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House of Commons united in a common front for Canada \$73 billion voted to help sustain businesses



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MATURE LIFE

THE LIFE AND TIMES OF STEVE BLETAS
A LEADING VOICE OF ENGLISH EDUCATION

'You can't dissuade leaders in a society such as ours from taking calculated risks and venturing into unknown territory. There will always be needs to fill and opportunities to make things better. If you're willing, it's always been willing. It must be part of my Greek DNA - yes, we are proud, loud, bombastic, hard-headed and peppy, but that's because we care enough to turn wishes and dreams into acts of accomplishment.' - Steve Bletas, former Chairperson of Sir Wilfrid Laurier School Board of Laval/North Shore.

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**To all
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care
workers**

Thank you for continuing to work.

Thank you for going to the front lines to treat us.

Thank you for fighting the invisible enemy.

Thank you for answering the call.

Thank you for taking care of our health.

Thank you for supporting us.

Thank you for reassuring us.

Thank you for being so devoted.

Thank you for being there for us.

**Thank you for being
our guardian angels.**

Parliament enacts Canada Emergency Wage Subsidy legislation

\$73 billion in aid expected to start flowing to businesses and citizens

MARTIN C. BARRY

The Trudeau Liberal government's wage subsidy legislation to counter the effects of the COVID-19 crisis moved swiftly through to passage in the House of Commons last week-end during a rare holiday session that saw MPs congratulating one another for their multi-partisan cooperation.

Help on the way

Passage of the legislation, followed by examination by the Senate and royal assent by the Governor General, cleared the way for \$73 billion in immediate assistance to companies, families and individuals across Canada whose livelihoods remain seriously disrupted by COVID-19.

Although the Conservatives still had issues with the way the wage subsidy will be implemented, they agreed to allow the legislation to be passed anyway so that the recovery could get underway.

A war-like situation

In a speech to the relatively small gathering of MPs who were called together for the historic parliamentary sitting, Prime Minister Justin Trudeau compared the situation Canada now finds itself in to a war, with the enemy being a virus that is spreading everywhere silently.

"Without reservation, without pause, we must fight for every inch of ground against this disease," said Trudeau. "We must be there for one another as we spare no effort to safeguard our collective future."

Trudeau alluded to the battle of Vimy Ridge while speaking about the current battle being waged in Canada and around the world against COVID-19. During his address, the prime minister noted that the Canada Emergency Wage Subsidy is the "largest Canadian economic policy" since World War II.

Like Vimy Ridge

"As our generation faces its greatest challenge yet, we all stand on the shoulders of those who came before us and saw our nation through difficult, tumultuous times in our history," he said. "One hundred and three years ago today, young Canadian soldiers found themselves in



the trenches in France. The next day they took part in the final battle for Vimy Ridge."

"On the eve of this somber anniversary we remember their courage and sacrifice. These were trials that shaped our country, and more, its citizens, and now, once again, we are being tried. Every one of us has role to play in shielding our country from the threat it now faces.

'Modern day heroes'

"And while the battle against COVID-19 isn't a war in the traditional sense of the word, that doesn't make this fight any less destructive, any less dangerous," Trudeau added. Instead, "the frontline is everywhere; our homes, hospitals, care centres, grocery stores, pharmacies and gas stations," he continued, calling the people who work in these places "modern day heroes."

The workers, he said, "are separated from their family, and risking their own health, they head to work every day so that we can eat, heal, and do our part."

In hard times, said Trudeau, "courage and strength are not defined but what we say or do loudly in public, but by the actions we take quietly in private, like staying home. Even as we stand apart, we stand united in our resolve to do what we must until COVID-19 is defeated."

CEWS program enacted

The bill puts into place the CEWS, whose purpose is to encourage companies to rehire workers by offering a 75 per cent wage subsidy over the next three months to businesses that have lost 30 per cent of their revenue as a result of the crisis. Finance Minister Bill Morneau said businesses that qualify for the subsidy should start receiving money within a few weeks.

Among the Conservatives' suggestions for

future amendments to the new law would be to reduce eligibility hurdles that still stand in the way of some businesses receiving the subsidy. The NDP and the Bloc Québécois also agreed to fast-track the bill in exchange for consideration of their ideas for eventual changes.

Bill gained NDP support

NDP leader Jagmeet Singh said his party supported the legislation necessary for the subsidy to become a reality. He said that his calls to improve access to the Canada Emergency Response Benefit were reflected in the bill that ended up being tabled by the Liberal government.

Bloc Québécois leader Yves-François Blanchet said that the bill included "some very good things" for workers. In a letter to the prime minister, he wrote that he welcomed several aspects of the legislation, but noted that it did not include support for businesses struggling with operational costs.

Blanchet said that Finance Minister Morneau had acknowledged those concerns. However, he also expressed concern that temporary foreign workers arriving in Canada were not being tested for COVID-19.

Laval MPs dealing with COVID

In Laval, two local MPs have been dealing with the impact of the COVID-19 crisis on a personal level. Laval-Les Îles Liberal MP suggested constituents continue to stock up on food and other necessities for up to two weeks at a time.

"If you go out, don't go out until it is absolutely essential," he said. "And, you know, once people start applying those rules it will be the best way to fight the COVID-19."

"That and social distancing: doing your job from home. And this is something that is no

longer very difficult, with the technology that we have now: the e-mail, the internet and everything else. Everyone can make a large contribution by doing business from home."

For her part, Vimy Liberal MP Annie Koutrakis offered the following advice to people in her riding. "I would say stay close to each other, whether it's through a virtual hug or daily telephone calls or texts," she said.

"Obviously none of this is easy for anyone. What I am doing personally, as well as all our family members, is to social-distance ourselves, especially because we do have elderly people in our family. The number one thing that I would say is basic for everybody is handwashing first and foremost."



Laval-Les Îles Liberal MP Fayçal El-Khoury, whose wife Dr. Georgette Elias has a dental practice in Montreal, was able to deliver some protective facial masks, vinyl gloves and other supplies to the CHSLD Sainte-Dorothée on April 2.

Quebec calls for cancellation of public events until Aug. 31

(TLN) Quebec Tourism Minister Caroline Proulx joined two other members of the CAQ cabinet on Friday in calling on the organizers of public events over the coming summer to cancel or postpone at least until Aug. 31 because of the ongoing COVID-19 virus crisis.

Difficult decision

"The government of Quebec has had to make a difficult but necessary decision," Proulx said in a statement. "We are aware of the impacts this represents for organizers, and we thank them for their contribution to the collective effort. We will be there to prepare a strong recovery in order to see Quebec and its festivities shine brightly as soon as possible."

She was joined by Culture and Communications Minister Nathalie Roy, as well as delegated Education Minister Isabelle Charest, in the statement. They said the government is considering various alternative ways to support the festivals which would have been taking place this summer.

Laval still waiting

The province's announcement comes after Laval mayor Marc Demers stated on April 7

during the most recent city council meeting that he preferred to wait until May before deciding whether to cancel Laval's Fête nationale celebration and the more than \$600,000 expense it entails.

During the city council meeting, the mayor and other elected officials with the administration explained that the city has a clause in its contract with the organization staging the Fête nationale show, allowing Laval to cancel the contract under certain circumstances.

City's position

A spokesperson for the mayor's party, the Mouvement lavallois, said later in a blog published on the ML website that the Mouvement national des Québécoises et Québécois (MNQ), which coordinates Fête nationale celebrations across the province, hasn't issued a directive about cancellation of the festivities.

He said that under the present circumstances, with COVID-19, that the city is analyzing different scenarios that might allow the City of Laval to hold its Fête nationale celebration on June 24, while respecting public health safeguards.

AN IMPORTANT MESSAGE FROM YOUR MNA

Dear Chomedey constituents

Protecting your health is our priority.

We take very seriously the instructions of public authorities. We are committed to contribute to reduce the risk of the spread of COVID-19, which is why we remind the population that it is imperative to closely follow the confinement instructions.

Stay at home and limit contact, both indoors and outdoors. Protect yourself, protect your families, neighbors and friends.

We are there, we continue to serve you while protecting your health and that of our employees. Do not hesitate to ask for help and find out if essential items such as groceries and medicines can be delivered to you.

It's the best way to protect yourself.



Guy Ouellette
MNA for Chomedey

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Opinion & Editorial



A dose of COVID-19 reality

A perpetual peeve relates to raw numbers being headlined without reference to the relevant denominator. If you don't have that context, you get a potentially misleading story.

COVID-19 deaths are a striking example. There's been much focus on the escalating fatalities in the U.S., with many emphasizing how the numbers are now in the same vicinity as those for Spain and Italy. But that disregards the fact that the U.S. population is many times larger than that of Spain or Italy.

Adjusted for population, the numbers look very different.

As of April 8, Spain's COVID-19 death rate (deaths per million population) is 314.0 and Italy's is 292.4. Meanwhile, the rate for the U.S. is 43.5, which is around one-seventh of the Spanish and Italian rates.

Of course, the fact that the U.S. outbreak is at an earlier stage than Europe's accounts for some of the discrepancy. But how much remains to be seen. And until there's a much clearer picture on that score, equating them is misleading. So we shouldn't be doing it.

Western Europe

I suspect that most of us think of Europe as a model of public health governance. Universal health care is the norm and sophisticated governments play a dominant role with regard to mandates and funding.

This makes the population-adjusted death rates eye-popping.

And it's not just Spain and Italy.

The current COVID-19 death rate in Belgium is 196.1; France is 162.3; the Netherlands is 130.5; and so on.

No fewer than 10 European countries have death rates higher than the U.S., including such public health paragons as Switzerland and Sweden (subject again to the caveat that they're further into the pandemic than the U.S. is).

The German difference

The large European country that seems to be doing best is Germany (25.3 death rate). Precisely why is a matter of speculation.

Suggestions run the gamut from Germany's exceptional volume of testing to its meticulously prepared, well-oiled health-care machine. There's also some suggestion that perhaps German treatment protocols are smarter.

Interestingly, the Manhattan Institute comparative health-care study that I wrote about last Nov. 28 was particularly friendly towards the German system.

It's based on a competing payer model where the government heavily subsidizes the purchase of insurance from a wide range of public sickness funds and private companies. Germany was thus deemed to hit the sweet spot of delivering comprehensive care via a calibrated blend of funding, regulation, competition and choice.

Exiting the lockdown

Although now isn't the time to call a halt to our stay-at-home restrictions, they're neither socially nor economically sustainable over an extended period. As the associated damage and deprivation accumulates, uncomfortable risk/reward discussions will have to be held and related decisions made.

Austria, Denmark and Norway are already there. All three will begin reopening over the next couple of weeks.

As described, the process will be gradual, informed by new infection rates and accompanied by continued testing, tracking and quarantining where necessary. Some things will take quite a while to return to normal. The current Austrian position is that a resumption of international travel may well have to await arrival of a vaccine.

Public conversation about this will be difficult as it involves explicitly recognizing trade-offs that we usually deal with implicitly. And that'll generate a lot of unease.

In reality, though, we make these trade-offs all the time. We just don't talk about them.

An enormous range of our activities inevitably entail death and injury. Driving is a case in point.

Approximately 2,000 Canadians are killed in traffic accidents each year and around 10,000 are seriously injured. If we banned or drastically curtailed driving, we'd save lives. However, we don't do that.

This isn't meant to equate the virus with traffic accidents. Scale matters enormously and the virus is a new and unknown factor. Until we put a fence around its spread and get a better sense of its scale, extraordinary measures are appropriate.

But going down the road, we'll have to grapple with the concept of a trade-off and come to terms with a tolerable level of infections and deaths. We already do that for all sorts of things. We're just not used to dealing with it explicitly.

Unfortunately, Italy's health minister is right: "We will have to learn to coexist with the virus, because the virus won't disappear."

Pat Murph

THAT'S WHAT I'M THINKING

Robert Vairo



COVID-19 What went wrong?

Not sure I'm seeing this clearly but it seems to me the federal government and our politicians in general should have been much better prepared for COVID-19.

As we know, more than one visionary, Bill Gates for one, predicted a destructive free roaming virus would strike the world. Google Gates, and watch it if you haven't seen it. It's only 8 minutes long and is bang on to what we are experiencing today. It's called "The Next Outbreak? We're Not Ready". I got chills when I saw it. It was the future. Now it's the present. But the founder of Microsoft did not deliver his address a few months ago. It was in 2015, five years ago. Didn't anybody listen to this visionary? Apparently not. Why not? Because our politicians are too busy planning for re-election and concerned with image. Example, Justin Trudeau. You have of course noticed the beard but have you noted our Prime Minister is now dying his hair? Image. We elect and pay them for this?

So some kind of a road map should have been in the works years ago. A committee of epidemiologists, a group of consulting doctors, something, ready to go in the event it happens. It did. But no plan. Our Prime Minister was too busy trying to get a seat at the UN security council, too busy taxing and spending, stopping pipelines, applying the rule of law on the west coast (Huawei's Meng Wanzhou) flaunting it in the east (SNC Lavalin) etc. To be fair, preceding governments can also take the blame. And here's the result. We were (still are for some) short of N95 masks, short of ventilators, short of ventilator technicians, short of nurses, short of brave and exhausted front line workers. We had no solution for the most vulnerable people in seniors' home, knee jerk reaction to international travelers. Remember it was first

"no, we will not ban travelers from China into Canada because that is downright racism" from Canada's Chief Public Health officer Dr Teresa Tam. We finally did close our all our airports to commercial international travel, but too late. Thousands had already entered the country eventually traced to many having already contracted the Covid virus. And it was the same Tam who said in January "this virus will have a minimal effect in Canada." And we believed her. We are living our worst nightmare today.

Parliament was recalled a second time to correct a confusing finance package blunder that young Trudeau and his Finance minister got wrong the first time. What an embarrassment for Canada.

There is just a lot of essential tactical and logistical planning that never took place. The result is politicians making decisions on the fly. Not only zero planning but dumb decisions like shipping 16 tonnes of protective equipment including N95 masks to China in January.

We elect politicians and pay them to plan. But they don't plan for us but for themselves and their re-election. That is wrong.

And did you hear correctly when you first heard or read it? I wasn't sure myself. Canada's members of Parliament, including Trudeau, voted themselves a raise effective April Fool's day. What! Over a million Canadians unemployed (more to come) and our political leaders chose to give themselves a raise. Empty stores, empty restaurants, empty airports and empty streets. Are you kidding me? This is disgusting, disgraceful. Thankfully, some MP's donated their raise to charities responding to the COVID 19 virus.

And the carbon tax grab, a 50% increase on April 1, could have been stopped. Many argue this tax will mean higher costs to us, kill jobs, and drive up payroll. Is this really the right time? Does this all make sense from supposedly clear and forward thinking elected officials?

This mystery virus is a surprise but what should not and never should have been a surprise, is irresponsible government unpreparedness. And that has consequences my dear friends that we are living now and will continue, in likely worsening conditions. Social distancing and isolation will be nothing to what's about to happen. Recession will be more a depression.

Are you ready for this second financial virus? This one coming not from bats in a live animal market in Wuhan, but created right here in Canada by our elected politicians.

THE LAVAL news

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Housakos says: "Get ahead of the curve!"

