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**Exclusive
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with
Minister
Ahmed Hussen**

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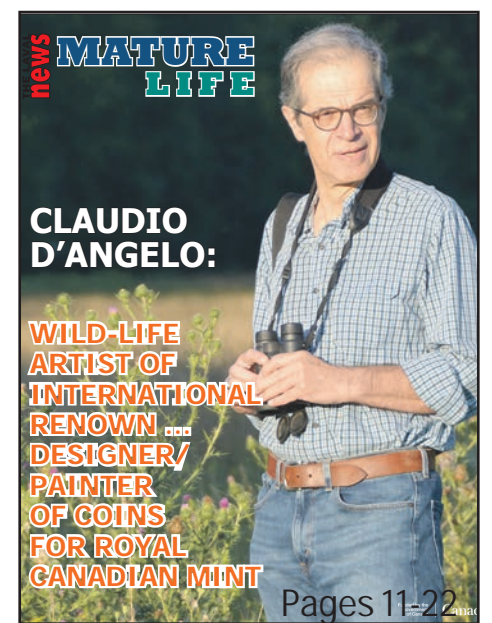
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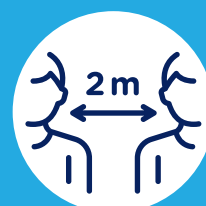
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Revelakis motion for 'non-partisan' multicultural committee defeated

City's current multicultural committee hasn't seen action in a year, claims Chomedey councillor



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A motion by Chomedey councillor Aglaia Revelakis, that a new and "non-partisan" committee be created and mandated to conduct a public consultation before producing a report on relations between the city, the police and Laval's multicultural communities, was rejected during the August city council – although most opposition councillors supported it.

While council already has a committee in place to discuss and consider multicultural issues, Revelakis, a member of the Action Laval opposition, suggested in her resolution that she should be named to preside the proposed new committee whose members would be appointed on a non-partisan basis.

Non-partisan

"We are asking that a special non-partisan committee be formed," Revelakis explained about the motion which was seconded by Saint-Bruno city councillor David De Cotis.

"In voting against this proposal, you, as official representatives of the Laval population, would be voting against the fundamental responsibility in your role as elected officials, which is to consult the population," she continued.

Although he voted against the proposal, Mayor Marc Demers said he agreed with Revelakis's assertion that committees should always be non-partisan in order to do their work properly. However, he added that the existing committee was already doing good work and there was no point duplicating it.

Desmeules unimpressed

Councillor Sandra Desmeules, the executive-committee member responsible for public safety, reacted by suggesting that Revelakis's motion drew inspiration from the recent upheaval in the U.S., where the slaying of George Floyd in Minneapolis led to months of public protests against racism and widespread demands for the reform of police departments.

"We have launched an initiative to throw some new light on the Laval Police Department and this initiative is to come to better understand, to analyze and to improve our relations with members of the multicultural communities," said Desmeules, maintaining that Laval is already doing what Revelakis's resolution was suggesting.

Councillor Jocelyne Frédéric-Gauthier, who is

of Haitian origin, also defended the Mouvement lavallois administration's efforts to improve relations with Laval's multicultural communities.

Duplicating efforts

"There is already a committee that was created with cultural communities, and this committee is very representative with people of all origins, including Québécois, Italians and Greeks," she said, while suggesting the councillors should vote against Revelakis's proposal because a multicultural affairs committee is already in place.

While saying that he didn't disagree with the idea, Councillor Michel Trottier (who leads the official opposition Parti Laval) said the existing committee "is doing its job now. It will be gathering information, and after that I am confident that the information will be presented in a report. After that, the decision will be up to us." He said a second committee would be redundant.

Councillor David De Cotis (Saint-Bruno) said he found Revelakis's proposal to be "appropriate," taking into account the great number of multicultural communities in her district. He also had no objection to her being the new committee's president.

Role of elected official

Responding to Desmeules, Revelakis said, "Unfortunately you don't understand the role of an elected official." To Frédéric-Gauthier she continued, "Everything you brought up has nothing to do with my proposal." She also told executive-committee vice-president Stéphane Boyer that the city's current multicultural affairs committee hasn't done anything for the past year.

