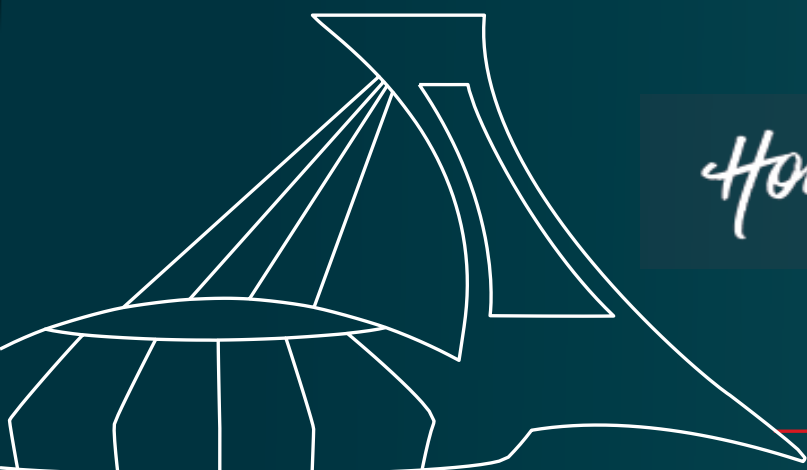
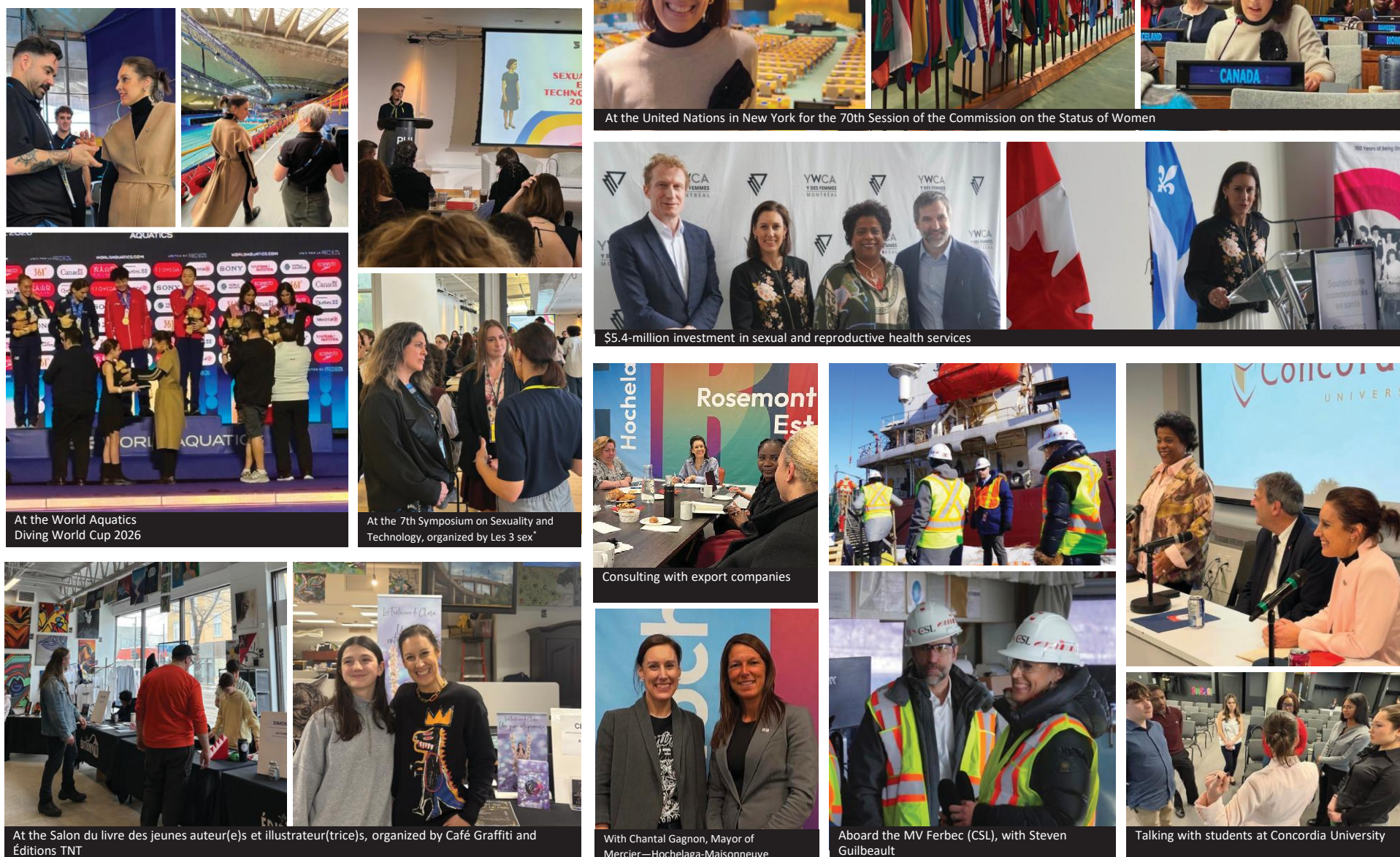