The senator's wife, in the eye of the COVID-19 cyclone

DIMITRIS ILIAS

Conservative Senator Leo Housakos talks about COVID-19 having a unique perspective. As a politician, being a senator in the Canadian parliament and as the husband, of a respiratory therapist fighting daily in double and triple shifts at the Jewish General Hospital during the coronavirus escalating crisis.

Parliament during COVID-19

According to Housakos there has been a revolutionary change in the Senate.

"The Senate is a very archaic body. Just to give you an idea, for committees to meet via Skype and digitally, the House of Commons had to pass special motions for those committees to have the right to do that. Same thing for the senators" said Housakos.

Caucus meetings are still going on at a distance trying to support the government in this period of crisis. Senator Housakos however stressed that by the same token, as an opposition senator he has a constitutional responsibility to provide oversight and to basically make sure that the government is kept in check.

The Greek Community

According to Sen. Housakos right now the Hellenic community of Montreal is of a certain age since the vast majority came here in the 50s and 60s. His message to his fellow Canadians of Greek descent is that they are particularly susceptible. He wished that they heed the advice of public health care officials and leaders in our country when they say stay home and isolate yourselves. "These measures have been taken to defend some of the vulnerable and susceptible members of our society, like the elderly and those that are facing other various health challenges" said Housakos. At the same time, he insisted that fear should be kept in check. As the Hellenic community celebrated Greek Independence Day on the 25th of March one must remember that Hellenes have faced many challenges as a people and they



Like many Canadians, Senator Housakos has been working from his home office.

are more than capable of weathering this storm.

Spouse in the eye of the cyclone

Senator Housakos' wife is a respiratory therapist at the Jewish General hospital. Leo Housakos has, therefore, a unique situational awareness of the crisis as it unfolds.

"I'm very proud of my wife because I see firsthand her commitment to her work as a professional and helping other human beings in time of need". Housakos describes a new schedule with an increased number of shifts. "They've doubled and tripled over the last two weeks. She's out of the house at 7:00 and she's not home before 8:00 or 9:00 in the evening".

On top of that, Leo Housakos described the looming immense problem that the lack of supplies could cause as they increase

the risk to the lives of the health care providers.

Leo Housakos said it publicly since January - February, that the government had been behind the curve. "I very angry at the fact that I'm hearing now, in April, the prime-minister saying that they are ramping up production to start manufacturing masks and gowns. Two months ago, we had 5000 ventilators in Canada. It didn't take a genius to realize that in the countries that have been hit by this virus had tens of thousands of people being hospitalized on ventilators" added Housakos.

The Canadian Industry to the rescue

Housakos spoke with great admiration and gratitude about the Canadian industry and how it came forth to assist in the fight against COVID-19. "I trust always the private sector and their energy in times of need. They make hospital supplies, they make masks. There are companies right across the country that are transforming their industrial manufacturing capacities to make ventilators. So, I am certain, given the industrial strength of the United States and Canada and Western Europe, we will ramp up and get it done. But my question still begs to be asked, why did it take so long? And again, why are we behind the curve?"

Trudeau's economic plan

The Canadian parliament voted on a series of economic measures meant to help Canadians during this crisis. Senator Housakos admitted that it was the best possible plan as long as it's a short-term crisis.

"They're sort of praying that this thing somehow miraculously resolves itself within the next three months. If this goes on for four months, five months and six months, then it becomes a whole different ball of wax." Housakos' concern is that "the government didn't show enough fiscal restraint in the last four years to be ready for this. My second concern is if this crisis lasts a longer period of time than just two or three months, we're going to see hard economic difficulties and I'm afraid also of social unrest."

Former LPD chief Jean-Pierre Gariépy outraged by CHSLD Ste-Dorothée's 'incompetence'

MARTIN C. BARRY

The former chief of the Laval Police Department, whose wife was recently transferred to CHSLD Sainte-Dorothée to recover from a brain aneurysm, suggested last week that management at the long-term care facility was incompetent, after his wife and many other residents became infected with the COVID-19 virus.

Not told, he said

Jean-Pierre Gariépy was the head of the Laval Police for 15 years up to the end of 2013 when



Seen in this Laval News file photo from 2007, former Laval Police Department director Jean-Pierre Gariépy is outraged after his wife, Louise, was transferred to the CHSLD Sainte-Dorothée with his being informed there was an outbreak of COVID-19 at the long-term care residence. File photo: Martin C. Barry

he retired. He said in a broadcast interview with 98.5 Montreal's Paul Arcand that his wife, Louise Bourgeois, was hospitalized at Hôpital du Sacré-Coeur in Montreal before being transferred to CHSLD Sainte-Dorothée in western Laval in late March.

"I didn't know at the time that there were patients there who were at risk," he told Arcand, while adding that he found out only later that she was transferred after at least one resident was known to be infected with COVID-19.

'Incompetence'

"She became infected soon after her arrival," he said. "The transmission took place stage by stage, through an employee who was badly prepared and badly protected. The management clearly was lacking leadership.

"They should have given out precise directives to the staff, which was not the case. They even forced attendants to stay at work despite the fact they were sick. This is appalling incompetence."

Possible class-action

Gariépy maintained during the interview that management at the CHSLD appeared to be improvising at virtually every stage during the developing COVID-19 crisis. He suggested they didn't seem to know what they were doing while moving infected residents into areas adjacent to where healthy residents were quartered.

"Did they have a plan for dealing with an outbreak?" he said. "Plans for separating people by floors or by sectors? Did they have facial masks, or appropriate protective gloves?" He said he was seriously considering whether to launch a class-action lawsuit in conjunction with other CHSLD Sainte-Dorothée residents or their relatives.



Toll-free Information line: **1 877 644-4545**
quebec.ca/coronavirus



In Laval, we protect ourselves and others.

A message from your MNA for Sainte-Rose, **Christopher Skeete.**



UNITED AGAINST
THE CORONAVIRUS (COVID-19)

Marc Demers undecided on whether to cancel Fête nationale Mayor reluctant to breach contract for \$662,256 June 24 event

Although major public events are being cancelled all over the world to slow the spread of the COVID-19 virus, Mayor Marc Demers and other administration officials say they are waiting until next month to decide whether Laval's Fête nationale will be taking place June 24, or what alternate celebration might be held instead.

An intense debate between administration and opposition councillors broke out during the April 7 city council meeting after a motion on the agenda called for the approval of a service contract between the City of Laval and the Corporation de la salle André-Mathieu (CO-Motion).

\$662,256 contract

The non-profit corporation, which manages the municipally-supported events venue at Collège Montmorency, is set to be paid \$662,256 to produce the Fête nationale show at Laval's Centre de la nature in Duvernay.

Independent city councillor David De Cotis fired the opening shot during the debate. The meeting took place through teleconferencing, with most council members calling in over speakerphones, and only the mayor, council president Christiane Yoakim, and a few administration officials present at city hall.

Be responsible: De Cotis

"We know that the City of Montreal has

cancelled many summer events up to July," De Cotis said. "I think that here in Laval we should be doing the same thing. We will be spending more than \$600,000 for a celebration that will last just one day.

"I think it would be more responsible to take that money and place it in a fund or something like that to help the families in Laval – maybe parents who have lost their jobs – who have no revenue coming in. I think it would be responsible for this year to take that money and put it aside and to help Laval's families."

No cancellation, says Demers

While Mayor Demers said the city has an option to cancel the agreement if CO-Motion finds itself unable to fulfill its obligations, he added that to postpone the payment to next month would be the equivalent of cancelling altogether.

"To cancel immediately would not have the effect of saving the city money, unless we decided to contest certain things with CO-Motion," he continued, noting that the city has enjoyed a longstanding partnership with the organization.

Respect contracts: Demers

At the same time, the mayor pointed out that Quebec Premier François Legault advised municipalities to try to respect their agreements with artistic events production companies, because

of their importance to the province's economy, "and they will be part of the strategy for the recovery," he said.

Executive-committee vice-president Stéphane Boyer said that allotting the money won't necessarily mean it will all be spent.

"What we are saying is let's look for other opportunities, other possibilities to keep jobs in the cultural sector while maintaining celebration events, even though we understand that big gatherings are maybe not possible at that time," Boyer said.

Planet has cancelled: Trottier

Official opposition leader Michel Trottier of the Parti Laval said he was baffled by the mayor's claim that the issue was still under study.

"The entire planet has cancelled events from now up to the month of July, but in Laval we're still analyzing," he said. "This isn't even a question. In my opinion, it would be irresponsible to hold the Fête nationale on June 24."

Trottier noted that even the Jeux du Québec (for which the finals were set to take place in Laval) were recently cancelled, although they had originally been scheduled for August. "How is it we are holding an event a month before?" he said.

Demers 'out of touch'

"I can't believe what I am hearing," said independent city councillor for Saint-Vincent-

de-Paul Paolo Galati, adding that he agreed with what De Cotis said. "The mayor is really out of touch with reality. Everyone is suffering from this illness [COVID-19].

"Everyone is cancelling events, Montreal has cancelled up to July 2, and the mayor is still of the mind that it can take place," he continued. "So I don't understand. Things are different this year. We must cancel. It's the recommendation being made by the experts."

In the end, the 13 administration city councillors present during the meeting voted unanimously for the \$662,256 payment, opposed by eight opposition councillors.

Legault has the final saying

As to what the city eventually decides, Premier Legault confirmed on April 8 that the two-metre distancing rule will be in place "for months," he said, even after the re-opening of some businesses.

In his April 8 statement, Legault said the eventual resumption of social and economic activities will take place gradually. Companies will have to be flexible with regard to employee work schedules so that public transit won't be overcrowded during traditional rush hours.

Premier Legault also acknowledged that his government and public health authorities are thinking over the possibility that schools and daycares won't re-open before the end of the school year.

Face mask purchase approved by executive-committee Committee also authorizes grant for rain analysis platform

(TLN) The City of Laval's executive-committee made some significant decisions during its

April 8 public session, including an investment in research useful to the municipality, as well

as the purchase of face masks for the ongoing struggle against COVID-19.

COVID-19 masks

Given the current crisis over the spread of the COVID-19 virus, the executive-committee's members decided to authorize a \$51,738.75 expenditure for the purchase of 10,000 protective face masks from Luminarie Canada for the city's emergency first responders.

During the same meeting, the executive-committee also decided to accord \$20,000 in financial assistance to the Institut national de recherche scientifique (INRS) so that the non-profit scientific research organization can develop an analysis and management platform for rainfall.

Rain analysis tool

According to a statement from the executive-committee, the goal of the project is to take data gathered all over the province on rainfall and to make it available to engineers and planners in public and private domains.

It is believed that development of the tool will accelerate work by engineers working on water drainage and rainfall problems so that they will be able to develop resources to deal more effectively with situations like record rain storms and historic levels of spring flooding.

Both have severely impacted Laval and other Quebec communities in recent years because of climate change.



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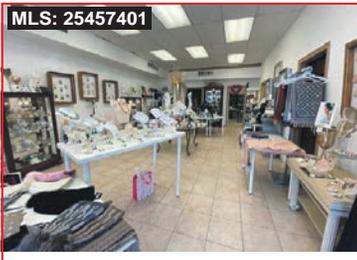
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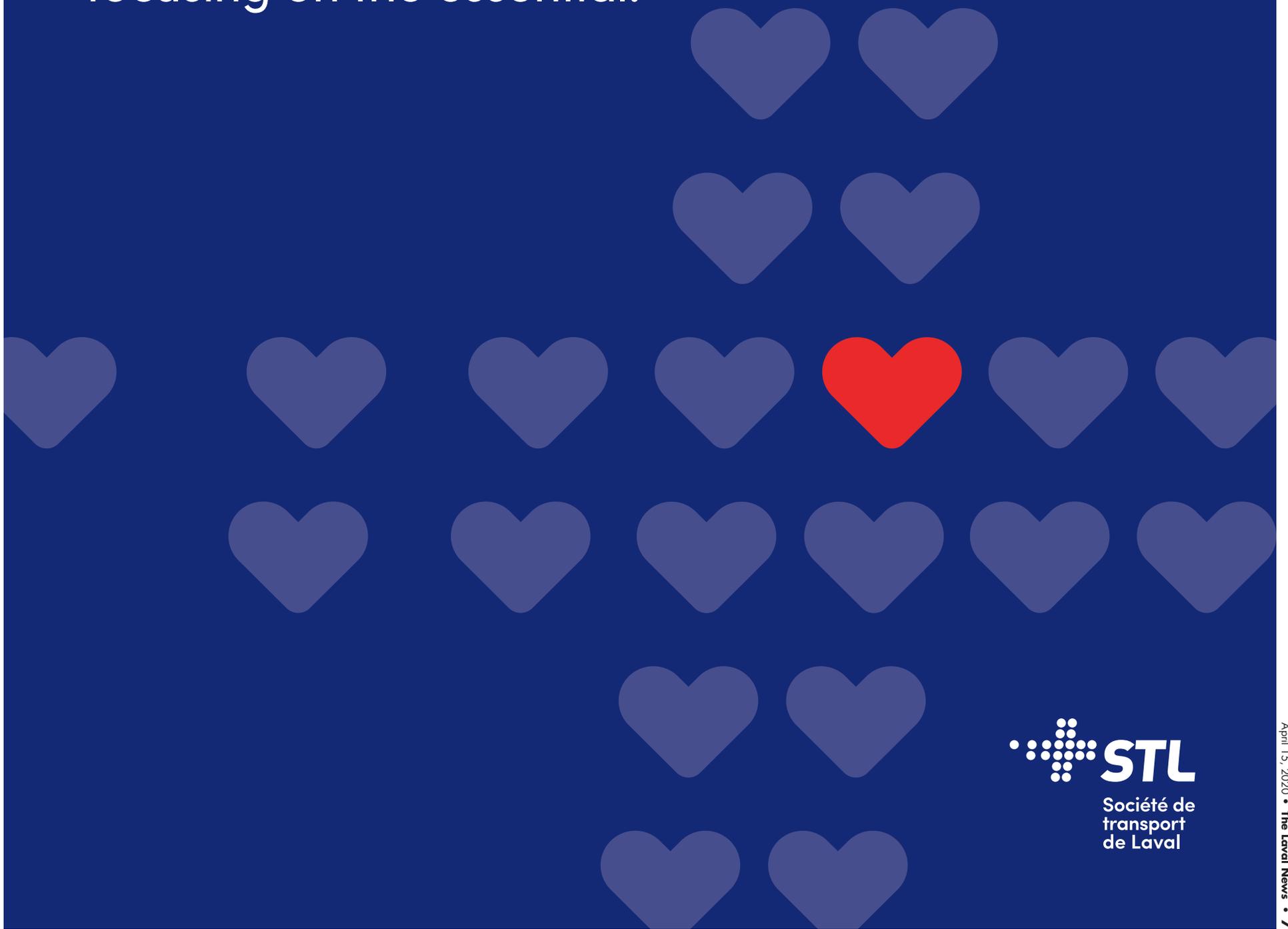


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Laval death toll from COVID-19 reached 68

CHSLD Sainte-Dorothée to be investigated by Santé-Québec



(TLN) The CISSS de Laval confirmed earlier this week that there had been 68 deaths from the COVID-19 virus up to the early afternoon of Monday April 13, with a total of 1,268 cases of infection across CISSS de Laval's territory.

