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Vincent Lucier revealed The Rocket de Laval logo and team's jerseys.

'Laval Rocket' unveils new logo and team uniforms

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Sir Wilfrid Laurier Foundation winter gala raises \$47,095



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AUTISM no barrier to employment'

Walgreens had to change the way it hired, but saw improved productivity in the process, said one of the company's former executives, Randy Lewis.

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Sir Wilfrid Laurier Foundation winter gala raises \$47,095

Will help buy teaching and technological aids for SWLSB schools

MARTIN C. BARRY

The Sir Wilfrid Laurier Foundation's annual winter fundraising gala raised more than \$47,000 for educational projects to take place in the coming year at schools and training centres operated by the Sir Wilfrid Laurier School Board.

Held at the Embassy Plaza in Chomedey on the evening of Jan. 26, a highlight of the event was a set of performances by the Ultimate Showband. This year's silent auction segment featured a large number of valuable collectibles which were eagerly snapped up by the end of the night.

Collectibles on the block

They included a signed Maurice Richard montage (high bid \$650), a signed Patrick Roy jersey (high bid \$525), an autographed jersey from former Montreal Expos right fielder Vladimir Guerrero (high bid \$445), and a 10KT white gold diamond necklace (high bid \$725). The evening's top raffle prize – a \$2,000 voucher from Voyages Universel good for travel to any destination – was won by Benoit Gauvin of Laval.

Among the guests were some of Laval's leading elected officials, including Mayor Marc Demers, Quebec Minister for the Laval region Francine Charbonneau, Chomedey MNA Guy Ouellette, Sainte-Rose MNA Jean Habel, Laval executive-committee vice-president David De

Cotis, and city councillors Paolo Galati and Michel Poissant.

City behind the cause

In an interview with the Laval News, Mayor Demers noted that the City of Laval likes to maintain a strong bond of friendship and cooperation with the two school boards on its territory. "We are working for the same boss – the citizens of Laval – and we also have the same goal for our youth," he said. "We work together and this is a very important occasion to raise funds to make sure our children get the best education they can."

Launched in 2005, the Sir Wilfrid Laurier Foundation raises money to purchase teaching aids and technological equipment which are factors that encourage students to complete their studies. In Quebec, where government funding for public education is at an all time low, the SWLF helped pioneer the concept of raising additional money from donors.

Grateful for the support

According to SWLF president Christian Fréchette who delivered a key address along with SWLSB chairwoman Jennifer Maccarone, the foundation has raised more than \$700,000 since the beginning of its activities. "What I felt earlier while meeting some of you here tonight was profound gratitude for everything you are doing for us," said Maccarone.

"Whether it's taking part in our galas or in



Those seated at the head table included Laval Mayor Marc Demers, Sainte-Rose MNA Jean Habel, Chomedey MNA Guy Ouellette, SWLF president Christian Fréchette, SWLSB chairwoman Jennifer Maccarone and Quebec Minister for the Laval Region Francine Charbonneau.

the auctions, the Sir Wilfrid Laurier Foundation couldn't exist without your valuable support. Your presence here this evening adds a human touch. You should know that you are making a difference in people's lives and in mine also, and for that I can never thank you enough."

City officials' support

"This foundation is for a good cause," said David De Cotis. "It's for the children, for the

students and for the future. That's why we're very happy to be here to support the cause."

Paolo Galati, who attended as a member of the board of the foundation, as an SWLSB commissioner and as the Laval city councillor for Saint-Vincent-de-Paul, told Laval News that he's been able to accomplish a lot for public education through his triple role. "I'm looking forward to seeing how much we raised this year," he said.



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'Laval Rocket' unveils new logo and team uniforms

First faceoff for AHL team at Place Bell this fall



Among those on hand at Carrefour Laval last week for the unveiling of The Rocket's new jerseys and logo were Mayor Marc Demers, Montreal Canadiens CEO Geoff Molson, former Habs Yvan Cournoyer, Réjean Houle and Mathieu Darche, François Bouillon, as well as relatives of the late Maurice 'Rocket' Richard.



From the left, Geoff Molson, Mayor Marc Demers and Place Bell president Vincent Lucier.

MARTIN C. BARRY

The Rocket de Laval, the Montreal Canadiens' AHL affiliate team starting in the 2017-2018 season, last week officially unveiled their new logo and uniforms the players will be wearing when they hit the ice at Place Bell later this year for their inaugural season.

Geoff Molson, Marc Bergevin and several former Canadiens players were on hand at Carrefour Laval for the unveiling on Jan. 31. Place Bell president Vincent Lucier revealed the Rocket de Laval logo, as well as the jerseys the team's players will be wearing at home and on the road when their season begins this fall.

Solidifying history

"We reached our objective by creating a logo and uniform that solidify the historic link between the Rocket de Laval and the Canadiens, while honoring a Quebec legend, and by creating a new identity for a new generation of fans," Lucier said.

"We can proudly say that the Rocket is now solidly entrenched deep in the heart of Laval's sports landscape and that our thirst for success is as strong as our desire to be proud ambassadors for the city of Laval," added Lucier.

"This is going to be awesome for all our children," said Mayor Marc Demers, who attended the unveiling with several Laval city council members, including executive-committee vice-president David De Cotis and a good number of city councillors. "The kids are going to be able to see and meet professional, working hockey players, which is a great advantage," said Demers.

Will boost local economy

From a purely economic standpoint, he pointed out that The Rocket's presence in Laval will create almost 100 jobs. All things considered, he said "it's very important what's being done for sports, for our teenagers, our youngsters, for the economy and we're very proud of it all."

With the impending arrival of the team and the opening of Place Bell a few months from now, De Cotis is very optimistic about economic growth and development in Laval's downtown core. "There's going to be a free shuttle being offered by the STL," he said, referring to one of the perks the transit agency is planning in conjunction with the surge in development

downtown expected to accelerate in the next two years.

"It's all coming together, and we're happy today that the launch of The Rocket's logo has been announced," he continued. "It is looking very good on the economic side for the City of Laval, and also on the tourist side since this professional hockey team will put the city on the map."

Making Laval known

Saint-Vincent-de-Paul city councillor Paolo Galati agreed the team is likely to raise Laval's stature a few notches, spreading the word about the city beyond Quebec's and Canada's borders. "The mayor and his team, we all worked hard to make this a reality, and to get it done in a way that would be beneficial to all Lavallois," said Galati. L'Abord-à-Plouffe councillor Vasilios Karidogiannis was impressed with the affordability of game tickets, even down at ice level. "It's very affordable in a very family-oriented arena," said Karidogiannis.

The Rocket worked in conjunction with marketing agency Ig2 to develop its logo and brand identity. Inspired by the theme, History is Our Fuel, the Rocket de Laval jersey combines blue, white and red, which have been the Canadiens' trademark colours for more than a century, while emphasizing the strong connection between the Rocket and the parent club.