Hochelaga-Rosemont-Est



HRE on the move



At the World Aquatics Diving World Cup 2026

At the 7th Symposium on Sexuality and Technology, organized by Les 3 sex*

At the United Nations in New York for the 70th Session of the Commission on the Status of Women

\$5.4-million investment in sexual and reproductive health services

Consulting with export companies

Aboard the MV Ferbec (CSL), with Steven Guilbeault

At the Salon du livre des jeunes auteur(e)s et illustrateur(trice)s, organized by Café Graffiti and Éditions TNT

With Chantal Gagnon, Mayor of Mercier—Hochelaga-Maisonneuve

Talking with students at Concordia University

At the United Nations in New York for the 70th Session of the Commission on the Status of Women

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A word from Marie-Gabrielle Ménard



Dear friends and neighbours,
How are you doing?

Maple syrup season is now behind us (what a shame!), but fortunately the first tulips are beginning to bloom all over Hochelaga—Rosemont-Est (HRE). Spring is such a wonderful time of year!

Spring is also tax filing time. For the majority of taxpayers, the 2025 tax return must be filed with the Canada Revenue Agency (CRA) by April 30, 2026. CRA staff and volunteer tax clinics are always available to assist you. If you have any questions, my team is also here to help.

Our small and medium-sized enterprises (SMEs) abroad

The Government of Canada is developing a new SME Export Readiness Initiative with an investment of \$60 million over five years, and I recently had the pleasure of asking the HRE business community what they thought about it. Our discussion focused on the challenges faced by SMEs trying to expand internationally. The ideas and feedback gathered in the riding will guide the implementation of this initiative to help more Canadian businesses diversify their markets and seize opportunities around the world.

My presence at the United Nations

In March, as Parliamentary Secretary to the Minister of Women and Gender Equality, I had the honour of representing Canada at the 70th Session of the Commission on the Status of Women at the United Nations in New York. This year's session focused on addressing violence against women and girls, the importance of taking action against discriminatory laws, and ways of promoting access to justice for all.

These discussions underscore the importance of continuing to advance the rights of women, girls and queer communities. It is in this spirit that the federal government is continuing its efforts both here and around the world.

News from Ottawa

The House of Commons is working to make life more affordable. Among recent measures, non-sufficient funds (NSF) fees are now capped at \$10 (they used to be as high as \$50). Low-fee bank accounts now allow more transactions for a maximum of \$4 per month, and when a cheque is deposited, \$250 (instead of \$100) is immediately available for withdrawal.