Inquiry at CHSLD

In other news concerning the COVID-19 outbreak, Quebec's director-general for public health, Horacio Arruda, has ordered an inquiry by his department into the high rate of infection and mortality at the CHSLD Sainte-

Dorothée, as well as at other health institutions in the province where there have been severe outbreaks of COVID-19 infection.

At least half the residents at CHSLD Sainte-Dorothée had come down with the coronavirus infection, as have many of the staff members.

High death toll

While the CISSS de Laval maintains that normal procedures at the CHSLD were followed, the toll at the Samson Blvd. long-term care facility stands in contrast to two

other Laval-areas CHSLDs where there were no reports of COVID-19 infection.

As well, four members of the staff at the Centre de jeunesse de Laval (the region's youth protection authority) are infected with the COVID-19 virus, while four others are waiting to hear whether they too are infected after undergoing testing.

Youth centre infections



The CISSS de Laval confirmed that the employees found to be infected were asymptomatic while working from April 1-4, but that they withdrew into isolation at home following the diagnosis. The CISSS maintained on April 8 that no clients of the centre had been found to be showing symptoms of the virus.

And Quality Suites was reporting on the web that its Laval hotel just off Autoroute 15 remains "closed temporarily" while an overflow

of mental health and palliative patients from the Cité de la Santé hospital are housed there after being displaced because of the COVID-19 situation.

Patients at Quality Suites



The move was initiated by officials at the CISSS de Laval who had an overflow of 133 patients resulting from an increasing number of COVID-19 patients.

One floor at the Quality Suites has been designated exclusively for palliative patients, while another is for those with mental illness. The facility is currently closed to the public, with the exception of CISSS workers, patients and their families.

Coronavirus COVID-19

If you have symptoms such as:

- cough
- fever
- difficulty breathing
- sudden loss of sense of smell without nasal congestion with or without loss of taste

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Could post-COVID-19 Canada become a 'surveillance state'?

We shouldn't emulate China by tracking individuals, says Julius Grey

MARTIN C. BARRY

Although the COVID-19 crisis is probably far from over, Montreal lawyer and human rights activist Julius Grey is warning that the unfolding emergency could become permanent if attention isn't focused on the risk of our becoming a "surveillance state" while using technology to enforce health protection.

Crisis aftermath

In the aftermath of the Sept. 11 2001 terrorist attacks on the U.S., social critics took note that heightened awareness of public security grew massively, as did sometimes ruthless enforcement measures for many years afterwards – some of which are still with us.

"I have often suggested that we're living in a post-democracy," Grey said in an interview this week with Newsfirst Multimedia. "We are no longer a democracy. The fact that everything can be followed and preserved and nothing can be hidden means that, in effect, freedom is a thing of the past."

Tracking technology

One technological phenomenon that has emerged during the ongoing COVID-19 crisis has been the ability by government and medical authorities to use Google and Facebook location-tracking information to plan infection containment strategies.

While the data is anonymous and is furnished so that there are no personally-identifying markers, it does track people's movements and shows foot traffic trends at different locations over time. This can help get a better understanding of whether people are adhering to orders they stay home.

China tracking individuals

It should be noted that both Google and Facebook have the ability to track locations individually, although the two companies have stated that they are not sharing their data to that degree of detail and have no plans to do so in the future.

However, in China authorities have gone ahead and taken the additional step: they are using smartphone location data to track people who've been identified as being infected with the



Montreal human rights activist Julius Grey is warning that the unfolding COVID-19 emergency could become permanent if attention isn't focused on the risk of our becoming a "surveillance state" while using technology to enforce health protection.

COVID-19 virus. The Chinese system monitors phone signals to alert police if individuals in isolation leave their location or switch off their phone.

Technology as enabler

As Grey noted, Hungarian Prime Minister Viktor Orban, who was already regarded as authoritarian, used the COVID-19 crisis as a means to increase his power last month when the Hungarian parliament passed a law granting the government the power to rule by decree.

Political ramifications aside, Grey said that on the whole technology has now become the principal enabler of potential abuses against human rights and freedoms.

"Technology means that the rich, the powerful, the government have means that the average man does not have – that the average man has very little way of defending himself from it or

of influencing things," he said.

Freedom from surveillance

"And that's why what we need quickly after the crisis is not an analysis of what happened with the crisis – because the crisis does genuinely deserve some special measures, which is something that is reasonable – but a discussion of the technology and of the way of maintaining freedom. And one of the things that must be is freedom from constant surveillance."

As western countries like Canada and the U.S. continue to struggle with the COVID-19 outbreak, imposing limited restrictions on individual rights in order to control the spread, the People's Republic of China appears to have succeeded, at least for now, in slowing or stopping the virus by electronically tracking and controlling individual carriers.

Doubts China's claims

All the same, Grey remains unimpressed by China's performance during the crisis. "I am very sceptical about China," he said, expressing doubt as to the veracity of the country's claims to have mostly overcome the virus.

"Even if there were a successful use of special powers by a country which is not democratic, I would not want to see in that the proof that dictatorship works," Grey added, while suggesting there is an imminent danger of countries like Canada and the U.S. emulating the example.

Risk of emulating China

"I think we are heading down that road already," he said. "It's very difficult to argue that the countries we call democracies are really and truly democratic. They have some vestiges left. And some like Canada, Germany, France, maybe Britain, still have a lot of the old freedoms."

"But the United States, what can you say of a country which is a mass imprisonment state, where millions and millions of people are imprisoned? And that's one of the consequences of technology: technology allows you to catch everybody."

Coronavirus COVID-19

Is COVID-19 affecting you physically and psychologically?

The COVID-19 pandemic is a special, rare and temporary situation.

It is normal to react in any number of ways :

- stress or anxiety
- emotional reactions that do not go away (frequent crying, irritability, etc.)
- difficulty sleeping
- sense of panic
- racing thoughts that go on and on, making you feel scared
- feeling worried about the impact of the disease
- concern for a loved one

Laval residents have access to a bilingual psychosocial support service available by phone 24/7

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Don't forget about mental health while at home!



Do you need to deal with the new reality of staying at home? The following advice and tips will help make the experience of this time of isolation due to the COVID-19 epidemic in Québec more pleasant.

The current coronavirus (COVID-19) pandemic and related unprecedented preventive measures have created a different reality, one that can be particularly difficult to adjust to. For some, the measures can make an already difficult situation more fragile for family, financial and/or social reasons. Adjusting and adapting to the new situation requires great resilience.

Many people feel compelled by the situation to experience a period of isolation, while others need to be creative when reconciling telework and family life.

While an event of this magnitude can affect your physical health, it can also have consequences for your mental health by causing stress, anxiety or depression. But there are things you can do to improve how you manage these types of reactions.

Take care of your psychological health

- ✓ **INDULGE YOURSELF.** Give yourself the time you need to adapt. By relying on your personal strengths and the strategies you used in the past to lower your stress or overcome an ordeal, you can get through this difficult time in better ways.
- ✓ **VERBALIZE WHAT YOU FEEL.** Are you experiencing loneliness or worry? Share your inner thoughts with someone you trust while abiding by recommended physical distancing measures.
- ✓ **ASK FOR HELP WHEN YOU FEEL OVERWHELMED.** It's not weakness but rather a sign of strength.
- ✓ **SUPPORT OTHERS** while abiding by physical distancing. Helping others in difficult times is as beneficial to the giver as to the receiver.
- ✓ **AVOID ADAPTATION STRATEGIES THAT DON'T WORK** such as tobacco, alcohol or drugs. In the end, they will only impair your mental and physical state of health.
- ✓ **Staying well informed is important, but TRY TO LIMIT THE TIME YOU SPEND LOOKING FOR INFORMATION ON COVID-19.** Information overload can raise your stress level and increase your anxiety and/or depression. Always use on reliable resources of information such as the official Government of Québec website: [Québec.ca/coronavirus](https://quebec.ca/coronavirus)



Letting yourself feel joy is so important

During your period of isolation, it is important to follow a healthy diet, drink lots of water, stay active and get enough rest and sleep. Use this time to discover new passions and focus on yourself and your family.

There are so many activities that can fill up at-home days and entertain you. Make them part of your daily routine by writing a list that you can refer to for ideas on how to stay active at home. Consider posting the list in the house in a place where you can easily consult it. Here are a few ideas to feed your thoughts and help you to remain active:

Indoor physical activities: Ride an exercise bicycle; practice yoga or Pilates; dance; do aerobics and/or weight training, etc.

Creative leisure activities: Draw, colour, paint, write, sing, take photos, do origami, knit, etc.

Games: Play board games, cards, do jigsaw puzzles, crosswords, Sudoku and hidden word games, etc.

Entertainment: Listen to music, podcasts, TV series, movies, concerts, etc.

Relaxation: Take a warm bath, meditate, read a book, etc.

Educational activities: Learn a new language, visit virtual museums, etc.

Other: Cook, sew, tidy up, do housework, sort photos, etc.

MATURE LIFE

THE LIFE AND TIMES OF STEVE BLETAS A LEADING VOICE OF ENGLISH EDUCATION

"You can't dissuade leaders in a society such as ours from taking calculated risks and venturing into unknown territory. There will always be needs to fill and opportunities to make things better, if you're willing. I've always been willing. It must be part of my Greek DNA – yes, we are proud, loud, bombastic, hard-headed and pesty, but that's because we care enough to turn wishes and dreams into acts of accomplishment." – Steve Bletas, former Chairperson of Sir Wilfrid Laurier School Board of Laval/North Shore.



MATURE LIFE

Combating the over-medication

Seniors are particularly vulnerable to the effects of too many prescriptions

Working aggressively to reduce their daily medication burden may be the single best thing we can do to improve the quality of life of our aging parents and grandparents.

The issue of too much medication in Canadian seniors is finally starting to be recognized as the serious problem it has

become. Seniors are particularly vulnerable to the adverse effects of too many prescription drugs because aging affects their ability to process medications.

The statistics behind polypharmacy in the elderly – the term describes the simultaneous use of multiple medications – are surprising. In Canada, nearly 70 per cent

of all seniors take five or more drugs and almost 10 per cent take 15 or more medications.

Many hospitalizations in the elderly are caused by adverse medication reactions, according to several recent studies. And one of the biggest health hazards for seniors is falling – often a result of multiple

medications, which can cause cognitive difficulties and affect balance.

The good news is awareness of the scale of the problem has grown. More and more physicians are initiating “deprescribing” discussions with their older patients. “Deprescribing” is simply the deliberate and conscientious stopping or tapering of prescriptions to help improve health outcomes.

Some long-term care facilities are now required to do periodic medication reviews and weed out unnecessary, ineffective or hazardous pills. A massive Canadian Foundation for Healthcare Improvement project back in 2016 showed how to reduce the inappropriate prescribing of antipsychotic medications to seniors with dementia.

Programs, research initiatives and physician education activities on deprescribing are being carried out in most provinces. Canada’s Deprescribing Network has developed tools and information to help make deprescribing commonplace and part of the prescribing culture.

This is all a step in the right direction. Unfortunately, there’s still reluctance in some quarters to cut back on medications.

Some health care providers have shown themselves to be nervous when initiating deprescribing activities, worried that they are reducing medications that specialists or other doctors have ordered. Publicly-funded medication reviews conducted by pharmacists can be flawed too. Some reviews may be motivated by business reasons, resulting in more, not fewer pills for patients. Even when done properly, medication reviews often miss the very patients who would benefit most from a review, such as the elderly or people on a high number of medications.

More than 90 per cent of seniors say they want to reduce their medications if a doctor suggests it. And who can blame them? No one wants to be on a potentially expensive medication with possible side-effects and possible risks if they don’t absolutely require it.

So what should be done?



Consumer-oriented literature on medicine tends to focus on adherence and compliance to medications and not necessarily more appropriate drug treatment. And we can’t forget that pharmaceutical

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Skeete announces \$3000 for AGAPE English-speaking Senior Wellness Centre (SWC)



On March 26th, 2020 the Agape English-speaking Senior Wellness Centre (SWC) received a cheque of \$3000 from Quebec Premier François Legault. This money was given with the help and recommendation of Christopher Skeete, MNA for Sainte-Rose and Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers. A letter from Christopher Skeete to Agape accompanying the cheque mentioned that he (Skeete) is actively working to promote organizations serving the community and that he (Skeete) is particularly proud of the essential work of organizations such as Agape.
Photo taken from archives (left, Christopher Skeete and right, Kevin McLeod)

manufacturers have a business incentive for volume and are not rewarded for appropriateness of prescribing.

Thankfully, the folks from the Canadian Deprescribing Network have identified a few areas where they see the harms of drugs often exceeding the benefits. These include, but are not limited to, benzodiazepines and other sedative medications (commonly prescribed for sleeping), proton pump inhibitors (to treat ulcers and heartburn) and sulphonylureas (to treat type-II diabetes).

Drugs that can be problematic in combination with other medications include those that treat blood pressure and glucose, where high doses of multiple medications can lead to problems. They also flag the over-use of blood thinners – which require appropriate monitoring. According to the

network, these are good places to start a consultation with your doctor.

If you want to join the deprescribing revolution, don't do it by yourself. Have a conversation with your doctor or pharmacist, who will be able to help you decide if you are on the appropriate medications, which medications could be safely reduced or eliminated and how to do so.

As people get older, they should constantly ask if a new medication is going to affect the things that are important to them: their mobility, cognitive abilities and capacity to enjoy life.

Caregivers and seniors, most importantly, have to be ready to assert their wishes when it comes to taking too many medications and always be alert to the possibility that more medication might mean more problems.



VIRTUAL MUSEUM TOURS

Stuck indoors? Follow the links below to tour museums from around the world!

BRITISH MUSEUM, LONDON



This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's [virtual tour](#).

GUGGENHEIM MUSEUM, NEW YORK



Google's [Street View](#) feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

NATIONAL GALLERY OF ART, WASHINGTON, D.C.



This famous American art museum features two [online exhibits](#) through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.

MUSÉE D'ORSAY, PARIS



You can [virtually walk through](#) this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.

[HTTPS://WWW.TRAVELANDLEISURE.COM/ATTRACTIONS/MUSEUMS-GALLERIES/MUSEUMS-WITH-VIRTUAL-TOURS](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)



MATURE LIFE

Seven strategies to avoid relapsing once you quit smoking

Have you decided to quit smoking, but are afraid of relapsing? You should know that it's not just a matter of sheer force of will. There are sound strategies that can help you stay on course. Here are seven:

1. Determine the reasons why you smoked and identify triggers (stress, social occasions, drinking alcohol, etc.) so you can prepare yourself to behave differently.
2. Come up with strategies to resist the urge to smoke by creating distractions (drinking water, chewing gum, calling a friend, etc.).
3. Temporarily avoid places where people smoke and events during which you have a tendency to light up.
4. Change routines that entail a conditioned response. For instance, if you have the reflex of smoking first thing in the morning, replace your morning cigarette with a shower.
5. Increase your motivation to stay on track by going over the reasons that led you to quit and the advantages of not smoking.
6. Discover new interests to occupy your mind. Stay busy with healthy, fun activities that will make you forget your cigarette cravings.
7. Ask your loved ones, medical professionals or support services for help.