The uniforms feature the bold primary logo on the chest, a solid 'R' with interior stroke and sharp serifs – alluding to the Rocket's explosive speed – as well as a vertical type alignment that pushes skyward. The design is repeated on the back, with each player's number. Secondary elements are found elsewhere, with sleeve patches featuring a shield and the legendary #9 again worn by Maurice Richard.

A winning logo

The link to the legendary 'Rocket' Richard is obvious. A graphic flame icon propelling the Rocket's number upwards is also found below the player's number on the back and on the socks, drawing a reference to the speed of a propelling rocket. The Laval logotype appears on the shoulders as well as in the neck tie of the jersey.

Hockey enthusiasts and Rocket fans can purchase season tickets to Laval Rocket games for as low as \$15 per game during a pre-sale blitz.



From the left, Sainte-Rose MNA Jean Habel, Laval executive-committee vice-president David De Cotis, city councillor Aline Dib, retired Canadiens player Mathieu Darche, and city councillors Paolo Galati and Vasilios Karidogiannis.




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Opinion & Editorial



Canada's health-care system, crucial to our nation, needs help

Our health system is about values that define our society, helping the most vulnerable and placing well-being above wealth

There's nothing like an American health-care debate to make Canadians feel lucky.

Donald Trump's first act as president was to sign an executive order taking the first step to repeal the Affordable Care Act. With the stroke of a pen, 20 million Americans may soon find themselves without health insurance.

Not that long ago, many Canadians faced the same challenge.

My grandparents Jacques and Sarah arrived in Montreal in 1951, having left behind everything and everyone they knew in Egypt. The burden of building a new life in this new country fell heavily on Jacques' shoulders. It was a role he assumed dutifully. Until, a year later, when he suffered a heart attack and was hospitalized for nine weeks.

The ordeal diminished him - physically and otherwise. Respiratory symptoms and other complications lingered. The cost of drugs and visits to the doctor were as crippling as the pain in his legs and he was barely able to work. For my grandmother, the twin pressures of caring for an ailing husband and holding the family together became overwhelming.

It was, to say the least, a grinding existence.

The story ends with my grandfather's death at the age of 54 in 1966 - the same year Parliament passed legislation to create medicare. Had it been in place, how different might my grandparents' lives have been?

Our system of health care is about more than money and medicine. It's about the values that define us as a society - are we there for one another when we're at our most vulnerable? Do we place well-being above wealth? Do we believe that good health leads to good outcomes - like a stronger economy, more cohesive communities and more fulfilling lives?

Framed by the debates taking place south of the border, we should never take the answers for granted.

But let's be honest - there are a variety

of problems with Canada's health-care system.

People struggle to find a family doctor. They wait too long for specialist consultations and elective surgeries. Service could be better. Outcomes should be boosted. Spending must be sufficient but it must also be sustainable.

We need, in a word, to make health care in Canada better.

So it's time to shift the debate. Let's quit bickering over *whether* we can sustain public health care in Canada. Let's focus on *how* to sustain it.

The solutions are neither magical nor beyond our grasp. And most of them don't actually require more money - in fact, some of them will produce savings.

In my book, *Better Now*, I highlight six ideas that, if implemented, could produce important and wide-ranging transformation. For example, there's no reason we can't ensure that every Canadian has access to a family doctor with whom they enjoy a trusting relationship. In fact, by working in teams with nurses, physiotherapists and pharmacists, we could deliver true patient-centred care.

Wait times for surgeries could be brought down by pooling lists among specialists. We can do a better job of protecting patients from adverse effects and outright harm by reducing unnecessary tests and procedures. And if we were to bring prescription medicines into medicare by creating a national pharmacare system, we could save money and provide everyone with access to life-saving drugs.

Ideas like these could unleash dramatic improvements in Canadian health care right away. All that's required is the political and popular will. And, perhaps even more fundamentally, a commitment to maintaining the principle of universal access that underpins our system and which is once again under fire in the United States.

Our system of universal health care is a fundamental expression of our values and a testament to Canadians' commitment to

fairness. It's built on the principle that care should be based upon need, not ability to pay. That's not a value that goes out of style.

If we believe that medicare is a worthy endeavour, then we must also live up to

those values and accept the responsibility to make that system work - and work well. It's time to make it better.

Danielle Martin

Letters to the Editor



Tickets yes, services non existent

They come give tickets but at the EXACT same spot, they leave hills of snow for months and even when we call 311, they don't come. It's not forgotten. It's standard procedure. Domaine Bellerville has 800 units, 1500+ tenants. And we get treated like a dead end street when in fact we are the street in laval with the most residents. A lot of traffic. School buses can't drop kids off on the sidewalk because of the hill of snow. I've emailed the mayor directly and our municipal counselor Jean Coupal numerous times and haven't received any replies. I hope you guys can talk about it and help us change the way we get treated.

Thanks Robert Vannis



The opinions on THIS PAGE reflect the consensus of Editorial Board.

THE LAVAL news

3860, boul. Notre-Dame, # 304,
Laval, QC H7V 1S1
Tel: 450-978-9999 • Fax: 450-687-6330
E-mail: editor@newsfirst.ca

Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Elena Molter
Thomas Bakoyannis
Anne Marie Kmeid

Sales Manager:

Peter Stavropoulos
peter@newsfirst.ca

Advertising Consultants:

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Savas Fortis
Fabienne Mercier
Kavul Sheikh
Nancy Girgis
James Ryan
Alberto del Burgo
Cynthia Abraham

Admin. Assistant

Alexandra Sevapsidis

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Lesters Foods expands in Laval thanks to Quebec subsidy

Family business has been located in Laval since 1971

(TLN) The provincial government recently awarded Laval-based Lesters Foods a \$2.8 million subsidy for a modernization and expansion project, including the purchase of specialized equipment to update the manufacturing process for delicatessen products at the factory.

The \$13.8 million project is expected to result in the creation of 50 jobs. Laval-des-Rapides Liberal MNA Saul Polo, who is Parliamentary Assistant to Economy, Science and Innovation Minister Dominique Anglade, was among the officials present for the announcement.

"Faced with competition that is as fierce as ever, our businesses must modernize in order to improve their productivity and increase their ability to compete," Anglade said in a statement. "That is why we get out to meet innovative business owners throughout the regions of Quebec to discuss their investment projects. An overall amount of \$700 million is available to invest in businesses everywhere in Quebec in their modernization projects."

Employment to be created

Mille-Îles Liberal MNA Francine Charbonneau, who is also Minister for the Laval Region, said, "It is with pride that we support the expansion and modernization of this important manufacturing business in our region, whose activities making delicatessen products are well established in Laval for more than 40 years. Thanks to this project, this business is strengthening its presence by creating and preserving quality employment, which is excellent news for our region, but also for Quebec."

Saul Polo said, "By supporting this initiative, put in place by a leader in our agricultural and food products industry, our government is encouraging the processing of food prod-

ucts in Quebec. We are thus supporting the growth and increase in productivity as well as the capacity for export of a dynamic business, allowing the industry as a whole to distinguish itself on international markets."

