahead of the game! Living on fixed income? Two words: compound interest! No one takes us seriously? We don't care! People tired of hearing talk of the way things used to be? It doesn't matter. Getting set in our ways? Chalk it up to character traits through the filter of time. Get the point? Besides, it isn't so bad maturing along with buddies who, for the most part, are getting older at about the same rate. Yes, it would be nice to be able to bend down to pick up quarters, or eating ice cream without wondering whether that will be the one to make you diabetic. But if living best is sweet revenge, just enjoy the ride, see what life brings, a pretty good philosophy no matter what the age. Keep it simple, don't over-think this whole thing.

Whether older or not, it's a blessing to have people of all ages around us, and that includes folks that come from family, friends, or simply general acquaintances. But much-too-often, because of circumstances beyond their control, too many older people's needs and rights are neglected or ignored at best, and sadly, denied at worst, by a world that seems to care only about

them as consumers. Despite lip-services uttered by politicians, business leaders, institutions and some, but certainly not all, churches synagogues, mosques, community organizations and younger generations – older people are not helpless souls who have one foot in the grave and the other on slick and thick banana peels.

Grandparents should be fully recognized, appreciated, and sought for their priceless wisdom, hard-earned experience, and delightful storytelling. If given time-of-day, even occasionally, older people can inspire peers and others to continue striving for better ways to live, in celebration of the gift of life. They can also help turn lives around by warning of perils which are not in the viewfinder of most, if not all, younger people.

Very often, with little or nothing to lose because they've been here, there, everywhere, and back, older people are a rich source of guidance on myriad realities that they have confronted, challenges which now stare younger generations in the face, rosy-cheeked and unlined as those faces may be.

What a terrible thing it is to waste older minds, hearts, souls, out of avoidable, preventable disregard bordering on disrespect. But make no mistake, it doesn't have to be this way. Yes, it's grand that the world has marked International Older Persons Day for 31 years, but it's time for older people to be welcomed into all lives every single day, lest it be forgotten that without them, none of us would be here.

Shout out to the United Nations for establishing International Day of Older Persons, proclaiming, in 1990, its intentions to promote "the full and equal enjoyment of all human rights and fundamental freedoms by older persons," following that seminal initiative with adoption of October 1 as the day on which the international community would annually highlight older persons, world-wide, starting with the first-ever International Day of Older Persons 1991.

On the happy occasion of the 31st anniversary of International Day of Older Persons, Parc-Extension News gladly and proudly reminds its

readers and friends that we've been here for you, are here for you, and will be here for you as we have been for 29 years in service to the minds, hearts, and souls of the multiple hundreds of mature and maturing men and women who have relied on us for support through editorials and informative reports that relate to and respect the needs and rights of people of senior age, always in the spirit of giving, receiving, sharing, and promoting the hopeful realization that the best is yet to come.

Please accept our best wishes for another year, and many more after, in celebration of the richness of life in the company of family and friends. Rest assured that at Parc-Extension News you will find friends among staff and management and, more enriching than that, you will vicariously share with other readers the benefits of friendship – a blessing you have earned and a privilege joyfully provided by our editorial board. As you will recall, we were honoured to celebrate the life-long contributions towards making the world a better place in which to live, learn, and love - in our Mature Life Series of 2020-21.

For this, all members of Parc-Extension News Older Persons Family are granted a well-earned Lifetime Achievement Award, in recognition of your valiant efforts to stay focused on truth, self-awareness, and a warm sense of humour, placing these virtues at the forefront of your hopes and aspirations for what lies ahead for them:

In celebration of International Day of Older Persons 2022, you're invited to rejoice in these undisputed truths: You're only young, but you can stay young forever. The tragedy of life is not that it ends so soon, but that we wait too long to begin it.

As this is the first day of the rest of your life, welcome it and the rest of days with open arms and smiles that brighten the world. Getting older must not be regretted, for it is a privilege and gift denied to many.

Renata Isopo
Renata@newsfirst.ca

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Montreal will hold a summit on construction sites in 2023



Projet Montréal had pledged to hold such a summit in the first six months of a second term, which began in November 2021. Last week, the opposition harshly criticized this omission.



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

It is a recurring favourite topic of conversation and outrage among Park-Exers suffering from construction work when the weather improves. A borough like Park-Extension being more crowded creates a variety of traffic headaches when construction starts. Projet Montréal had committed to holding such a summit in the first six months of a second term, which began in November 2021. Last week, the opposition in the Montreal city hall harshly criticized this omission.

Montreal will therefore hold a major summit on road construction sites next year to find solutions to the omnipresence of orange cones in the metropolis, announced the Plante administration on Tuesday, September 20th.

The event will bring together the central city

and the districts, but also major public and private clients. "We are coming out of COVID, and we are seeing construction sites resuming, so in 2023, we will be able to hold this summit on construction sites," explained Émilie Thuillier, head of infrastructure on the executive committee of Valérie Plante. "In Montreal, only 30% of the work on our streets is done by the City and its boroughs. And therefore, 70% comes from other work providers. Thuillier assured that the City of Montreal was already doing everything in its power to coordinate construction sites to the best of its ability. "Is it easy to manage? Nope! Because we are dependent on the changes, the deadlines of other major contractors," insisted Thuillier.

It remains to be seen how effective such a summit will be for the residents of the aging Park-Extension. Montreal was unceremoniously baptized orange cone city, with the organizers of the *Fête Nationale* parade in Montreal even including a group of orange cone people in it.



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Montreal asks the Government of Canada to reign in Canada Post

Publisacs should be optional, insists the city



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

They are omnipresent in Park-Extension as well as in all the other boroughs of Montreal. The famous, or infamous from an environmental standpoint, Publisacs. The City of Montreal is calling on Ottawa to intervene to prevent Canada Post from distributing the Publisac, a measure that would allow TC Transcontinental to circumvent its municipal by-law aimed at limiting the distribution of famous bag of advertising inserts.

The elected officials unanimously adopted a resolution to this effect, Monday September 19th, during the municipal council of the city.