If you slip up, don't be too hard on yourself and don't be disheartened. Every time you quit, no matter for how short a period of time, you get that much closer to your goal.



Tips for preventing falls

at home



Did you know that falls are one of the primary causes of injury for people aged 65 and over? According to the Public Health Agency of Canada, approximately 85 per cent of injury-related hospitalizations among seniors are caused by falls, and at least half of those incidents happen at home. Therefore, it's important to ensure your home is secure and adapted to your needs.

In order to prevent falls from happening on your property, follow these valuable tips:

- Secure your carpets to the floor or have them removed
- Leave the passage between your bedroom and bathroom clear at all times
- Have support bars installed next to the toilet as well as in the bath and shower

- Store big, heavy objects in easily accessible areas
 - Use a stable ladder with a guardrail to reach elevated areas
 - Make sure the walkway and steps leading to your house are well maintained and free of ice, snow or leaves
 - Ensure that stairs, hallways and thresholds are well lit
 - Keep pathways clear of obstacles and avoid leaving objects lying around the stairs
- Furthermore, to preserve your balance and strength, eat a healthy diet rich in calcium and vitamin D, stay active, manage your medication wisely and invest in assistive devices if necessary. After all, your safety depends on it!

Thinking of selling or downsizing?

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MATURE LIFE

A career change at 55? Why not!

There are many reasons that may prompt you to make a career change, regardless of your age or occupation. If you're no longer happy in your current job, or if you simply feel the need to try something new, just know that it's never too late to take that first step in a new direction. Here are a few tips to help you take the plunge.

First off, it's crucial that you take some time to think about your personal and professional values. Make sure to define short-, medium- and long-term goals as well: this will help you clarify your expectations and define exactly what you hope to get out of your future career.

After you've put things into perspective, you'll be able to determine whether you'd prefer to stay in the same line of work or make a more radical change, by going back to school, for example.

Finally, if you're even the slightest bit worried about the prospect of job hunting, remember: in addition to having a leg up on both maturity and experience, you're also well aware of your strengths and weaknesses. And by now you know what truly motivates you!

In-Demand Jobs for Seniors

Administrative assistant roles for seniors

Retirees who miss the buzzing activity of an office can work full or part time as an administrative assistant. It's particularly common for women to take on office roles in retirement, including as secretaries and administrative assistants (5.9%), receptionists and information clerks (3.7%), office clerks (2.3%) and bookkeeping and accounting clerks (1.9%). While these positions generally require a commute to the office, you might be able to work from home as a virtual assistant. The pay is a bit better for supervisors of office and administrative workers, a position 1.2% of newly hired older women take on.

Nursing jobs in retirement

Many women find jobs providing care to others as personal care aides (5.2%), registered nurses (4.6%) and home health aides (2.8%). The pay is best for registered nurses, who earn a median of \$71,730 per year, and over the next decade, a 15% increase in nursing positions is expected. Registered nurses typically need a bachelor's degree and must be licensed. The demand for home health aides and personal care aides is expected to grow even faster as the elderly population grows, but less education is required and the hourly wage is much lower.

A second career as a real estate agent

Many retirees launch second careers as real estate brokers and sales agents who help clients buy, sell and rent properties. Most real estate agents are self-employed, which means they set their own hours but might be subject to the schedule of clients. Many older women also find roles as property, real estate and community

Sales jobs for retirees

Looking to get out of the house and chat with customers might be able to find a satisfying position in sales. Over 3% of men and women find new positions at 62 or older as retail salespeople and another 2% work as supervisors of retail sales workers. Many men find jobs as wholesale and manufacturing sales representatives, which pay much better and those selling technical and scientific products earning even more. Other common sales occupations for older employees include cashiers and product promoters.

Driver jobs

If you know your way around town, you may be able to supplement your retirement income with a driving job which is in very high demand. Driving options include delivery workers, truck drivers, taxi drivers, chauffeurs and bus drivers. Among these occupations, bus drivers earn the most. Driving jobs might require irregular hours, including evening and weekend work, but some people have a regular route with more steady pay.

Using your experience as a management consultant

Management consultants are called upon to analyze a problem and propose ways to make a company more profitable. Consultants with experience reducing costs or making organizations more efficient may be particularly sought after, and many consultants earn six-figure salaries and have the potential to earn bonuses. Many analysts work more than 40 hours per week, often under tight deadlines, and they must travel to meet with clients or conduct on-site evaluations. Self-employed consultants might be paid by the project or the hour.

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Steve Bletas: “We should be united in the

“I know what I did, I did with passion and heart”

“Better to have tried and failed, than to not have tried at all,” says former Sir Wilfrid Laurier School Board chairperson

Renata Isopo

Profane, sacred, and provocative, Steve Bletas talks in flashes, mind firing, heart racing, soul unleashing, thoughtful on his feet, razor-sharp on details, in full command of big pictures. “Everything I’ve done, everything I do, and everything that’s left to do, I’ve done, am doing, and will continue to do with all my with heart,” he says, as we begin to talk of his life, a journey from little Greek immigrant to leading voice of English education in Laval/North Shore.

Humble origins

Born in Sparta, Greece in 1954, Steve ventured to sea at age seven. Sponsored by relatives, he and his family departed for Canada in 1961 by ship, the Queen Frederica, which docked in Halifax, and, then proceeded for Montreal by train with the grand exodus at Central Station.

His Canadian-born mom, Theoni, like many immigrant cultures at the time, was set up in an arranged marriage, to his father, Michael who resided in Greece. Dad derived from a family of eleven children, mom had one brother who died of polio. Hard work and lots of love was a focal point of the family, and as a result, they did “good” for themselves in their newly found country which they have called “home” since 1961.

He was educated in a Greek private school, Socrates, in his elementary years, where Greek was the official language. Asked about the fluency and knowledge of his other languages, he beamingly responded, “I leaned English and French in the lanes.”

Health problems emerged at a very young age while in grade 6. The first was the growth of a tumor in the pituitary gland which plays a major role in regulating vital body functions. In Steve’s case it was a growth issue, the reason for his large hands. At the time, when there was no Medicare, this put an additional financial strain in his parents’ savings since dad was a maintenance man and mom worked in a hat shop. His second surgery occurred during his second year of marriage, at 37, just before the birth of his first child, Michael. A second benign tumor which was lodged behind his pituitary gland required micro-surgery. Steve said, “I went through hell and back, and I kept fighting...”

Later, his desire to pay back led him to collaborate with GIANT STEPS and LEARN, addressing challenges faced by children of various learning needs.

Learning leadership

He also believed in another sort of fight, joining the Blackwatch in his youth for a brief period. “I feel everyone should serve. It would give young people more responsibility, maturity, and character. The army teaches leadership, and all kinds of job skills. It’s the opportunity to lead others, learning how to deal with difficult situations. That’s important.”

Steve’s leadership skills have served him well throughout his careers, beginning with the needle trade. He made sure everyone touched by the business-managers, workers, and customers to be well-treated. It was about process and product. As a long-time production manager, a major task was to decide which ideas could be converted into saleable products such as apparel. “As you can imagine, the most important aspect of bringing a fashion product or collection to market is production and manufacturing.” It’s an industry of strong passions and contradictions powered by eager entrepreneurs.

“Production and operations management was my field; I oversaw the domestic division. My brothers and I also opened a company which dealt with active wear and school uniforms. We later opened two female apparel stores.”

But it was time to move on

Exiting commerce, he became involved in public education, volunteering on committees at schools attended by his children Michael and Eva. Schools become his passion giving him the zest to participate in other areas, volunteering 12 years as coach of boys’ handball team at Laval Catholic High School, alongside girls’ coach, Tom Nagy. The teams earned regional and national recognition on several occasions. This was Steve’s first experience in working with kids and he was hooked. “We taught our athletes that failures and setbacks are necessary parts of the learning process.” Motivation and taking risks were his mantra.

In 1991, Laval Catholic principal Glenn Hogan convinced him to run for commissioner of Chomedey de Laval School Board. He won by acclamation. In 1998, in the first election at SWLSB, he was again acclaimed, following which the council elected him Chairman, a position he held successively for 14 years. He credits Mario Di Domenico and Kathy Nemes with helping him win re-election in 2003, also humbly acknowledging that the board’s first DG, Domenic Martini, was of invaluable help in his first year as Chairman, as were

Martini’s successors, Giordano Rosa, Effie Maniatis and Anne-Marie Lepage.

The creation of the Sir Wilfrid Laurier School Board?

Born July 1, 1998, it regrouped English schools from eight boards. “A time of hope, faith, and love,” he recalls. “We worked tirelessly to establish a Board we could be proud of, prime movers of which were a star-studded cast of educational leaders of Laval/North Shore. Not an easy delivery, but we pulled it off. Despite early growing pains, SWLSB soon took its place among Québec’s most vibrantly-progressive public educational entities.”

He is unstinting in admiration for Mario Di Domenico, then president of the Laval English Catholic Teachers Association (LECTA) and Michael Weiner, his counterpart at North Island Laurentian Teachers Union (NILTU), for facilitating the merger of Protestant and Catholic boards, together creating the Laurier Teachers Union, which has represented SWLSB teachers since 1998.

“The first and only chairman of SWLSB for 14 years - what an honor! The job came with great responsibility, demanding a belief in being passionate about academics and extracurriculars, familiarity with school finances, development of policies to promote growth. You have to understand what you’re taking on.

Innovation and ground-breaking

“I instigated implementation of pre-kindergarten programs,” he says with pride. By 2014 there were 18 government-funded Laurier schools with pre-k. “We also put councilors in every school, and introduced valuable Adult Education programs”

Several other endeavours surface, as Bletas talks of community life. “In 2004, with commissioners Piere Garofano and Ed Turchyniak, and Laval businessman François Ghali, I was instrumental in launching The Laurier Foundation, an educational/financial venture which has raised \$900,000 since 2006, in partnership with corporate and individual members of the community-at-large, in support of Laurier schools and centres.”

But things have changed, he says, disappointment in his voice. “Fund-raising has dropped 50%, from lack of commitment. The \$26,000 raised at the January 2020 gala pales against the \$50,000 garnered in each of the events under my watch.

” Asked where he thought the Foundation was headed, he wastes no words. “Leaders have to return to their purpose,” he replies. “Directors are there to raise money, but it seems they’re there for show.”

In his view, SWLSB also seems to have changed since his 2015. “Every level has to respect duty, honesty, and good faith, putting the interests of schools first and foremost. Constant care and due diligence must be exercised. This is not so at our board, and others as well.”

It’s his reminder. “Great education flows from sacrifice. Major challenges confront schools - risk management, innovation, planning, and fundraising. I’ve developed a distaste for school boards, turned off by their conduct and lack of knowledge and integrity. With service centers, the boards have to revive the mission of – Students First – if they wish to succeed for the benefit of all.”

Personal sacrifices:

Benefits for all? He worked hard for 15 years, lobbying governments for more schools, enrolment growing to levels that couldn’t be absorbed. He marketed the schools, something neglected today. “The board no longer serves students, so families move to French



September 2007: One of the many meetings that Steve Bletas chaired as Board chairman.



January 2007 Sir Wilfrid Foundation Fundraiser Gala. Steve Bletas, Sir Wilfrid Laurier School Board chairman and Caisse Desjardins Joé Bélanger.

belief that we are better together than apart”



Steve Bletas, who was first elected in 1998, presided



From left to right François Ghali Foundation president Steve Bletas, Communications director Maxeen Jolin

schools or to private institutions. I fervently put school initiatives and activities out into the community, for people to know that we were on the job, affirming our mission of preparing young people for CEGEP or the work force. We kept communication open, reassuring taxpayers that we were looking after their interests.”

Answering the call

Asked about the Laval Catholic/Sacred Heart 2005 name changes, he explains: “It was recommended by Québec. We didn’t think we had a choice, something we believed had to be done. To not do it would have gone against our responsibility to advance initiatives that were needed and would, in the long-run, be greatly appreciated by the community-at-large. It will always be Laval Catholic and Sacred Heart, in minds and hearts of those who were part of those schools.” He believes, sadly, that the measures were misunderstood. “It was complex, partly because most people fear change, no matter what the potential benefits.

“In what we considered appropriate consultation with stakeholders of three Laval high schools – Sacred Heart, Laval Catholic, and Western Laval, we offered to rename the three schools and create a junior high at Western Laval that would respond to the wishes of parents to have secondary 1 and 2 children become a school community distinct from the senior grades.”

Sacred Heart became Mother Teresa Junior, Laval Catholic was reborn Laurier Senior, Western Laval split into Laval Junior and Laval Liberty. Although opposed, the changes launched SWLSB toward ten years of growth, clientele rising to 16,000,

human resources exceeding 2000 - retention climbing to 95% and graduation rates reaching 90%, among the highest in Québec.

Subsequent changes

A decade later, merging the four high schools was seen by Bletas as a mistake. “I was commissioner, Nick Milas replacing me as Chairman. Hiring Stephanie Vucko as DG was wrong-headed. She wanted an international kind of school. She was not right for the job, was never a teacher, only briefly worked at LEARN. Never an educator. She destroyed the system.”

The conversion of Laurier Senior, Mother Teresa, Laval Liberty, and Laval Junior from four quasi-independent schools into two so-called academies – Laval Senior and Laval Junior, separately housed at 3200 Souvenir and 2323 Daniel-Johnson respectively, has turned out to be a disaster, in the view of many students and teachers thrown together in a mish-mash of ill-conceived, and poorly-implemented administrative strategies. The mergers, begun under Milas and Vucko, were concluded under Jennifer Maccarone’s watch.

The international students under Milas and Vucko?

“I wasn’t involved. There was no reason for Milas and Vucko to go to China or India to recruit students, at taxpayers’ expense.” Although another board was investigated for alleged recruiting irregularities regarding international students, SWLSB wasn’t. Is there more?

“Yes,” he says. SWLSB continues to dish out about \$111,000 annually for QESBA (Quebec English School Boards Association) membership, money belonging to taxpayers.” He says he’s learned a lot about QESBA since 2007, when he ran for president, hoping to make changes in leadership, after three chairpersons from Montreal Island.

“Everyone has to know that the outlying boards are important too, and can bring concerns to the (education) ministry,” he was quoted as saying in a Gazette report. “I lost,” he now says. “QESBA survives on fees charged English school boards, annual membership reach-



January 2010 Sir Wilfrid Foundation Fundraiser Gala: Among the dignitaries seated at the head table were Quebec Leisure, Sport and Education Minister Michelle Courchesne, senators Leo Housakos and Claude Carignan, Mille-Îles Liberal MNA Francine Charbonneau, and Sir Wilfrid Laurier School Board chairman Steve Bletas.

ing \$250,000 for some boards. The millions spent can be put to better use in classrooms. Chairpersons can represent their boards without QESBA. “I’ve lost respect for school boards. They’re not serving the people. That’s why the government decided to shut them down.”