City of Laval executive-committee vice-president David De Cotis, who was also on hand for the announcement, said companies like Lesters contribute to sustaining 156,000 jobs in Laval, with a 2 per cent increase per year since 2001. "Laval is an excellent city for business," he said. "Companies like Lesters have understood and continue to prosper, to invest and to create employment."

Lesters Foods: A family passion since 1931

In 1925, Max Lester fled Eastern Europe and arrived in Canada. He carried with him the family's secret recipe to make smoked meat. In 1931, Max Lester opened a delicatessen on Montreal's famed and historic St. Lawrence Blvd., better known as "the Main".

The deli was famous for its smoked meat sandwiches and quickly became a Montreal favorite. As the popularity and demand of the products grew, Max Lester began to produce and sell these products to other restaurants and grocery stores.

The deli was a family affair with wife Rose and their children Moe, Joe and Helen all helping to serve customers seven days a week. As a young boy, Moe Lester dreamed of supplying restaurants and grocery stores all over Canada with the products that his family had prepared and served for years.

In 1964, Moe Lester's dream became a reality with the construction of a new 15,000 square foot federally-inspected plant. The success



of this new company was so strong that the plant could barely keep up with demand for its smoked meat, hot dogs, salami and many other deli products.

In 1971, Lesters moved into a new 40,000 square foot plant in Laval, a suburb of Montreal. Once again, the plant quickly outgrew its capacity and so a major expansion was undertaken bringing the total size today to 140,000 square feet.

One of the largest in Canada

Lesters is one of largest meat companies in Canada. Today, Lesters is led by the third gener-

ation of the family (Henry Mizrahi & Bonnie Lester) who continue Moe Lester's passion and dedication in producing the best quality products available. Lesters remains a leader in the development of new products and leads the industry in customer service satisfaction.

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Autism no barrier to employment, ex-pharma exec tells Laval C of C

Walgreens found 'a different way of doing things,' says Randy Lewis

What goes through parents' minds when they first discover they have a child who is afflicted with autism? "What's going to happen after we're gone? ... If we could only live one day longer than our child."

These were the words of Randy Lewis, who was the featured speaker during a business luncheon held on Jan. 31 at The Palace convention centre by the Laval Chamber of Commerce and Industry.

During his talk, the former pharmacy retail chain executive presented the case for why businesses should think seriously about fostering diversity in the workplace so as to include employees with autism as well as other disabilities.

Son is autistic

Lewis was vice-president for supply chain and logistics at Walgreens for 16 years during a period when the company underwent exponential expansion to become the largest corporation of its kind in the world. His son, Austin, was diagnosed with autism at age three when Randy Lewis and his wife noticed he was slow learning to speak and that he would also stray away from home.

Although Austin spoke only in short phrases during his first nine or so years, by ten, according to his father, "all of a sudden he started talking, and if you met him today you will think he is trying to make up for lost time." It was during his time at Walgreens that Lewis saw fit to start a program aimed at providing opportunities to

the autistic and disabled to work side by side with mainstream employees.

Put beliefs into action

The result was the development and opening of two distribution centers whose staff is approximately 40 per cent disabled. The model ended up being so successful that other companies such as Clarks Shoes International, Glaxo Smith Kline, Best Buy, and Costco have either examined it or placed it under consideration.

While acknowledging that profit margins at Walgreens at the time were thin and the competition fierce, Lewis believed that shareholders could be well served and Walgreens could "do good at the same time." So it was that the company started giving out contracts for supplemental order picking work to organizations dealing with people with disabilities.

But Lewis realized Walgreens' program wasn't going far enough when a regular employee who was working with a group of disabled workers pointed out to him one day, "I'm not one of them." Lewis said, "It made me realize we didn't achieve what we were hoping to achieve."

Things had to change

Walgreens had to change the way it went about hiring people, added Lewis, so as to take into account peculiarities which would ordinarily end up excluding certain persons who are disabled. For example, he noted that people with autism ordinarily wouldn't get past the initial interview because their tendency to avoid eye contact would immediately turn off the interviewer.

"What we decided to do is create an alternative vetting where people could demonstrate they can do the work and then hire," he said, adding that it amounted to "a different way of doing things." Lewis maintained that the meas-



From the left, Laval executive-committee vice-president David De Cotis, Giant Steps School board president Nick Katalifos, Sir Wilfrid Laurier School Board chairwoman Jennifer Maccarone, Randy Lewis, Tony Loffreda of RBC Royal Bank, TV host Charles Lafortune and Laval mayor Marc Demers.

ures that were first introduced at a Walgreens distribution centre were such that "it became the most productive centre in the hundred-year history of our company."

Improved workers record

Some of the other effects of the policy, according to Lewis, were that employee retention improved and absenteeism was reduced. As an example, he noted that every year around the time of the Super Bowl, many companies report a high number of employees calling in sick with flu. But under the new system at Walgreens it wasn't the case. "This was a group that was immune to that flu - they would show up on that day," he said.

Laval mayor Marc Demers, who attended along with a handful of city councillors, acknowledged the importance of the ground-

breaking work Lewis has accomplished. "I think we're allowing ourselves to follow something other than the traditional path to see other alternatives," he said in remarks introducing the Laval Chamber of Commerce and Industry's esteemed speaker.

Laval also took initiative

In recent years, the City of Laval has undertaken initiatives to promote a better understanding of autism. Working closely with the Giant Steps School, Laval launched a pilot project two years ago focusing on the training of members of various city departments (with emphasis on police officers and firefighters), in how to deal with emergency situations involving persons with autism. Bus drivers with the Société de Transport de Laval are also included in the initiative.

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ST DOROTHEE Impeccable cottage completely renovated with quality materials both inside and out. Large open concept living/dining room with hardwood floors, dream kitchen "Thomasville" look with family room adjacent with gas fireplace, large bedrooms all with hardwood flooring, 2 full baths and 1 powder room completely renovated, huge basement, heated salt water pool.

MP Robillard appointed to the Standing Committee on National Defence



At the dawn of the winter sitting in Ottawa, Member of Parliament Yves Robillard has been appointed to the House of Commons' Standing Committee on National Defence.

« As a former cadet officer, to now sit on the Committee on National Defence is an honour and a responsibility that I take very seriously. », declared Mister Robillard.

He will also keep his seat on the Standing Committee on Human Resources, Skills and Social Development and the Status of Persons with Disabilities Committees. « There, he will be able to continue his work on studying poverty reduction strategies.

« Whether it is with the first parliamentary committee to which I was assigned, or with this new responsibility on the defence committee, I make it my duty to put forward the interests of Quebec and francophones throughout our institutions. Moreover, I bring with me my passion for questions related to human resources. I wish to make sure that our men and women in uniform, as well as our most vulnerable and those who work to help them, are treated with compassion. », concludes the Member of Parliament for Marc-Aurèle-Fortin.

Both committees take place on Tuesday and Thursday, respectively from 11 :00 am to 1 :00 pm and from 3 :30 pm to 5 :30 pm, and can be followed online at parl.vu.parl.gc.ca.

