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Premier Legault meets with Laval Mayor Demers

'The pandemic hit us with full force and created a humanitarian challenge,' said Mayor Marc Demers



Quebec Premier François Legault is seen in this screen capture from a webcast he and other officials, including Laval mayor Marc Demers, and Saint-Rose MNA Christopher Skeete, gave from Montreal on recovery efforts for the COVID-19 pandemic.

With Marc Demers – the mayor of one of Quebec’s cities with an especially high concentration of families – seated beside him, Premier François Legault announced in Montreal last week that children’s summer daycamps will be allowed to open in June, as efforts continue to turn the coronavirus crisis into a recovery effort.



MARTIN C. BARRY
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For The Laval News
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Daycamps opening

“I know many people are concerned about daycamps for kids,” Legault said during a COVID-19 webcast and press conference held at Place des Arts in downtown Montreal.

“I’m happy to announce that the public health authorities have given us the green light to re-open the daycamps on June 22,” Legault said. “Of course, it will be with distancing rules. But it’s very important for kids to play outside, to play together.”

The announcement was sure to be greeted with great relief in Laval and across the province by the many parents who’ve been diligently caring round the clock for children without a break, because daycares and schools have been closed since mid-March.

Camp monitors needed

While noting that social distancing protocols will be applied in the daycamps, Legault acknowledged that the government is currently facing a challenge recruiting enough monitors to supervise the children, principally because a larger than normal number of monitors will be needed.

Still, Legault warned, “The crisis isn’t over. It’s still hard. There are still many adjustments to be made. Not everything is perfect. I see some who are being critical and I ask you to be patient.

We are living through a crisis.”

Answering journalists’ questions on the distancing rules to be enforced in the daycamps, Dr. Horacio Arruda, the director of public health for Quebec, said the emphasis will be on ensuring that groups of children remain small. He said there would be twice as many monitors for the children than would normally be the case.

Reducing the impact

“With more monitors, this will, in my opinion, facilitate the reduction of the impact of transmission in these camps,” Arruda said.

“On the other hand, what needs to be understood is that the coronavirus is circulating, although children get off relatively easy. So it’s not to say that just because some cases turn up in a daycamp that it will be a catastrophe. I would like people to understand that this too will be part of life returning to normal. But we will be keeping a close eye on things.”

Regarding the COVID-19 situation in Laval, which was the Quebec community hardest hit last week by the coronavirus, Legault said he had met that morning with Mayor Demers and they agreed the situation was getting better.

Use face masks, says Legault

“But we must stay vigilant,” said the Premier, advising that wearing a face mask while using public transit is one of the best ways people in general can do their part to keep COVID-19 from spreading.

Concerning the recovery process, Legault said, “We continue to gradually re-open. But if the contagion re-starts, we’ll have to come back to a pause. So nobody wants that and the best way to avoid it is to respect the instructions. To win this battle we must play as a team. I’m counting on you all.”

For his part, Mayor Demers noted that on Monday May 25, the beginning of the end confinement measures would be starting in Laval and the first of a series of businesses that were closed would be re-opening.

“The pandemic hit us with full force and created a humanitarian challenge, a sanitary challenge, and one that is economic,” said Demers.

Demers: Recovery underway

“In Laval, our solidarity allowed us to create over the past few years a lively, united community, a strong economy and sound finances. I am convinced that this same unity is essential to confront the current pandemic. This will allow us to ensure a full recovery and to succeed with

relaunching our economy.”

Demers was also asked by journalists for his explanation as to why the COVID-19 situation in Laval has become so troublesome and with a much higher infection rate.

“Right now I cannot answer that,” he said. “But one thing that my previous job taught me is to make sure that we have less victims as possible from now on, and making sure we are helping everybody who is in trouble. Later on we will be trying to find out why all those things happened.”

Demers contemplates making COVID-19 masks mandatory

(TLN) The City of Laval, the municipality in Quebec that is the second-hardest hit from the COVID-19 pandemic, expects to receive up to 250,000 face masks from the provincial government for public distribution, municipal officials announced.

According to some of the latest COVID-19 statistics, there are currently more than 5,100 cases of COVID-19 infection in Laval, and the number of fatalities is approaching 500. The

250,000 masks will be in addition to 60,000 which have been set aside for distribution throughout Laval’s public transit system.

On Wednesday last week, Mayor Marc Demers said he was not ruling out the possibility that wearing a face mask in public would be mandatory on Laval’s territory. “We are evaluating it,” he said in a statement. “We are looking at the behavior of people and we are looking at where we will be going.”

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Tax Freedom Day came early, but still little to celebrate

Have you ever wondered how much you actually pay in taxes each year?

While tax returns help us understand how much income tax we pay, it's difficult for most Canadians to calculate their total tax bill.

In Canada we pay many taxes to the federal, provincial and local governments. Some of these taxes are visible but many are hidden, which adds to the confusion about how much we actually pay.

Not only do we pay income taxes, we pay property taxes, payroll taxes such as the Canada Pension Plan, health taxes, sales taxes such as the GST, carbon taxes, taxes on gasoline, taxes on imported goods, 'sin' taxes and so on.

To be clear, Tax Freedom Day doesn't measure the benefits or quality of services Canadians receive from government in return for their taxes. Rather, it looks at the price paid to receive a product in the form of government.

Understanding your family's total tax burden is important to assess the value you receive from government services and income transfers. It's ultimately up to Canadians to decide if they receive good value for these services.

In 2020, we estimate the average Canadian family (consisting of two or more people) earning \$115,735 will pay \$43,671 in total taxes – or 37.7 per cent of their income. In other words, if you paid all your taxes for 2020 up front, you'd give government every dollar you earned before May 19 – Tax Freedom Day.

After working the first 139 days of the year for government, you're now working for yourself and your family.

However, there isn't much to celebrate this year.

This year, Tax Freedom Day came much earlier than usual because the estimates of income and total taxes for average Canadian families have

been significantly impacted by the COVID-19 recession.

The earlier date has nothing to do with the federal government or any provincial government reducing taxes.

When the economy slows and incomes decline, the average family's taxes tend to be reduced to a greater extent than its income. There are several reasons for this, including Canadians falling into lower income tax brackets due to lower incomes and reductions in sales taxes paid due to reduced consumption.

Canadians may rightfully also be thinking about the economic and tax implications of the budget deficits our federal and provincial governments will run this year. The federal government projects a \$252.1-billion deficit in 2020, while cumulative deficit for the provinces is expected to reach \$63.1 billion.

Of course, today's deficits must one day be paid for by taxes. This means the combined projected federal and provincial government deficits of \$315.2 billion should be considered as deferred taxes.

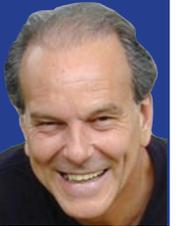
So if Canadian governments had to raise taxes to balance their budgets instead of financing spending with deficits, Tax Freedom Day would arrive more than two months later, on July 26.

The economic responses to COVID-19 will undoubtedly have large future implications for levels of taxation and the state of government finances for the federal and provincial governments.

May 19 may seem early for Tax Freedom Day, but without a significant change in policy direction, all signs point to a much later day in the future.

Jake Fuss

THAT'S WHAT I'M THINKING



Robert Vairo

What's Next?

I wonder, and worry about what comes next. We have been shut down and shut out approaching three months and finally some parts of the economy are coming back to life. Some provinces have clearly done better than others in 'flattening the curve', but so far very few regions and countries have actually declared the virus 'dead'. New Zealand has, so has Taiwan, South Korea, Singapore, and Hong Kong. It will never be dead or completely eradicated. Under control, is a more realistic phrase. There will always be new cases, until there is an effective vaccine. And there is hope. Canada's Dalhousie University as you know is approved for first clinical trials for the coronavirus vaccine. But it's in cooperation with a government controlled Chinese firm. Not at all to my liking. The manufacturer is CanSino Biologics Inc., a Chinese vaccine company. "The intellectual property rights for the vaccine will stay in Chinese hands" according to the Canadian Center for Vaccinology. It may work. If it does, it would be a very proud moment for Canada. Although I'm not sure how many Canadians will want a China made vaccine. How many of us trust authoritarian China today. There's also US Moderna labs partnering with a Swiss group, and OXFORD U. is with a Montana firm, all in search of THE vaccine. So there is a lot of hope. But hope needs an audacious and robust plan of action.

This has been a horrific shock. After all this suffering, isolation, strained and broken relations, conjugal violence, unemployment, and a world economy on its knees, this had better not happen again, but it might.

Many, including Dr Tony Fauci are predicting a resurgence of the virus this autumn. Developing countries South Africa, and Brazil, combined populations of 270 million, are just starting to see the virus appear. The Canada US border may be reopened too soon. So something like this could happen again in Canada. It may be worse. Dr. Robert Glatter, an emergency physician at Lenox Hill Hospital in New York City says "Combined with the usual autumn influenza, the intensity of both viruses could make our initial COVID-19 look benign".

There are issues we must confront now to prevent it. For example, some scientists are fearful of our over sanitizing. All our attempts against COVID-19 by cleaning, sanitizing, spraying city sidewalks, buses etc. could lead to a super bug resistant to alcohol. Scientists are already talking about diseases whose names even my computer spell check can't get right. Sanitizers may not work or be as effective the next time.

And then there is drug resistance. Bacteria change and evolve so that a drug we once knew and saved us, can no longer perform miracles.

We can not afford to go through this again. Canada's money has been spent. An RBC newsletter says we have "no more fire power" if we are hit again. So what's the solution. The best way to stop a pandemic is to never let it start. We can't enforce good hygiene in a Wuhan wet market. But we can look at home. This virus exposed Canada's weak chief physician who is

re-active and not pro active, and exposed weak top doctors in Quebec and Ontario. It exposed woeful inadequacies in our health care system, the worst being nursing homes, where our seniors led the number of fatalities across the country. This must not happen again. There is just too much pain.

Is the answer global cooperation? The WHO is racked with politics and can't be trusted. Neither can the world's two super powers, the US and China.

Canada must first become as self-sufficient as possible in as many areas as possible. Mr Trudeau, please stop these daily media managed appearances and return to Parliament. We must absolutely develop our own supply chain in health, food, and energy and stop relying on others. This is a health care crisis. We absolutely must focus and spend in our health care system and health care workers. Remove the layers of crippling health department bureaucracy that prevent provinces like Quebec and Ontario to respond swiftly and effectively.

I've been reading a Dr. Jim Yong Kim a British physician and anthropologist with a list of credentials the length of a gurney. He suggests the five - pronged "weapons" we have been using. We all know them by now. Social distancing, contact tracing, testing, isolation, and treatment. Says Dr. Kim, "Do this over and over and you will defeat the virus". CONTACT TRACING jumped out at me. It has to be done without violating our privacy rights, especially if using a smart phone app. It's very labour intensive and involves a lot of detective work. BC got it. It ramped it up early, increased its staff six-fold, and now attributes CONTACT TRACING as one of the main reasons it has been able to control this virus.

We have to be on the offensive for the next enemy. We must do our part. Continue distancing, hand washing, masks. And our governments must rectify health care, secure our supply chains, reduce layers of bureaucracy. We will then have the confidence as Canadians to attack the next wave, or new virus, quicker and more efficiently, and save precious Canadian lives.

That's what I'm thinking.



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Laval estimates \$60.4 million shortfall because of COVID-19

However, Demers says city could freeze property taxes next year

The City of Laval is forecasting a \$60.4 million shortfall at the end of the current year, after studying various financial scenarios arising from spending and expenses incurred as a result of the COVID-19 pandemic.



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At the same time, however, Mayor Marc Demers is not ruling out the possibility of a tax freeze in the next municipal budget.

According to a statement issued by the city on May 21, the estimate takes into account operating expenses, loss of revenues because of fewer real-estate sales (hence a reduced number of “welcome tax” transfer fees to year’s end), and a \$22.4 million deficit being forecast by the Société de transport de Laval (STL).

An uncertain situation

Regarding the proposed tax freeze, Mayor Demers said in the statement that he is focusing on freezing property taxes in the 2021 budget. “The present situation is filled with uncertainty and is constantly evolving,” he said.

“In as much as we could not commit right now to a tax freeze, that is our intention. We have

shown that we could manage prudently and responsibly these last few years, which allows us to plan for a tax freeze to give relief to Laval residents who have been badly impacted during this very difficult time.”

The city says that the unusual circumstances Laval has seen over the last two months or so have impacted operations, and city officials are looking for concrete and innovative solutions to be able to cope with the situation.

Some better news

Despite the less than positive news, the municipal administration said the city will finish the year with a \$58.9 million surplus, which was largely the result of economic planning which took place before the pandemic hit, said city officials. The said surplus could be used, in whole or in part, to implement measures that would contribute to jump-starting Laval’s economy.

“This sort of solution would benefit the entire population of Laval since the financial situation of the city would remain under control and would allow the planned development to be pursued,” the administration said in the statement. “Concretely, the city hopes to be in a position to maintain the quality of services offered to citizens, as well as continuing to support various communities and businesses present on the territory.”