Among the city councillors voting no to the resolution were Parti Laval councillors Michel Trottier and Claude Larochelle, as well as independent opposition councillor Daniel Hébert. Opposition councillors Revelakis, De Cotis, Galati, Tassoni and Poissant voted in favour.

Action Laval issued a statement afterwards, saying that Revelakis "was profoundly disappointed by the partisan view of her colleagues on the municipal council. During the vote on the creation of a committee on the Relations between the cultural communities and the police, the municipal councillors prudently hid themselves behind their leader."

Action Laval disappointed

"Whether it concerns management of the



'You don't understand the role of an elected official,' said Revelakis, claiming a city councillor's primary role is to consult constituents



Independent city councillor David De Cotis was among the opposition members who supported Revelakis's motion.

international pandemic crisis or relations with the minority cultural communities, the population is increasingly distrustful," added Revelakis. "The people of Laval want to see their elected officials working together for the good of all and in the interests of each."

The party said that "while the City recognizes that the diversity of its municipal council is an absolute necessity, it is sad to see that partisan-

ship is causing division.

"While this richness might have strengthened the sense of belonging for citizens of Laval from diverse origins and would have supported direct communication with the highest levels in the City, it is still the political parties that get the last word. The representatives of the population won't have the opportunity to do what they were elected for."

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OPINION & Editorial



Did the government hit 'reset' because of the WE Charity?

As most of us know by now, the famous "WE Charity" organization that set out to manage the \$912 million student financial aid program while being paid for the services it would offer, has become the Trudeau government's worst nightmare.

The misadventure, the identity and the effects of this multi-headed and bizarre non-profit organization are well known.

But what emerges from testimonies given to the special parliamentary committee investigating the issue is that civil servants encouraged the political leadership to give the contract entirely to "WE Charity."

By Monday August 17, Finance Minister Bill Morneau resigned and was replaced by Deputy Prime Minister Chrystia Freeland. Other resignations may follow in the near future. One thing is certain, however: the situation that arose was very serious and very difficult for the government, which decided, as previous governments have done in the past in similar difficult situations, to use the right to suspend the work of Parliament.

The position of the government

In a press conference on Tuesday August 18, Prime Minister Trudeau clarified that the government needs time to review the new economic situation in the country due to the pandemic and how to deal with it. "We recognize that the proclamation of the throne (i.e.: the government program presented by the Governor General of Canada who represents the Crown) did not include the pandemic as we did not know it then," said the Prime Minister.

Asked by reporters if he was doing what his predecessor, Prime Minister Stephen Harper, did in 2008, the Prime Minister said it was not the same. The government needs some time to "rewrite" a new program that will be presented on September 23 by Canada's Governor General, former astronaut Julie Payette.

'Let him without sin throw the first stone'

Under Canadian law, any government can suspend Parliament at any time, including, of course, the Senate and all parliamentary committees. Naturally, though, and much to their credit, the opposition parties complain that it is scandalous to close Parliament.

But in Canadian history, many prime ministers have often chosen this path.

Prime ministers Stephen Harper and Jean Chrétien "closed" Parliament four times in 10 years.

Prime Minister Brian Mulroney three times during his nine years in office.

The record for this belongs to Harper, at 181 days, followed by Chrétien with 145 days, and Mulroney with 68 days.

Let us now look at the causes

Prime Minister Stephen Harper, September 13, 2013: a 33-day adjournment of Parliament to avoid questions about Senate spending and cover-

age by the prime minister's office.

Prime Minister Stephen Harper, December 30, 2009: Parliament adjourned for 63 days to avoid questions about the Afghan prisoner.

Prime Minister Stephen Harper, December 4, 2008: Suspension of Parliament for 53 days to avoid a vote of confidence that would have thrown the government out of a coalition of all opposition parties.

Prime Minister Stephen Harper, September 14, 2007: Parliament adjourned for 32 days to announce that the government had completed its priorities in five areas.