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CALL FOR NOMINATIONS

2017 DEKA AWARDS

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that have excelled in their fields.



DEADLINE FOR NOMINATIONS: February 14th, 2017

Please submit your nominations via email at info@hbotmontreal.com.

2016 Deka Awards Winners

President's Award (Greg Rokos), Entrepreneur of the Year (Papagiannis-Bablekis Group), Professional of the Year (Steve Tselios),
Business Woman of the Year (Me Evangelia Tsotsis), Young Entrepreneur of the Year (Mike Kakogiannakis), Young Professional of the Year
(Dr. Apostolos Christopoulos), Community Services Award (V.Rev.Fr. Demetrios Antonopoulos), Hellenic Award (Chris Adamopoulos)

RICHTER



DENTONS



BELDEN



Hellenic Board of Trade holds annual cigar tasting evening

Up to 70 members attend highly popular networking event

MARTIN C. BARRY

'A good cigar is a Smoke.'

— Rudyard Kipling —

Without apologies to Kipling, who knew a thing or two about stogies all the same, there were plenty of cigars to go around — just as a good number of toasts of single malt scotch whiskey were hoisted and downed — during the Hellenic Board of Trade of Metropolitan Montreal's cigar tasting evening at Stogies Crescent St. cigar lounge on Jan. 25.

"This is our fifth annual cigar event where we invite clients, as well as guests and members of our business community to take part in an evening of fine cigars while enjoying a good drink," said Evan Kiouisis, vice-president of marketing for HBOT Montreal.

A convivial atmosphere

In Stogies' upstairs cigar lounge and bar where up to 70 people crowded during the event, the air was thick with fragrant cigar haze. As well, the atmosphere was as convivial as a 19th century gentlemen's club. Although a few women members of the HBOT were present, they were outnumbered by their merry male counterparts. And by the look of things, the men appeared to be getting the most enjoyment from the cigars.

"Cigars are something that are enjoyed in a social setting," said Kiouisis. "Very few people like to smoke cigars by themselves. Some people do. But we do this because it's a very social and convivial environment and it's conducive to sharing experiences and business practices."

Among those networking were entrepreneurs, lawyers, doctors, accountants and other professionals. They shared stories, and in some cases offered advice on how to attain professional success. "We invite our clients, our friends to participate in an evening to see if we can increase the presence of Hellenic business people in the community and to show them the strength of the Greek community in business," added Kiouisis.

Mentoring younger members

"We're very proud of what the community has accomplished and we're looking to further that, while mentoring young up-and-coming Greeks and allow them an opportunity to meet other more successful Greeks. We want to help the younger generation get to where we are quicker with everything we've learned."

As he suggested, a new and younger generation is beginning to make its presence known in the HBOT, just as an increasing number of women are also becoming members. "There are more women coming on board than we've had in the past," said Kiouisis. "Especially in the legal, accounting and medical professions. And they're coming on board to share their experiences and to try to help the up-and-coming generation in the Greek business community to go further."

Vanessa Velentzas, an auditor and senior manager at Montreal-based accounting services firm Richter LLP, typifies the younger generation the HBOT would like to see more of in its membership. "I think it's important for people of my age to realize that we are a presence in the Hellenic community and that it's important for us at a young age to start building relationships," said Velentzas.

The HBOT holds many events

According to HBOT president John



Some of the members of the Hellenic Board of Trade of Metropolitan Montreal who enjoyed themselves at the HBOT's cigar tasting event on Jan. 25.

Charalampopoulos, the board is actively trying to recruit younger members "in order to take this organization to the next level and continue for years to come," he said. In an average year, the HBOT holds more than a half-dozen important events, several of them for networking. Including smaller gatherings, the board holds an event each month, he added. The HBOT also interacts and occasionally holds events in conjunction with other groups in the Montreal region, including the Italian and Jewish chambers of commerce, in order to broaden network connections.

The HBOT's Deka Awards Gala, celebrating Hellenic excellence, is without doubt their largest annual event. Held this year on May 10 at The Windsor downtown, the awards recognize outstanding Hellenic individuals and businesses in greater Montreal who through their creativity and excellence have contributed to the enrichment of the region. The award winners are chosen by a selection committee made up of professionals and business people. The deadline for the 2017 Deka Awards is Feb. 14 and nominations can be submitted by e-mail to info@hbotmontreal.com.



HBOT president John Charalampopoulos, left and Evan Kiouisis, vice-president of marketing for HBOT Montreal, enjoying themselves at Stogies cigar lounge.

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Laval's elected reps take on SWLSB and CSDL students

Hockey matches played for the cause of scholarly perseverance

(TLN) Following friendly soccer and softball matches during the summer of 2016, the City of Laval's elected officials once again took up the challenge on Jan. 28 of playing hockey against students assisted by officials from Laval's two school boards. It was all to encourage scholastic perseverance.

Students vs. officials

In an initial match played at Émile Park in Laval-des-Rapides, the city team took on youths from École Georges-Vanier of the CSDL. Afterwards, students from Laval Junior Academy of the SWLSB played against the city. The first game ended with a score of 7-6 in favor of the Georges-Vanier Gladiateurs, while the second ended with an 8-7 score favouring the Laval Junior Academy Vipers.

Organized by Laval executive-committee vice-president David De Cotis, it was the third annual edition of the elected officials' hockey classic. "Being with these youths year after year, the elected officials feel more committed towards scholastic perseverance," said De Cotis who responsibilities on city council include sports and leisure for the city.

Proud to take part

"The SWLSB is proud to associate itself with the elected officials of the City of Laval for this annual hockey classic," said SWLSB chairwoman Jennifer Maccarone. "Scholarly perseverance often involves physical activities and healthy living habits. It is always an immense pleasure to work with the city and



our youth. Congratulations to our young people from Laval Junior Academy."

CSDL president Louise Lortie also saw the annual encounter as an opportunity to get together with Laval's elected representatives as well as the students. "Encouraging encounters with elected officials allows for a greater understanding of democracy to be developed and to comprehend the role of the officials in

the community," she said.

Encouraging perseverance

"This encourages scholastic perseverance, while contributing to the growth of a desire to become involved and to act as a committed citizen in society," she continued. "This is also the role of education. Thanks to all for taking part."

As part of the three sports classics (softball, soccer and hockey) played each year, the City of Laval donates a total of \$6,000 to the two school commissions. The CSDL receives \$4,500, while the SWLSB receives \$1,500. Both school commissions use the sums to promote scholarly perseverance.

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Montreal Canadiens 10th edition bursary programme

For the tenth consecutive year the Montreal Canadiens and the Quebec Foundation for Athletic Excellence are teaming up to reward the most promising student-athletes in men and women's hockey. On Friday, at the Bell Sports Complex in Brossard, the Canadien practice facility, 29 young hockey players each received a \$1,500 scholarship.

The recipients were selected for their on-ice achievements as well as their academic results and their involvement in the community.