Life in HRE

Over the past few weeks, I have had the opportunity to participate in a number of activities that show just how dynamic our riding is:

- ♥ I was proud that the 2026 World Aquatics Diving World Cup was held at the Olympic Park Sports Centre again this year.
- ♥ I met with some amazing people at the *Salon du livre des jeunes auteur(e)s et illustrateur(trice)s* organized by Café Graffiti and Éditions TNT.
- ♥ A big round of applause to the young artists who took part in the Centre-Est final of the *Secondaire en spectacle* competition. HRE was very well represented.
- ♥ I salute the leadership of Les 3 sex*, which recently organized the 7th Symposium on Sexuality and Technology.

These gatherings give me a window into the creativity and commitment of the people of HRE. Every conversation with you is also an opportunity for me to better understand your concerns and inform the work I do in Ottawa.

With that, I wish you a delightful spring, and I look forward to seeing you in the streets of our neighbourhood!



Marie-Gabrielle Ménard
Member of Parliament for Hochelaga—Rosemont-Est

More affordable banking fees

As of March 12, NSF fees charged by banks are capped at \$10. They used to be as high as \$50.



The Government of Canada is also taking action to make banking services more accessible by:

- Facilitating access to **more affordable bank accounts**
- Increasing the amount of immediately available deposited cheque funds to **\$250**



What's new

Passports



As of April 1, 2026, complete passport applications are processed within 30 business days.

If processing exceeds 30 business days, fees will be refunded automatically.



Important



It's tax filing season

For the majority of taxpayers, the deadline to file a return is April 30, 2026 (or June 15, 2026, for self-employed individuals).

Filing your return on time ensures that you promptly receive the refunds, credits and benefits to which you are entitled.



\$5.4M for sexual and reproductive health



The Government of Canada is investing more than **\$5.4 million** to improve access to sexual and reproductive health services.

Five national organizations (the Society of Obstetricians and Gynaecologists of Canada, the Endometriosis Network Canada, the Canadian Association of Midwives, Abortion Care Canada and Fertility Matters Canada) will share this funding to develop resources tailored to Canadians' needs, expand their service offerings, and reduce barriers to accessing sexual and reproductive health care across the country.



Training in skilled trades



The federal and provincial governments are announcing an investment of **\$24.7 million** over five years to support training in **18 skilled trades** in Quebec.

This funding will:

- Help nearly **3,750 people** learn new skills
- Strengthen key sectors, including **construction** and **energy**
- Support transformative projects such as **housing construction**

Objectives:

- Train more **skilled workers**
- Meet labour market needs.
- Support the transition to a **greener economy**



Summer jobs start here



Are you between the ages of 15 and 30 and looking for a summer job? Jobs funded through Canada Summer Jobs are already starting to be posted online, with more coming from now through July in a range of sectors.

Visit: <https://www.jobbank.gc.ca>



Events



La Tout Petite Fanfare

(62 young people – part of the Festival Petits Bonheurs)
Friday, May 1 – 11:45 a.m. (rain date: May 8 at 11:45 a.m.)
📍 Place Gennevilliers-Laliberté (4441 Ontario East)



Friends of the Montreal Library Book Sale

May 9 to 17, 2026 📍 3175 Rue de Rouen



Jane's Walk, 18th Edition, organized by the Urban Ecology Centre

May 1 to 3, 2026
To register for a walk, go to promenadesdejane.com.



FESTILOU Youth Storytelling Festival, 17th edition

May 10 to 24, 2026

- 📍 Hochelaga Library (one activity for children aged 4 to 8)
 - 📍 Langelier Library (one activity for children aged 4 to 8)
 - 📍 Maisonneuve Library (one activity for school groups aged 8 to 11)
- Alongside the festival, CPE Casse-Noisettes (two facilities) will be hosting two series of 12 workshops with the Storytelling Octopus. For all the details, go to festilou.com.

Share your thoughts!



Participate in the first Canada's Men and Boys' Health Strategy

We invite you to complete a short online questionnaire on the physical and mental well-being of men and boys. Your contribution will help anchor this initiative in the realities on the ground. Please complete the questionnaire by June 1, 2026.

Form →



Marie-Gabrielle Ménard

Your Member of Parliament
Hochelaga—Rosemont-Est

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