Laval restaurants file lawsuit against their insurers

Class action launched alleging non-respect of ‘business interruption’ clause

(TLN) A group of Quebec restaurant owners, including some in Laval, have joined forces to file a class action lawsuit against their insurance companies after the latter refused to honor claims stemming from damages caused by the COVID-19 pandemic.

Ordered to shut

The COVID-19 pandemic forced bar and restaurant owners across Quebec to shut completely on March 23. This came about following an order issued by the government of Quebec. The effect has led to enormous losses for the restaurateurs and bar owners, however.

“Unfortunately, quite a number of insurers that cover restaurants are refusing to honor their obligations by denying the fact that the impact of this pandemic was an insurable risk,” said lawyer Laurent Debrun of the firm Spiegel Sohmer who is representing three of the claimants.

Three claimants

The claimants are the Bâton rouge and l’Elixir in Laval, as well as 21st Century Foods of Montreal. They are respectively suing insurers Allianz Global Risks, Promutel Assurance and Intact Assurance in Quebec Superior Court.

For their part, the insurers are claiming that the restaurant owners didn’t suffer any physical losses caused by a disaster (such as a fire or flood), but rather are victims of a governmental decree. At least one of the insurance companies replied as such to a claimant, suggesting that



Me Laurent Debrun de Spiegel Sohmer.

compensation should be sought instead from government assistance programs that have been set up.

Claim not among exclusions

On the other hand, their lawyer maintains that the policies held by the restaurateurs were for comprehensive coverage, including all possible risks, except for certain specific exclusions. He pointed out that “interruption of business” is not among the exclusions and that it should be considered a valid claim during a pandemic.

The lawyer is asking for \$739,314 for Bâton Rouge, \$570,000 for Elixir, and \$270,000 for 21st Century Foods. Some other restaurateurs in the province have also come forward to say they too might want to join the class action suit.

A WELCOME POSTPONEMENT



Important reminder

In order to reduce the financial burden on Laval taxpayers, the two deadlines for paying the 2020 municipal tax bill have been extended to September 1, 2020.

taxesevaluation.laval.ca, under **Municipal Tax Account/ Where and When Do I Pay My Taxes?**



Key Laval street intersections to be upgraded for safety

During its most recent meeting on May 20, the City of Laval's executive-committee gave the go-ahead for a contract to be awarded to a traffic safety consulting firm to conduct a preliminary feasibility study before the development of traffic safety solutions at 14 key intersections throughout Laval – including some in Chomedey and Fabreville.

The executive-committee sent its recommendation to city council to award the contract worth \$239,194.71 (all contracts include tax) to SNC-Lavalin for specialized professional engineering services involving traffic and circulation.

Part of agreement

The requested work fulfills a condition the City of Laval had to meet with the provincial transport ministry to improve security at municipal intersections under the ministry's Plan d'intervention de sécurité routière en milieu municipal (PISRMM).

The following eight intersections are involved: boulevard Lévesque and montée Saint-François; boulevard Saint-Elzéar Ouest and avenue Francis-Hughes; boulevard de la Concorde Ouest and boulevard Laval; boulevard Notre-Dame and avenue Haïfa; boulevard Dagenais Ouest and rue Ovide; avenue de la Renaissance and avenue Marc-Aurèle-Fortin; boulevard de la Concorde and boulevard Cluny; boulevard Notre-Dame and rue Montgolfier.

14 intersections in all

The following six intersections are also involved: boulevard Saint-Martin Ouest and avenue Pierre-Péladeau; boulevard Notre-Dame and 100e Avenue; boulevard Cartier Ouest and avenue Laval; boulevard Dagenais Ouest and boulevard Gabriel; boulevard Saint-Martin Ouest and boulevard Chomedey; boulevard de la Concorde Est and croissant de Callières.

At the same meeting, the executive-committee also recom-

mended to council to award two contracts to Pavages Multipro. The contracts are worth \$1,620,783.78 and \$1,310,894.66. They concern 15 street blocks located in Auteuil, Souvenir-Labelle, L'Abord-à-Plouffe, Chomedey, Saint-Martin, Marc-Aurèle-Fortin, Fabreville and Sainte-Rose.

Repairs and resurfacing

As well, the committee recommended awarding a contract worth \$1,393,858.02 to Eurovia Québec Construction. The work involved will take place on 14 street blocks in Saint-François, Saint-Vincent-de-Paul, Val-des-Arbres, Auteuil and Laval-les-Îles. The work will include street repair and resurfacing, but subterranean sewers and water pipes won't be upgraded as the city says they haven't reached the end of their usefulness. The city expects the street work to last from seven to 12 years.

Finally, the executive-committee gave the go-ahead for a contract to be awarded to Entreprises Miabec for \$867,597.90 to extend Gascon St. to Guénard St., including sewers, drains and household water infrastructure, in the district of Saint-François. Additional work for paving, street curbs and street lighting are also part of the work.

Laval wins 'LEED' certification for Saint-François firehall

While the Laval Fire Department's No. 5 Saint-François district firehall has been open since November 2018, the City of Laval only recently learned that the building's modernistic and environmentally-conscious design won a LEED (*Leadership in Energy and Environmental Design*) Gold certification from the Canada Green Building Council.

According to a press release issued by the city, the certification recognizes that the City of Laval made great efforts to erect a building to the highest environmental standards.

Firehall No. 5 is Laval's fourth municipal building to win the distinction. The others are Firehall No. 2 on Souvenir Blvd. in Chomedey (October 2018), the Lausanne Park community centre

(January 2020), and the theme pavilion building at Rivière des Mille Îles Park (March 2020).

Among other things, Firehall No. 5 is equipped with a geothermal heating and cooling system which draws energy from underground, a solar panel array to help preheat cool air during the winter before it enters through the frequently-opened garage doors, and low-water consumption plumbing.

Laval, Quebec officials discuss re-launching city's economy

Laval mayor Marc Demers says a teleconference meeting last week, during which he and other city officials discussed re-starting Laval's post-COVID-19 economy with Quebec Finance Minister Eric Girard and Economy and Innovation Minister Pierre Fitzgibbon, was a success and a sign the provincial government is taking the matter seriously.

"This virtual meeting allowed everyone to talk about the many challenges that await us following the pandemic," the mayor said in a statement. "Our business people were badly impacted by this crisis and we see it as our duty to implement measures that will be adopted to meet the reality."

"We are pleased to see that the government of Quebec has serious intentions about re-starting the economy and is listening to the concerns of our business community," added Demers. "I thank ministers Fitzgibbon and Girard for their valuable cooperation."

Laval city councillor Stéphane Boyer, vice-president of the executive-committee and responsible for economic development dossiers, said the city has already begun the arduous task of rebuilding Laval's post-COVID-19 economy.

"Our teams at the city, including the economic development service, is already on the job to work out, in conjunction with the business community, a plan to re-launch our economy," said Boyer. "The meeting allowed everybody to express their preoccupations, while also suggesting opportunities, as well as paths towards solutions to be explored."



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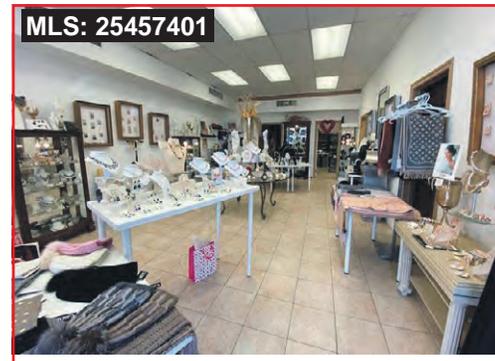
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STL releases plan, increases bus service, and distributes face masks



Last Monday May 25, several elected officials came out to assist with the STL's distribution of face masks to STL transit users. Seen here are Michel Reeves (from the STL board), Sainte-Rose MNA Christopher Skeete, Chomedey MNA Guy Ouellette, Laval mayor Marc Demers, city councillor Jocelyne Frédéric-Gauthier, Quebec Transport Minister Chantal Rouleau, STL president and city councillor Éric Morasse, Laval des Rapides MNA Saul Polo, Fabre MNA Monique Sauvé, Mille-Îles MNA Francine Charbonneau and Vimont MNA Jean Rousselle.

(TLN) The Société de transport de Laval (STL) and its employees say they are ready to tackle the challenges ahead as deconfinement is set to gradually begin and activities resume under a climate of uncertainty caused by the COVID-19 pandemic.

Work plan underway

To guide the implementation of new measures, the STL has prepared a rolling work plan to protect its users and employees in accordance with the recommendations from the CNESST and provincial public health agency.

"The current situation requires all of our units at the STL to work together and pull out all the stops to provide our employees and users with a safe environment," said STL president Éric Morasse. "We fully believe our joint efforts will see us through this unprecedented crisis."

Changes in bus service

As of May 9, according to the STL, the regular bus service was reduced during the week by 50 per cent to reach 80 per cent of the service they usually provide this time of year.

Although ridership numbers are still well below pre-pandemic levels, they increased bus service to minimize overcrowding, foster social distancing and meet users' commuting needs, all in keeping with the availability of resources.

As the economy gradually reopens, the STL expects ridership levels to increase in the coming weeks, which will further complicate practicing social distancing when using public transit.

Proper face-covering maintenance

Important: The STL also reminds its clients who will be receiving a face mask that they must absolutely wash it before putting it on. For proper maintenance of face masks, it is recommended to place them directly in the washing machine, to wash them in hot water, and then to dry them completely.

- Proper etiquette on public transit
- Propagation of the virus can be avoided aboard buses by following these directives:
 - No eating aboard buses;
 - Take your trash away with you;
 - Wear a face covering;
 - Respect physical distances when possible (especially when purchasing fares, in lineups while waiting for the bus or while getting on, and while walking;
 - Avoid touching surfaces as much as possible;
 - Use recommended hygiene methods (coughing into your sleeve, frequent hand-washing, disposing of paper tissues safely, avoiding touching your face, etc.).

Face masks now available

Effective Monday May 25, the Société de Transport de Laval started distributing anti-COVID-19 face coverings to users, as part of a concerted operation involving all four Montréal metropolitan area public transit authorities.

Distribution points for the operation, made possible with support from the government of Quebec, are at the Montmorency and Cartier terminals, during peak hours, the STL said.

Distribution is being done by hand, a method approved by public health authorities. Squads of STL employees were onsite handling the distribution. They were equipped with visors,

masks and gloves. The STL said there would be limited quantities on each distribution day, and

the distribution would continue while supplies lasted.

More distributions coming

In total, 15,000 reusable face coverings were to be distributed in Laval during this first round, which would span several days. From those quantities, 1,000 face coverings would be sent by mail to paratransit users. The STL said more rounds would be forthcoming in the coming months, depending on how the COVID-19 situation evolved and on supply volumes.

"With this round of distribution and those that will follow, the aim is to foster the use of face coverings by the bus riding community," said Morasse. "As we've seen these past weeks, and will see increasingly as lockdown restrictions ease as of today, social distancing will no longer be possible when using public transit. We must all adapt to this new reality, which we will have to contend with for many months to come."

STL

news

New public transit etiquette

Adapting, changing our practices, adopting new ones: this pandemic period is having quite an impact on our lives! And should we say because of it, our efforts must continue.

Social distancing of 2 metres will no longer be feasible when using public transit. Which is why **the government very strongly recommends wearing face covering.**

Thank you for all your efforts. Let's look after one another.

Vary your transportation modes

Take advantage of the nice weather! Commute by bike, or use the self-serve electric BIXI bikes now available in Laval

Find out more at
STLaval.ca/bixilaval

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CISSS de Laval opens a third COVID-19 test site

The Centre intégré de santé et de services sociaux (CISSS) de Laval announced the opening last week of a third COVID-19 testing facility.

The latest one is at the Saint-François Arena in the district of Saint-François in Laval's east end. The CISSS had previously announced the opening of testing centres at the Pierre Creamer Arena in Chomedey, and at the Cartier Arena in Pont-Viau.

According to the CISSS, persons with these characteristics are prioritized to be tested at these sites: those with symptoms of flu or COVID-19 (fever, worsening cough, difficulty breathing, loss of sense of smell); persons who have been in close contact with someone recently diagnosed positively with COVID-19; medical professionals whose work brings them into contact with COVID-19 patients.

The Saint-François Arena is located at 9449 De Tilly St. in Saint-François. Testing is available with or without an appointment from 8 am to 4 pm, seven days out of seven.

According to the CISSS de Laval, there have been 5,129 cases of COVID-19 infection in Laval up to May 24, 2,811 persons have recovered, 486 persons have died, 115 persons remained hospitalized, 21 persons were in intensive care, 386 CISSS de Laval employees were absent for COVID-19 related reasons, and 209 employees had recovered and returned to work.

Refundable can event raises funds for Société St-Vincent de Paul

Signs of life as people in Laval emerge, while COVID-19 crisis continues

While face masks and distancing measures are something we might all wish to forget eventually, Vimy Liberal MP Annie Koutrakis told the Laval News she was feeling optimistic about the future during an outdoor fundraiser held last Saturday in the parking lot of IGA Le Corbusier on Le Corbusier Blvd. in downtown Laval.