"We are honoured to be able to make a difference by contribution to the success of these young and talented players. They will become models for the next generation not only for their achievements on the ice but also for whatever they set to accomplish," said Geoff Molson, president and CEO of the Montreal Canadiens. "I would like to thank personally congratulate every recipient and encourage them to relentlessly chase their dream."

Thanks to the programme created back in 2008, the Montreal Canadiens play an active role in the development of homegrown talent. In 2015, the partnership with the Quebec Foundation for Athletic Excellence was extended until 2020 and as a result over the next years a total of \$250,000 will be invested in the programme.

"Over the past 10 years the Montreal Canadiens have made a significant commitment in young student-athletes and as such have taken an important role in the advancement of our mission at the QFAE, said Claude Chagnon, president of the Quebec Foundation for Athletic Excellence. We are pleased to work along-

side such a prestigious partner and we pride ourselves in being able to make a difference in the success of our young student-athletes."



Carmine-Anthony Pagliarulo Laval's recipient Among those receiving the Montreal Canadiens bursary for Academic Excellence, was Carmine-Anthony Pagliarulo.

Pagliarulo plays in Goal for the Laval-Montreal Rousseau Royal. Drafted by Rimouski Oceanic at the 2016 QMJHL draft he has recorded three shutouts until now and his GA. 908. He studies in Sec V at École Antoine-de-St-Expéry where he has grade average of 86%



Paramedics Opt to Strike

Feb 5 – The 960 ambulance technicians and paramedics from Urgences-Santé in Laval and greater Montreal voted to go on strike starting early Sunday morning. Urgences-Santé assures that essential services will be maintained; the general strike will perturb mostly at the administrative level.

The nearly thousand-strong group of EMTs has been without contract for close to two years. The vast majority of paramedics voted in favour of a strike back in November when talks stalled.

Taking a page from the same book as their blue brethren in law enforcement, numerous Urgences-Santé workers also began wearing camouflage pants as a demonstrative symbol of protest.

The main sticking points hindering negotiations are salaries, work-load, and retirement packages.

Major Drug Lab Busted, Seven Arrested

Feb 1 – Seven individuals were arrested during the course of a massive anti-drug operation aimed at busting up an illegal drug ring with ties to organized crime, suspected of trafficking various drugs including cocaine, cannabis, and methamphetamine.

Three warrants were executed, leading to a seizure of nearly a million dollars in cash (\$911,300) as well as 113.5 kg of cocaine, 1 kg of MDMA, 281 lbs of cannabis, 50,000 pills of methamphetamine, 15 kg of procaine, and 4 illegal firearms.

The 7 suspects were arrested in Montreal, Laval, l'Île-Bizard, and Blainville. Fazio Malatesta, 48 - Maxime Hébert, 24 - Robert Griffin, 42 - Danny Laconetti, 45 - Ivo Horcivak, 52 - Marco Colella, 41 – and Nicola Valiante, 40 - have been charged with trafficking illegal drugs.

Repeat Burglary at 19/440 SAQ

Feb 1 – Police are investigating two burglaries that took place less than two weeks apart, at the same SAQ. The liquor store, located at 5040 Boul. Robert-Bourassa in the 19/440 mega-centre, suffered another broken front window as thieves once again broke-and-entered their way in. SAQ employees arriving for the morning shift called 911 and reported the incident to police.

Surveillance cameras revealed 3 suspects wearing ski-masks inside the store at six-minutes-past-midnight. They stole an undisclosed quantity of alcohol.

Less than two weeks earlier, that same SAQ was previously burglarized during the night of January 20th. An individual smashed one of the store's windows and managed to make off with a bagful of bottles of Grey Goose vodka. The suspect fled in a waiting sedan, driven by an accomplice.

Police Bust Drug Lab in Laval Warehouse, 2 Arrested

Jan 26 – Officers from the Laval and St-Jérôme police forces, as well as the Sûreté du Québec, assisted the RCMP in an operation aimed at dismantling a clandestine drug lab operating in a Laval warehouse. Officers blocked off the streets around the large building located at 3995 Boul. Lite, in the industrial sector of Saint-Vincent-de-Paul, and emergency responders were present at the scene, including paramedics and firefighters. Authorities waited for the analysis by Health Canada to determine what type of drug was being produced and how they should proceed in dismantling the lab.

Police also executed a search warrant at a private residence in St-Sauveur. Two men were arrested, one at the lab in Laval, and the other off-island. The raid was the end result of a 7-month-long investigation by the RCMP that began with a tip about the criminal chemist's unlawful activities.

Police Report: Fewer Fatalities on Laval Roads in 2016

The LPD released an overview of the data collected for road accidents in Laval during 2016. The report on Laval motorists is largely positive. There were significantly less fatalities, but slightly more accidents with injuries and accidents caused by impaired drivers.

Fatal accidents were way down in 2016 – only 3 people lost their lives on Laval roads last year, compared to 11 in 2015. Speed was a factor in 2 of the deadly crashes, and one involved a pedestrian.

Accidents with injuries increased slightly: 1197, compared to 1182 the year before. Only 13 of those resulted in severe injuries. The rest reported minor injuries.

Accidents involving impaired drivers also increased slightly: 16 in 2016, 13 in 2015.

Accidents caused by reckless driving decreased by half: 2 in 2016, 4 in 2015.

Vehicular accidents with no physical injuries: 4349. (Up from 4329 in 2015)

Accidents caused by driving under the influence of drugs or alcohol: 393. (Down from 417 in 2015)

Police officers patrolling Laval's roads focused on five main prevention and awareness themes: distracted driving, speeding, not wearing seat belts, impaired driving, and driving under the influence of alcohol or drugs.

The LPD reminds everyone that accidents and fender-benders can be prevented when motorists follow the rules of the road and abide by the laws of the Quebec Highway Safety Code.

Fewer road accidents in Laval last year, says LPD

A good year for traffic safety, says annual police report

(TLN) The Laval Police Department says 2016 was a positive year with regards to road safety. The department says in a statement that the number of road accidents dropped compared to 2015, when the number was much higher than usual.

A good year

According to the LPD, there were just three deadly vehicle accidents on Laval's territory, compared to 11 in 2015. Excessive speed was a factor in two of the cases, with a third involving a pedestrian who was hit.

As for accidents with injuries, there were 1,197 of them, of which the majority (1,151) caused minor injuries, while a minority (13) resulted in serious injuries. In 2015, there were 1,182 accidents with injuries in all.

Accidents involving a driver with impaired faculties went up slightly in 2016 (16 compared to 13 in 2015). Dangerous driving incidents causing accidents went down (2 in 2016, compared to 4 the previous year).

Hit-and-runs unchanged

As for hit-and-run accidents causing injuries, the number remained about the same: there were 13 in 2016 and in 2015. A reduction can be noted compared to 2014 when there were 30 and during the previous years when there were up to 20.

The number of accidents causing only material damages went down slightly in 2016. In effect, compared to the previous year, there was a reduction of 20 accidents of this sort, out of a total of 4,349 accidents.