“For us, this is absolutely unacceptable. This is not acceptable on the principle of ecological transition. For me, that goes against the principle of municipal autonomy. Our regulations, we do not make them for fun,” said an exasperated Valérie Plante, mayor of Montreal.

Last April, the City adopted an “opt-in” regulation under which only addresses that request it will continue to receive the Publisac. The meas-



ure is expected to come into force next May.

However, at the beginning of the month, the media revealed that TC Transcontinental, the manager of the Publisac, would have entered into an agreement with Canada Post in order to circumvent the regulations. The Crown corpor-

ation would receive the mandate to deliver its advertising brochures this fall.

“I repeat! Those who want it will get it and those who don’t want it won’t. But we cannot force people to receive advertising material,” added Ms. Plante. During a public consulta-

tion in 2019, 82% of Montrealers were in favor of the “opt-in” formula. The Plante administration wishes to remind Canada Post of this proportion, believing that it has the population behind it.

“I can’t believe that in 2022, we have to fight to enforce a desire to tackle waste,” said Ms. Plante, indignantly, and said she was worried that a municipal by-law could thus to be “scorned”.

Currently, approximately 800,000 Publisacs are distributed each week in Montreal, or more than 40 million per year. “If the federal government does not intervene with Canada Post, it would be opposing the will of thousands of Montrealers, and a setback in our efforts to reduce the waste materials generated,” said Stéphanie Valenzuela, on the side of the opposition.

In addition to its agreement with Canada Post, TC Transcontinental launched a lawsuit against the City of Montreal in June to bring the court to rule on the legality of the regulations. Last April, however, the Superior Court ruled, in another TC Transcontinental lawsuit, in favor of the City of Mirabel after the municipality adopted a similar by-law in 2019.

Park-Ex cracks down on owners with accumulating garbage

“We are actively patrolling and ticketing owners who do not respect the regulations” says Mary Deros



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

The subject has dominated the news for quite a few months now. Garbage left in private properties that accumulated and festered in the heat. A local group of concerned citizens joined with city counselor Mary Deros to tackle the problem and pressure the city to do something about it.



Just during the 3-week blitz in August, more than 387 searches were carried out by the inspection teams.

After a successful media blitz, the city listened. Cleanliness inspections were carried out in Parc-Extension in June, July, and August this past summer and City counsellor for Park Extension, Mary Deros provided Park-Ex news with actual numbers.

The number of inspections reached 87 in June and 43 in July. The number of non-compliance notices were 34 in June and 17 in July and finally the number of findings of offence were 6 in June and 2 issued for July and a few being drafted for July.

However, the big operation happened in August. During the week of August 1, a team mobilized to carry out inspections, started with rue de Liège and then proceeded to inspect in the quadrangle north of rue Jarry between rue Querbes and rue de l’Acadie. The last two weeks, the borough has added two teams to have 3 operating at the same time. The work was carried out over a period of 14 days.

Just during the 3-week blitz, more than 387 searches were carried out by the inspection teams. The borough issued 66 notices and 109 statements of offence in the Parc-Extension district alone. In addition, the Park-ex partner organization Ville en vert distributed more than 1,000 door-to-door notices in addition to raising awareness in certain sectors of the neighbourhood. The city then took the opportunity to distribute the collection schedule again (in English and French).

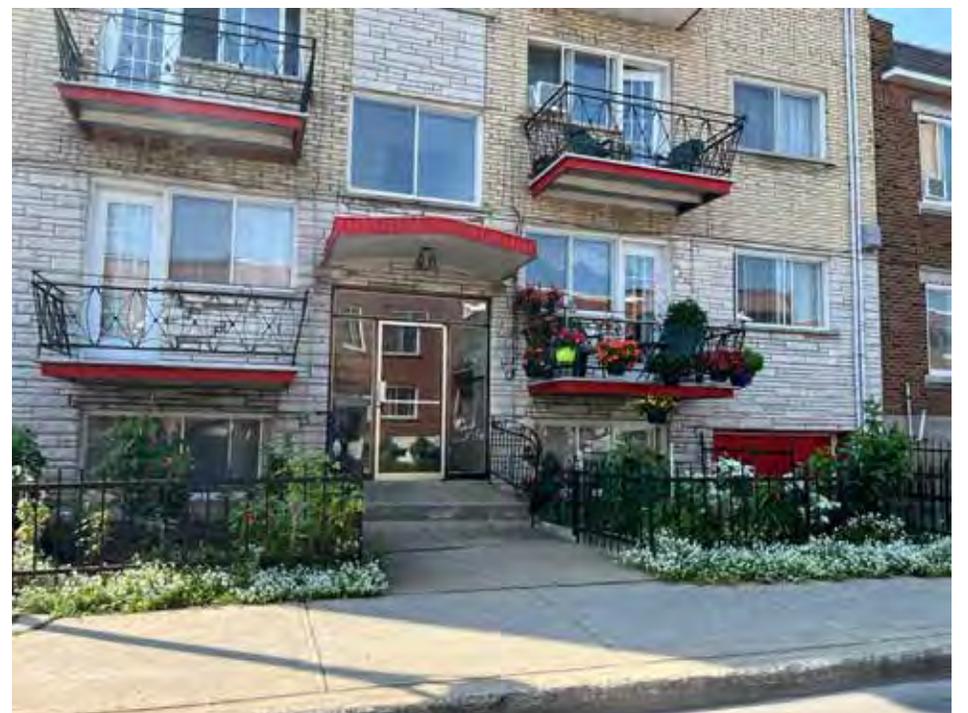
The total number of inspections carried were 520 with 120 notices of non-compliance and 115 statements of offence given.

“We are actively patrolling and ticketing

owners who do not respect the regulations. However it is not possible to ticket an owner just because 2 days ago he left some garbage out.” Said Mary Deros

Deros has also ramped up efforts to praise and promote well kept and beautiful gardens

of her constituents as a means to encourage the others to care about the borough by keeping clean and beautifying their properties. Uploads to her Facebook page showing of beautiful and well kept properties have been gathering a lot of likes and positive attention.



Deros has been uploading pictures of well kept properties encouraging other owners to beautify theirs as well.



ELECTIONS 2022



A family doctor for all, promises Dominique Anglade



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

A Liberal government promises to offer a family doctor to all Quebecers who want one.