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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A new beginning

The fundraiser was one of the first public gatherings to be held in Laval since the beginning of the COVID-19 crisis. It was conducted in conjunction with IGA Michaud on de la Concorde Blvd. East.

In the previous days, the message had gone around on social media and by word of mouth that refundable empty cans and bottles could be brought in and the sums gathered would be donated to the Société Saint-Vincent de Paul Saint-Martin.

Koutrakis was one of several elected officials from Laval, including Laval city councillor Aline Dib, who came out to contribute empties and to lend a hand while at it.

Doing their part

"When my team and I found out that this was happening, we wanted to come and do our part and raise awareness that there are people who have needs through the year – but especially now with the COVID," she said.

Still, she noted the importance of continuing to follow the current distancing protocols and



Guess who? While it's hard to know for certain who's behind those masks, it was all for a good and socially-distanced safe cause last Saturday in the parking lot at IGA Le Corbusier when hundreds of people in Laval accepted in invitation to donate the proceeds from their refundable cans and bottles to the Société Saint-Vincent de Paul Saint-Martin. Among those present Vimy MP Annie Koutrakis. Photo: Martin C. Barry-Newsfirst

guidelines in place. "We have to continue to do the right things and make sure we are listening to our scientists and the guidelines that are there," said Koutrakis.

"Of course, everybody wants to be able to be with their families and to have barbecues and go to the parks. Eventually we'll get there. But in the meantime, we don't to risk going back to where we were eight weeks ago and we have to start all over.

'Do the right thing'

"So I am encouraging everyone to do the right thing, make sure you are washing your hands

and wearing your mask when you're out. Most importantly, when we're doing all this we're saving lives and helping our heroes: the doctors, nurses and others who are out there on the frontline who never stop working so that our lives can eventually get back to normal."

The two IGA franchise owners, Roland Lavallée of IGA Le Corbusier and Pierre Michaud of IGA Michaud et Fils, would be matching the funds gathered from the can and bottle deposit refunds up to \$1,000. "This is something we decided to do to give back to the community, which is particularly in need at this time," Lavallée said.

Place Bell not ready to take in COVID-19 patients

After formally announcing last week that everything was in place to begin taking in the first of an eventual 50 recovering COVID-19 patients at Place Bell, the CISSS de Laval still hadn't opened the site because of a lack of employees to staff the temporary facility, CBC Montreal reported.

"We expect to be able to open very soon," Judith Goudreau, a CISSS de Laval spokesperson, told the broadcaster. According to the CBC, a new date had been set for Place Bell to start receiving patients.

The regional health authority announced in a press release that May 15 would be the first day

that patients recovering from COVID-19 would start to be taken into the temporary hospital ward set up on one of the ice rinks at Place Bell.

The patients are from Cité de la Santé, where there is an overflow, as well as from retirement residences in Laval that are currently besieged by COVID-19.

City donates \$40,304 to St-Vincent de Paul Society

The City of Laval's executive-committee says it is donating \$40,304 to the Société Saint-Vincent de Paul for a project the non-profit charity is undertaking to help families that have children up to 17 years old and who are struggling during the COVID-19 pandemic.

According to a statement issued by the executive-committee, the subsidy will help to boost a food program run by the society at a time that is proving to be very challenging for many families.

"Thanks to this subsidy, the Société de Saint-Vincent de Paul will be able to distribute food vouchers to families in Laval that need them," said Mayor Marc Demers. "In the current context, where a vulnerable clientele is more vulnerable than ever, it is important that we stick together."

The subsidy is being drawn from the Fonds Place-du-Souvenir, a special fund created by the Demers administration in 2017 specifically to assist children and youths in Laval up to age 17. The fund was created from sums successfully reclaimed by the city from former municipal contractors who were found to have benefited from collusion and corruption over the many years the previous administration was in power.

Coronavirus COVID-19

Testing for symptomatic individuals

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Following the telephone assessment and based on your situation, you will be referred to the appropriate resource. Screening is at the heart of our strategy. If you have symptoms, call!

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Centre intégré de santé et de services sociaux de Laval
Québec

Action Laval accepts councillors Galati and Tassoni back into caucus

Chomedey councillor Aglaia Revelakis won't be party's lone presence on council

The departure last week of Michel Poissant and Daniel Hébert had left Action Laval in a weakened position

With the announcement by Action Laval last Monday that councillors Paolo Galati and Isabella Tassoni are being accepted back into the caucus, Chomedey city councillor Aglaia Revelakis won't be Action Laval's only elected representative on Laval city council as she was at one time.



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On Monday, Action Laval interim-leader Archie Cifelli announced that councillors Isabella Tassoni and Paolo Galati were being reintegrated back into the party caucus. An Action Laval spokesperson said that a provincial government investigation has now cleared Tassoni, while also pointing out that Galati was never under investigation.

Expect De Cotis to be cleared

As for Action Laval councillor David De Cotis, the spokesperson said an announcement was expected, but that he anticipated De Cotis also would be cleared. The development came after the announced departure last week of two other

Action Laval caucus members.

"I'm not going anywhere – I'm staying here," Revelakis said in an interview with the Laval News shortly after councillors Michel Poissant and Daniel Hébert announced last week that they had decided to leave the party. In a statement Poissant and Hébert issued, they said they were leaving Action Laval to pursue their mandates as independents.

First elected with Mayor Marc Demers' Mouvement lavallois in 2013 when Demers' party first swept into office, Poissant and Hébert were part of a group of dissidents who broke away from the mayor, citing a lack of transparency in the administration, deciding later on to join Action Laval.

In a weakened position

Despite the fact the Action Laval council caucus had grown to six city councillors by March 2019, the departure of Poissant and Hébert had left Action Laval in a weakened position once again.

In February, Action Laval's De Cotis, Tassoni and Galati had resigned from the Action Laval caucus following leaked information suggesting they were in a potential conflict of interest involving real-estate deals. The three denied any wrongdoing and their situation was being

investigated by the Commission municipale du Québec.

A loyal follower

Had Tassoni and Galati not returned this week, Revelakis would have been the only remaining Action Laval city councillor. Originally elected in the 2013 breakthrough, she is the last elected Action Laval councillor from that time.

In March 2013, Revelakis was one of the very first candidates selected by party founder Jean-Claude Gobé to run in the first truly open elections the City of Laval had seen in the more than a decade since former mayor Gilles Vaillancourt had held onto power at Laval city hall.

Isolated on council

While she and Paolo Galati were the only Action Laval candidates elected in the 2013 Mouvement lavallois sweep, the two managed nonetheless to form the Official Opposition at that time. However, Galati later decided to jump over to the ML, leaving only Revelakis with Action Laval. Galati would later defect back to Action Laval as one of the group of five ML dissenters.

In the 2017 election, Revelakis continued to hold the Action Laval banner high as the party's only candidate elected that year. She remained alone until March 2019 when councillors Galati,

Hébert, Poissant, De Cotis and Tassoni left the ML, giving Action Laval the appearance at least of being the *de facto* opposition, even though the title officially belonged to the Parti Laval.

Future of three councillors

Revelakis said Action Laval had been waiting for the pending conclusions of the provincial inquiry to decide whether the exclusion of De Cotis, Tassoni and Galati would stand. "They had to step down from the party until their status was cleared," she said. "We're going to rebuild this party and make sure that we win the next election."

On Poissant's departure

Regarding the departure of Poissant, who became Action Laval's principal spokesperson soon after joining, Revelakis maintained that Poissant's ambitions within the party ultimately weren't entirely in keeping with Action Laval's plans.

"He had the intention in the future to run as the leader of the party," she said. "And when he saw that within our caucus and within our membership he was not the chosen one, I think he decided to go on his own." As for Hébert, she suggested he may have felt compelled to follow Poissant out as the two were friends and allies.

COVID economy recovery is already underway says Quebec International Relations Minister Nadine Girault

Citing an economic prediction made recently by the International Monetary Fund (IMF), Quebec International Relations Minister Nadine Girault told an online gathering of members of the Laval Chamber of Commerce and Industry last week that the year 2020 could see the worst global recession since the 1929 crash and the Great Depression that followed it.



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"It's going to be worse even than the economic crisis in 2008," said Girault, a member of Premier François Legault's Coalition Avenir Québec cabinet, who was the Laval C of C's guest speaker during the teleconference.

Girault maintained that the upcoming recession stands to be worse than the 2008 downturn, because this time we aren't dealing with a financial crisis, "but a crisis that concerns a real economy," she said.

Consumers shaken

"Industries are unable to have access to their

work places, businesses are undergoing breakages in their supply chains," said Girault. "You can see it in consumer spending on goods and services: spending has either been cancelled or postponed. So, the confidence of households has been very, very shaken up because of confinement and because of the loss of salaries."

According to Girault, the gross domestic product (GDP) for developed nations will be shrinking by 6.1 per cent in 2020, following which they may see renewed growth of up to 4.5 per cent in 2021. In emerging nations, the GDP decrease will be 1 per cent in 2020, with a possible rebound of 6.6 per cent next year.

China to keep momentum

"So what we are seeing is that we will be facing some important challenges on this level," she added, saying that China and India will maintain their positions as the two driving forces of the global economy. However, nations in general won't be regaining their pre-pandemic momentum of growth quickly, said Girault.

With regards to the economic situation in Canada and Quebec, she said the IMF is forecasting a dip in the overall Canadian economy of around 6 per cent this year. Despite this, she insisted that a recovery in Quebec's economy is

already underway, although it will take several months before beginning in earnest.

New Panier Bleu program

Manufacturing is at least one of the Quebec-based industries Girault suggested the CAQ government wants to focus on. This would especially be the case in certain targeted areas such as pharmaceuticals, medical equipment and food production. In particular, she emphasized the provincial government's new *Panier Bleu* program, which encourages consumers to buy products made in Quebec.

However, she cautioned that the CAQ government isn't taking a "protectionist" stance with this policy. "Not at all," she said. "Quebec will continue to be free trade. So, in that respect, international relations will become even more important than ever after the crisis."

Import/export situation

Regarding imports and exports, Girault said, "We have a lot of work to do and we have many opportunities to take to be able to bring up even more our exports, even if we reduce by a lot our imports ... Yes, we must be autonomous, yes we must promote local buying, but presently the re-start of exports is important if we want

to create wealth in the long term."

With the recently-ratified United States-Mexico-Canada Agreement on free trade coming into effect on July 1, Girault acknowledged to Chambre de Commerce et d'Industrie de Laval president Michel Rousseau and executive-director Caroline De Guire that the agreement will be playing a major role in Quebec's economic fate.

New trade agreement

"What's obvious is that if there is one thing that won't change in all of this COVID event it is geography," said Girault. "The United States is our principal partner at the level of exports. Presently we export more than \$66 billion of goods and services to the United States. So, they are by far our principal partner, it is the national border of the country with which we share the most and this will not change."

She said the coming into force of the United States-Mexico-Canada Agreement "will facilitate exchanges on the one hand. And on the other hand, they too are very open and very conscious that we must conserve the stability of supply chains. So we must conserve the same continuous production capacity and production exchanges during a time of crisis."

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MEDIA-TREK

We can gradually restart normal activities while protecting ourselves!

In the coming weeks, activities will gradually resume in Québec, with the consent and collaboration of public health authorities. The reopenings will occur in phases, depending on the type of activities and the geographic zone. You can check information about the reopening phases on the Government of Québec website: [Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Throughout this process it will remain essential to abide by protective health directives, which limit the danger of the virus spreading. If you have COVID-19 symptoms, it is equally crucial to follow the recommendations for home isolation in order to avoid transmitting the disease to others.

Abide by the protective health recommendations

After you go out in public, monitor yourself for symptoms and abide by the following recommendations.



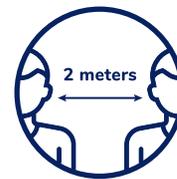
- Wash your hands frequently with soap and warm running water for at least 20 seconds.
- Use an alcohol-based hand rub if soap and water are not available.
- Practice proper cough and sneeze etiquette:



Cover your mouth and nose with your arm to reduce the spread of germs.



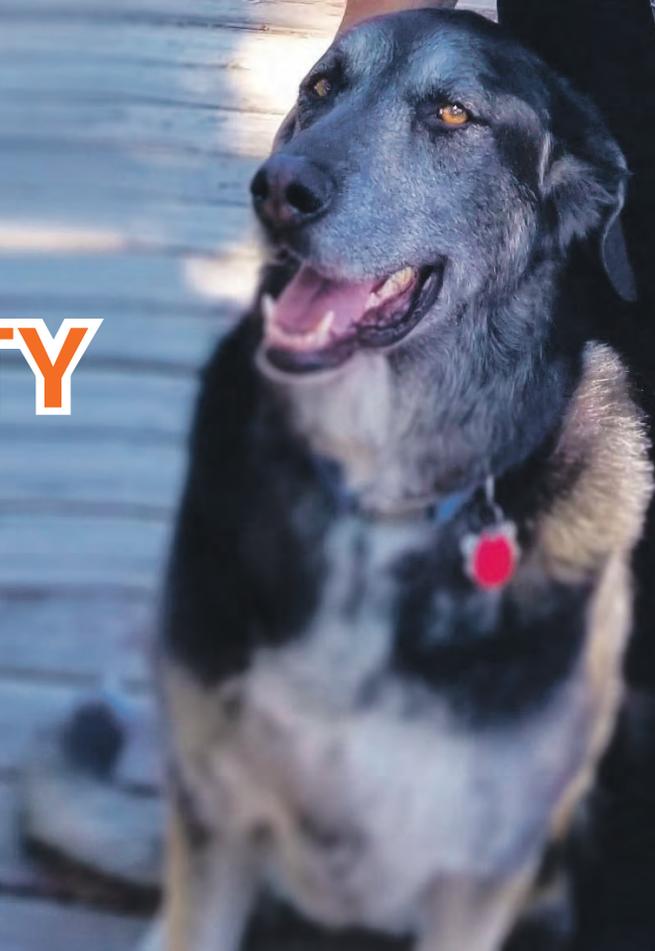
If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.