They all did it

Prime Minister Jean Chrétien, November 12, 2003: Suspension of Parliament for 82 days to avoid the Gomery government scandal and transfer of power to Paul Martin, who ended up losing the election to Stephen Harper.

Prime Minister Jean Chrétien, 16 September 2002: Parliament adjourned for 14 days to avoid the submission of the Public Expenditure Committee on Government Grants.

Prime Minister Jean Chrétien, September 18, 1999: Parliament adjourned for 24 days to avoid multiple government scandals.

Prime Minister Jean Chrétien, 2 February 1996: Parliament adjourned for 25 days to avoid and close the investigation and its conclusion on the Somalia Canadian Forces Commission of Inquiry.

Prime Minister Brian Mulroney, 12 May 1991: Parliament adjourned for one day.

Prime Minister Brian Mulroney, February 28, 1989: Parliament adjourned for 34 days to pass the Free Trade Agreement with the United States and Mexico.

Prime Minister Brian Mulroney, August 8, 1986: Suspension of Parliament for 33 days for reorganization of the government, which had lost the support of voters in the polls.

Are we leading to elections?

If we examine the motives of the NDP, probably not. In order for an election to be called, all parties must agree to defeat the government. The main role will be played by the NDP, whose demands – with no other choice – will be accepted by the Liberal government.

NDP leader Jagmeet Singh already wants a \$12 billion investment in new daycare facilities.

This is reminiscent of the time in 2005 when the NDP, led by Jack Layton, supported the Paul Martin government, in exchange for including in the budget \$4.6 billion for housing for low-income people.

Some parties may want elections here and now, even the ruling one, which definitely wants a majority government. But did you ask the citizens if they feel so disposed after what they've been through in the pandemic? I do not think so.

George Styl. Guzman

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Ongoing COVID-19 raises spectre of homelessness worsening

More help will depend on second wave's severity, says Trudeau cabinet's Ahmed Hussen



MARTIN C. BARRY
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For The Laval News
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While maintaining that the severity of a second wave of COVID-19 remains to be seen, Families, Children and Social Development Minister Ahmed Hussen says Ottawa is prepared to provide additional help for the homeless should the pandemic worsen.

Still, he insists the federal government has already been doing everything possible to help Canadians who have no permanent place of residence.

In Montreal last week, news reports drew attention to the fact that in certain areas of the city, such as Hochelaga-Maisonneuve, large encampments of homeless are springing up, as fallout from the pandemic takes a toll on the country's economy.

A worsening crisis

Meanwhile in the U.S., homelessness – driven by unemployment generated by a near shut-down of the American economy which is struggling to an even greater extent with COVID-19 – is reaching unprecedented levels.

As part of his mandate as Minister for Families, Children and Social Development in the Trudeau Liberal cabinet, Ahmed Hussen is also responsible for the federal government's strategy to help Canadians affected by homelessness. "We are doing everything that we can to increase the capacity to build more housing" for homeless and needy people, Hussen said in an interview with *Newsfirst Multimedia*.

He noted that the National Housing Strategy, introduced by the Trudeau Liberals after they

first came into power in 2015, has seen \$55 billion allocated for affordable housing by Ottawa after years of neglect by previous administrations.

Action if necessary, he says

We asked Hussen whether there is a possibility that in the next year-and-a-half, depending on the course of the pandemic, Ottawa might ramp up help even further for Canada's homeless given the worsening conditions.

"I would say, look, I don't know what's going to happen in the future," he replied. "But what you can count on is that as a government we have demonstrated that we are there for the most vulnerable at the most difficult time."

"And in the future, if that is necessary again, we will certainly do that," added Hussen. "Because at the end of the day we want to be there for Canadians at their moment of need, both directly but also helping the organizations that do the heavy lifting."

More funding allocated

While the Ministry for Families, Children and Social Development launched its wide-ranging 'Reaching Home' homelessness strategy long before the COVID-19 pandemic hit earlier this year, Hussen's ministry has been able to provide \$157.5 million in extra support for the homeless during the current pandemic.

Of this, \$21.4 million went to Quebec, with more than \$2 million specifically allocated for Montreal where homelessness is reaching crisis levels.