“I am saddened that it’s come to this. The last ten years have been brutal. We dropped the ball. We failed to convince the public to come to our aid.” Alarmed by dismal voter-turnout in French boards, with slightly higher responses from English boards, Québec saw no benefit in the status-quo. The Liberals, in an aborted effort under Couillard, and their successors, Legault’s Coalition Avenir Québec, saw school boards the same way – they had to go.

What of the future of public education?

“It’s time for change. For better or for worse? Who knows? Although I firmly believe for better, only the future will tell. Stay tuned, there will be more to deal with as Bill 40 comes through. Understandably, the COVID 19 Pandemic has relegated the reforms to back burners. “Nonetheless, when we beat this virus, we will face a new world. Schools will have to transition. Cyber highways are heading headlong into on-line platforms that will make human resources in education ‘dinosaurs in the dust’ if we don’t adapt. Change the model or ‘knowledge at your fingertips’ will change you.

A cause for all reasons

What of your latest venture into public service, the wheelchair-bound ‘man of the people’ is asked: “I serve on the Board of Société de Transport de Laval (STL), representing people with disabilities.” David de Cotis, then president of the STL, invited him to apply, since he met the criteria for the post. “I bring an important voice to the table - the enhancement of ‘adapted transport’ for many STL riders. I’m gratified for support from board members. It replenishes my spirit and confirms my belief that the good in people must always outweigh the dark side, or we are done as a civilization,” Steve Bletas, man of all seasons, activist for all reasons, concludes, voice dropping, eyes dimming into silent moments of compassion for the human race.



November 2018: Seen here at the far right as a member of the administration board of the STL. Bletas is the Paratransit STL Service’s users representative.

Is it I, Lord...

THE AUTOBIOGRAPHY OF *ELIZABETH WILLIAMS MCLEOD*,

PART 2

1976, the birth of my second son, Kevin. Because of complications with Scott's birth, I was forced to visit the hospital on a monthly basis for ultra-sounds to make sure that the same situation would not re-occur. Through another miracle of God, Kevin was born, fully healthy and completely normal, 7 lbs. 14 ounces, black hair, (they all fell out within a few months and Kevin grew up to be the typical Irish fair hair kid to this day).



A NEW MISSION:

As happy as I was with motherhood, I needed to be involved, to give more but did not know where to go. Rod suggested that I start volunteering in the community in the evening and he would take care of the children.

This is when I met Leo and Cliff Young, the Founders of Agape, the couple who would mentor me, bring me closer to Jesus and, eventually, 'rope' me in to a fulltime free mission of LOVE with Agape.



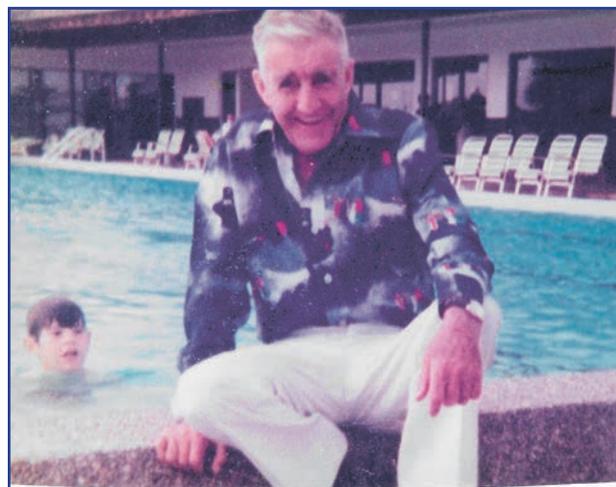
In June 1982, in the midst of my happy life, my wonderful dad, my confident, my friend, passed away suddenly leaving me totally discouraged and angry. How could a God of Love do this? I was so bitter. I told Him that He had no right to take my dad away. I told Him that I hated his creation, his nature, his trees and everything He had placed on earth. These are words that I sincerely regretted to this day. I thank Him now that He kept on loving me through it all. He surely could have struck me with a bolt of lightning but this is not the Abba, Daddy that I know.

A few days following my earthly father's funeral, I was asked to do the reading at mass on that Sunday. It goes like this: "God does not rejoice in death..." Isn't this the God Jesus who wept when his close friend Lazarus died?

I also received God's message in my heart that same morning when God said "Did you ever think that your dad may have asked to be with me?"

Needless to say that tears flowed from my eyes and from my heart as I begged God to forgive me, once more in my life.

I THANK YOU LORD FOR TAKING CARE OF MY EARTHLY DAD, THANK YOU FOR LOVING HIM THIS MUCH AS TO TAKING HIM TO HEAVEN TO BE WITH YOU.



Some of you have had the same experience, I am sure, but we all know that we are pilgrims on earth for a short time only and, comes Graduation Day, we will all be with Him for eternity. What a celebration it's going to be.

We must never fear death as it is only a transition from this world to a greater one, one where there are no tears, no sickness, no sadness no wars, no hate. On a happy note, total bliss, Agape Love, happiness, joy, all the great things that God has in store for those who love Him and follow the directions on the package called the Holy Bible, and even great books of the saints like Mother Theresa, my spiritual idol.

We can learn so much from those saints: ordinary people like you and I who decided, at some time in their lives, to take the plunge, trusting God with their whole hearts.

Psalm 116 "...Precious in the sight of the Lord is the death of his faithful ones." And now, let's go back to Agape.

IS IT I LORD?

Leo and Cliff Young became a very important part of my spiritual and every day life.

At the beginning of our new friendship,

the Holy Spirit stepped in. Leo and Cliff invited me to participate in a Holy Spirit seminar which I thoroughly enjoyed. With the help and support of Rev. Father Don O'Rourke (affectionally called BOSS)



I received the baptism of the Holy Spirit at Holy Name of Jesus church.

Someone should have prepared me for this as I think that I went a little crazy for a while. I wanted everyone to have what I had found, I wanted everyone to get to know Jesus as their personal Saviour, I wanted everyone to feel what I felt in my soul and in my heart.

My constant 'praise the Lord' was contagious as I yearned for everyone's life to change including mine.

The Holy Spirit was at work. After all, did I not ask Him to be my best friend so many years ago?

MY WILL OR YOUR WILL, GOD?

In 1980, I had started volunteering at our local elementary school, Our Lady of Peace in Fabreville, Laval, Quebec. It was great working with children and it gave me the opportunity to feel that I was not abandoning my own children as Scott attended that same school and Kevin, 4 years old then, accompanied me every day.

In the Fall of 1980, our school secretary passed away suddenly of a massive heart attack and I eventually applied for the position.

The School Board was quite concerned hiring a mom with two young children (four and seven years old) but I convinced them to hire me. (Or was it God?) Boy, did I ever want that job. Leo and Cliff kept reminding me to ask God to be in His will but MY will was made up – I was going to

Is it I, Lord...

THE AUTOBIOGRAPHY OF *ELIZABETH WILLIAMS MCLEOD*,

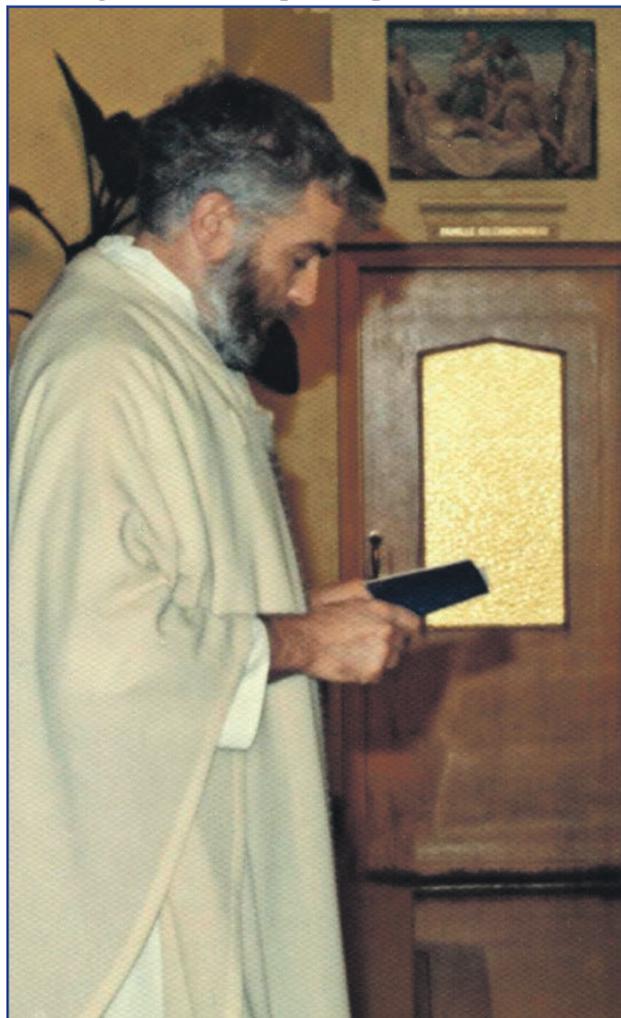
get the job. Well, I did but with all the joy I received, working with the Youth of Laval, something was still missing in my life.

Asking God to be in His will FOR REAL was quite a difficult task. After all, was He not going to be in total control of my life? Was He not going to tell me what to do? I would most likely lose my autonomy and He would reduce me to nothing.

This is surely not the words of the Holy Spirit so I began to pray with Leo besides me, telling me to hang on (to God) and Cliff on the other side of me, begging me to let go and let God. What a session that was.

I finally uttered those famous words: "OK God, I surrender to your will but I don't like it." God must have had a good laugh at the time, however, I have never enjoyed more freedom, more love and more happiness to this day.

I was happy being a mom and a school administration secretary. Leo and Cliff even helped me bring Agape to the school where we held twilight retreats, our priests celebrated masses, we visited the handicapped, set up plays on Friday nights, etc., all about Jesus with the collaboration of Father O'Rourke and Father Cox who was chaplain at Laval Catholic High School at the time. It was through Father Cox's support that we managed to get students from the High School to participate.

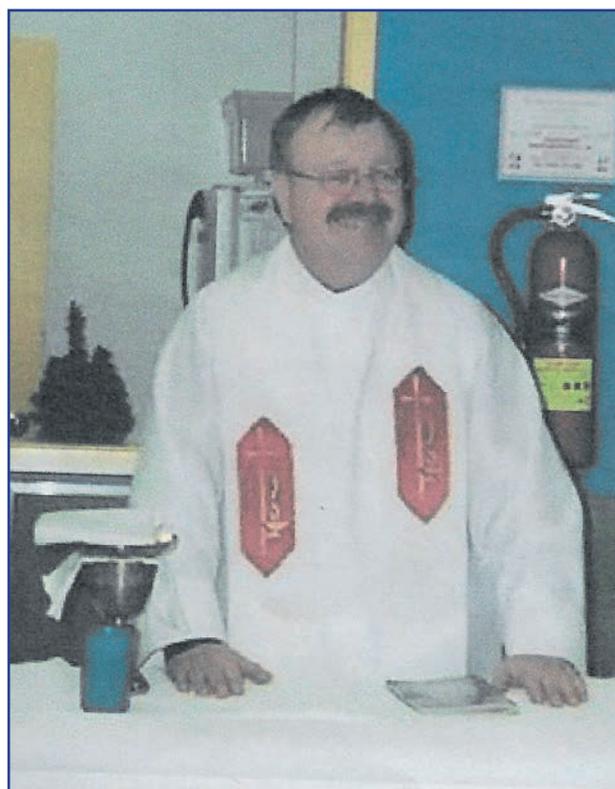


I must mention having the very unique privilege of meeting Father Gerry Westphal who soon became a close friend of Rod and myself.

Father Gerry never forced God on Rod. He simply accepted him as he was, never missing an opportunity to share a good laugh with him but never leaving God out of the good times.

It was through Father Gerry's great love and support that Rod decided one day, in 2010, that he needed to receive Jesus. I feel that I am missing out on something very important to me, Rod said. I really want to receive Jesus in the Eucharist. I know in my heart that I am Catholic.

So, it happened. Following a year of intensive studying and learning with Father Gerry, Rod made it. He became a Catholic during the Easter Vigil celebration at St. Boniface parish in Montreal. (Father Gerry's parish at the time)



Father Gerry has been celebrating Holy Mass in our Agape Daycare on Christmas eve for the past 25 years.

April 1993, Rod's dad, my father-in-law, beautiful man of God and my close friend passed away leaving us in shock and sadness. We soon realized that he too had wanted to be with his God.

In June 1993, Father O'Rourke passed away which left another deep wound in our hearts. Father Cox did his best to help but Leo, Cliff and I really missed BOSS's holy presence among us. Father 'BOSS' had been the chaplain of Our lady of Peace school for years and co-founder of Agape with Leo and Cliff. Father was

the one who confronted the Quebec government over their refusal to issue our charter originally called Holy Name Agape Inc. Eventually, the government under the authority of René Lévesque, Premier of Quebec at the time, changed our name to Assoc. Amicale des Jeunes et Parents "Agape" Inc. We are not an Association, we are not an 'Amicale' but we accepted our new title as we wanted to get our mission going.

WHOSE WILL?

In the meantime, things were getting difficult at Our Lady of Peace and I sometimes questioned my choice of career, wondering how long I would be able or allowed to carry my mission because I thought, at the time, that it was MY mission.

One evening, Cliff informed me that they had a vision and that God told her and Leo that He chose me to replace them as they felt that it was time for them to retire. Of course, they would be there for me and would continue to mentor me in my new vocation. "But I love my job, I replied, and God did not speak to me, He did not ask me for anything." Leo and Cliff never gave up, after all they did receive the message and you don't say no to God.

I thought, what if it's true, did God really say this? Did I not turn my will over to Him, did I really mean it when I said "Your will be done?" That was a problem. I was torn apart. I loved my position at the school, the money was great and we travelled every summer with our children.

Scott was entering University and Kevin would soon follow. I felt that I needed the money, the comfort and security... but, isn't God comfort and security?

God and I had a talk. "OK God, I said, I really want to keep my job but if you want me out, make something happen. Don't make me very sick please but show me the way." Things got so unbearable at work that I just had to leave. I was the 7th employee to leave the school. Well, I had asked Him, and He made sure that I would understand, finally.

You say yes to God so you allow Him to take control, a divine control, that is where you receive total divine protection, real freedom, love and care. Needless to say that, in 1993, I left my position at the school and became a fulltime volunteer at Agape with the total support of my wonderful partner and best friend in this world, Rod.

To be continued...

Retirement homes for seniors

Les Jardins de Renoir

1400, Boulevard Chomedey, Chomedey
Laval, QC, H7V 5C5

Located in Laval, at the heart of Chomedey, the private retirement home Les Jardins de Renoir of Cogir Group includes 739 units (1 ½ to 5 ½).

Manoir Céleste

1075, place Joseph-Tassé, Sainte-Dorothée,
Laval, QC, H7X 3L4

Located in Laval, the retirement home Manoir Céleste includes 9 units.

Résidence Primavera

1398, place Pagé, Chomedey
Laval, QC, H7W 4L8

Located in Laval, the private residence for seniors (RPA) Residence Primavera has 9 places in residence (private rooms). It welcomes autonomous, semi-autonomous and seniors in cognitive loss / Alzheimer's.