- If you must go out, stay at least 2 meters (around 6 feet) away from people who do not live in your household.
- If you are unable to stay at least 2 meters away from others, wear a face covering.
- If you are sick, avoid all contact with more vulnerable people such as seniors and people whose immune system is weakened or that have a chronic disease.
- Avoid direct contact when you greet someone, such as shaking hands, and use alternative ways to greet people.

MATURE LIFE

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MATURE LIFE

Tips for relieving the 3 most common menopause symptoms



It's normal for women to experience a variety of symptoms during menopause including hot flashes, trouble sleeping and weight gain. Here are some tips for dealing with these three commonly experienced menopause symptoms.

repeating a peaceful mantra while lying in bed. You might also consider getting to bed earlier and taking afternoon naps to increase your level of energy during the day.

Hot flashes

Hot flashes, or sudden and brief increases in body temperature that recur periodically, are experienced by about 75 per cent of women during menopause. While they're nothing to worry about, there are ways to decrease their frequency, such as:

Wearing natural fibres like cotton or linen and avoiding wearing synthetic materials
Drinking colder beverages and taking colder showers

Avoiding foods and beverages known to provoke hot flashes such as spicy meals and coffee

Weight gain

As you approach 50, your metabolism starts to slow down. In fact, women going through menopause typically put on four to 10 pounds. Nevertheless, eating well and exercising can counterbalance the effects of menopause on your weight. For this reason, it's recommended that you exercise at least 30 minutes a day.

If you experience frequent food cravings during menopause, choose protein-rich snacks to tide you over until mealtime and decrease your alcohol consumption, as alcohol stimulates the appetite.

Trouble sleeping

Low levels of estrogen, especially when coupled with the stress of aging, can lead to insomnia. During menopause, it can be useful to develop strategies for sleeping better. These might include avoiding fatty foods and heavy meals in the evening, and

While menopause symptoms can be problematic, there are solutions. Talk with a health professional to get personal recommendations suited to your particular situation and needs.

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MATURE LIFE

The ABCs of delaying wrinkles



Despite all our efforts, wrinkles always seem to make their inevitable appearance. However, there are ways of delaying their onset and reducing their appearance. We might as well make the most of them!

Keyword: prevention

What's the secret for keeping the largest of the body's organs healthy? Prevention. The best way to prevent the premature aging of the skin is by using a sunscreen. Of course, keeping out of the sun during its peak hours is another good preventive strategy. If you have to be outdoors mid-day, wear a good sunhat and long sleeves.

If you're looking for a single sunscreen product for the face, neck, chest and hands, it should be a cream with a sun protection factor (SPF) of 30 and broad-spectrum UVA protection. It will act as a day moisturizer as well, or you can apply underneath it a cream or serum containing an antioxidant, particularly green tea or vitamin C. If your budget allows it, pamper your skin in the evening by cleansing it and then applying an anti-aging product with proven active ingredients such as antioxidants and fruit acids.

Modern technology to the rescue

Coming to terms with wrinkles, aging spots and the other effects of time on your skin can be really hard, but you could turn the clock back with one of the many cosmetic techniques now available. Some of the options, which are increasingly popular, include laser, intense pulsed light treatments, chemical peels, Botox and soft tissue fillers. Cosmetic surgery is another avenue to explore.

Little touches that make you look and feel great

We all want to feel beautiful and glamorous, no matter how old we happen to be. The good news is that it's entirely possible to achieve this goal at 50, 70 or even older. All you need to do is make a few changes to your makeup routine and talk to your stylist about rethinking your hair cut and colour.

Makeup: a real must

If you're not in the habit of putting on makeup every day, it's time to start. It's amazing what a little blush, some mascara and a dash of lipstick can do for your spirits. Ask a beautician or professional makeup artist to draw the perfect eyebrow line for your face, after which you can maintain it yourself at home. This will lessen the effect of drooping eyelids, show your eyes off to advantage and give you a more youthful look. As for eyeshadow, go for shades of light, luminous pinks, which will mitigate the effect of wrinkles.

New hairstyle, new colour

Rather than complaining about your hair, turn it into an ally. In fact, rethinking the cut and colour of your hair can make you look a lot younger. After 50, it's best to opt for a cut that gives more volume. For example, a cut just above the shoulders is flattering and feminine because it softens facial features and gives the impression of lots of hair. Very short cuts should be avoided. And the colour? As we age, very dark or very bright tones should be avoided. And feel free to add a few streaks. It'll give you a youthful look, guaranteed.



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MATURE LIFE



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)

Study finds hot flashes could herald heart problems



Hot flashes are a well-known symptom of menopause. While they're not dangerous in themselves, they may be more than an annoyance. Indeed, a recent study found that they may indicate a higher risk than average of cardiovascular issues.

What the study found

The 20-year study followed over 3,000 women. It found that those who experienced hot flashes earlier in menopause were twice as likely to develop cardiovascular disease, and those that experienced persistent hot flashes throughout menopause had an even higher risk.

What this means

Cardiovascular issues are a serious concern in women's health, especially considering the lack of research on the way

they may manifest early on. The discovery of a link between hot flashes and an increased risk could be the first step in developing new preventive strategies.

What you can do

If you remember experiencing early and intense hot flashes or are currently dealing with them, don't be alarmed. While they could signal a significant increase in susceptibility to cardiovascular disease, the author of the study suggests interpreting the correlation between hot flashes and heart issues as a call to action for women to take steps to reduce their risk level.

If you're worried, speak with your doctor. They'll be able to make recommendations to help you maintain a healthy lifestyle and thus lower your chances of developing heart issues as you age.



MATURE LIFE

Exercise a little — or more — every day

Doing some sort of physical activity for your health and because you hate the thought of putting on weight is really great. But if you'd like to increase your level of fitness by doing more exercise, it's actually a very simple goal to achieve. One way is just to increase the amount of time spent on the activities you're already doing.

- **Walking.** Walking is good; walking briskly is even better. Maintain a pace that leaves you slightly out of breath but that still lets you be able to converse with someone. Doing so will increase your calorie burning and benefit your heart and lungs.
- **Cycling.** Cycling is another example of a simple and accessible activity. Don't just settle for a ride in your neighbourhood, though. You could combine a bike ride with a cultural or sightseeing visit, for example. This will encourage you to cycle longer distances.
- **Golfing.** Walk rather than renting a cart and, better yet, carry your bag. This will definitely increase the number of calories you burn.
- **Swimming.** You love taking a dip in your pool, or a friend's, on hot summer days? Hold on to the side of the pool or a float and kick your legs energetically. Rest for a moment when you feel tired and then do another round of kicking.
- **Games.** If your grandchildren are visiting and want to go for a swing in the park, play hide and seek or test their new Frisbee, be sure to join in their fun. You could also take this opportunity to try out the outdoor exercise stations that are available to the public in many parks.



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Dr. Savas Fortis: Finding his rainbow in the ar

“Measure yourself against who you want to be. There’s always someone smarter, better looking, richer; there’s no contentment in chasing other people’s dreams or definitions of success.”

Individuals connected with community organizations who feel strongly about purpose are leaders who bring solutions to community problems.

Dr. Savas Fortis, 61, dentist and community activist has impacted many Laval lives. Having spent time, energy, and effort in and around community groups, he knows that significant experiences flow from engagement with people and their communities. His life has been full of effective leadership on consensus for action, although his community activism differs from leadership in his dental practice.

RENATA ISOPO
renata@newsfirst.ca

Leaders establish consensus among people of diverse perspectives who are already emotionally-engaged. It’s leading when you’re not in charge, using highly-developed skills, seeking common ground among opinionated equals, listening and empathizing in search of positive action, articulating inclusive visions. Dr. Fortis fits the mold.

In community, servant leadership is at its purest. Whereas business leaders mobilize financial, intellectual, and human resources to produce financial returns, community leaders mobilize these factors to generate societal impact, to make a difference. They help solve problems. Motivating and enabling individuals, they show how passion and concern can change things. Dr. Fortis belongs to both worlds.

Passion for action

“Ordinary people can do extraordinary things. I believe in creating passionate consensus for action,” he offers, articulating visions of public good - launching an English community newspaper and promoting a low-cost residence for Greek seniors, generating broad support for needs that were overdue.

Dr. Fortis engages others through innovative collaborative purposes, setting the bar high to act together. Armed with the willingness to do what’s needed in community, business, and city, he seeks solutions. His inspirational story started early, rising to influential leadership, sincerity of purpose, ability to influence others, sharing visions, boosting action, changing attitudes, and encouraging hearts.

“I grew up in Park Extension, starting school with no English, but not for long. I never felt alone in what probably has always been Montreal’s most multicultural neighborhood. I spoke Greek at home, my parents communicated easily in English, less in French. My father, Vasilis, was a restaurant owner, a cliché in the Greek community, but working there every summer, from age ten, gave me a sense of being part of Québec society. It was only later, with the Parti Québécois separation movement, that my identity as Quebecer was questioned,” he recounts.

Asked about what led him to dentistry, he’s clear on the

concept: “I loved school. Learning and curiosity rewarded me. My interest in physical science suggested pursuing architecture or engineering. In college, exposed to health sciences and the human contact involved in caring for people’s lives, I was drawn to medicine, volunteering at the Children’s Hospital for experience and insight. I was devastated upon learning that medicine wasn’t for me. That’s when my respect for doctors and especially nurses who are the heart and soul of our medical system was born. I realized it was a calling, not a job.

“The other influence? My father was an entrepreneurial businessman, helping establish the first Greek TV station in Montreal and myriad other ventures. Raised to believe you can fulfill your dreams if you’re willing to work, I ultimately appreciated that my father was his own boss, captain of his ship.” Of his mom, Christina, he says: “She often says she was worried that I loved working in my dad’s restaurant, that I wouldn’t continue my education.

“During my interview for dental school, I was asked what made me believe I had the manual dexterity required for dental surgery. I raised my hands, declaring ‘I work with cleavers, knives, cutting, slicing, preparing meats and other foods and still managed to keep all my fingers.’ Eliciting a chuckle, the whole tone changed after that.”

Opportunities

How did his parents end up in Canada? “My father was in the merchant marine through WW2, travelling Halifax-Liverpool, center stage in the Battle of the Atlantic, on a ship sunk on the way to Liverpool. On the return trip his ship was again sunk leaving three survivors. It was enough. He stayed in Canada, went to Picton, Ontario, near an air force base where he knew staff. Unable to get in touch with family in Greece, his official status was MIA - missing-in-action. Later Canada opened access to citizenship, which he gained. Meeting my mom, they married and moved to Montreal, attracted by the city’s European character and well-established Greek community.”

For Dr. Fortis the bottom line for migration is opportunities, for yourself, family, and community. “Many immigrant parents worked hard to make ends meet. Laval was affordable, especially for buying first homes. As enough families of Greek origin established themselves, they built churches.” The church, he explains, was a center of religious life, a cultural haven where immigrants could maintain traditions and pass them on to future generations. Proximity to Montreal, the established Greek community, and affordability of homes attracted many families to Laval.

Dr. Fortis, the Good Dentist, opened a successful partnership with Dr. Evangelos Destounis. From similar backgrounds, classmates in dental school, they joined forces, seeing the growing Greek community in Laval as a road to a thriving practice. Immigrant families support professionals of their community, not because of ethnocentric attitudes,



As city councillor he promoted youth internships in the various m

but for easy communication.

These first Greek dentists in Laval welcomed Drs. Tom Karamitsos and Peter Limniatis to their clinic after a few years. “We have been recognized for community work we do through the Hellenic Appeal Foundation, annually providing generous Christmas/Easter baskets for several hundred families.” These volunteers raise funds, obtain donations from local food suppliers, provide transportation, set up locales to gather, sort, and transport food.

“Dr. Destounis moved to West Island and became very involved in the local church there, pastoring, and doing mission work in South-East Asia. Though he’s still in dentistry, this calling didn’t leave him time for full-time practice. He associated with a clinic closer to home,” Dr. Fortis says of his friend and former colleague.