"I've been speaking to many, many different groups dealing with the homeless, and they have told me that federal dollars have made a big difference," Hussen said, adding that \$50

million was also set aside this year by Ottawa specifically for shelters dealing with homeless women.

Impact on the Ministry

Hussen was asked how the COVID-19 pandemic has impacted or changed his ministry's way of doing things. "The only difference is that the methods of engagement have changed for my colleagues and myself," he answered.

"We still go to some events. We do Zoom meetings with community organizations in my constituency, as well as community organizations that are on the front lines of helping the most affected people in my riding."

"That work hasn't stopped – in fact, it has increased," Hussen added. "I have three food banks in my constituency and they're seeing much, much higher volume. We go there and we try to do what we can. As a minister I would say the same thing, but way more Zoom meetings."

'Helping the helpers'

In addition to helping administer the federal government's Canada Emergency Response Benefit (CERB), Ahmed Hussen is the minister responsible for the Emergency Community Support Fund (ECSF), which contains \$350 million to assist organizations that are providing help to the country's most vulnerable people during the pandemic.

"We're helping the helpers," he said of the assistance this particular fund is providing.

"I've visited one organization recently in Milton, Ontario where they had an infant food program providing formula and other essential supplies like diapers to families in need who have infants, and their needs have gone way



up. They were able to apply to the Emergency Community Support Fund and they got some money through that and it will help them to serve more people."

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Boyer donates retirement committee salary to Centraide Montréal

Some of the latest work by the City of Laval's executive-committee during its meetings on Aug. 12 and 19 included decisions to award subsidies to Centraide Montréal, the Maison des Jeunes de Laval-Ouest, the CISSS de Laval and a group that helps people suffering from anxiety and panic attacks.

Subsidy to Centraide

First, some background. During the closing session for the July 8 Laval city council meeting, Duvernay-Pont Viau city councillor Stéphane Boyer was appointed president of the retirement fund committee for City of Laval employees. Then on July 25, Boyer said he was renouncing the remuneration normally paid to the committee's president for the duration of this mandate.

At the same time, he said it was his wish that the sum that ordinarily would have been paid to him should be given instead to Centraide du Grand Montréal in order to support part of its mission which is helping organizations in Laval that assist needy people.

Thus, the City of Laval is contributing \$28,953 to Centraide Montreal. Payments will be made on a monthly basis at the same rate as the salary that Boyer would have been receiving during the same period.

Subsidies to groups

In addition, the executive-committee allotted a subsidy for \$10,000 to La Ressource

ATP (Anxiété et Trouble Panique), as well as a subsidy worth \$6,000 to the Maison des jeunes de Laval-Ouest. The money will be used by ATP to move to a new location, while the Maison des Jeunes will be using theirs to install a new furnace/thermopump.

The members of the executive-committee also awarded a subsidy, this time for \$10,000, to the Centre intégré de santé et de services sociaux de Laval (CISSSL) to hold the 13th annual Journée de l'arbre (Day of the Tree). This event helps to raise awareness among Laval residents of the importance of taking measures against "heat islands" while also maintaining air quality.

Tree Day in Laval

Held annually since 2008, the event has contributed to efforts which have seen nearly 2,000 trees planted at facilities operated by the CISSSL in Laval. The subsidy will help pay the cost of purchasing trees, maintenance supplies and labour. The City of Laval has been supporting the event since 2008, except for 2013 and 2016.

The City of Laval's executive-committee discusses and makes major decisions on key issues affecting the city. The members are: Mayor Marc Demers, vice-president Stéphane Boyer (Duvernay-Pont-Viau), and city councillors Sandra Desmeules (Concorde-Bois-de-Boulogne), Ray Khalil (Sainte-Dorothée), Virginie Dufour (Sainte-Rose) and Nicholas Borne (Laval-les-Îles) and Yannick Langlois (L'Orée-des-Bois) who are associate members.

Laval moves forward with Pont-Viau beautification project

Laval city council recently awarded a contract worth nearly \$800,000 for landscape and architecture planning for a major project that will see the main street entrance to the Pont-Viau district improved and upgraded.