This is what the leader of the Quebec Liberal Party (PLQ) is promising making this issue a “flagship commitment” of its electoral platform in view of the elections of October 3.

Denouncing that the fact that the waiting list for a family doctor has increased from 400,000 to one million people since 2018, Dominique Anglade criticized the government of the Coalition avenir Québec (CAQ) for having “abandoned Quebecers” on this issue and to have “changed the rules of the game”.

“The CAQ is simply trying to circumvent the problem by offering consultations without an appointment, without guarantee of care and follow-up,” says Ms. Anglade.

“We cannot give up like François Legault does simply because the objective is difficult to achieve,” she insisted.

Ms. Anglade criticized the Legault government for allowing the health system to deteriorate.

Referring to the disruptions in services and the emergencies that had to close for lack of personnel, the leader of the PLQ stressed that the pandemic, on its own, could not explain the setbacks of public health.

Health access

Anglade, proposes a model that she calls Health Access, thanks to which people will have “their” family doctor, nearby, in a team of health professionals including nurses and social workers.

To succeed where the model of family medicine groups (GMF) does not seem to succeed, the Liberals first intend, unlike the CAQ, she underlines, to recognize that there is a shortage of doctors and nurses and speed up recruitment.

The Liberals also want to re-evaluate the activities of family doctors in hospitals, reduce the administrative burden on nursing staff, increase the number of medical clinics in the regions and work on the attractiveness of the profession.

Dominique Anglade recognizes that the commitment is ambitious. She did not give a horizon to empty the waiting list of the access counter to a family doctor.

However, it targets three clientele as a priority, namely seniors, mental health cases and chronic illnesses, which it estimates represent a third of the million Quebecers currently waiting.

Access to a family doctor is in her eyes the most essential problem to be solved, Ms. Anglade promised the addition of 1000 doctors

over the next five years. Her party also wants to increase the number of specialist nurse practitioners from 1,000 to 3,000.

It is sure that it will require to reopen the agreements, in particular with the family doctors, she explained. Some of the specific activities carried out today in hospitals [...] could be carried out in the clinic, she argued.

“We must give ourselves a horizon of at least one term,” she added, announcing her intention to reach out to the Federation of General Practitioners of Quebec.

More beds

To remedy the problems of hospital capacity, the PLQ has undertaken to add 2,000 beds in hospitals to the 2,000 already planned by the outgoing government, for a total of 4,000. A Liberal government would thus add 6 billion dollars in infrastructure in the Quebec Infrastructure Plan (PQI) to fulfill this promise.

Asked about the means that the PLQ intended to deploy to finance these measures, Ms. Anglade assured that she was able to fit into the envelope.

You don't need extra money; we need reorganization, she suggested. With a different approach, we will use the same amount of money to achieve this.

End to compulsory overtime

In order to ensure that it has the necessary personnel to welcome these new patients, the

PLQ intends to put an end to compulsory overtime and adopt a law for the implementation of a professional-patient ratio.

The Liberal leader also intends to act to increase the number of registrations in medicine and nursing programs and accelerate the recognition of diplomas.

The political party also promises to make a big catch-up of the surgeries that have been postponed, in particular by having recourse to the private sector, and this, at no cost to patients.

Telemedicine accessible to all

The Liberal Party would set up a mobile application that would allow patients to interact with the professionals of its Health Access Team. This new tool would be free and “easy to use” for everyone.

Facilitating organ and tissue donation

The Quebec Liberal Party intends to establish a presumption of consent in the event of death.

A public psychotherapy program

A Liberal government would establish a public psychotherapy program to ensure universal access.

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ELECTIONS 2022



Québec solidaire wants public health independence



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

National Public Health has experienced “difficult” times and lacked efficiency during the COVID-19 pandemic, analyzed recently, a candidate for Québec solidaire and former regional director of public health. The party proposes to improve the independence of health authorities by reopening the Public Health Act.

“National management was a bit difficult,” agreed Dr. Yv Bonnier-Viger, who until recently held the position of regional director of public health for Gaspésie-Îles-de-la-Madeleine. “The independence of National Public Health is critical to being able to provide autonomous advice to decision makers.”

The co-spokesperson for the political formation Gabriel Nadeau-Dubois was flanked by seven candidates, including Mr. Bonnier-Viger and the former regional director of public health in Estrie, MéliSSa Généreux.

In the eyes of Dr. Bonnier-Viger, the decisions of the national director of public health – first Horacio Arruda, then Luc Boileau – during the

two years of the pandemic “were not effective.”

“You may remember that at a press conference, the Legault government announced that it was going to make vaccination compulsory [for health network employees]. We have experience based on several years of good practice, and persuasion gave better results in terms of prevention,” he underlined.

Mr. Nadeau-Dubois intends to “give back all its letters of nobility” to this apparatus of the Québec state. “The perception of a lack of distance between political power and public health is widespread in Québec,” he said, flanked by his “health team”. A united government would therefore modify the law so that the General Directorate of Public Health of Québec reports to the National Assembly rather than to the Ministry of Health and Social Services.

811 and CLSC's as the first line

Québec solidaire also pledged to make 811 the new first line for health care, in particular by allowing it to be used for making appointments. According to this model, Québecers could call “811 2.0” to be directed to the appropriate establishment.

QS is also reiterating its long-standing promise to open CLSCs 24 hours a day and “upgrade” their use by patients.

The party promises to recruit more nurses to achieve this, and estimates the cost of these measures at \$500 million a year.

“The quality of health care in Québec is good. The problem is access to care: it’s too complicated to enter the health system,” said the Mr. Nadeau-Dubois.

Mental health and dental coverage

Public coverage of mental health services would be offered so that all Québecers have access to psychosocial intervention members. The party would also set up a public, universal and free dental insurance.

Implementation of a public and universal prescription drug insurance plan

Québec solidaire is committed to setting up Pharma-Québec and a public, universal prescription drug insurance plan. Pharma-

Québec would create a local production center for vaccines, generic drugs and health equipment.

Free contraception

Québec solidaire is committed to making contraception free and eliminating the “pink tax”. Access to menstrual hygiene products would also be free.