Of Gilles Vaillancourt’s vision

Why municipal politics, while managing a clinic? “I didn’t seek it. My Godfather, Aris Chalvatsiotis, of Aris Brochetierie, corner St. Martin and Chomedey, got me involved in 1989. Mayor Claude Lefevre left office the previous year because of illness. Vice-Mayor Gilles Vaillancourt had taken over. Businessmen and leaders of the Greek community met with him to discuss running a candidate of Greek heritage in Chomedey, as the incumbent was retiring.”

Potential candidates were introduced, but no one was chosen. His Godfather proposed him. Asked if he was interested, he declined. His dad had passed and he was supporting his mom through difficult times, was expanding the dental practice to four partners, was just married, moving to Laval the previous year. In May 1989, his godfather came again, and in June told him there still was no viable candidate to join Vaillancourt’s team and that he proposed him. He was invited to meet with leaders of the community and the Mayor. He wasn’t pleased but in acknowledgement of how his Godfather helped him professionally, he couldn’t refuse. They met and that was that. At end of August, a surprise phone call informed him of photo appointments for election pictures. His career as Councillor took off.

Of his years with Vaillancourt? “I was with him for two terms. I have honestly nothing but kindest regards for him. During eight years at City Hall, I was on the front lines, witnessing important decisions that shaped Laval’s future, making it a great city. I have deep respect for what he accomplished, his unending energy and devotion to Laval’s causes.

“Previous administrations lobbied for metro’s extension to Laval, unsuccessfully. Despite Québec’s refusal to extend the lines to Laval in our first election, he worked harder for it during the second term. No was not acceptable. His estimates of user-volume were ridiculed by pundits, claiming it was exaggerated by a factor of three. They were right. His ridership estimation was actually too conservative by a factor of three. He would meet with me personally, as long as I needed, to address issues that were particular to Chomedey.”

Fortis sat on council with distinctions that set him apart. He was 30, next youngest, 40; sole Anglophone, only member of a cultural community, only health professional. The Mayor surrounded him with exceptional staff. When discussing



Dr. Fortis, third from left, at the Sablon baseball benefit with members of the Board and friends.

ts of dentistry, community activism, and family life



municipal departments including Laval's police force.

how to integrate members of cultural communities, Fortis refused to abide second-class services; to reach the growing ethnic population, he pushed for easing of language barriers. "These communities lived in the shadows of city administrations not because they didn't want to integrate, but because no one made efforts to meet them, to see where they congregated, how they volunteered, how they kept and celebrated culture and heritage."

That's when Mayor Vaillancourt began accepting invitations to visit communities during their religious and festive occasions. Present and available, he opened City Hall to the people, helping communities build and sustain their infrastructures. "The mayor learned that we shared similar family values, something he deeply cherished. He set the tone for access to the mayor's office for citizens, from the night of his first win. That night, the PRO des Lavallois gathered at the Sheraton Hotel where elected Councilors were congratulated and Mayor Vaillancourt gave his victory speech. Chomedey volunteers then met at a local restaurant to celebrate. Mr. and Mrs. Vaillancourt joined us."

Priorities

Tell us about your schooling, Dr. Fortis: "Three elementary schools/two high schools/Vanier College. McGill University completed my education, Bachelor of Science in Microbiology, Doctorate of Dental Surgery. I still see alumni, having survived four years of blood and sweat in dental school together." Now, five children, full-time job, and community work leaves little time for other endeavours.

Why did he leave Council? "When I accepted, the obligation was one monthly meeting. No, not so. Named president of Laval's Multicultural Committee, I had to lobby Québec officials for rights and services to help our communities integrate into Québec society. I was on a committee overseeing development of health services in west-end Laval. My dental office became a satellite for citizens who had difficulty communicating their concerns to the city's predominantly French-speaking bureaucracy." He hired a part-time secretarial assistant at his office to receive citizens who were unable to communicate with city hall. Part-time engagement in municipal politics became his full-time vocation and he was practising part-time dentistry. Most of his 80-hour work-week was spent on municipal matters, straining his personal life as well.

There's more. He was instrumental in creating the Centre du Sablon. "For 25 years the Jewish community provided English services and community programming in Laval's west end for pre-school, physical education, swimming, sports, and recreational programs. But as the community's numbers dwindled it could no longer sustain infrastructures that served Chomedey residents, regardless of culture or religion."

The loss of the Jewish "Y" was unthinkable, especially to Jewish leaders overseeing the local YM-YWHA branch. "Bud Kirmayer, Barry Borer and Tzipie Friedman whom I had the fortune of befriending, lobbied their central board not to mothball the centre, but rather negotiate selling the building to the city. The task proved daunting. City planners had the

development of several community-centre projects budgeted, destined for districts of members of the city executive. No money available." The problem was compounded, says Dr. Fortis, by the prevalent attitude among city planners who argued that because the community owed back-taxes, the city could repossess.

"I could not accept that view. I lobbied Mayor Vaillancourt, expressing disbelief that this was how the administration would treat the Jewish community, which provided necessary services to large segments of Laval's population that the city failed to do. Mayor Vaillancourt reversed the decision despite rumblings of confreres and colleagues."

Dr. Fortis was also instrumental in launching the Chomedey News (now The Laval News) in 1993. He's still on its editorial board. Asked what attracted him to this venture and what explains the paper's 28 years of crucial Laval presence, he says: "Communication! City Hall failed to communicate with non-Francophones in English, partly because certain administrators (one of the authors of Bill 101 worked in Laval's legal department) didn't see it as a priority; but in fairness, Bill 101 did place serious restrictions on what could be published in English.

"Better communication would let people know of municipal services and programs and they could avail themselves of these resources to improve their quality of life. Bill 101 put serious limits for English in public domains. After four frustrating years fighting Bill 101 and the red tape favouring the status quo, I challenged my friends at Park Extension News to give Laval a weekly English-language community paper. It succeeds because it fulfills needs, provides local content, addresses issues, gives residents a voice. It's relevant and going strong."

The city in the country

Dr. Fortis was on Council when Laval underwent enormous growth. He explains what was right and what went wrong: "Laval was incorporated 'one island, one city,' amalgamating 17 municipalities in 1965. The fiercest challenge was unification and decentralization of city services; an apparent paradox. It's Montreal's largest suburb, third largest municipality in Québec, 13th largest Canadian city, population 422,993 in 2016.

"The urban planning that kept the agricultural zoning protected, allowing for development of Quebec's third largest city while respecting the island's green environment is Laval's legacy. 'The city in the country' – it's why I still call it home. Urban sprawl created difficulties in up-grading services such as police security. Unfortunately, there are districts still isolated from the city core."

Any advice for the Demers administration? "Be careful. Don't become what you detested. It's always important to reach out, be accessible to the people you serve. The greatest enemy to many politicians is forgetting that they are public servants."

Dr. Fortis, as you've probably noticed in our MATURE LIFE profiles, guests are asked what advice they have for Millennials? What would you like to tell 2020's young people?

"I grew up when material things were important, consumerism dictated that possessions measured success. Not so. I value most three things money can't buy: family, health, and free time. My advice? Define what's important to you, measure yourself against who you want to be. There's always someone smarter, better looking, richer; there's no contentment in chasing other people's dreams or definitions of success."

Dr. Fortis strongly believes in volunteerism. "Community is sharing common attitudes, interests, and goals. Human experiences are not solitary. Family and community are society's greatest resources. Reaching out and touching someone's needs is the greatest reward one can achieve."

What of Greece winning the 2004 Euro Cup?

"A special time in Chomedey; Portugal and Greece had large communities in Laval. I drove up and down streets with my wife and children, proudly waving the Greek flag that the children remembered Grandma had stashed in a suitcase in her basement. I believe that was the first time my children publicly expressed pride in their Greek heritage."



Dr. Fortis sharing a moment with Andre Boisclair, former leader of the Parti Quebecois



Left: Multi-talented Dr. Savas Fortis receives award for best editorial page, with George Guzman, co-publisher/editor of The Laval News, and colleague Caroline Gardner.

The pandemic

COVID-19 changed the world. How has it changed Dentistry, in Dr. Fortis's view? "It's not the first pandemic and despite fears it's not the most lethal. The speed of contagion is showing modern earth as a global community. No country can hide behind sovereignty using it as an excuse to avoid international obligations.

"I lived through the 1980s HIV crisis as a dental student. COVID-19 brings back memories. The only sanitary function had been washing hands with soap and water, between patients. That quickly changed. We donned masks and safety glasses, disinfected the operation room, discarding dental supplies after one use.

"Dental services are now at another level. Operatories will be equipped to isolate and filter aerosols with high-vacuum suction devices and centralized filtering systems. Staff-and-patient-safety will include personal-protection-equipment. Fewer appointments, more time needed to disinfect everything. Dental care will cost more.

"The virus can be transmitted through touch and contaminated surfaces. It's respiratory and can be projected from coughing and dental-drill sprays. It can be inhaled. Non-physical transmission must be eliminated. Social distancing in dentistry is impossible, barriers between patients, staff, and other patients will be needed. Aerosols must be captured, filtered and removed; air management in clinics has to be upgraded. The good news? The virus is susceptible to soap and water so disinfecting and cleaning of surfaces is simple."

Finally, Dr. Fortis, do you practice tele-dentistry?

Tele-dentistry may have a place in short-term management of acute symptoms, antibiotics for swelling and infections, analgesics for pain management, but no number of declared symptoms and phone photos will replace physical exams.

The great equalizer? Physical examination can test what the patients feel."

Is it I, Lord...

THE AUTOBIOGRAPHY OF *ELIZABETH WILLIAMS MCLEOD*,

PART 5

Lise and I started the slow process of integrating projects for the students and we were successful in offering our services to the youth for three consecutive years, all this through guest speakers such as Rev, Father Peter Sabbath who was parish priest of Holy Name of Jesus, Deirdre Rochefort, accountant, Vekan Darakdjian, politician, Manuel Botelho, decorator, Art Reeves, machinist, Else Poot, nurse, Liz Aucoin, nurse, Leonard Findlay, teacher, Silvana Sandrin, professional seamstress, the one and only Air Canada's Dreams take Flight, Brian Roscoe President and many others. Careers and vocations were discussed, luncheons were served and most of all new friendships were created among the students.



I must mention the wonderful support and collaboration we received and still receive from our Laval English schools to this day.

My personal friends: Eric Ruggi, Principal of Laval Liberty High School for many years, together with Richard Mason, former Principal of Laval Junior High School, were key players guaranteeing our presence and participation in their schools. We are grateful for such amazing people in our lives.

Through these contacts, some of the High school young girls and boys were able to visit Agape, perform hours of volunteer work, learn to package and deliver food to the needy and perform other works of mercy.



Some of these young ladies and young men still visit us to this day and offer their services. The Sanchez boys, the Garofalo boys and others hold a special place in our hearts.

When Agape applied for yet another project, this time reaching out to the seniors of Laval, Lise became an essential element in its realisation together with our Social Worker, Ian Williams.

Through their valuable support, we were successful in helping seniors, getting them involved with the community, offering workshops, computer courses and other activities to fulfill their needs.

COMMUNITY HEALTH AND SOCIAL SERVICES NETWORK:

The organization we call CHSSN – has played an important role in the life of Agape for more than ten years.

I received a visit from Jim Carter, President of the CHSSN based in Quebec City who works in partnership with the federal government to offer services for the visible minorities in Canada.

In Quebec, the English-speaking community being the visible minority in need of support, was eligible for financial aid from them, to be used towards the needs of our English Speaking clientele. This was the beginning of a beautiful friendship between Agape and CHSSN.

Through CHSSN, we were successful in offering the Networking Partnership Initiative program to our population, the H.P.P.

(Health Promotion Project), which made its way to our elementary schools, the Friends for Life program which we offered to our vulnerable children. The Adaptation for mental health project is another proof of the support given by them.

I must mention the great support we receive from the CHSSN to this day.

April 2018/2019 and 2019/2020:

Through the great works of Kevin McLeod, Agape received a grant in the amount of \$70,000.00 for each of those two years to open our very first Agape Seniors' Wellness Centre in recently leased premises at 3860 Notre-Dame in Chomedey, a walking distance from Agape. Elevators allow the Seniors easy access from Mondays to Fridays inclusively.

Because the project is for a two year term, we will have to find new resources to sustain it.

We are grateful to all those involved in our continued growth for the past twenty-five years.

What a wonderful ride it has been.



Is it I, Lord...

THE AUTOBIOGRAPHY OF *ELIZABETH WILLIAMS MCLEOD*,

Inauguration of Agape Seniors' Wellness Centre



ST. PAUL'S CHARITABLE FOUNDATION:-

Agape was blessed with the full support of St. Paul's Charitable Foundation for many years. Their volunteer workers such as Mayo Brewer, Mike Campolieto among others who were members of St Paul's Board of Directors, have generously provided us with food and food baskets for the most vulnerable families together with monetary gifts for them. The Foundation had to close in 2015 because they could not obtain a charitable number from the federal government. This caused Agape to be the recipient of a large donation in 2015. These friends are still with us today, (with the exception of Mayo who moved out to live with God) volunteering in donations and supplies all year round.



Why do I tell you all this?

"I WILL NEVER LEAVE YOU OR FORESAKE YOU" said the Lord.