Beautification plan

This marks the beginning of an undertaking that involves expropriation of a building, 1 rue de Nevers, at the street's intersection with des Laurentides Blvd. The city wants to harmonize and beautify an area of several street blocks by adding new parkland and green spaces.

"These decisions are a significant advancement for this project about the city's Pont-Viau entrance, which is at the heart of the work being done for the revitalization for the Cartier sector," said Laval executive-committee vice-president Stéphane Boyer, who is city councillor for Duvernay-Pont-Viau.

Anticipated project

"The acquisition of the building on rue de Nevers in order to convert this space into a park was very much anticipated by residents of the sector, and we are happy to have finally arrived at an understanding," he added.

According to the city, the work will eventually involve replacing infrastructures under the streets, as well as re-landscaping part of the riversides.

The city sees the areas in question becoming a great deal more welcoming for people strolling



in the area. The city held a public consultation in 2018, during which many residents were receptive to the planned program of improvements. The city plans to conduct similar beautifications and upgrades at other points of entry into Laval, including at the Lachapelle Bridge along Curé Labelle Blvd. in Chomedey.



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CAQ government shelves Bill 61, with plans to rewrite and replace it

Ouellette, petitioners warn COVID-19 law would give government unlimited power



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For The Laval News
marty@newsfirst.ca

Chomedey MNA Guy Ouellette says Quebec's CAQ government will probably be reintroducing an omnibus bill with COVID-19 emergency measures in a form virtually identical to Bill 61. That piece of legislation was recently withdrawn after tens of thousands of Quebecers signed petitions objecting, because it would allow the government to proceed without National Assembly oversight.

No consultation

Bill 61 was first tabled in the National Assembly on May 31. The most important element would essentially have allowed the CAQ government to take measures deemed necessary for the ongoing fight against COVID-19, although without first having to consult the legislature.

Last week, Quebec Treasury Board presi-

dent Sonia Lebel announced that Bill 61 was being postponed until at least the middle of September as the government rewrote the legislation. "I think it will be quite similar to the first one," Ouellette said in an interview last Monday with *The Laval News*.

The petition was started by Élisabeth Dufresne-Gagnon on the Change.org website where it had garnered nearly 200,000 signatures two weeks ago and has grown even longer since then.

Petition opposing Bill 61

However, to submit a petition to the National Assembly, it must have been signed on the Assembly's website. Thus, a version of the petition was placed on the National Assembly web

pages, where it amassed even more signatures. "This means that the citizens want to send a message to the government that they don't want Bill 61 to come back as something similar," Ouellette said.

Among other things, Bill 61 would have allowed the government to enforce the measures continuously and without having to return to the National Assembly every 10 days.

The spectre of collusion

This would not only give the government almost unlimited power, said Ouellette, but would also have provided the government with the possibility of giving out optional contracts without scrutiny by the National Assembly, as would normally be the case.

He suggested this would be a recipe for collusion and corruption among contractors competing for outsourced work.

"This is exactly the sort of way to be telling criminals that this is where collusion will be tolerated," said Ouellette, noting that past governments went to great lengths in recent years to try to eliminate collusion in the awarding of government contracts.



Laval taking a new approach for annual blood donor clinic

Residents invited to make appointments for this year's two-day event



(TLN) In order to ensure the safety of citizens and volunteers during the COVID-19 pandemic, the City of Laval's blood donor clinic will be taking place this year on an appointment basis only.

As well, it will be taking place over two days, Sept. 10 and 11, in order to allow the maximum number of donors to take part in the clinic at the Centre sportif Bois-de-Boulogne.

According to the city, a new approach for the clinic will allow crowding to be better controlled while accelerating the process.

Appointment necessary

Laval residents will be able to make appointments for one of the two days. The appointments are from 10 am to 7 pm on each day. Reservations can be made by phone at 1 800 343-7264, or by e-mail at jedonne@hema-quebec.qc.ca.

"For the past 47 years, people from Laval have been making a commitment to save lives," said Mayor Marc Demers. "This year, the gift of blood is even more important, taking into account the pandemic. This is why we are counting on the generous participation of Laval residents to take an hour of their time to save lives."