Résidence Sainte-Rose

105, boulevard Je-me-souviens, Sainte-Rose,
Laval, QC, H7L 3L8

The Residence Ste-Rose is a private residence for seniors (RPA) that welcomes retirees people, with loss of autonomy (semi-autonomous) and those with Alzheimer's and cognitive loss.

Les Résidences Soleil Manoir Laval

1455 Boulevard de l'Avenir, Laval-des-Rapides,
Laval, QC, H7N 0A1

Located in Laval, the retirement home Manoir Laval of Résidences Soleil includes 729 units (1 ½, 2 ½, 3 ½ & 4 ½). It is a private residence for the elderly (RPA), which welcomes autonomous, semi-autonomous retirees and those who need a short term stay for ...

Manoir de la Giraudière

211, 15e Rue, bureau 100, Laval-des-Rapides,
Laval, QC, H7N 6K9

The residence Manoir de la Giraudière is a private residence for seniors (RPA) which welcomes the retirees persons autonomous. This residence is located in Laval-des-Rapides near several points of service, such as shops, parks and restaurants.

Le Quatre Cent

400, place Juge Desnoyers, Pont-Viau
Laval, QC, H7G 4S2

You can't buy happiness, but you can rent it at the Residence Le Quatre Cent in beautiful Laval.

Résidence La Luciole

4476, Boulevard Dagenais O, Fabreville
Laval, QC, H7R 1L5

The retirement home The Residence La Luciole is an intermediate resource of 149 units and located in Laval. This retirement home welcomes seniors with cognitive deficits (Alzheimer's) and / or seniors with physical difficulties that affects their daily autonomy.

Les Appartements de la Rive

4605, boulevard Sainte-Rose, Fabreville
Laval, QC, H7R 5S9

Located in Laval, next to the Mille-Îles River, the seniors' residence Les Appartements de la Rive has 335 places in residence (from studio to 4 ½, as well as care rooms).

Centre d'hébergement Bon-Pasteur

12, rue Bon Pasteur, Laval-des-Rapides
Laval, QC, H7N 2P9

This residence is now closed, it was bought by a new owner, please consult the new residence page Villa des Roseaux. The Centre Bon-Pasteur is a private residence for seniors (RPA). It is located in the Laval-Des-Rapides neighborhood near a variety of services.

Sélection Laval

3300, boulevard Le Carrefour, Chomedey
Laval, QC, H7T 0A1

Between the excitement of a lively neighbourhood and the intimacy of an elegant apartment in the heart of a dynamic retirement residence

Résidence Domaine des Forges

271, boulevard Sainte-Rose, Sainte-Rose
Laval, QC, H7L 0A7

The Residence Domaine des Forges is a private residence for seniors (RPA) and an intermediate resource (RI). This residence is located in the Vieux Ste-Rose in Laval.

Résidence Les Marronniers

1500, montée Monette, Vimont
Laval, QC, H7M 5C9

NEW PHASE COMING IN 2020. Located in Laval, the retirement home Résidence Les Marronniers includes 1040 units and is intended for Retirees and Independent living.

Boisé Notre-Dame

3055, boul. Notre-Dame, Chomedey
Laval, QC, H7V4C6

The Boise Notre-Dame residence is the ideal place for people over 55 wishing to live a beautiful retreat.

Résidence Roi-du-Nord

285, boulevard Roi-du-Nord, Sainte-Rose
Laval, QC, H7L 1X6

The Residence Roi-du-Nord is located in the Ste-Rose district of Laval.

Résidence Gingras

67, avenue du Parc, Laval-des-Rapides
Laval, QC, H7N 3W9

The Résidence Gingras is located in the beautiful city of Laval, in the Pont-Viau sector. It is a beautiful, 36 places, small private residence for the elderly.

L'Oasis de Laval

300, place Juge-Desnoyers, Pont-Viau
Laval, QC, H7G 4R1

The residence L'Oasis de Laval is a private residence for seniors. This Laval residence welcomes autonomous seniors.

Villa Murenne

7325 rue du Plateau, Duvernay
Laval, QC, H7A2P2

Villa Murenne is a private residence for seniors in a quiet area of Laval, in Duvernay East. It welcomes semi-autonomous seniors including people with mild to moderate cognitive loss.

Résidence d'Auteuil

195, rue Sévigné, Auteuil, Laval, QC, H7H 1J9

The Residence d'Auteuil is a private residence for seniors (RPA) located in one of the peaceful neighborhoods of Laval.

Habitation Le Bel Âge

1775, rue d'Argenson, Duvernay
Laval, QC, H7G 2R3

The Habitation Le Bel Age residence is located in the Duvernay area of Laval. It is a private residence for seniors (RPA).

Résidence du Plateau Ouimet

1875, rue du Plateau Ouimet, Sainte-Rose,
Laval, QC, H7L 2X4

The Residence du Plateau Ouimet is a private residence for seniors (RPA) located in Laval, more precisely in the Ste-Rose district.

Résidence Les Doux Instants, Laval

4825 rue Cyrille Delage, Auteuil
Laval, QC, H7K 3P2

The Residence Les Doux Instants is a private residence for seniors (RPA). It is located in the Auteuil district of Laval.

CHSLD Vigi l'Orchidée blanche

2577 boulevard René-Laennec, Vimont
Laval, QC, H7K 3V4

CHSLD Vigi l'Orchidée blanche, of the Vigi Santé group, is a residential and long-term care center located in the city of Laval.

Résidence Marie-Flore

6658, rue Chouinard, Saint-François
Laval, QC, H7B 1E1

Located in Laval, Résidence Marie-Flore retirement home (RPA) has 9 residential places in residence (single and double room).

Résidence La Présence

1662, rue Trépanier, Chomedey
Laval, QC, H7W 3G7

The Residence La Présence is located in Laval-Des-Rapides, near the Parc Saint-Martin and close to several services.

Résidence Le Duvernay

1850, boulevard Lévesque Est, Duvernay
Laval, QC, H7G 4X4

Located in Laval, the retirement home Résidence Le Duvernay includes 144 units. The retirement home Résidence Le Duvernay offers several adapted services like : 1 meal per day. Health care staff can provide various type of care.

Oasis St-Martin

1446 boul. St-Martin O, Chomedey
Laval, QC, H7S 0A3

The residence Oasis St-Martin is a private residence for seniors (RPA). It welcomes pre-retirees and retirees people who are autonomous.

Habitation Louise-Beauchamp

3300, rue des Châteaux, Chomedey
Laval, QC, H7V 0B8

Located in Laval, l'Habitation Louise-Beauchamp of 86 units (3 ½, 4 ½) is a culmination of the Office municipal d'habitation de Laval, specifically within the Acces Logis Quebec program.

Les Loggias Villa Val des Arbres

3245, boulevard Saint-Martin Est, Duvernay
Laval, QC, H7E 4T6

CHSLD (private) located in the city of Laval, Villa Val des Arbres offers three retirement accommodation options. This residence welcomes autonomous seniors and / or semi-autonomous persons

Résidence Les Ficelles

3860, boul. Lévesque Ouest, Chomedey
Laval, QC, H7V1G7

The Résidence Les Ficelles located in Laval is a nursing home affiliated with the CISSS de Laval. It offers services of accommodation, support and assistance to people with loss of autonomy and to people with cognitive deficits.

Retirement homes for seniors

Résidence L'Angélus

**5855 Boulevard des Mille-Îles, Saint-François
Laval, QC, H7B 1A2**

The retirement home Résidence L'Angélus of the Lumain Group is an intermediate resource located in Laval. This nursing home for seniors is affiliated since 2006 with the CISSS de Laval.

Villa de Jouvence

**3717, boulevard Lévesque Ouest
Chomedey, Laval, QC, H7V 1G4**

The Villa de Jouvence residence is a private residence for seniors (RPA). It offers its services to autonomous, semi-autonomous retirees, people with Alzheimer's disease and cognitive loss. Quality care is offered at the Villa de Jouvence residence by attentive and competent staff. This private residence for ...

Erma Santé 2

2346, boulevard de la Renaissance, Sainte-Rose, Laval, QC, H7L 4K9

Erma Sante brings together two residences. The Erma Sante 2 residence is a private residence for seniors (RPA). It has a variety of units, some of which are an intermediate resource for people with intellectual disability. These units are supported by the CRDITED Laval.

Résidence Le Jardin des Saules

**Groupe Immobilier Globale
393, boulevard des Prairies, Laval-des-Rapides, Laval, QC, H7N 2W4**

The Residence Le Jardin des Saules is a private residence for seniors (RPA). It welcomes retired people who are autonomous and have lost autonomy (semi-autonomous).

Résidence Laval Ouest

**Groupe LRM
2855, 27e Avenue, Laval-Ouest
Laval, QC, H7R 3K4**

Located in Laval, the retirement home Résidence Laval Ouest includes 100 units. The retirement home Résidence Laval Ouest offers several adapted services like : 1 meal per day, Food aid, Bath Help and more.

Villagia de l'Île Paton

**Horizon Gestion de Résidences
25, rue Promenade des Îles, Chomedey
Laval, QC, H7W 0A1**

Villagia de l'Île Paton is a seniors' residence designed for active retirees. This elegant residential complex is located on the beautiful Île Paton.

Résidence Boyer

**45, terrasse d'Auteuil, Auteuil
Laval, QC, H7J 1B1**

Located in Laval, the residence for seniors, Residence Boyer, has 12 places of accommodation. This residence for seniors Residence Boyer offers several adapted services like: Formula 3 meals a day, Help with food, Help with bath and others.

Manoir St-Claude

**171, 7e Avenue, Laval-des-Rapides
Laval, QC, H7N 4J5**

The Manoir Bel Age de Laval (Manoir St-Claude) is a private residence for seniors (RPA) located in Laval-des-Rapides, near all services. This residence welcomes autonomous, semi-autonomous and short term stay/ convalescent people.

Domaine des Forges I

**Cogir
269, boul. Sainte-Rose, Sainte-Rose
Laval, QC, H7L 0A2**

In the heart of Old Sainte-Rose, Résidence Domaine des Forges offers a pleasant environment for independent seniors. Located along the Mille-Îles River, you will find plenty of services and activities to meet your needs.

Villa Suzie Vincent

**915, rue Suzanne, Saint-Vincent-de-Paul
Laval, QC, H7C 2H9**

The Villa Suzie Vincent residence is a seniors' private residence for autonomous, semi-autonomous seniors, with Alzheimer's and cognitive losses or for a short stay or convalescence. The Villa Suzie Vincent residence is located in Laval in Saint-Vincent-de-Paul near several services such as restaurants, shops, a bank, ...

Domaine des Forges III

**Cogir
263, boulevard Sainte-Rose, Sainte-Rose
Laval, QC, H7L 4Y6**

In the heart of Old Sainte-Rose, Résidence Domaine des Forges offers a pleasant environment for independent seniors. Located along the Mille-Îles River, you will find plenty of services and activities to meet your needs.

Résidence Mimosa

**90, rue Nadon, Sainte-Rose
Laval, QC, H7L 1T2**

The Residence Mimosa is a private residence for seniors (RPA). This residence welcomes retirees persons, autonomous, with loss of autonomy (semi-autonomous) as well as persons requiring a short term stay for convalescence.

Résidence Manoise 1

**953, 22ème Avenue, Fabreville
Laval, QC, H7R 5G6**

Welcome to Résidences Manoise We are a family that has been working in the health field for two generations. Our mission is to offer quality care to autonomous or loss of autonomy.

Sélection Panorama

**Sélection Retraite
100 rue Étienne-Lavoie, Sainte-Dorothée,
Laval, QC, H7X 0B4**

For the Sélection Panorama retirement residence, the architects imagined the tallest retirees' tower in Canada, nothing less. It is a modernistic 30-storey building inspired by the most prestigious waterside complexes, proudly overlooking the Rivière des Prairies.

Résidence Bel-Lyne

**1887, rue Capitol, Vimont
Laval, QC, H7M2H7**

Located in Laval's Vimont sector, the Résidence Bel-Lyne retirement home has 3 residential accommodation spaces. This residence welcomes seniors who are autonomous and semi-autonomous

Centre d'hébergement

Champlain-de-Saint-François

**Groupe Champlain
4105, Montée Masson, Saint-François
Laval, QC, H7B 1B6**

Champlain-de-Saint-François's Accommodation Center (Groupe Champlain) is a long-term care and retirement home offering a family-friendly and friendly environment. For more than 45 years, it has been hosting elderly people who have lost their autonomy.

Erma Santé 1

**2225, boulevard de la Renaissance
Sainte-Rose, Laval, QC, H7L 4L5**

Erma Sante brings together two residences. The Erma Sante 1 residence is a private residence for seniors (RPA). It has a variety of units, some of which are an intermediate resource for people with intellectual disability.

Manoir du Vieux Sainte-Rose

**166, boul. Ste-Rose, Chomedey
Laval, QC, H7L 1L4**

The Manoir du Vieux Sainte-Rose residence is a private residence for seniors (RPA) and also an intermediate resource (RI). This residence is located in Laval, close to several services such as shops, restaurants, pharmacies and banking.

IVVI

**Groupe Maurice
1800-A, boul. Chomedey, Chomedey
Laval, QC, H7T 2W3**

OPENING : FALL 2020 Le Groupe Maurice is opening a residence in Laval! Located near the Saint-Martin West and Daniel-Johnson boulevards, the residence will be in the heart of downtown Laval, across from the Centropolis.

Société Alzheimer Laval - Maison

Francesco Bellini

**2525, boul. René-Laënnec, Vimont
Laval, QC, H7K 0B2**

The Maison Francesco Bellini belonging to the Alzheimer Society of Laval is a non-profit organization (NPO). It welcomes people with loss of autonomy (semi-autonomous), specifically those with Alzheimer's disease and cognitive loss.

Chartwell Les Écores

**Chartwell
1800, boulevard Cartier Est, Duvernay
Laval, QC, H7G 4R6**

Located in Laval, the retirement home Chartwell Les Écores includes 197 units and is intended for Short term stay, Assisted living, Alzheimer's and Cognitive Losses, Independent living, Convalescence and Retirees. The retirement home Chartwell Les Écores offers several adapted services like : Food aid, Bath Help, ...

Résidence le Patrimoine

**1120 Rue Liébert, Saint-Vincent-de-Paul
Laval, QC, H7C 2R9**

Located in Saint-Vincent-de-Paul, Laval, the retirement home Résidence le Patrimoine.

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Are you teleworking?

✓ **SET UP A COMFORTABLE WORK SPACE.** Make sure that the space is only used for your professional activity. This will ensure boundaries between your work and your private life. As much as possible, keep your home office comfortable, clean, nicely set up and airy.

✓ **LET YOUR FAMILY CIRCLE MEMBERS KNOW YOUR WORK SCHEDULE.** Explain your expectations to them and listen to what they expect from you. Ensure that they know your work schedule (times when you do not want to be disturbed) and also the times when you are available for them.

✓ **SHARE RESPONSIBILITY FOR YOUR CHILDREN.** If both parents are self-isolating at home, divide responsibility for the daily schedule. For example, one parent can be fully in charge of the children's needs in the morning and the other one can take over in the afternoon.