Making mental health services accessible

QS would invest \$280 million so that mental health care “is no longer a luxury”. These sums would be used to increase the salaries of psychologists in the public sector and to hire 900 new psychologists and 1,000 professionals who can provide psychotherapy services (social workers, psychoeducators, sexologists, etc.).

Conservative Party of Québec health plan



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

The health presented until now by the Conservative Party of Québec, has more promises than any other party.

Changing how hospitals are funded

The PCQ would change the method of financing several hospital centers in Québec by putting an end to the system of fixed budgets and by allocating resources to them based on the number and quality of cases treated in previous years.

Digitize the healthcare system

The PCQ is committed to computerizing the health system, with technology that will be based, among other things, on the Alberta Netcare Portal (ANP) system.

Decentralize the health system

A Duhaime government would establish competition between health establishments and make more room for the private sector to improve the efficiency of care. It also plans to significantly reduce the number of deputy ministers and assistant deputy ministers in the Department of Health.

Privatize part the health system

The Conservative government would allow mixed practice for doctors. It would set up pilot projects to entrust the administrative management of certain hospitals to private institutions and would launch a pilot project for an entirely private hospital.

Reimburse private medical care

Under the Conservatives, the RAMQ could reimburse medical care provided by the private

sector after waiting times in the public deemed unreasonable or if they are less expensive than in the public. Québecers would also be allowed to voluntarily subscribe to private supplementary insurance covering medical and surgical procedures.

Increase the number of doctors

Éric Duhaime would increase university medical admissions from 300 to 500 per year in addition to increasing the number of super nurses to reach a ratio similar to that of Ontario in his first term.

Home care insurance

Québecers would be offered insurance coverage for home care and long-term care through state or private insurance.

Protect civil rights

The PCQ intends to include in the Public Health Act the primacy of the Québec Charter of Rights and Freedoms over any other legislative provision. The continuation of the state of health emergency beyond 30 days would require the agreement of 80% of the elected members of the National Assembly, a commitment which would be renewed every 30 days.

Transparency of contracts

Contracts without a call for tenders would be made public each time the state of health emergency is renewed.

Promote access to gymnasiums

The PCQ promises a tax credit of \$500 to anyone who buys a gym membership or a sports team. The political party also intends to make 30-minute physical education sessions compulsory every day of the week, from kindergarten to the end of secondary school. The Québec sales tax (QST) would finally be suspended on sports equipment and subscriptions to a sports activity.

A Mental Health Summit

A PCQ government will hold a Mental Health and Youth Summit within the first 100 days of its first term.

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ELECTIONS 2022



CAQ promises funding and a health care agency reform



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

CAQ Leader François Legault promised an additional \$400 million to recruit 660 doctors and 5,000 health professionals if he's re-elected premier. He also blamed the COVID-19 pandemic for his failure to implement last election's health-care promises — such as ensuring all Quebecers have access to a family doctor.

"It's only normal that with the pandemic we weren't able to do what we would have if there hadn't been COVID, and I think everyone understands that," he told reporters.

"It's not unique to Quebec; we see that in other provinces and other countries."

He was joined by several candidates including outgoing Health Minister Christian Dubé, who said the party is avoiding making false promises on health care to voters. Dubé says voters have become jaded from politicians who have made big health-care commitments and failed to follow through.

"In health care, there have been a lot of promises that have been made that were not

achieved," said Dubé, who announced a health reform action plan earlier this year.

Labour reform

One of the keys to that plan is labour, and he said the CAQ will intensify efforts to counter the shortage of health workers by winning them over with small successes that will help bring workers back to the network. He said the goal is to make the public system the first choice for health workers.

There are 11,000 positions unfilled in the public health-care network, but the CAQ says it will hire 27,000 people over the next four years to address retirements and departures.

"There's no magic solution, but if Quebecers, the patients and health employees see small successes, these successes bring about others that will permit us to bring people back," he said.

Legault defended his promise to cut income taxes, despite the problems in health care. "I think we need to do both and we're able to do both," Legault said.

New health care agency

Outgoing health minister Christian Dubé has promised to "de-bureaucratize" the province's health-care network by creating a new government agency to co-ordinate operations, if his ruling Coalition Avenir Québec party is re-elected Oct. 3.

Dubé, who is seeking re-election in October,

made the announcement to journalists.

"We've all seen the shortcomings of our health system during the pandemic. Everyone agrees we must change the way things work in health and social services," Dubé said.

The agency would be called Santé Québec and "will have the mandate to co-ordinate the operations of the health system while the Ministry of Health and Social Services will focus on its role of planning, orientation, measuring the system's performance and budgeting."

Dubé, who is the MNA for La Prairie, said the agency would help "de-centralize" and "de-bureaucratize" the system, giving as an example the COVID-19 vaccination campaign in Quebec.

Agency is not a reform...

While the Quebec Immunization Committee provided clinical guidance for the campaign, a separate team was in charge of operations, he explained.

"The idea is not to embark on a major reform of structures that would upset everything on the ground."

He said the agency would empower local health board directors to act on decisions more quickly. The Health Ministry's response to COVID-19 at the beginning of the pandemic was heavily criticized, namely for its lack of decisive actions.

Quebecers and health-care workers have

become wary of big and ambitious projects, after several large-scale reforms meant to streamline operations ended up creating large-scale disruptions and worsening staff shortages.

Creation of the "Votre Santé" platform

The "Votre Santé" platform will allow Quebecers to obtain a medical appointment in person or via telehealth in a single step. The service will be available on the Internet or accessible by telephone for those less comfortable with technology.

Creation of private medical centers to reduce pressure on hospitals

If re-elected, the CAQ would set up a new concept of private medical centers in the East of Montreal and in Quebec in which medical services would be reimbursed by the Régie de l'assurance maladie du Québec (RAMQ).

Home hospitalization

A future CAQ government would make home hospitalization accessible in all healthcare facilities by 2026. The first five home hospitalization units would be deployed in the Greater Montreal and Capitale-Nationale regions by the end of 2023. All health facilities would offer this new service by 2026.