Agape's story is nothing short of miracles that follow throughout the years. Agape belongs to God. Anything that belongs to God cannot fail.

"BE STILL AND KNOW THAT I AM GOD"

In September of 2016, Rod and I had the unique privilege of joining Father Peter Sabbath and other community members in a pilgrimage to Italy. My only problem was my difficulty to walk long distances which, I assumed, would go away with time....

So many beautiful and spiritually rewarding places.



On my return home, I reported my walking problems to my family doctor but he felt that it was 'my age' causing me problems.

In March 2017, following my annual blood test, I was diagnosed with colon cancer. Greg our President and myself decided to reorganize the administration of Agape and placed Kevin (my son) and Ian, my social worker in charge of our operations following approval of the Board, Kevin was named Executive director and Ian as his assistant and social worker.

In the meantime, God and I had a friendly talk. "I know God that you have given me

everything: a wonderful lifetime partner, Rod, amazing sons and daughters-in-law, my five special grandchildren together with your love, support and mercy. If so is your wish to take me home, I will not fight you my God as you now what is best for me.

I know God that if a child refuses to listen to his parents and throws a tantrum, crying and screaming as he does not want to go to grandma's, his parents pick him up, seat him in the car seat, tie up the safety belt and the child goes to grandma's. It is the same for me my God, you are my Father and whatever you decide, I will follow". For the first time in my life, I found myself really placing my life totally in God's hands, surrendering to Him with my heart and soul.

Do to me as you please Lord.

Within 10 days, I received all the pre-op tests and they scheduled me for surgery. I was told that the cancer had reached my liver and that part of my liver had to be removed. I told the liver oncologist that I also had a stone lodged in my gall bladder. You may as well remove the stone while you work on my liver I replied jokingly.

I entered the Jewish General Hospital in Montreal on my own two feet, walked to the operating room on Thursday, April 6th 2017 and felt totally at peace.

The colorectal oncologist surgeon, Carol Ann Vasilevsky operated on me and removed the cancer from my colon (she also removed approximately 5 feet of my intestines). When she was finished, the liver oncologist surgeon, Doctor Vanounou, stepped in to remove the cancer in my liver and the stone. 6 hours later, as I woke up in the recovery room, the liver oncologist surgeon came over to my bed and said: guess what? There is no cancer in your liver and the stone disappeared. Some things cannot be explained he said. But I can explain doctor, as you can see I am a product of God's miracle I answered. He smiled.

I was transferred to my room joked around with Rod and my boys and went to sleep until the next day.

Friday morning was a different story. I felt as if I was dying. What is happening I thought. The following week which happened to be Holy Week in my Catholic faith was nothing but downfalls. One unexplainable serious condition after another. The whole team of doctors could not figure out what was happening as all the test results showed nothing, while my condition continued to worsen...

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, 27^e 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, 7^e 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, 22^{ème} 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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Wearing a face covering is recommended in public settings whenever physical distancing is not possible. For example, this could be when you go shopping for groceries or take public transit.

When you wear a face covering in public, you must also follow other safety measures, such as hygiene.

If you are sick, stay home. If you must go to a medical clinic or the hospital, wear your face covering until you are given a procedure mask.

Children under 2 years of age and people with respiratory difficulties or who are handicapped or unable to remove their face covering without help, should not wear one.

You can learn more about the correct use of a face covering and how to make one by viewing the short videos on the Government of Québec website: [Québec.ca/couvre-visage](https://quebec.ca/couvre-visage)



Scarf



Face covering made of paper or a tightly woven fabric



Bandana or a tightly woven fabric

Resources

If you are concerned that you might have COVID-19 or have symptoms like the appearance or worsening of cough, fever, difficulty breathing and/or loss of smell or taste without nasal congestion, call one of the following phone numbers: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 or 1 877 644-4545 (toll free throughout Québec) to be directed to the appropriate resource. If you are a hard-of-hearing person, call 1 800 361-9596 (TTY toll free).

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

📞 1 877 644-4545

Québec 

My name is COVID-19...and I am not alive!

An in-depth interview with Dr. Christos Karatzios, Assistant Professor of Paediatrics/Infectious Diseases – Montréal Children's Hospital

Covid-19. Although we call it sneaky, silent killer, elusive and all kinds of epithets usually attributed to living organisms, covid-19 is not alive. It is a piece of RNA code wrapped in a protein shell. It cannot self-replicate and needs our cells to do its dirty job. There I go humanizing it again! And although most of us want this new coronavirus to die horribly, scientists like Dr. Christos Karatzios see it exactly for what it is: A parasite that does not even deserve to be called microorganism which deserves, however, enormous respect and knowledge in order to eliminate it.



DIMITRIS ILIAS
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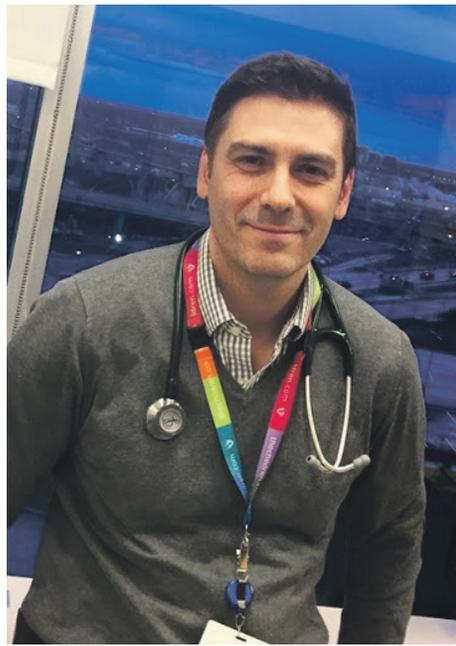
New effect on children-Kawasaki syndrome

Lately, a lot is being discussed about a larger than usual number of kids being admitted to the hospital with an inflammatory syndrome called Kawasaki.

"Children started coming in with Kawasaki syndrome for which there is no test. More like a clinical hunch" said Dr. Karatzios. It is a disease originally seen in Asian kids and no one knows what is causing it. Effects include prolonged fever, face rashes, red eyes, cracked red lips, swollen strawberry looking tongue, swollen hands and feet, eventually attacking the heart. The past few weeks reports all over the world have been showing an increased number of children coming in the hospital with weird atypical Kawasaki syndrome, leading doctors to believe that some infectious agent is causing this. Covid-19 is the obvious culprit since that is the only infectious agent that is present compared to last year. "St-Justine looked at their patients; half of them tested positive to Covid, half of them not. The children who tested negative had antibodies developed for covid-19" said Dr. Karatzios. All that means is, that at some point those children developed antibodies, killed the virus and later developed Kawasaki syndrome as an auto-immune reaction to their own antibodies. The scientific community is closely monitoring this new development.

Still very rare

All this scary stuff shows yet another baffling aspect of this virus. However, when it comes to children, cases of covid-19 are still very rare. "Less than 5% of the total covid-19 infections are children not to mention that children do well against the virus or are asymptomatic" said Dr. Karatzios. Out of this 5% in 4 million, only



Dr. Christos Karatzios, Assistant Professor of Paediatrics/Infectious Diseases – Montréal Children's Hospital

a few dozen ended up in the hospital (24 in the UK, 15 in the US a few in Montreal etc.) and out of those, an infinitesimal percentage died.

Covid-19 the hijacker and your body's response

This virus is no different than others in the way it operates. It hijacks the cells of your body (your DNA, your enzymes, your proteins) to create copies of itself. The body realizes that there is something happening that it does not like and sends messages to the immune system to send white blood cells to the infected area to swallow up the intruders. Those white blood cell first responders eat up viruses, chop them up and present them on their surface for other immune cells to come and learn about the enemy. Then the immune system starts to process...

In the end it creates antibodies. These Y shaped soldiers are released in large numbers in the body and attach themselves to the virus which they now know very well. Antibodies attached to a virus can kill it by preventing the virus from entering a cell or by making the virus more appetizing (recognizable) to white blood cells to eat it. Later the body creates memory cells that contain the blueprint of those antibodies in case the virus attacks again and that is how immunity develops.

Herd immunity

I asked the doctor if the virus could be eliminated without a vaccine. "Yes but you would get a lot of dead and sick people from this" was his adamant reply. He explained that in order to develop herd immunity 60 to 70 percent of people have to have contracted the virus and developed antibodies to it. "As a society, do we want to sacrifice a lot more people, like in Sweden which did not follow the lockdown approach of the rest of the world, in order to develop herd immunity?" questioned Dr. Karatzios. Flattening the curve means we spare our health system a massive influx of patients. Flattening the curve means we do not have to decide who lives and who dies like in Italy. The virus will always be there, but we take the time to develop our weapons against it while minimizing our casualties. It's a war thing!

Vitamins to douse the flames after a war

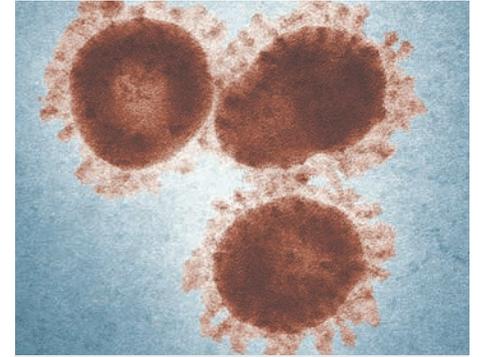
"There is no magic formula as to how to strengthen our immune system. But you can send your immune system to the gym by resting, sleeping 7-8 hours and eating a balanced and healthy diet" said Dr. Karatzios. He proceeded to emphasize the importance of fruits and vegetables for the vitamins they have which are very useful to the body as antioxidants. "When your immune system is fighting a war, some white cells kill viruses by pouring peroxide on them. If this inflammation is allowed to happen at a very prolonged and extreme way, it can lead to problems like cancer and can lead to an overactive immune system so the vitamins put the brakes on the immune system." said Dr. Karatzios.

Vitamin D

There are a few studies that show that vitamin D is kind of protective against respiratory viruses and influenza. So, people that have low levels of vitamin D, people who live in climates where there is not enough sun or do not consume vitamin D rich foods have more problems with respiratory viruses. Even with covid-19 there is a suggestion that sunnier places in the world tend to fare better than places with vitamin D deficiency. "A few studies show that Vitamin D helps to boost our immune system a little bit. Not a cure but it helps."

Our immune system always needs training but...

"If you live in a bubble all your life, then your immune system is not trained and does not have memory of things that are out there" said Dr. Karatzios. "Let's say you live in this bubble and have never been vaccinated then if you venture



An electron microscope picture of covid-19 viruses

outside for the first time, you will invariably get sick". Dr. Karatzios brought as an example how little children with "virgin" immune systems get sick all the time when they first go to school for the first couple of years. Then they come home less sick as their immune system learns how to deal with the different microorganisms. So in a way isolation during covid does not give our immune system the opportunity to spar. As Dr. Karatzios noted, if covid would only give us mild symptoms like a cold, then yes, the immune system should get its time in the gym. "The problem is that this virus we're looking at so much problems-10% of the people infected end up in the ICU. So do you want to end up in the ICU? And do we have enough ICU beds? No!" emphasized Dr. Karatzios.

Mortality rate

There has been a lot of talk about the mortality rate of this virus that Dr. Karatzios does not care too much about. "We don't have a good measure of what the mortality rate is. We need to be understood is that to get an accurate mortality rate you need to have a denominator. Number of people that died over number of people infected. Right now, we have no idea how many people have been infected. All we are doing is doing throat swabs of the people that have been sick. How about those that did not go to the hospital and others that were asymptomatic. What we see now is the tip of the iceberg" said the doctor adding that there are probably 50 to 100 times more people infected that we never knew about.

Mutations

Like the flu virus, covid-19 mutates. For the moment it appears that it mutates slowly which is good news. I asked the doctor if it could mutate to a stain less dangerous and less virulent than now.

"It has to mutate in a such a way as to lose its virulence. SARS-1 disappeared. It started November 2002 with a huge mortality rate of 10% and then by July 2003 it was gone" said Dr. Karatzios. Apparently, there are some indications that covid is beginning to show the same signs as SARS-1 but we have not yet peaked in cases all over the world. It is too early to foster hope that the virus will mutate in a way to make itself extinct.

Covid-19 and SARS 1

They are in essence brothers. They are both coronaviruses which came from bats. SARS-1 went from bat to civet cat to human and Covid-19 from bat to pangolin (most likely) to human. Covid-19 is however a much meaner brother (Complex is the word Dr. Karatzios used) because of all these immune over exaggerations that it causes which have led to thrombotic events, kidney failure and lung emboli. It has caused more stroke type events compared to SARS 1 (Severe Acute Respiratory Syndrome).

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MEDIA-TREK

Students confess about living through COVID-19

The Coronavirus crisis is still dominating global headlines and altering life as we knew it. Schools worldwide have closed. In Canada and globally, students are quickly adjusting to learning and socializing remotely, spending more time with family, and relinquishing comfort and convenience for the societal good.