✓ **PLAN WORK TIME EFFICIENTLY.** Take advantage of nap time to speak with your workmates by phone. Invite the children to "work play" by drawing, reading or doing educational activities. Ask the older kids to supervise the younger ones when they play.

Staying in contact with your family circle virtually is a great way to overcome isolation

Communicating regularly with your friends and family while practising physical distancing can help improve your well-being during your period of isolation.

Nowadays there are so many ways for you to communicate with your family and friends, workmates and acquaintances: telephone, email, chat, video calls, the Web, etc.

Resources

Stress, anxiety and depression can affect people physically, psychologically, emotionally and behaviourally during times of home isolation. While most succeed in adapting to the situation, it remains important to pay attention to your needs. Never feel ashamed at doing what is needed and take care of yourself.

The following telephone hotlines are always available when you feel stress, anxiety or depression related to the current epidemic in Québec: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 and 1 877 644-4545 (toll-free elsewhere in Québec). You will receive information and be directed to psychosocial health professionals who can provide support and advice that meet your needs.

Deaf and hard-of-hearing persons should dial 1 800 361-9596 (toll-free).

Resources on how to incorporate healthy living habits into your daily life:

- defisante.ca (French)
- force4.tv (French)

Resources for better management of family time:

- ecoleouverte.ca
- alloprof.qc.ca (French)
- teteamodeler.com (French)
- viedeparents.ca (French)
- naitreetgrandir.com (French)
- vifamagazine.ca (French)

Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec
24/7 services for distressed people (French):
centredecrise.ca/listecentres
- Tel-Aide
Listening centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen:
514 935-1101
- Écoute Entraide
Community organization that supports people who are emotionally suffering: 514 278-2130 or 1 855 EN LIGNE (365-4463)
- Telephone assistance service
1 866 APPELLE (277-3553)

Québec.ca/coronavirus

📞 1 877 644-4545

Québec 

Flood preps continue in Laval-Ouest



(TLN) City of Laval public works employees could be seen busily installing flood barriers and sand bags on Riviera St. in Laval-Ouest along the southern bank of the Rivière des Mille Îles on Saturday Apr. 11 as the river's rising water level threatened to spill over onto the street. According to the city, a total of 1.2 kilometres

of anti-flood barriers are being installed along streets in Laval-Ouest that are within a short distance of the river. The city is using a combination of concrete blocks and sand bags.

The city is also closely monitoring water levels.

Photo: Martin C. Barry, Laval News

Laval adapts spring cleanup to reality of COVID-19

(TLN) In order to respect protocols set up by the provincial government to deal with potential infection from COVID-19, the City of Laval has announced that it will be conducting its annual spring cleanup according to a modified plan.

The city has compiled a list of priority cleanup tasks to be carried out in April, in accordance with the plan. They include sewer and waterworks maintenance, pothole repairs, cleanup of trash and waste from public places, and tree pruning.

"Taking the pandemic into account, we are focusing our efforts on activities that are essential and priority," said Laval executive-committee member Ray Khalil, who is responsible for public works dossiers.

City inviting Laval residents to buy veggies local



Laval executive-committee member Ray Khalil is encouraging residents to purchase local produce this summer.

(TLN) Following the Quebec government's decree that agriculture is an essential service during the COVID-19 crisis, the City of Laval is inviting residents to think of buying local this summer when making their fruit and vegetable purchases.

The government's decree means that the vast majority of greenhouses and market garden stalls in Laval will remain open this summer should the COVID-19 situation continue longer than predicted.

"We are inviting the population to encourage Laval's agricultural businesses and to buy local," says city councillor for Sainte-Dorothée Ray Khalil, who is responsible for agriculture dossiers on the executive-committee.

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Thumbs-up from CFIB for Ottawa's COVID-19 wage subsidy

Group worries some SMEs still won't meet 30 per cent loss qualifier

MARTIN C. BARRY

Despite the fact some small and medium-size businesses across the country remain dissatisfied with Ottawa's subsidy package for employers and employees impacted by the COVID-19 crisis, the Canadian Federation of Independent Business is giving an overall thumbs-up to the federal government for its efforts.

The CFIB issued a statement last week praising the Liberal government for the emergency measure to bolster the country's economy during the economic pandemonium taking place as COVID-19 continues to keep businesses closed and workers home.

Bar set at 30 per cent

While the CFIB isn't being overly critical, it did point out that the main criteria for businesses to qualify for federal assistance is that they must have suffered at least a 30 per cent drop in revenue compared to the previous year because of the COVID-19 crisis.

For this reason, the lobby group is urging Ottawa to drop the qualifying condition for businesses that have fewer than 500 employees, as well as those which are currently being obliged to remain partly or completely closed by provincial authorities.

Still some not happy

Although most business owners are happy with the government's offer to cover 75 per cent of lost wages, a segment of the business community finds the 30 per cent rule problematic, according to Gopinath Jeyabalaratnam, the CFIB's senior policy analyst.



The Canadian Federation of Independent Business' senior policy analyst Gopinath Jeyabalaratnam says the lobby group is pleased overall with Ottawa's COVID-19 wage subsidies, although they still have some reservations.

"Where we and others see a problem is on the criteria of 30 per cent loss that qualifying businesses will have to prove," he said in an interview with Newsfirst Multimedia. "And that is indeed a problem because it will in time discriminate against many businesses we believe."

CFIB sees discrimination

Despite this, he said the response by the CFIB to Ottawa's move is generally positive because the organization hopes to persuade the federal government to change the rule. "The program has to go to parliament and has to become a law before being adopted. So we still hope that we can nudge the government in the good direction so that they correct the program in order to

discriminate less."

Jeyabalaratnam cited several examples of small and medium-size businesses that will not be able to benefit from the federal government's salary subsidies with the current rules in place.

Startup businesses

"A lot of small and medium businesses will have to prove for the month of March, April, May and June that they have had a 30 per cent loss in comparison to those same months last year," he said.

"But how would that be possible for a new business that has a startup debt and that has been functioning only since June or July last year maybe? So they would not be able to prove that."

Another example he gave involves seasonal businesses. "Hotels or other businesses in the touristic domain must make money during summer," said Jeyabalaratnam.

Bias against tourism

"But summer is not yet here, and so they won't be able to prove they had a 30 per cent loss because the high season isn't here. So we are concerned that they also will be discriminated against by the measures."

Despite these shortcomings, Jeyabalaratnam said the CFIB looked upon the federal government's wage subsidy as good news. "We'd been asking for that for several weeks," he said, maintaining that the CFIB was the first interest group in Canada to suggest the subsidy program as a way of reviving the country's economy during a post-COVID-19 recovery phase.

Employer/employee link

"It will maintain the link between the employer and the employee," he continued. "And that will be very important when the economy will be starting up and resuming its activities. If businesses don't have employees on the payroll, they won't be able to start their activities. So maintaining the link is very important and the subsidy helps to do this."

He said the subsidy program will also be helping businesses that are currently closed or are suffering from reduced activities to pay salaries until the COVID-19 crisis recedes and the economy returns to a normal pace.

Last week, the CFIB reacted favourably to changes announced on April 8 to the wage subsidy program by the federal government.

To access the subsidy in March, April and May 2020, a firm will be able to compare their sales to the same month last year or January and February, 2020. This will help new and growing firms who may not have qualified based on a comparison to 2019.

The federal government will also now require firms to demonstrate only a 15 per cent reduction in gross revenues for March. A 30 per cent reduction will still be required to receive the subsidy in April and May.

Some businesses reported that their regular accrual accounting method would mean their books would not show a loss of 30 per cent, despite a deep effect on cash flow. Now the government is proposing to allow an option to use cash accounting.

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City adopts new plan for social and affordable housing

Action plan contains 68 elements with four orientations



(TLN) Laval city council has adopted a new action plan for housing policy for the years 2020-2022. In a statement, the city says the new plan's goal is to help implement initiatives to furnish quality housing to residents.

"The 2020-2022 action plan for housing policy will allow us to focus our vision, while also allowing us to answer the growing needs for social and affordable housing on the territory of Laval," said Laval-les-Îles city councillor Nicholas Borne who is responsible for housing issues.

Ambitious plan

"The many actions which are planned will contribute to increasing the number of units and their quality. The goal is to take part in the construction or renovation of 1,000 social and affordable housing units from now to the end of 2022."

The housing plan includes 68 actions grouped into four principal orientations:

1. Making competitive and diversified residential units available;
2. Encouraging the development of ecologically-sustainable housing;
3. Assuring access to adequate housing;
4. Affirming the City of Laval's leadership in providing adequate housing.

Future actions

Other actions to be taken in coming years through the policy include the elaboration of a fiscal strategy for housing to allow for the purchase and resale of buildings destined for use as social housing; the adoption of a by-law calling for a minimal proportion of social and affordable housing; the adoption of a new municipal program encouraging residential renovation; and raising the minimal requirements for the development of sustainable residential projects.

Demers rejects Action Laval criticism of Centraide Montréal

Opposition sought to hike councillors' budgets for local causes

MARTIN C. BARRY

An attempt by Laval's second opposition party to increase city councillors' discretionary budgets by \$5,000 each in order to compensate for Centraide Montréal's alleged failure to consistently support charitable organizations in Laval was rejected during the April 7 city council meeting by Mayor Marc Demers and the official opposition Parti Laval.

Gift to Centraide

The motion was made by Action Laval city councillor for Vimont Michel Poissant as a proposed amendment to a resolution on the agenda that called for the city to donate

\$400,000 to Centraide du Grand Montréal as an emergency subsidy in view of the current COVID-19 crisis.

"Centraide is a big organization and they do good things, but they are a little far from the realities on the terrain in each of our districts," Poissant said during the council meeting. His motion was seconded by Action Laval city councillor for Chomedey Aglaia Revelakis.

Some not supported

"As elected officials, we know the groups in the districts we represent and this small budget of \$5,000 per councillor would have supported, on a small scale, organizations and associ-

ations which are not necessarily supported by Centraide," he added in a statement afterwards.

Action Laval maintains that "not all organizations from Laval will be able to benefit from the gift being made to Centraide." As an example, the party quoted the president of the Société Saint-Vincent-de-Paul de Vimont, Pierre Bélisle, who said his organization doesn't receive financial help from Centraide, even though the Société Saint-Vincent-de-Paul de Vimont helps hundreds of people in Laval.

Some areas get nothing

An online map on the Centraide Montréal website, providing a district by district break-

down of supported organizations in Laval, shows that some areas like Chomedey and Pont-Viau have as many as a half-dozen organizations each receiving support from Centraide Montréal, while others such as Duvernay and Laval-Ouest receive no support at all.

Mayor Marc Demers defended Centraide Montréal. "Centraide is connected with all the organizations from our territory which are front line organizations," he said. "And the money Laval gives is targeted to Laval and is sometimes also added to by Centraide if circumstances call for it. They are effectively very connected on the territory, contrary to what Mr. Poissant claims."



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Laval Police plead for witnesses in alleged hit and run

The Laval police are requesting for individuals who may have been witnesses to a hit and run, which occurred in the Fabreville area on February 4, 2020, to come forward.

Chronology of event:

The female victim was a pedestrian on Edith Street, eastbound, around 5:15 a.m. The incident occurred between rue Edgard and rue Edouard. A vehicle driving in the same direction, struck her shoulder. The driver didn't stop to assist the victim who was thrust to the ground and sustained multiple injuries.

The victim was wearing a black coat and was carrying a grey shoulder bag.

Info-Line

Anyone who has witnessed or has any information regarding this hit and run, is kindly requested to contact the Laval police. All information is confidential.

Info-Line: 450-622-INFO (4636) or call 911. Please mention file LVL-200204-067.

Seller scammed on KIJJI prompted police chase in Laval des Rapides

As reported by the Laval police, a meeting point was scheduled between seller and buyer for a console advertised on Kijiji. The seller of the item parked in front of 455 Concorde W.

On April 11, around 2:08 pm, three buyers appeared threatening the seller with a sharp unidentified object whereby the thieves fled with the console.

A witness stated that a suspect sped off in a silver Corolla, and the other two suspects simply walked away.

A police screening/research at Unit K-9 led them to an apartment block located on rue De Bourges, an address already known for violent suspects.

Several details led the police to believe that they were at the right address, and that residents were in imminent danger.

Investigators and the G1 (SWATT) were summoned and an evacuation of approximately 20 people was conducted in order to ensure

safety.

With legal authorization, the intensive search was terminated. No arrests were made. The perimeter/lockdown was lifted around midnight. TLN who was in the vicinity noted at least a dozen police cars scouring the area.

Laval Firefighters and Police honor afflicted front line workers and residents of CHSLD Sainte-Dorothee

On April 8, the Laval firefighters, without hesitation, went to the CHSLD Sainte-Dorothee, to demonstrate solidarity and encouragement to workers and residents of one of the most fatally struck residences with Codiv-19. "It is to put in the balm/healing" stated Christian Grand'Maison, chief of operations of the fire department.

And on April 9, the Laval police formed a chain of honor for the afflicted employees and residents of CHSLD Sainte-Dorothee, who are severely affected by the outburst of the virus. The police are committed to the fight against Codiv-19.

Man disappears into Rivière des Prairies trying to save dog



A man believed to be in his 30s disappeared beneath the waters of the Rivière des Prairies just off Île Paton in Chomedey during the late afternoon of Friday April 3 after he waded in while trying to pull his dog from the partly frozen river.

According to the Laval Police, the dog fell in and the man then entered the water to try and rescue it. Although no one saw the man re-emerge from the river, the dog made it back to shore. The Laval Fire Department, which is well-equipped to deal with accidents on the rivers surrounding Laval, was on the scene conducting a search Friday evening, although there was no word by Saturday morning that they had found anything.

LPD issuing tickets for breaking COVID-19 distancing rule

Failure to comply brings a fine ranging from \$1,000 to \$6,000

MARTIN C. BARRY

Officers with the Laval Police Department have been busy lately issuing tickets for at least \$1,000 each to individuals seen gathered while not obeying the mandatory two-metre distancing rule decreed by the province in the ongoing struggle against the COVID-19 virus.

Up to Monday April 6, according to Laval Police spokesperson Cst. Évelyne Boudreau, the force had handed out 56 such tickets, with an equal number at least expected to be issued during the following week as the COVID-19 situation continued to evolve.

Must be approved

But as she pointed out during an interview with The Laval News, those initial tickets were issued pending their analysis and confirmation by the office of the provincial director of criminal and penal prosecutions (DPCP).

"They will be the ones analyzing the information and figuring out if the tickets will be given out or not," she said.

Since the first tickets were issued, however, the Laval Police Department received an unconfirmed directive from Quebec, effectively enabling the LPD to issue tickets in much the same way that other types of citations (for speeding etc.) are handed out, Boudreau added.

Waiting for ruling

"As of this morning, I did not have information that we were able to give a single ticket out right there and then," she said last week. So they were still handing out the other type of tickets and waiting for word from the DPCP on how to proceed on a ticket-by-ticket basis.

"We're supposed to be able, like Montreal and the Sûreté du Québec, to give out citations [tickets] directly to the offenders. The authorization was given out by the government to the cities and the cities must decide and then transfer the information to the police department."