The number of offenses linked to driving while under the influence of alcohol or drugs went down to 393 in 2016 from 417 in 2015.

Plan implemented

In 2016, the LPD implemented a new road security plan whose goal was to intervene and prevent accidents in risk zones in order to continue improving road safety in Laval. The LPD's spokesperson for road safety, Inspector Jean-François Rousselle, points out that "a detailed analysis of the history of road accidents allowed targeting of accident-prone areas to take place and to work out an action plan that would include interventions and awareness-raising campaigns for users of the roads."

Problems to be resolved

He adds that the areas of prevention in the plan including driver distraction at the wheel, speed, wearing of seat belts, the behaviour of vulnerable users, as well as driving with faculties impaired by alcohol and drugs. Above and beyond the numbers, it should be remembered that each accident or fender-bender could have been avoided through good driving habits while respecting the road safety code.

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Community UPCOMING EVENTS



The Golda Meir Chapter of Canadian Hadassah-WIZO Shaar Shalom Synagogue - 4880 Notre Dame Blvd. Chomedey

February 15th 1PM

We will be showing a movie called TRUTH, starring Robert Redford, Cate Blanchett, Elisabeth Moss and Denis Quaid.

This is the incredible true story of Mary Mapes (Cate Blanchett) who is an award winning journalist for the CBC News, and Dan Rather's producer (Robert Redford) who broke the Abu Ghraib Prison abuse story and other covert stories that were hidden from the public.

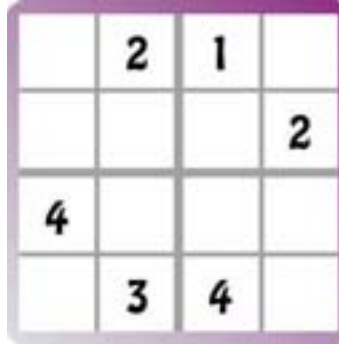
Everyone welcome - guests \$6.00
Refreshments will be served

March 1st 1PM

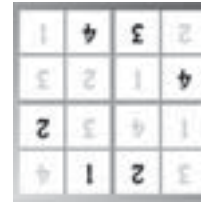
Continuing with our Health Series, will present a video conference on HEALTHY AGING - HEALTHY BRAIN. This video is extremely important as it explores memory fitness. We will have a Health Professional on hand to answer any questions.

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Laval en Blanc 13th edition

Based on city officials estimates, more than 15 000 Laval citizens participated in the 13th edition winter festival. 'Laval in White' The festivities, took place on the weekend of January 27- 29 at the Old Sainte-Rose. The winter weekend festival, offered a multitude of outdoor activities and concerts to the delight of all visitors.

THE LAVAL news Celebration

5
HAPPY BIRTHDAY
Eleni

Five wishes for turning 5: blossoming health, a treasure-full of wealth, a jarful of blessings, sweet and happy moments and another year of awesome wonders.

Happy birthday Eleni...
Love Mommy, Daddy, Sister Mandy and cousins Izzy, Ace, Niko and Adriana

1
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Eugenia

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No Leg To Stand On

Bicycle Built For Two

Hey guys, a wise word or two is much needed. The woman I was in love with suddenly broke up with me, quite unceremoniously, minutes after we shared I-love-you's and "can't wait to see you again."

I'm stunned. I believed her words.

I'm a 31-year-old divorced woman. She's 42 and in an open marriage. I respected her marriage and her space. I loved her for who she is. When she uttered the first "I love you," she said she was truly in love with me. Yes, I asked.

Then last week her goodbye dropped out of the clear blue sky. When she called last night, I let it go to voicemail. She apologized for "all I can apologize for," but there was no mention of regret for leading me on.

I sent her an email: "Hey, I got your message and I'm not angry. I'm just in shock. Suddenly I lost a friend, someone I care deeply for, someone who, in three months,

showed me more love than people I had known for years.

"Forgive me, the idiot in me is slow. Did I say something wrong that afternoon to hurt you? Has this been coming on for a while? Again, I don't ask out of anger, just trying to make sense of it all. If you feel you've already explained this, please do it one more time so my brain can sign, seal and file it. I won't ask again but it would help if I knew."

She emailed saying she has so much going on in her life being with me was like another pressure. She cares for me, she said. I was like a drug to her, but she doesn't want more email contact.

Please help me make sense of this. I'm not looking to repair this, nor am I crying anymore, but how do I spot this in the future?

Grace

Grace, some people use sex as a currency. It's their medium of exchange. They don't care about another's

Direct? Answers from Wayne & Tamara



feels any more than they care about the feelings of a dollar bill or a pound note.

People in love don't think, I have too much going on in my life for you. People in love think, I would drop everything for you. This woman had a fling with you. Now she can go back to the counterfeit life she lives.

You can't trust anyone who says they are married and in an open relationship. Are they so confused about their sexuality and loyalties they are rudderless? How many lies are they living?

Often, for our own well-being, we have to be able to judge people harshly without giving them the benefit of any doubt. If this woman is in an open relationship, she is a sexual chameleon. Other people are sex partners to her, not lovers.

After three months she backed out, praising you enough in her departure that you feel flattered. This method may allow her to have a "friends with benefits"

relationship with you later.

You were starving. But look at what being desperate got you.

Fill up your life so you are busy and happy with the life you are living. What you need is a monogamous loving relationship. You can't find the one for you with someone who is open to everyone else. This woman is her own one, a selfish one. This is not how love starts, it is how abuse starts.

How do you avoid this in the future? By not becoming involved with someone already involved with another. You don't need to be the third wheel on someone else's bicycle.

Wayne & Tamara

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0830 PUBLIC NOTICE
PRENEZ AVIS que

Harmanjit Singh, dont l'adresse du domicile est le 471, rue des Alismas, Laval, Québec H7X 4G9, présentera au Directeur de l'état civil une demande pour changer son nom en celui de Harmanjit Singh Rakhra. Laval, le 3 décembre 2016

PRENEZ AVIS que Jacqueline Marangos, dont l'adresse du domicile est le 1720, rue du Portage, Laval, Québec H7Y 2A4, présentera au Directeur de l'état civil, en sa qualité de mère, une demande pour changer les noms de Julian Havitov et de Nathaniel Havitov en ceux de Julian Vasilios Havitov et de Nathaniel Arie Havitov, dont l'adresse du domicile est le 1720, rue du Portage, Laval, Québec H7Y 2A4. Laval, le 25 janvier, 2017

SAMIR AALALLOU
Prenez avis que Samir Aalalou, dont l'adresse du domicile est le 1920, boulevard du Souvenir, appartement 503, Laval, Québec H7N 0B3, présentera au Directeur de l'état civil une demande pour changer son nom en celui de Martin Trudeau. Laval, le 15 novembre 2016. **SAMIR AALALLOU** 44442-49-2

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LAST ISSUE'S ANSWERS FOR

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FLEA	EDICT	
	ROD	LOSERS
CHILI	ALL	DUO
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OUT	IRK	NOTED
CLOSET	GYM	
	PRIME	EATS
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Sudoku

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

IN MEMORIAM & OBITUARIES



BRUNETTI, Alessandro
1936 - 2017

Alessandro Brunetti passed away on Friday, January 27, 2017 Loving husband of the late Barbara (nee Applebaum), cherished father of Frank (Catherine), Sandro (Lisa) and Jeff and beloved nonno of Bianca, Adam, Brianna, Hunter and Chase. Dearly loved brother of the late Sara (Giovanni, deceased), Giuseppe (Carol) and Raffaele. He will be greatly missed by all of his nieces, nephews, relatives and friends.