\$500 million for CLSCs to put an end to private agencies



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

The Parti Québécois wants CLSCs to once again become the gateways to the health care system and promises to increase their budget by \$500 million. He believes he can thus be able to completely stop the use of private agencies, and this, in a first mandate.

The party intends to improve the resources of these health facilities located throughout the province to relieve emergency room congestion and facilitate access to primary care. At the same time, the working conditions of nurses would also be improved.

The party also promises to abolish mandatory overtime and would adopt a law defining professional/patient ratios.

"Under the CAQ, the CLSC model has been undermined," says Chief Paul St-Pierre Plamondon, who adds that François Legault's party was unable to maintain services in rural CLSCs

Moreover, the party proposes to create a special status for rural regions. "You have to give incentives," the chief explained. This status would make it possible to grant specific bonuses or negotiate collective agreements differently.

He wants to put an end to the "wall-to-wall" approach and return to an approach adapted to each region.

Reform of salaries for doctors

A PQ government would reduce doctors' compensation to reinvest the funds elsewhere in the health care system.

PQ leader Paul St-Pierre Plamondon is counting on a drop in the salaries of practitioners, in addition to a better use of resources.

"It will lead to lower costs. And therefore, we will have more money to reinvest in the health care system," said Mr. St-Pierre Plamondon.

For the moment, in Quebec, doctors make most of their money by performing medical procedures. In 2019, general practitioners in Quebec earned an average of \$274,000 per year, according to the Canadian Institute for Health Information. In 2021, more than 7.5 billion dollars have been invested to pay the medical profession.

"In Ontario, part of the remuneration is linked to the care of patients. The caquist leader, François Legault, had pledged in 2018 to imitate Ontario by establishing a mixed system; he hasn't done it yet. The fee-for-service system has never been reformed," observes "PSPP". "It costs us a lot more than if we [operated] by capitation."

A PQ government would negotiate new agreements with the professional orders of physicians to set new coverage rates, without however completely abandoning fee-for-service. Such a proposal would not discourage professionals who wish to enter medicine. "There are several doctors in favor of a public and accessible system," he notes.

The leader of the PQ, also plans to reduce the share of the private sector in the health network.

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Legislation to create a new **Canada Disability Benefit** begins second reading in the House of Commons



One in four working-age persons with disabilities lives below the poverty line in Canada. For an aging, underprivileged Park-extension this is a problem that rears its head all too often. Working-age persons with disabilities in Canada are twice as likely to live in poverty as those without. The Government of Canada is now taking action to reduce poverty and improve the financial security of working-age persons with disabilities.

On September 20th, Bill C-22 – the Canada Disability Benefit Act, began second reading in the House of Commons. This legislation was reintroduced on June 2, 2022, by the Minister of Employment, Workforce Development and Disability Inclusion, Carla Qualtrough. If passed by Parliament, Bill C-22 will create a new Canada Disability Benefit (CDB).

The CDB would be a federal income supplement for working-age persons with disabilities. It would become an important part of Canada's social safety net, alongside Old Age Security, the Guaranteed Income Supplement, and the Canada Child Benefit. In the spirit and principle of "Nothing Without Us," the Government is

engaging with the disability community, as well as other stakeholders, including Indigenous organizations and disability researchers and experts, to inform the design of the proposed benefit. In the summer of 2021, the Minister launched a first round of engagement with the disability community through ministerial roundtables and an online public survey that received more than 8,500 responses. Engagement is ongoing with community-led and Indigenous-led activities, and will continue into 2023.

The provinces and territories also play a central role in providing supports and services to persons with disabilities, and, as such, they are being engaged on the CDB as well. In July 2021, Federal, Provincial and Territorial Ministers Responsible for Social Services met for an initial discussion on the proposed new benefit and that engagement continues.

"With the second reading of Bill C-22, we are one step closer to creating a Canada Disability Benefit. With this Benefit, we have a chance to help hundreds of thousands of people, and seriously reduce poverty in Canada. This is a once-in-a-generation opportunity to do better by persons with disabilities, and to be better as a country. Let's not miss it," said Carla Qualtrough, Minister of Employment, Workforce Development and Disability Inclusion.

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Inflation rate was 7% in August according to Statistics Canada



DIMITRIS ILIAS
Local Journalism Initiative Reporter
dimitri@newsfirst.ca

As the average Park-extension household struggled with a general increase in prices after the onset of the war in Ukraine, citizens of our borough can finally take a breath as gas prices keep lowering and because of that, the annual inflation rate slowed to 7.0% in August in Canada prices. However, the cost of groceries continues to rise.

In its latest Consumer Price Index (CPI) update, Statistics Canada says grocery prices have risen at their fastest pace since 1981, with prices up 10.8% compared to the same period last year. Still, year-over-year inflation cooled more than economists had expected. The federal agency explained that it was transport and housing prices that were behind the deceleration in consumer prices. This is the second consecutive slowdown in year-over-year price growth. In July, the rise in prices had been recorded at 7.6%, whereas it stood at 8.1% in June. In Quebec, inflation stood at 7.1% in August, compared to 7.3% in July. In both Montreal and Quebec, inflation was 7.2%. Gasoline prices rose 22.1% in August from a year ago, but are down 18.8% since June.

On a month-to-month basis, consumer prices

across the country were slightly lower in August compared to July. The 0.3% drop in the CPI is the largest monthly drop since the early months of the pandemic, according to Statistics Canada. Excluding gasoline prices, prices rose 6.3% year over year in August, making it the first month in which the CPI excluding gas has been showing a year-over-year slowdown since June 2021.

The cost of living remains high for Canadians, however, who feel inflation most in their daily lives when it comes to grocery shopping. The federal agency attributes the rise in food prices to supply chain disruptions, the Russian invasion of Ukraine, extreme weather conditions and rising input costs.

Prices for baked goods rose 15.4%, while those for fresh fruit were up 13.2% from a year ago.

Employees' average hourly earnings rose 5.4% year over year in August. Statistics Canada recognizes that the purchasing power of Canadians has therefore decreased, but indicates that the difference was less pronounced than in July.