Weekly ticket updates

Boudreau said the Laval Police Department expects to issue ticket count updates on Twitter each Monday while the distancing rules are in place and the police have a mandate to enforce them.

According to Boudreau, the LPD's patrol officers have been issued specific instructions on how to identify situations in which people are failing to comply with the distancing rule. The provincial government's decree regarding gatherings and events states:

Gatherings forbidden

"In order to protect Quebecers, the Gouvernement du Québec is from now on

prohibiting indoor and outdoor gatherings. The prohibition applies to all indoor and outdoor gatherings, except:

- Those required in a workplace that is not subject to a Québec government suspension, provided that the employees maintain as far as possible a minimum distance of 2 metres between them;
- In a public space in order to obtain a service or goods such as stores and government services and that is not subject to a Québec government suspension, provided that the customers maintain as far as possible a minimum distance of 2 metres between them;
- In a means of transportation, provided that the users maintain as far as possible a minimum distance of 2 metres between them;
- A gathering that assembles the occupants of a private home or a site that serves this purpose and any other person who offers a service or whose support is required. Individuals who offer a service or support must maintain as far as possible a minimum distance of 2 metres between them and the occupants.

Minimum two metres

Outdoor gatherings are permitted in the case of the occupants of the same residence or a site that serves this purpose or when one person receives from another person a service or support. Individuals must maintain, as far as possible, a minimum distance of 2 metres from each other."

Boudreau said the LPD's officers have been advised to evaluate each situation after intervening and questioning those they suspect are not obeying the rules. She noted that some situations can be complex. For example, parents with shared custody of children with whom they are not currently living may have to provide an explanation if stopped by the police.

Non-compliant businesses

She said the force has also been turning up at businesses in Laval where the owners aren't respecting the general shutdown decreed by Quebec, except for those businesses regarded as "essential services."

As well, she continued, more LPD officers than ever are now out on active patrols after being requisitioned from internal or administrative duties in response to the COVID-19 crisis.



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Direct? Answers

from • Wayne & Tamara

Here's Johnny!

During the virus situation, my husband is getting cabin fever. He's not Jack Nicholson from Stanley Kubrick's *The Shining*, putting an axe through the door, but he is upset about our retirement investments.

We are both high school teachers with contracts. So, money is not the problem. But what about his football team next year? He's on the phone with his players a lot. It's can't go to work, no bowling league, the gym is closed, and we can't go out to eat.

My husband has always been a man with very healthy bedroom appetites. Besides sex itself, he likes our nightly showers to be together. Rather than going to a barber, he likes topless haircuts from the wife. I think I have the world's most groped butt.

But during this time, my husband has been off the charts insatiable. If we don't have to get up early...

I adore him. What hubby wants, hubby gets. It's just that he is wearing me out right now. I would have never thought that his stamina was greater than mine. Not to look a gift horse in the mouth, but how do I get him through this? What's going on?

Trish

*Trish, in the movie, the Jack Nicholson character takes his family to the Overlook Hotel to overcome writer's block. He hopes to make money as a caretaker while writing a book. His was an intentional, self-imposed isolation. If you were a character in *The Shining*, we would tell you to hide the axe and lock yourself in the bathroom.*

But Nicholson was dealing with the supernatural, and your husband's demons are of an earthly realm. He, and all of us, are dealing with the actual. We live in a self-isolation that this pandemic has inflicted upon us.

Jack's way out was drinking, but your husband's appetites are finding solace in a different direction. He's a physical guy. He works out, bowls, and coaches a contact sport. Undoubtedly, that was part of your attraction to each other.

One of his biggest concerns is about your retirement funds. Money. That's a serious



fear for most people. Your husband must be thinking, "This is the second time in a dozen years that world markets have crashed. In another dozen years, who knows what will happen? Will we have enough to retire?"

He has those fears and the fear of providing for his family, fear for his job, and fear for your job, too. He has fears for his football team and his players, and perhaps for their chances for college.

Jack Nicholson sought comfort in the bottle and his typewriter. Your husband seeks comfort in his wife. He is in a time of heightened anxiety and pressure, and you are who he turns to in his need.

It is often said that funerals and war drive sex, the desire for two becoming one and the release of tension and fear. It shows his attachment to you that he seeks comfort and closeness and oblivion with you. On the most primal level, sex ensures the future.

Your husband fears for his life, and especially, fears for your life. Understanding his motives may help you get through this.

Whatever he can do now to feel productive will help. Not the woman kind of things, but the man kind of things, like washing the car, mowing the lawn, organizing the garage, making something, or building something. This may also be a time to gain a sophistication about how markets work. Replacing fear with knowledge and understanding always helps.

Jack Nicholson froze to death in the cold, but you two are not in the cold. You have each other, and together, day by day, you will find your way. is not better than no person.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of **YOUR OTHER HALF** (www.yourotherhalf.com) • Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@echowork.com

COVID-19 pandemic - Minister Jean Boulet confirms the inclusion of residential construction sites in the list of priority services and activities

CNW Telbec/ - With the consent of Québec's public health authorities, the Minister of Labour, Employment and Social Solidarity and Minister Responsible for the Mauricie Region, Jean Boulet, is confirming that residential construction sites have been added to the list of priority services and activities.

Work to complete residential units scheduled for delivery no later than July 31, 2020

will be allowed as of April 20, 2020. Everyone concerned will be able to move into their new homes as quickly as possible. This announcement applies to construction and renovation work, including surveying and building inspection. At the same time, it will reopen the supply chain of the residential sector of the construction industry, which involves numerous small and medium-sized businesses.

HAPPY BIRTHDAY

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Récréathèque demolition finally underway

(TLN) The Récréathèque on Curé-Labelle Blvd. in Chomedey is finally being demolished to make way for a new residential complex.

COVID-19 crisis or not, demolition of the old and abandoned Récréathèque in Laval's Chomedey district is now proceeding as announced last year, to make way for an eight-storey, 347-unit residential building.

Many generations of people from Laval, as well those who've travelled along Curé Labelle Blvd. while heading north on Route 117, have lasting memories of the Récréathèque. The new building is a project by Montreal property developer Shafiraman Weiss's Vertex Construction.



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In Memoriam & Obituaries

ARSENAULT, Michel

1935 - 2020



On April 3, 2020 passed away at the age of 85 years Mr Michel Arsenault. In addition to his parents, he joined his dear friend the late Madeleine, his sisters the late Laura and the late Annette. He is survived by his daughter Louise (Jacques), his sons René (Michelle) and Pierre, his sister Elmire, his brothers Pierre (Louise), Robert (Jocelyne) and Alain (Rita). He also leaves to mourn the sons of the late Madeleine, Pierre (Pascale) and Luc (Chantal). He also leaves to mourn his grandchildren Marie-Ève, Pierre-Olivier, Ariane, Cassandra, Kilima, Ngaro, Amani, Ariane PB, Simon (Geneviève), Geneviève, Mathieu (Myriam), Alexandre and Frédérique, as well as several great grandchildren, nephews and nieces, other relatives and friends.

AUBÉ, Roch

1936 - 2020



In Laval, on April 10, 2020, at the age of 83 years passed away Mr. Roch Aubé, husband of Mrs. Georgette Tanguay. Besides his wife, he leaves to mourn his children the late Jocelyne, Lucie and Jean (Kathy), his sister Francine, his brothers-in-law and sisters-in-law, his nephews and nieces as well as several other relatives and friends.

SONZA, Maria

1925 - 2020



With profound sadness, we announce the passing of our dear aunt Maria Sonza on April 8 th 2020. She will be sadly missed by her niece Patrizia, her nephews Giovanni and Claudio Cusin. She will also be missed by her relatives (Marco, Alyson, Nathan), her family in Italy and close friends. She was known for her strength, integrity, generosity and her witty sense of humor.

SCHAERER, Frederic

1936 - 2020



From Laval, on April 8, 2020, at the age of 83 years passed away Mr. Frederic Schaerer. He is survived by his children Mark, Sylvie and Ann, his grandchildren Olivier, Laurence, Caroline, Claudia, Charles and Lorie, his friend Rachel and many friends.

CÔTÉ, Paulette

1924 - 2020



It is with great sadness that we announce the death of Mrs. Paulette Côté Bolduc, at the CHSLD de St-Benoit, on April 8, 2020, at the dawn of her 95th birthday. She is survived by her husband, the late Mr. Gérard Bolduc, her children Gisèle (Gaston), the late Roger, the late Maurice (Gabrielle), Cécile (Valère), Ronald (Réjeanne) and Denis (Liliane), her grandchildren Serge, Nathalie, Marie-Anne, Pascal, Annie, Joëlle, Audrey, her great-grandchildren Vincent, Maude, Eva, Justin, Timothée, Nathaniel, Joshua, Ayden, Castiel, her brothers-in-law and sisters-in-law, her nephews and nieces as well as other relatives and friends.

IBRAHIM, Khalid

1930 - 2020



In Laval, on Tuesday April 7, 2020 at the age of 90 years passed away Khalid Ibrahim Dabbagh, beloved husband of Ferial Mangalo. He will be sadly missed by his wife Ferial, his children Hala, Zinah and Waleed, his grandchildren Kamel and Ramize Anayi, Joseph Al-Saeed and his granddaughter Naya Al-Saeed, his brothers Joseph Dabbagh, Ramzi Dabbagh, his sister Layla Dabbagh and deceased brother Fawzi Dabbagh, his brother in law Abed Mangalo, Fekri Atto, George Borgi and Malik Sano.

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HOROSCOPE

Week of April 19 to 25, 2020

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

There will be lots of action and excitement this week. You'll face new challenges, both in your career and in your personal life.



TAURUS

Sometimes you need to take a step back before you can move forward. By taking initiative, you'll succeed in creating balance in your financial situation and in your love life.



GEMINI

At work, your customer base will grow dramatically, thereby increasing your income significantly. In your love life, your partner or someone you're interested in will surprise you in a way that makes you very happy.



CANCER

You'll have an epiphany that will light the way to achieving your personal and professional objectives. As a result, you'll take the first steps toward starting your own business.



LEO

In order to expand your professional and personal horizons, you'll take a training course. To your great delight, this will change the trajectory of your life.



VIRGO

Emotions will be palpable this week and may cause a degree of restlessness. You'll receive a clear sign of affection and commitment from your new love interest.



LIBRA

Consider the consequences before making a decision that could change your life and that of those closest to you. Your generosity will be contagious and you'll spread the seeds of happiness.



SCORPIO

Changing your eating habits will have a considerable effect on your health. In your love life, clear communication allows you to avoid conflict and propels you toward making a more serious commitment.



SAGITTARIUS

You'll be a hero this week. You may even help someone out of a difficult situation just by listening for a few minutes and offering them a smile.



CAPRICORN

If you've been thinking about moving, you'll start to consider the idea more seriously. Notably, you'll find a home that suits your family's needs.



AQUARIUS

You won't pull any punches this week or beat around the bush when expressing your disagreement. You'll be feared and respected.



PISCES

To be happier in your relationship, you need to break out of your routine and communicate your desires to your partner. If you don't already live together, you'll consider it.



CROSSWORDS

PUZZLE NO. 983

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
			18	19				20		
21	22	23				24	25			
26				27				28	29	30
31			32	33				34		
35			36				37	38		
			39				40			
41	42	43			44					
45				46	47			48	49	50
51				52				53		
54				55				56		
57								58		

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ACROSS

1. Invade
5. Fruit coolers
9. Small drink
12. Car's wheel shaft
13. Flimsy
14. Tic-tac-___
15. Shriek
16. Remedy
18. Sins
20. October gemstone
21. Glued
24. Birthday number
26. Fully develop
27. Reflecting surfaces
31. Notable timespan
32. Perfume
34. Sticky glop
35. Giza structure

37. Shoo!
39. Grovel
40. Globe
41. Waitperson's handout
44. Workbench clamp
45. Mimic
48. Resounding sound
52. Cashew or pecan
53. Refer to
54. ___ cream
55. Dangerous curve
56. ___ off (furious)
57. Ogler

DOWN

1. Manta ___
2. Logger's tool
3. Feeling awful
4. Erase
5. Prize
6. Bears' lairs
7. Dine
8. Winter transport
9. Desist
10. Pinch
11. Strip
17. Effective one
19. Change the title of
21. Kind of school, for short
22. Drafty
23. Mast or boom
24. Objective
25. Understands
27. Trendy
28. Fairy-tale
29. Thunder
30. Not all
33. Tractor-trailer
36. Border on
38. Swiss or cheddar
40. Fathered
41. Look for ore
42. Down-under birds
43. Louse eggs
44. Cast a ballot
46. Opera division
47. No-win contest
49. Artfully shy
50. Tint
51. Hockey great Bobby ___

Sudoku

PUZZLE NO. 708

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

HOW TO PLAY:

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

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

Last Issues' Answers

CROSSWORDS

C	L	O	D	A	H	O	Y	D	U	O
L	A	V	A	S	O	L	E	I	N	N
A	G	E	D	H	E	E	L	M	I	S
M	O	R	A	L	E	L	A	P	S	E
S	O	D	I	N	F	O	S	L	O	T
N	O	P	E	L	I	S	T	E	N	
I	N	H	A	L	E	R				
T	E	N	S	E	R	N	O	G	S	
G	E	N	T	R	E	V	S	R	E	C
A	R	R	O	W	E	E	R	I	E	R
Z	S	A	E	V	E	R	A	L	S	O
E	E	G	E	E	L	S	S	L	A	W
D	R	E	D	E	L	E	P	E	W	S

Sudoku

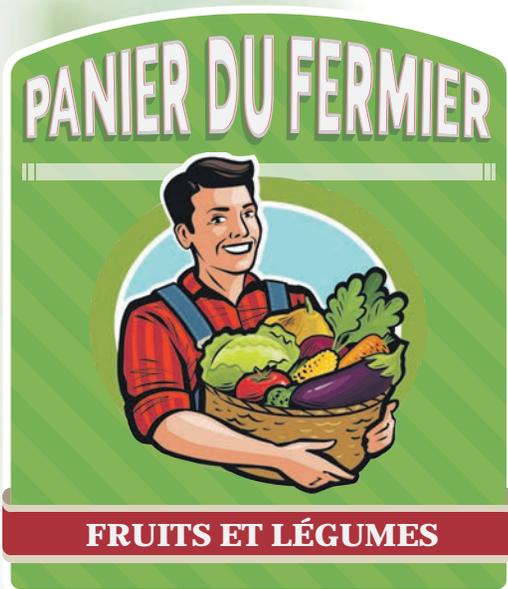
7	3	2	9	4	1	6	5	8
5	9	6	3	8	2	1	4	7
8	1	4	5	7	6	9	3	2
3	4	7	6	9	5	8	2	1
9	2	8	1	3	7	4	6	5
1	6	5	8	2	4	7	9	3
6	8	9	7	5	3	2	1	4
2	5	1	4	6	8	3	7	9
4	7	3	2	1	9	5	8	6



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

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

The Cinemas Guzzo Team



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- Lettuce
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- Limes
- Tomatoes
- Cucumber
- (TBA)
- Pears
- Leak or Celery (TBA)
- Avocado
- Eggplant
- Garlic
- Mystery Item

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