GANGL, Erwin

Passed away peacefully on January 18, 2017 at the l'Hôpital de la Cité-de-la-Santé in Laval. Born in Kapfenberg, Austria to Josef and Elisabeth Gangl, he immigrated to Canada in the early 50's and lived most of his adult life in the Montreal and Laval region. Here, he met and married Lotte Bregler, worked at Cercast, and welcomed two sons. Erwin was loyal and dedicated to his family and friends. As a younger man he loved to ski, play soccer and travel. Later in life he looked forward to his card games and trips up north. He was known for his green thumb, generosity, laughter, and sociability. Erwin was predeceased by his parents, sister Herma, and his wife Lotte (1997). He is survived by sons Norman of Edmonton (Norma-Jean Baber), Manfred of Halifax (Alison DeLory) and grandsons Jackson, Curtis, Eric. The family is deeply indebted to his special friend Vera, who cared for him so dearly in recent years. Erwin also leaves extended family in Austria and Germany including two nephews and in-laws, and many other friends.



GENTLEMAN, Gina
1958 - 2017

It is with great sadness that we announce the passing of Gina Credali Gentleman on January 24, 2017 at the age of 58 years old. She leaves to mourn her commonlaw partner Jean-Claude Dulude, her son Robert (Annie), her grandchildren Gary and Brandon, her stepdaughter Audrey (Philippe), her step- grandchildren Coralie, Maude, her brother Andrea (Catherine), and her sister Angie, Nephews Frank (Marie-Claude), Sonny, great-nephew and great-nieces Layla, Zaccardo and Lara, uncle, aunts, cousins and friends.



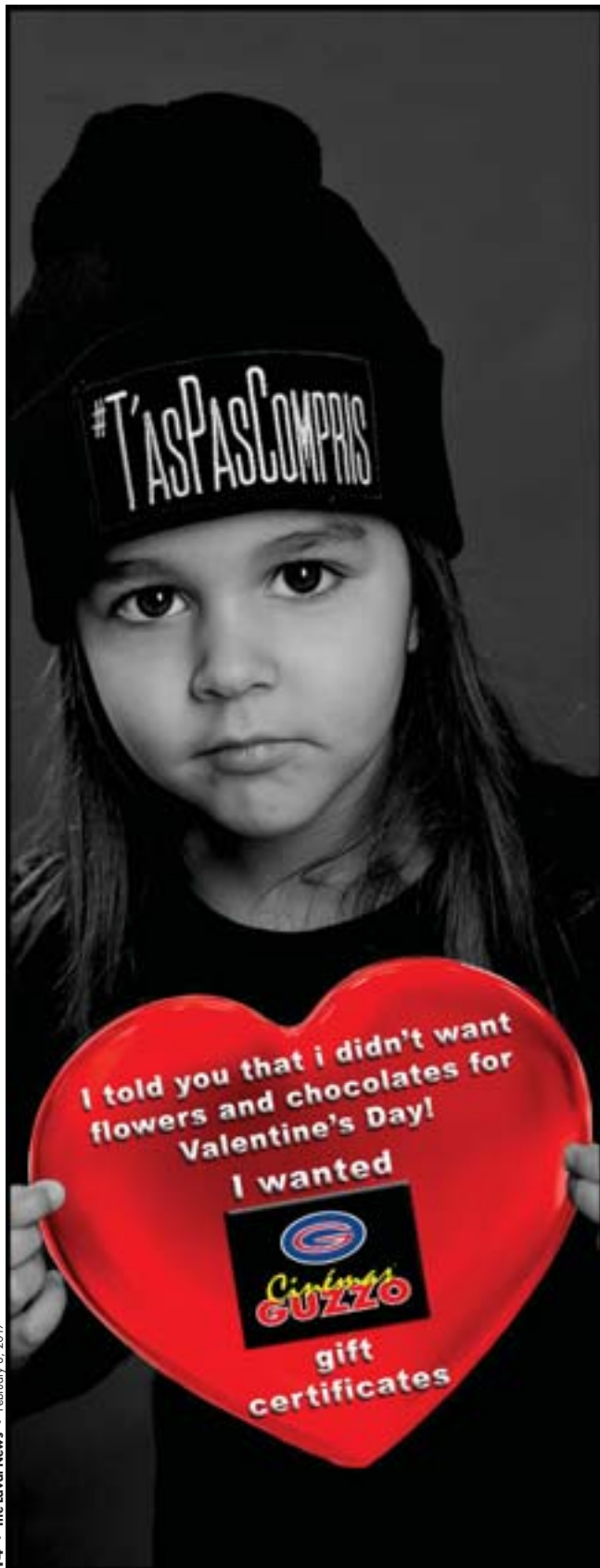
MANOS, Louise
1952 - 2017

After a beautiful and honourable life, it is with profound sadness that we announce the peaceful passing of beloved Louise Laberge Manos, at the age of 64 years old. Louise was a woman of tremendous strength and resilience. She leaves a legacy of generosity, kindness and true friendship. To honour Louise's memory, be kind to others and remember that life is beautiful! Dearly missed and loved beyond words, she is survived by her husband of 42 years, George Manos; her children Nicole (Feras Antoon), Stephane (Maria Campos) and Alexandre; her cherished grandchildren Sebastien, Chloe, George, Tiffany, George and Micheal. She will be remembered with love by her twin sister Denise and her brother François (Manon Jetté) as well as her brother-in-law George Thanopoulos and her nieces and nephews, Dimitra, Peter (Peggy Hionis), many relatives and countless friends.

VARELAS, Athanasios
1922 - 2017

Athanasios left us with serenity and courage on January 14 at the age of 94. He was the cherished husband of Besi Veli, beloved father and father-in-law to John and Alexandra, George and Demetra, beloved grandfather to Stefanie, Deana, Tom and Christian. He will be sadly missed by sisters Eftichia and Anastasia, nephews, nieces and friends.

Contact us today to place an obituary or in memoriam in our next issue - NO CHARGE
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FIFTY SHADES DARKER

16+ | 1 hr 55 mins | Romantic-Drama |



When a wounded Christian Grey tries to entice a cautious Ana Steele back into his life, she demands a new arrangement before she will give him another chance. As the two begin to build trust and find stability, shadowy figures from Christian's past start to circle the couple, determined to destroy their hopes for a future together.