Earlier this month, the Bank of Canada raised its key interest rate for the fifth time this year as it continues to fight runaway inflation with higher interest rates. The bank is expected to give the next update on October 26 and has warned that further interest rate hikes will be needed to bring inflation back to its 2% target.



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'Notte In Bianco' raises \$250,000 for youth mental health initiatives

Guzzo family's dress-white fundraiser supports children's psychological well-being



MARTIN C. BARRY
marty@newsfirst.ca

The 13th annual edition of *Notte in Bianco*, held on Sept. 8 in support of the Guzzo Family's foundation for youth mental health, raised more than \$250,000 for youth mental health initiatives.

Nearly 400 guests mingled, dined and danced the night away during the late-summer, dress-white fundraiser held at the Terrebonne home of Maria and Vince Guzzo of Cinémas Guzzo fame.

Mental health research

Maria Guzzo, vice-president and head of charitable donations for the company, specializes in youth mental health at McGill University. Her husband, Vince Guzzo, president and CEO



Vince and Maria Guzzo, seen here during the 2022 Notte in Bianco on Sept. 8, hold the event each year as a fundraiser for youth mental health initiatives. (Photo: Martin C. Barry, Newsfirst Multimedia)

of Cinémas Guzzo, became well-known across Canada and elsewhere as a Dragon on the hit TV show *Dragon's Den*.

Both have directed their philanthropic energies in support of youth mental health research, hoping to offer children and teens a better outlook on life through new research funded by their charitable organization.

Each year, several hundred guests pay \$1,000 a ticket to take part in the *Notte in Bianco* event, which is regarded by many prominent Montrealers as a must-attend on the city's social calendar.

Dressed for the occasion

Based partly on a summertime party tradition the Guzzos brought back to Montreal from the Hamptons on the ocean coast of New York State where they have spent many of their summers, dress white is considered 'de rigueur' each year at *Notte in Bianco*.

If not for the Covid pandemic, the year 2022 would have marked year 15 for *Notte in Bianco*. "I think we're coming back pretty quickly," Vince Guzzo said in an interview with Newsfirst Multimedia, referring to the more than two-year-long pandemic.

Returning to normal

Regarding the family's business, Guzzo was guardedly optimistic about its prospects – especially with the pandemic now retreating. "I think things are coming back pretty quickly – a quick return to normality," he said, while noting that Tom Cruise's summertime hit, *Top Gun: Maverick*, delivered well at the box office. He was hoping for business to be back to pre-pandemic levels by the end of the last quarter of 2022.

Although Cineworld, the second-largest movie theatre chain globally after AMC Theatres, filed for bankruptcy protection on Sept. 7, and



Vince Guzzo (second from left) is seen here with Foodtastic restaurant chain president and CEO Peter Mammias, along with Nicky Didaskalou (far right) and Shireen Morrissey.

Guzzo expected AMC to follow suit despite their insistence otherwise, he suggested the downturn for these giants may lead to opportunities for medium and small players in the industry.

"We want to see what the opportunities are with the bankruptcies of those theatres, how many theatres they're going to let go if any, what are the landlords going to do, can we strike some deals," said Guzzo.

A keen interest in films

Following his arrival in Quebec from Italy in 1967, Vince Guzzo's father, Angelo, became one of the pioneers of independent multi-screen movie theatres in Canada. As a business person, he built a solid reputation for himself in the screening of movies, earning widespread respect in the industry.

Vince Guzzo started going to the movies with his parents when he was four and soon became fascinated with the selection of films to be seen.

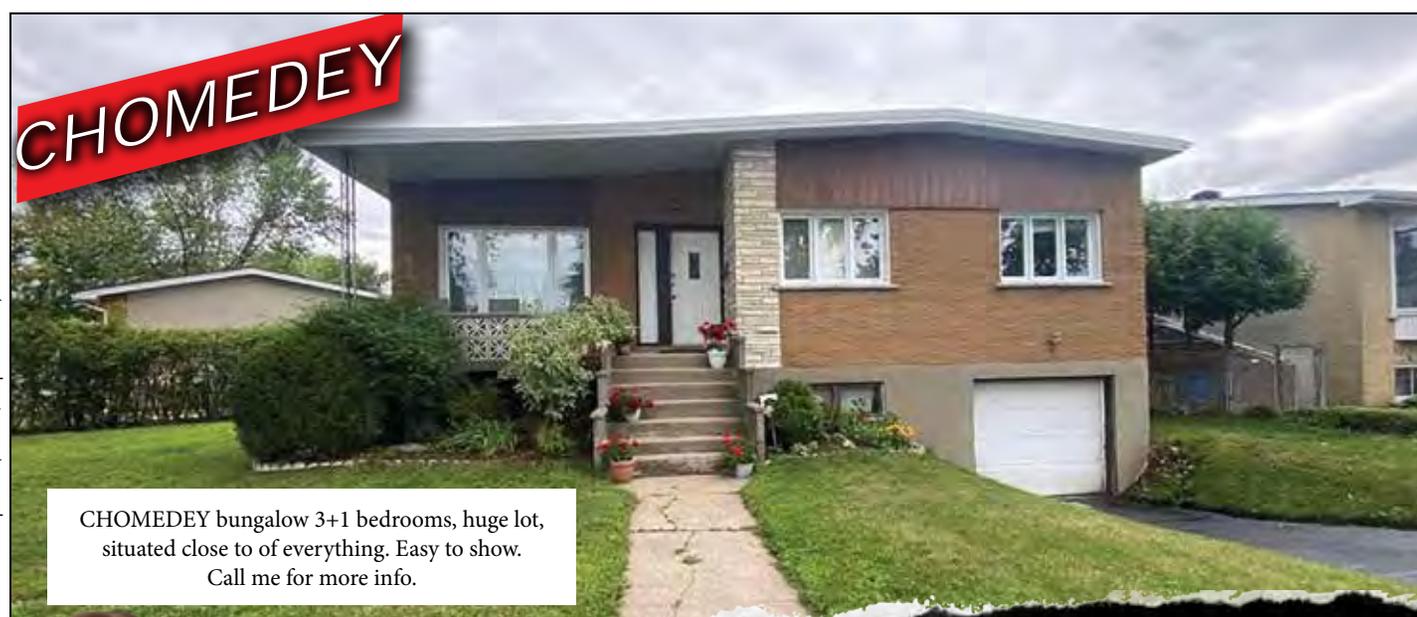
He developed what he calls a flair for a good film. During his teens, he was actively involved in the family business. His father took him along on many business trips to the United States to select movies for their programming.