RENATA ISOPO
renata@newsfirst.ca

TLN decided to get a roundup of student comments as it was only fitting to ask teenagers to react to various dimensions of this unprecedented situation: how the coronavirus outbreak is affecting their daily lives, how we can all help one another during the crisis and what thoughts or stories the term “social distancing” conjures for them. The coronavirus has changed our lifestyle: how we work, learn, and play. Schools have closed, sports leagues have been cancelled, and many people have been asked to work from home or became unemployed.

Students were asked how their lives have changed since the onset of the pandemic. They talked about all the things they miss, what it's like to learn online, and how they're dealing with uncertainties. But, they also pointed to joy and serenity amid the chaos.

This is what they had to say:

A blow to my educational motivation

Chris: “When Champlain College announced it would be closed for the rest of the school year, upon receiving the email, I immediately contacted my friends to share our responses. To most of my friends and me, this news was no surprise. Already finishing almost two months of quarantine, I find myself in a state of pessimism in regards to life in the midst of a COVID-19. My days have blurred into Zoom assignments, hobby seeking, aimless searching on Netflix, and on exceptionally boring days, existential contemplation.

The dichotomy of chance freedom from school and yet the discombobulated feelings of helplessness and loneliness plague my time home alone. My parents are yet working, and I try my best to stay sane with blasting music and shows. Other times, I call my friends to pass the time doing school assignments. Even then, schoolwork seems increasingly pointless.

With my classes being online, the recent update for the 2020 exams was a blow to my educational motivation. I am naturally a driven, passionate learner with intense intellectual curiosity. But in the midst of this chaos, I can't help feeling like all the assignments from my classes are just busywork. I manage to stay afloat, keeping in mind that everyone is doing their best. Despite no ostensible end in sight, I hope this quarantine brings out the best in me

and in society. I decided to get a part-time job for the remainder of the school year; that keeps my sanity going.”

The Ups and Downs of online learning



Anie (Laurier Senior Academy): “Although we do have online school now, it's not the same. Working from home is worse as I don't care to admit, my work habits from home are not the best. I am easily able to procrastinate. Plus, I can no longer get the one on one help teachers provide if needed.

“The coronavirus affected me because now having to do my school virtually is kind of hard because I don't have much of a good WIFI, and it's nerve-racking to know about what we're going to do about tests or how we're going to be graded in order to pass because I do care about graduating. Moving to the next level with good marks is important to me, in order to graduate and get my diploma. Teachers don't mention grades at all. It just seems to be busy work to justify our time at home. Sitting in front of a computer all day is tiring and boring.”

About the time frame of school-at-home, the 15-year-old teenager expressed mixed emotions: “I personally have to do four hours a day hours of work, and it feels more tiring somehow. We follow the same nine-day school schedule. I'm in the comfort of my home all the time, but have to do this for a few hours, and it feels much more monotonous than spending eight hours in a classroom, and that's what everybody has been doing from my school, I guess.

“But in that sense, it also feels a lot calmer not being around people constantly. The people in classrooms are insane. It didn't affect my life negatively by much, but it really makes me think. If the school system were like this in the near future, I think it would be something to consider.”

Jaqueline, from a French school board, doesn't want her school to be identified: “I never understood how much social interaction I experienced at school until the end of the five weeks of isolation. I had been trapped in my house with

my family at that point, when my French class had a Zoom conference. I had done them for other classes, so I wasn't exactly excited for the opportunity. It was just another zoom lecture.

“As it turned out, it wasn't a lecture, it was a conversation. It was a discussion about our last current events assignment that I didn't know I desperately needed. The conversation was explosive. Differing opinions flew left and right, people brought their cats to join in the fun, family members popped in and out of the frames, and the controlled chaos felt incredible. I relished the opportunity to argue and challenge their opinions. I didn't even realize how isolated I was feeling until I was able to talk to them in a creative and intellectual setting once more.”

Creating new ways to socialize

Anthony, Vanier College: “Finding new ways to stay social has been essential, and recently, my friends and I all drove our cars to a large parking lot, parked more than 10 feet apart from each other, sat in our cars or sat on the trunks of our cars, talked loudly and enjoyed each other's company for over a couple of hours, and wore our masks. This was crucial in keeping our sanity. We missed each other and being in the presence of people other than our family. However, we were sure to maintain our distance and continue social distancing. I think we'll keep it up until a vaccine is discovered.”

Regretting cancelled events

Michael, of Laval: “To say that this virus has completely changed my day to day living would just be an understatement. I went from having things to do from 6:30 am to 9:30 pm every day to absolutely nothing. The whole month of March was going to be booked as well. I had activities such as soccer practice and swimming lined up. Everything that I was looking forward to just came to a halt and nothing is going to be postponed, just canceled.”

Joseph, who doesn't want his school to be identified: “As a High School senior, this quarantine chopped off the fun part of our senior year. We had made it so far, and were so close to getting to experience all of the exciting events and traditions set aside for seniors. This includes graduation, prom, and the famous and legendary Europe trip which Ms. Isopo started a long time ago and which every one of my siblings went on with practically all of Laval. SWLSB cancelled two out of three trips right before departure. That wasn't fair since they should have cancelled all of them; we felt left out.”

Enduring emotional strain

Lisa of Rosemere High, laughing over the phone: “The virus is having a pretty significant impact on me. Physically, it's reducing my daily physical activity to the point where the most exercise I get is walking around my house and dancing around my room. Emotionally, it has also been very straining. I, myself, am missing my closest friends a lot right now, and often feel lonely.”

Lisa was asked what she thought is important at this time for her and the community: “The most important thing one can do during this time of uncertainty is to protect oneself, that is how one can protect others. By practicing social distancing, the risk of spreading germs or disease is reduced. From within one's home, much can be done. Keeping in touch with close friends and family, donating money and food to those in need and not hoarding or stockpiling too much are all things one could do to support one's community. Every little thing counts.”

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Facebook agrees to \$9 million fine for making misleading privacy claims

Web giant allowed certain third-party developers to access personal information

The Competition Bureau has announced that web giant Facebook is agreeing to pay a \$9 million penalty after the federal law enforcement agency concluded the company made false or misleading statements about the privacy of Canadians' personal information on Facebook and Facebook Messenger.



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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Will crack down, says Bureau

"Canadians expect and deserve truth from businesses in the digital economy, and claims about privacy are no exception," said Matthew Boswell, head of the Competition Bureau, known formally as the Commissioner of Competition.

"The Competition Bureau will not hesitate to crack down on any business that makes false or misleading claims to Canadians about how they use personal data, whether they are multinational corporations like Facebook or smaller companies," he added.

Will also pay legal fees

According to the terms, Facebook will pay an additional \$500,000 for the costs of the bureau's investigation. The payments are part of a settlement registered last week with the Competition Tribunal in which Facebook has agreed not to make false or misleading representations about the disclosure of personal information.

According to a statement issued by the bureau, this includes representations about the extent to which users can control access to their personal information on Facebook and Messenger.

Six-year investigation

Following an investigation that took into account Facebook's practices between August 2012 and June 2018, the bureau concluded that Facebook gave the impression users could control who could see and access their personal information on the Facebook platform when using privacy features.

These included the general "Privacy Settings" page, the "About" page and the audience selector menu on posts, among other things.



'The Competition Bureau will not hesitate to crack down on any business that makes false or misleading claims,' said Competition Bureau head Matthew Boswell

However, the bureau added, Facebook did not limit the sharing of users' personal information with some third-party developers in a way that was consistent with the company's privacy claims. This information included content users posted on Facebook, messages users exchanged on Messenger, and other information about identifiable users.

Practice still continued

The bureau said Facebook also allowed certain third-party developers to access the personal information of users' friends after users installed certain third-party applications. While Facebook made claims that it would no longer allow such access to the personal infor-

mation of users' friends after April 30, 2015, the bureau said the practice continued until 2018 with some third-party developers.

The bureau noted that the federal Competition Act forbids companies from making false or misleading claims about a product or service to promote their business interests. This includes claims about the information they collect, why they collect it, and how they use it.

Claims must be true

According to the Competition Bureau, the Act applies to "free" digital products in the same way that it applies to regular products or services purchased by consumers. They noted that advances in technology are allowing firms to

collect large amounts of data from consumers.

"Whether or not their products or services are free, firms must ensure that their claims about the collection and use of data are not false or misleading," the Competition Bureau said in a statement issued when the penalty imposed on Facebook was announced last week.

However, the bureau acknowledged Facebook's voluntary cooperation in resolving the matter. They said that a copy of the registered settlement (consent agreement) would be available soon on the Competition Bureau Tribunal's website.

Targeted advertising revenue

As the Competition Bureau pointed out, Facebook is one of the largest social media platforms in the world. The company, founded by Mark Zuckerberg in 2004, recently estimated it has 2.6 billion monthly active global users. It has previously estimated that its Messenger platform has 1.3 billion monthly active global users.

Facebook earns revenue primarily by selling advertising services, including targeted advertisements, based in part on the information provided by its users.

Facebook has previously estimated that it has 24 million monthly active Canadian users. The Competition Bureau says that during the fourth quarter of 2018, Facebook's average revenue per month per user in Canada and the United States was \$34.86 U.S.

Fined \$5 billion in the U.S.

Facebook has had similar penalties imposed on it in countries other than Canada. In 2019, the U.S. Federal Trade Commission imposed a \$5-billion fine on the company, the largest ever of its kind for an information technology company.

And in 2016, the French government's privacy regulation agency forced Facebook to alter its personal information tracking policy.

Last year, Facebook's Zuckerberg announced a new vision for the company, ostensibly focused on privacy. The Competition Bureau says it strongly encourages anyone who feels they have been misled by privacy claims to file a complaint with the bureau.



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Direct? Answers

from • Wayne & Tamara

Reddit: Am I The Ass—?

I'm a 33-year-old DWM (divorced 2.5 years). She is a DWF, 27.

Here is my situation. She broke up with my best friend three weeks ago, and he was and still is crushed. She is beautiful, smart, funny, and I always liked her.

I've known her for the year they were together. We got to know one another as friends. I always sensed she had a small thing for me, but I acted like I never noticed. I never looked at her that way. I guess, because she was with my friend.

I knew in my gut it wouldn't work out between my buddy and her from the start, because she met my buddy right after her divorce. Since I am divorced, I understood what one goes through and how one thinks, and I could just tell her interest level for him was not where it should be.

Well, I was correct. Three weeks ago they broke up. It was like he was the nice guy she needed at the time, and he was waiting for her to come around. I warned him then, but he didn't listen.

After she left, I was my buddy's go-to guy. I tried to help him through it the best I could and explain what I understood about their relationship.

I never saw her romantically while they were dating, but after she and I started talking, she broke down and told me how she felt about me. We started seeing each other secretly until we could decide how to handle the situation. My buddy was still confiding in me, and I just couldn't tell him.

Wayne and Tamara, we are so good together. I love her and she loves me. I know less than a month isn't much, but it's been a year since we met, and I think deep down we always had this connection.

Anyway, I told my buddy about us, and it didn't go well. He terminated our friendship and said I went behind his back and betrayed him. I will agree I should have told him from the beginning, but I just couldn't hurt him more.

He is my best friend that I've lost, and he was the best man at my wedding. I love my friend. I couldn't tell him and couldn't stop the feelings I was having for her.

It's been almost a month now. She and I are still seeing each other, and it's wonderful, really wonderful. Some of my other friends have shut me out also. She backs me up and



wouldn't let me take all the blame from my friends, which showed me a lot of respect for her.

It's just me and her now, at least for a while. I don't mind because we have each other and are happy. We're going to stick it out and see what happens. Did I make the right decision? Aren't my buddy and my friends acting immaturely?

Cal, you frame your love in terms of rainbows and lollipops. Your friends frame it a different way: all's fair in love and war.

So which view is correct? The Todd Rundgren version (we got to get you a woman), or the Rick Springfield version (I wish that I had Jessie's girl).

She dated your buddy a year. How much traction is there in a relationship after 10 or 12 months. Your buddy must have been in the realm of, she's beautiful, she's witty, and she's mine. He is crushed because the relationship ended, but not by his own hand.

You claim to know her mind from knowing your own mind, but your mind had an agenda. You think you are a benefactor who tried to help a friend, however, your motives were subterranean. If you are madly in love with her after three weeks, odds are you were hopeful for yourself while they were dating.

The mature thing to do, when trying not to hurt a friend, is let things cool off. You shouldn't have started dating his ex behind his back within days of the breakup.

When you act like a caveman, don't act surprised when you get clubbed. And if this relationship ends in two months, you will be empty-handed.

Everyone agrees with your ex-friend. That suggests you are the one in the wrong.

To answer the question in the title of this column, we're thinking, "Yes, you are."

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

Statement from the Chief Public Health Officer of Canada on COVID-19

CNW/ - In lieu of a daily in-person update to the media, Dr. Theresa Tam, Canada's Chief Public Health Officer, issued the following statement today:

"As of Sunday, May 24, there are 84,081 COVID-19 cases, including 6,380 deaths. More than 43,640 or 52 percent of cases are now recovered. Labs across Canada have tested 1,454,000 people for COVID-19 to date, with about 5 percent of these testing positive. We are now testing an average of 28,000 people daily. These numbers represent what we know at this moment, and change quickly. Today marks the beginning of Paramedic Services Week and I want to thank paramedics across the country. You're our first responders, saving lives every day and providing expert medical assistance, including during times of extreme crisis.