JOHN WICK: CHAPTER TWO

13+ | 1 hr 55 mins | Action-Thriller |



Legendary hit man John Wick comes out of retirement when a former associate plots to seize control of an international assassins' guild. Bound by a blood oath to help him, Wick travels to Rome to square off against the world's deadliest killers.

THE LEGO BATMAN MOVIE

G | 1 hr 44 mins | Action-Animation |



Bruce Wayne must not only deal with the criminals of Gotham City, but also the responsibility of raising a boy he adopted.

RINGS

13+ | 1 hr 42 mins | Horror |



Samara returns with a familiar video tape to strike terror again in the third film of the Ring franchise.

A DOG'S PURPOSE

G | 2 hrs 01 min | Fantasy |



Based on the beloved bestselling novel by W. Bruce Cameron, A Dog's Purpose, from director Lasse Hallström (The Cider House Rules, Dear John, The 100-Foot Journey), shares the soulful and surprising story of one devoted dog (voiced by Josh Gad) who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love. The family film told from the dog's perspective.

GOLD

13+ | 2 hrs 01 min | Drama |



Kenny Wells, a prospector desperate for a lucky break, teams up with a similarly eager geologist and sets off on an amazing journey to find gold in the uncharted jungle of Indonesia. Getting the gold was hard but keeping it is even more difficult, sparking an adventure through the most powerful boardrooms of Wall Street.

RESIDENT EVIL: THE FINAL CHAPTER

13+ | 1 hr 46 mins | Thriller-Horror |



Picking up immediately after the events in Resident Evil: Retribution, Alice (Milla Jovovich) is the only survivor of what was meant to be humanity's final stand against the undead. Now, she must return to where the nightmare began - The Hive in Raccoon City, where the Umbrella Corporation is gathering its forces for a final strike against the only remaining survivors of the apocalypse.

MOANA SING-ALONG

G | 1 hr 53 mins | Musical |



Disney's animated hit film Moana will be returning to movie theaters nationwide in a new "Sing-Along" version on January 27th 2017. The sing-along version of "Moana" includes the full feature film with on-screen lyrics, so audiences can belt out the words to their favorite songs.

YOUR HOROSCOPE

for the week of February 12 to February 18, 2017

The luckiest signs this week: Sagittarius, Capricorn & Aquarius



ARIES

This week will be very stimulating when it comes to your professional life. Unless you get your hopes unreasonably high, your success will match your efforts. You could suffer from dizzy spells.



TAURUS

You'll be the centre of attention. Expect to be applauded for your efforts. The situations in which you'll find yourself this week will boost your self-esteem.



GEMINI

You might spend an entire day going around in circles at home, for example while waiting for a delivery. You'll decide that some rooms need redecorating.



CANCER

If you need to drive somewhere, make sure you have proper directions to avoid wasting substantial time trying to find your destination. A map or a GPS could be useful in this situation.



LEO

You don't like having to tighten your belt, but doing so will encourage you to fix the problem. You'll take the necessary steps after making a plan.



VIRGO

There will be a fair amount of action for you this week. The numerous obligations that will take up most of your time could overwhelm you. Fortunately, you're an organized individual.



LIBRA

A cold is usually a sign that you need rest. You'll have a tendency to worry about anything and everything. Relaxation and meditation are called for.



SCORPIO

You'll have a group of people to manage and they'll expect you initiate everything. Therefore, you'll have much to do. Assert yourself and take your rightful place.



SAGITTARIUS

Work and family responsibilities will be at the forefront for you this week. You'll have very little time for yourself. You'll also be asked to plan a large gathering.



CAPRICORN

You'll have tremendous success at work. Your bosses will be left with no choice but to give you a raise if they wish to secure your loyalty in the long term.



AQUARIUS

You'll be confronted with existential questions this week. You'll start thinking about making significant changes, because you need to gain a new perspective on your life.



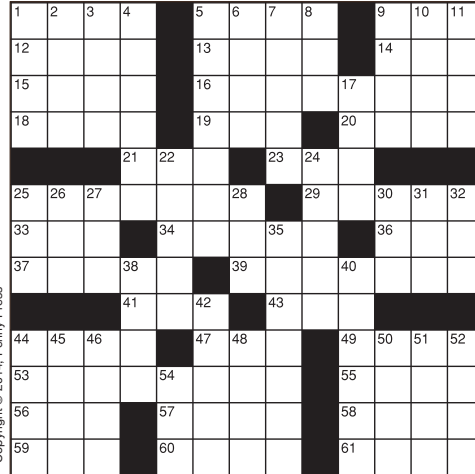
PISCES

You'll be able to come to a happy agreement with the people in your life after a conflict. You'll be very wise throughout the situation.

Coffee break

CROSSWORDS

PUZZLE NO. 856



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ACROSS

1. Flat
5. Twirled
9. Copy
12. Go by train
13. Adjust, as a radio
14. Jest
15. Expert fliers
16. Leaving out
18. Released
19. Clumsy person
20. Poker-pot contribution
21. Drink like a cat
23. Chatter
25. Volunteered
29. Biblical song
33. Island garland
34. Blockhead
36. Tip of Italy
37. Fender damage marks
39. False explanation
41. "___, two, three, four"

43. Not damp
44. Computer information
47. Beerlike brew
49. Daddy
53. Mimic
55. Woes
56. Struggle (for)
57. Window part
58. End
59. Tack on
60. Sacred
61. Pulls

DOWN

1. Geologic periods
2. Wrongdoing
3. Genesis home
4. Settle comfortably
5. Bent over
6. Cougar
7. Join
8. Angler's tool
9. Related
10. Liquid measure
11. Border
17. Strikes gently
22. Come about
24. More prone
25. Outdated
26. Greens charge
27. Fish feature
28. Dunk
30. Gulped down
31. Bagel topper
32. Ran into
35. Neat
38. "___ Darn Cat!"
40. Office worker
42. Terrace
44. Opera star
45. Among
46. Laced
48. Lounge around
50. Choir singer
51. Cultivating tool
52. Poisonous serpents
54. Fire leftover

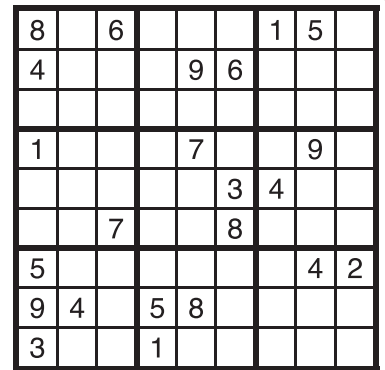
Sudoku

PUZZLE NO. 592

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.**



JOKES

ORDERING IN

My husband and I both work, so our family eats out a lot.

Recently, when we were having a rare home-cooked meal, I handed a glass to my three-year-old and told her to drink her milk.

She looked at me bewildered and replied, "But I didn't order milk."

LIVE LONGER

A couple of hours into a visit with my mother she noticed I hadn't lit up a cigarette once. "Are you trying to kick the habit?"

"No," I replied. "I've got a cold and I don't smoke when I'm not feeling well."

"You know," she observed, "you'd probably live longer if you were sick more often."

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