This year's Notte in Bianco supporters had a chance to sample some of the exotic offerings of Paris-based women's fragrance maker Guerlain.

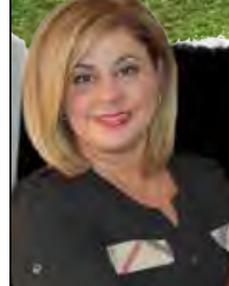


Some of the evening's entertainment was provided by the Montreal-based jazz band The Showmen.



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If you've recently immigrated to Canada, you may not be able to practice the trade you did in your home country immediately. This is especially true for certain industries and positions with specific requirements. However, you can work on transferring your skills to launch a new career without starting from scratch.

LIST YOUR TRANSFERABLE SKILLS

Analyze your past experiences and make a list of your skills and education. If a job posting catches your eye, read it carefully and determine how your experience matches what the company is looking for. Use this information to build a convincing application.

GET YOUR CREDENTIAL RECOGNIZED

It's good to get an educational credential assessment (ECA) when coming to Canada. Choose a designated organization to assess your education and provide a report that tells you what your foreign degree, diploma or certificate is equal to in Canada. This'll allow you to apply for jobs with specific



education or skill requirements.

GO BACK TO SCHOOL TEMPORARILY

Depending on what you want to do, you can register for a higher education course related to your field. You may also be able to obtain missing credits for a diploma in Canada or write an equivalency exam to validate your professional licence.

Are you unsure where to start? Meet with a career counsellor or recruiter to discuss your situation.



How to find a job you'll love



As the saying goes: "if you love your job, you'll never work a day in your life." If you're looking for your dream job, here are some tips for setting you in the right direction.

- **Identify your passions.** Discover your interests by asking yourself the right questions. What websites do you visit when you want to relax? What types of movies or books do you enjoy? When was the last time you put extra effort into something, personally or professionally? Your answers may provide insight into what you love.
- **Set salary and money aside.** If you concentrate too much on salary expectations, you may be missing out



on jobs you'd love. Pretend you don't have any financial commitments. What would you do? You may find you'd be willing to work longer hours at reduced pay if you're in an environment that motivates and engages you.

- **Seek advice.** Your friends and family know you best. Therefore, ask them for their opinions on your perfect job. They may see qualities in you that you've downplayed, like public speaking or cooking. Moreover, meeting with a career counsellor can help you identify industries or roles you may have overlooked.
- **Know your values.** If you love being outside in nature, you may not find an office job fulfilling. On the other hand, if you value having free evenings and weekends, then a Monday-to-Friday job may suit your lifestyle best.

Once you've identified your preferences, find ways to put them to work. Volunteer, take classes or earn certifications in those areas. Do some research into companies and job opportunities in your fields of interest.

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How to talk to children about death

Death is a difficult but unavoidable topic. Talking to children about death gives them the chance to get used to this reality in the cycle of life. No living being is eternal, and it's important to remember that dying is a part of living.

The death of a beloved pet is often a child's first experience of this reality. For them, the loss of their hamster or goldfish is far from trivial. For the parent, this is an opportunity to broach the theme of death, to explain in simple words that every living thing has a life span. If children ask questions, parents should reply as best they can. Above all, they shouldn't make anything up. If they don't know the answer, they must tell the children that they don't know and that there are things that even adults find hard to understand.

If someone close to them dies, it's best to tell children the news without delay. In any case, children are able to sense their parents' pain very quickly. Young children between the ages of three and five can't fully grasp the concept of death so it's better to avoid using round-about words like "Grandpa fell asleep" or "Aunt Julie has gone away." Such expressions can cause children to develop a fear of falling asleep or be anxious about departures.

Supporting children through the mourning period means letting them express their emotions in their own time, without forcing them to talk. A hug is sometimes worth a thousand words when you're feeling sad.

Talking to children about death gives them the chance to observe the natural cycle of life.



MIRCEA (MIHAILESCU), Aurelia
1936 — 2022

In Montreal, on Tuesday, September 20, 2022, at the age of 86, passed away Aurelia Mircea, wife of the late Constantin Mihailescu.

She is survived by her daughter Marina Vesilescu (late Radu Vasilescu) and Vladimir Mihailescu (Claudia Mihailescu), her grandchildren Lorena (Alex), Dario (Audrey) and Olivia (Giovanni), her great-grandchildren Alyssa and Karina, her nephew Dorin Balanica, as well as other relatives and friends.



KLYM, Jeffery
1953 — 2022

It is with great sadness that we announce the passing of Captain Jeffery Klym, on September 17th, 2022, at the age of 68.

Beloved husband for 27 years of Rosanna Ferrante. He will be deeply missed by his many relatives and friends.



CHAMPAGNE, Lise
1947 — 2022

In Montreal, on Friday September 16, 2022 passed away, at the age of 75, Lise Champagne, wife of Bernard Montpas.

Besides her husband, she is survived by her daughter Josée, her grandson Dayanick (Katherine), her sisters-in-law and brothers-in-law René, Monique, Thérèse (André), Ghislaine and Claude (Lise), her nephews and nieces, and relatives and friends.



BEAUCHEMIN, Guy
1928 — 2022

We regret to announce the death of Guy Beauchemin, husband of the late Micheline LaSalle, who died in Montreal on Friday September 16, 2022, at the age of 93.

He is survived by his three daughters Sophie (Réjean), Nathalie and Pascale (James), his sister Simone, his sister-in-law Suzie, his nephews and nieces, as well as several other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
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HOROSCOPE

Week of **SEPTEMBER 25** to **OCTOBER 1, 2022**

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS

ARIES
You'll witness an injustice and take it upon yourself to resolve the situation. You'll play the judge and jury. You may need to approach a complex issue with delicacy.