You are on site providing critical care in the initial moments of a healthcare emergency.

And the crucial role you play within the health care system is even more apparent during the COVID-19 crisis. Thank you for your ongoing dedication to keeping Canadians safe, under these extraordinary circumstances.

Paramedics continue to respond to medical emergencies every day, so please do not wait until it is too late to seek medical attention if you need it. Paramedics have put in place additional precautions to keep patients safe. A reminder to all Canadians to continue following your local health authority guidelines. If you are experiencing COVID-19 symptoms, contact your local health authority. They can provide you with information on testing.

It is only by working together that we will make it through this pandemic. Thank you as always for your contribution in helping Canada flatten its curve."

Free tax clinics going 'virtual'

(TLN) The Canada Revenue Agency has announced that free tax clinics, which in past years have allowed a growing number of eligible Canadians to file their annual income tax return at no charge, will continue despite the covid-19 pandemic – but with special protective safeguards in place this year.

Due to concerns surrounding the COVID-19 pandemic, many community organizations had to close, postpone, or scale back on the free tax clinics they normally offer, the federal tax collection agency noted in a press release issued on May 12.

However, the CRA says the tax clinics will continue to be offered by local organizations, in partnership with its Community Volunteer Income Tax Program (CVITP) and the joint CRA and Revenu Québec Income Tax Assistance – Volunteer Program.

It is the CRA's hope that by going virtual, community organizations will have the opportunity to host clinics before the June 1, 2020

filing deadline and beyond.

"By filing a tax return, Canadians can get benefits and credits that can significantly improve their quality of life," said Diane Lebouthillier, federal Minister of National Revenue. "I am reassured to see that tax clinics will now be able to provide virtual services to continue supporting vulnerable Canadians."

"The Income Tax Assistance – Volunteer Program has a major impact on the lives of thousands of low-income individuals in Quebec," added Quebec Minister of Finance Eric Girard. "The measures announced today will make it possible to help taxpayers through online and telephone tax clinics."

The tax filing season has been extended from April 30 to June 1, 2020 as part of the measures introduced to deal with the various hardships created by the COVID-19 pandemic. The CRA says that penalties and interest will not be charged if tax payments are made by the extended deadline of September 1, 2020.

Survey: Event bookings down a third

(TLN) According to a poll conducted by the agency responsible for promoting tourism in the Laval region, there has been a 33 per cent rate of cancellation for events scheduled in Laval since the start of the COVID-19 pandemic, while 40 per cent have been postponed until next year, and 27 per cent will be taking place online to minimize risks of COVID-19 infection.

"For several weeks now, COVID-19 has been transforming our reality," says Tourisme Laval president and general director Geneviève Roy. "Our partners and our clients are facing incredible challenges. Despite the uncertainty, sharing the findings of this survey is encouraging reflection towards a gradual return to normal. I am confident that our industry will be able to

meet the challenges and will turn a new page. Creativity is our strength."

The survey was conducted in recent weeks among more than 100 event organizers in Laval on the challenges they felt lay ahead. Other findings in the survey found that 91 per cent of organizers have been considering alternate ways for holding events, including videoconferencing (45 per cent), and smaller scale events (18 per cent).

Up to 50 per cent of survey participants said they were anticipating losing half their budget for holding events, while 13 per cent thought they could lose up to 75 per cent of budget for events. Twenty-six per cent did not anticipate any drop in their budget.

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In Memoriam & Obituaries

GIDARO, Saverio

1931 - 2020



In Laval, May 21, 2020, at the age of 88 years, passed away Saverio Gidaro, beloved husband of the late Cécile Gagné Gidaro. He is survived by his children Denise (Steve), Elizabeth (Stéphane) and Marie-Louise, his grandchildren Jonathan, Matthew (Sarah), Sarah Elizabeth and Christine (Jonathan), his great grandchildren Leo Steve and Alice Wren. He also leaves to mourn his brothers and sisters; Virginia (late Giuseppe), Elisabetta (Antonio), Vitorio (Franca), Ersilia (Alphonso) and Mario (Jacqueline), nephews, nieces, parents and friend.

PARENT, Gaston

1936 - 2020



In Laval on May 19, 2020, passed away at the age of 84 Gaston Parent husband of Pauline Milette. Besides his wife, he leaves to mourn his sons; Serge, Martin, Mathieu (Caroline Simard), his grandchildren; William, Anthony, Catherine, Émile, Raphael, Jérémy, Lauriane, Charles. He also leaves to mourn his brother Jean-Rock, his sister Louise, his brothers-in-law and sisters-in-law, his nephews and nieces as well as several relatives and friends.

CAMIRAND, Mireille

1942 - 2020



At the Notre-Dame Hospital in Montreal, on May 10, 2020, passed away at the age of 77, Mrs. Mireille Camirand. She is survived by her sons Martial Bouchard (Diane Charbonneau), Mario Bouchard (Marie-Josée McInnes) and Marco Bouchard (Mireille Rhéaume), her grandchildren Myriam, Lisa-Marie (Francis Legault), Alex-Anne (Olivier Desnoyers), Anthony (Amanda Mérédith) Nicholas, Tommy, Marie-Ève, Olivier, Mélissa and Catherine, Isabelle Landry mother of Marie-Ève and Olivier as well as many relatives and friends.

BÉNARD, André

1946 - 2020



In Laval, on May 22, 2020, at the age of 73 years, passed away Mr. André Bénard, beloved husband of the late Mrs. Martine Jacques. He is survived by his daughter Annie Bénard, his granddaughter Chloé Bénard Guiral, Dominique Baulne and Mickael Lavoie as well as Nicholas Bédard, Karine Rivoallan and Camille Bédard, Marc-André Bédard, Geneviève Marsh, Alexis Bédard and Gabrielle Bédard, his sister Nicole Bénard, as well as several relatives and friends.

LUSSIER, André

1928 - 2020



It is with great sadness that we announce the death, in Laval, on May 17, 2020, at the age of 91, of Mr. André Lussier. He is survived by his daughters Viviane (Sylvain), Carmen (Luc) and Caroline (Jean-Marc), his grandchildren Pamela (François), Nicolas (Tania), Jean-Marc and Stéphanie (Stuart), four rear cubs -children, Ludovic, Xavier, Miguel and Sebastian. Also his sister Marthe, his nephews, nieces and friends.

PIERRE, Elizabeth

1927 - 2020



We announce with sadness and regret the death of Madame Claire Elizabeth (Elise) Pierre. Occurred at her home on Sunday, May 17, 2020, at 6:45 am, following a lung cancer, supported with courage and faith in God.

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Our team has adapted to the new reality so you can mourn without added worry. You can now safely interact with your loved ones using the new technology that we've implemented.

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SERVICES

- Arrangements via telephone or virtual meetings
- Celebration with your family present (according to current recommendations)
- Live webcast of the ceremony (funeraweb.tv)



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Week of May 31 to June 6, 2020

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS



ARIES
Your emotions will run high this week. A move or change in employment will allow you to realize a long-standing dream.



TAURUS
Your love life will occupy your thoughts. Certain pursuits will be scary and may symbolize a commitment you're not ready for. Some reflection is needed.



GEMINI
New eating habits will work out well for you. You'll take the first steps toward starting a business from home, but it'll take some time to become profitable.



CANCER
Self-esteem is an important part of well-being. You'll become aware of your value and your loved ones will show more appreciation for you.



LEO
All of your attention will be on your family this week. If you have a big move coming up, you'll realize time is running out and your stress level will rise.



VIRGO
You won't keep your opinions to yourself. If there's something on your mind, talk to someone about it so they can guide you toward a solution.



LIBRA
You'll find a solution to your financial or emotional concerns thanks to sudden inspiration or a dream. The right choice will be clear and things will fall into place.



SCORPIO
Standing still isn't a solution. It's time to take action and make things better. You'll successfully put aside your fears and worries so you can move in the right direction.



SAGITTARIUS
You'll uncover a new talent that allows you to demonstrate your creativity. You'll volunteer for a cause that's close to your heart.



CAPRICORN
It may be time to clean up your social circle. As the saying goes, when you lend money to a friend, you lose the money and the friend. Use this proverb to keep your friendships intact.



AQUARIUS
You'll be given new and challenging responsibilities at work and in your personal life. If you're looking for a job, you'll find a position with excellent working conditions and great potential.

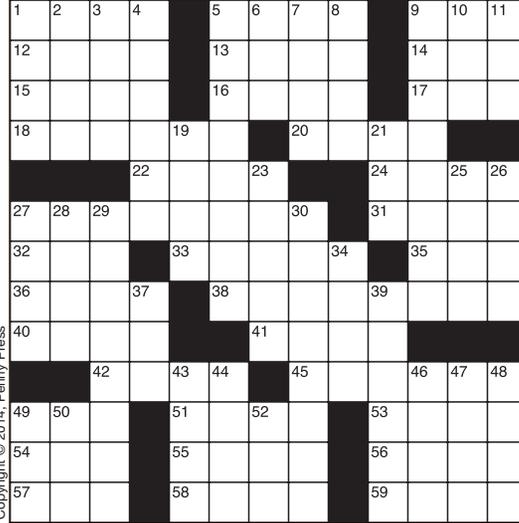


PISCES
Vacation plans will take shape for the summer. Don't disregard the value of preparation, even if a deadline is looming. Any opportunity to learn will be extremely beneficial.



CROSSWORDS

PUZZLE NO. 986



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ACROSS

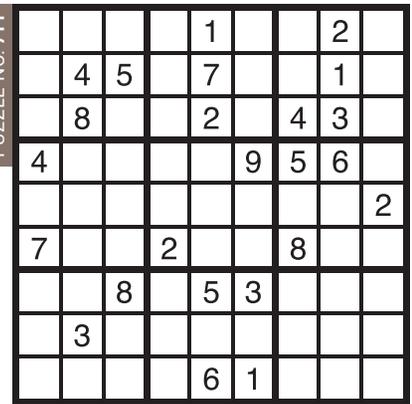
1. Fashionable
5. Largest amount
9. Moisture on the lawn
12. Former Milan money
13. Wheels
14. Division of history
15. Biblical ships
16. Courage
17. Mew
18. Pattern
20. Sincere
22. "___ You Tonight"
24. MacDonald had one
27. Accompanied
31. Musical combo
32. Exclamation of contempt
33. Distance runner

DOWN

35. Pipe joint
36. Beak
38. Petted
40. Kill, as a dragon
41. Tug
42. Not messy
45. Of slanting type
49. Increase
51. Double
53. Crisp, filled tortilla
54. Bring action against
55. ___ in a lifetime
56. At all times
57. "I Was Made to Love ___"
58. Rose starter
59. Isolated
1. Garbed
2. Give a job to
3. Annoys
4. Gambling house
5. Attractive
6. Belonging to us
7. Recipe direction
8. Lug
9. Announces
10. Take a wrong turn
11. Path
19. Wheat ___
21. Toward the back, matey
23. Impede
25. Agitate
26. Form
27. Declines
28. Ground
29. Strainer
30. Went off the tracks
34. Sublet
37. Oven-cleaner chemical
39. Hockey player
43. Turmoils
44. Harmony
46. Volcano flow
47. Froster
48. Center
49. Volcanic dust
50. Payable
52. Tennis point

Sudoku

PUZZLE NO. 711



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.

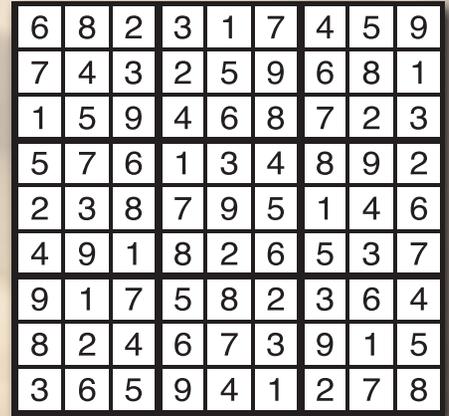
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



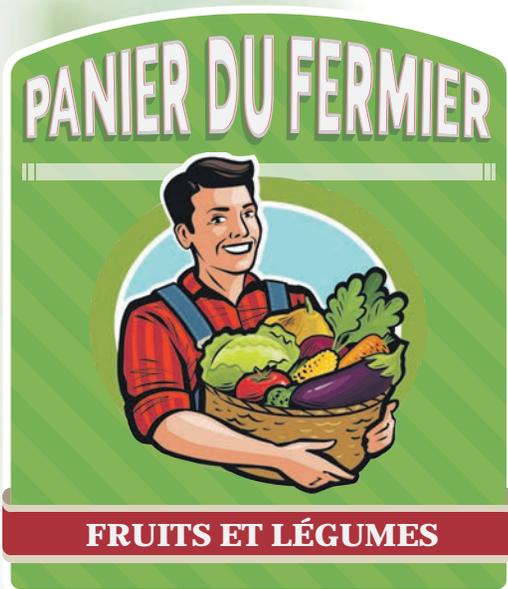
Sudoku



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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