TAURUS
You'll work hard to reach a fair agreement or conclude a transaction at work. You may feel anxious and suffer from insomnia this week. Fortunately, success is on the horizon.

GEMINI
You'll be offered a promotion at work. However, you should think twice before accepting it. You must learn to manage and express your emotions to avoid feeling physically unwell.

CANCER
A new diet combined with regular exercise will give you the results you're looking for. You'll be proud of yourself for making your health a priority.

LEO
You'll be very articulate and express what others are thinking. However, you may be just as easy to criticize. Beware of making comments that could hurt or shock someone.

VIRGO
Your financial situation is complicated; make sure you double-check all your bills. After discovering an error, you'll feel a deep sense of relief and recover a considerable amount of money.

LIBRA
You'll be involved in an activity that will bring out your competitive nature. You really don't want to come second and must take all the credit. You'll be congratulated for your efforts.

SCORPIO
If fatigue has gotten the best of you, you may need to change your lifestyle. Having a more active social life or trying a new diet should give you the energy boost you need.

SAGITTARIUS
Stress will be good for you this week. It will give you the motivation you need to achieve brilliant feats. Finding a balance in all areas of your life will help you channel positive energy.

CAPRICORN
Everything will fall into place for you to start your own business or accept a position of power at work. You'll discover new talents within yourself.

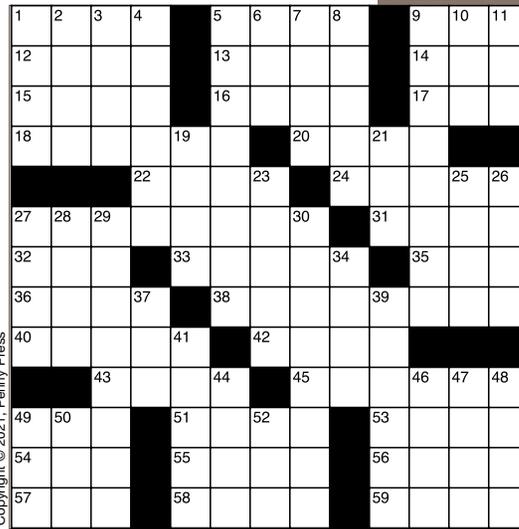
AQUARIUS
You'll be going on holiday soon. Even if the trip is a few months away, start preparing now. For example, get your passport, vaccination record and other details in order so you don't forget.

PISCES
You'll witness an injustice that will awaken your chivalrous spirit. You'll play an important role in reaching a fair resolution and make helpful suggestions.

Coffee Break

CROSSWORDS

PUZZLE NO. 133



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ACROSS

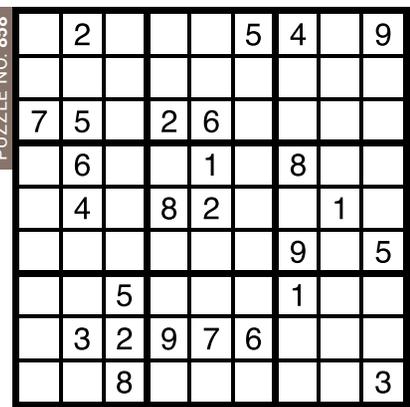
- Undergarment
- Meaning
- Tango need
- Ponder, with "over"
- Yodeling sound
- Spat
- Group
- Sign gas
- Skinny fish
- Dwell
- Mama's spouse
- Period
- Rodeo rope
- Student's pad
- Deaden
- Wood-chopping tool
- Radio receiver
- Fish eggs
- Heal
- Method
- Door sign
- Household
- To another place

DOWN

- ___ of the moment
- Only
- Eye part
- Small
- Benevolent
- Break the ___
- Mart
- Of sound
- Value deeply
- Misery
- Bird that gives a hoot
- Liability
- Frying utensil
- August, e.g.
- Haze
- Follow orders
- Designate
- Yoked draft animals
- Octopus's arm
- Coal oil
- Sloped walkway
- Morning drop
- Tempest in a ___
- Speedy
- Time past
- Nucleus
- "The River's ___"
- Leak
- Previously
- Green
- "Do, re, mi, fa, ___..."

Sudoku

PUZZLE NO. 858

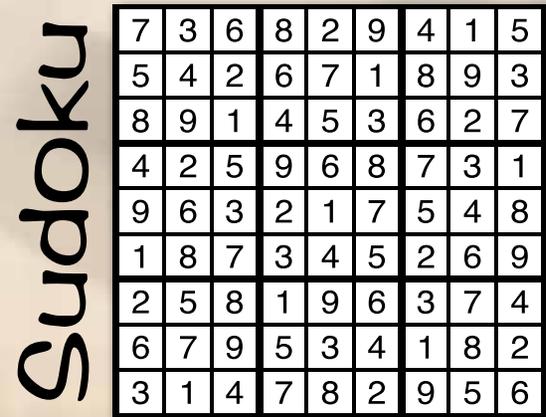
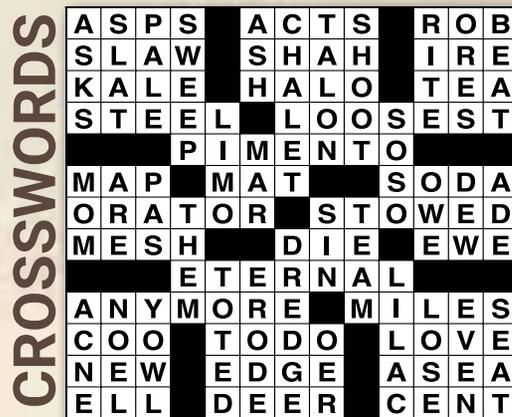


HOW TO PLAY:

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



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Place-des-Arts Metro
514 669-1880

**Place du Quartier
(Chinatown)**
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Place-des-Arts Metro
514 667-0077

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

4190, St-Laurent Blvd.
Mont-Royal Metro
514 439-9934

Place Viau
7600, Viau Blvd.
514 887-7784

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50 Dufferin, Unit 1200
Valleyfield
450 373-2335

Châteauguay Regional Centre
200 d'Anjou Blvd.,
Châteauguay
450 692-7769

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1185, Moody Blvd.
Terrebonne
450 471-8972

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