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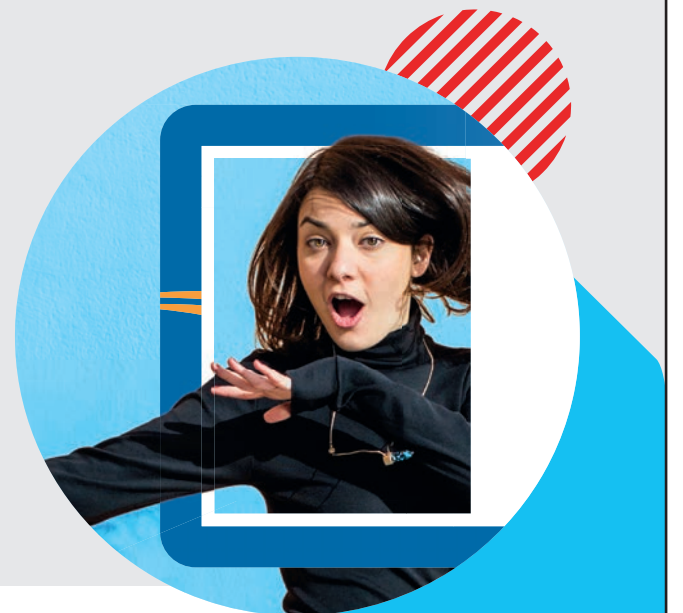
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VISITORS

THE BUS



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CAFETERIA



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AUDITORIUM



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Back to school 2020



DIMITRIS ILIAS
dimitri@newsfirst.ca

It is that time of the year again and our most beloved treasures are heading back to school. Our paper reminds everyone of the basic driving precautions to protect our children around the school zones.

It is important to respect the signage in the loading areas around schools. The objective is to allow all parents to drop their child off at school in complete safety. It is therefore important to leave the space when your child has reached the schoolyard.

If your child does not use school transport and you are going to take it back to school and pick it up after the end of the day, you have an important role to play, especially if you are there during the arrival of other pupils and children as well as school buses. The recklessness of parents in too much of a hurry endangers the lives of young children walking around the school.

Drivers need to be aware and alert around school zones. That is why they were created. Children get hit every year because of reckless drivers and as the authorities remind everyone, being in a hurry is not an excuse to put a child's life in danger. Here are some supplementary tips for safe driving behaviors around school zones.

Reduced Speed Signs

We have all seen the school zone signs. In Quebec, the common speed around School Zones is 30km. Remember, the fine for speeding and not obeying traffic laws in school zones is usually much higher than in other areas.

Watch for Children

School zones are there to protect the kids. Even when you are following all the rules, driving cautiously and not speeding, it is still possible for accidents to happen. A driver should always be alert because a child does not always think to make sure they look both ways, wait for traffic to pass or not play near the street. When they are not looking, it is up to the driver to be careful and protect the child's life.

School Buses

In Quebec when a school bus turns on its flashing lights or deploys its stop sign, you must stop at least 5 meters from the bus, whether you are travelling in the same direction or approaching from the opposite direction. Offenders face: a fine of \$200 to \$300 and a great reduction of your demerit points.

Be Prepared to Brake

When you are going 30 km an hour, there is really no need to be stepping on the accelerator. Instead, coasting is preferable. Keep your foot above the brake pedal so you can react quickly in an emergency as you were taught in drivers training.

Never Text

This goes for anytime you are behind the wheel. Driving a car is a big responsibility, and not one to be taken lightly. You must always be on attentive when operating a vehicle. Texting while driving, or inattentive driving in general, is an easy way to injure or kill someone. With so many more opportunities for bad things to happen, it is even more important that you put down the phone and focus on driving in School Zones.

Crosswalk Signs



While not exclusively a School Zone sign, the yellow and black crosswalk signs are almost always located within School Zones, as well as other places. When you spot one of these signs, watch for pedestrians crossing the street. Many parents walk their children to and from school, or allow their young ones to walk on their own. Yield to pedestrians in crosswalks. They have the right of way.

Surprising stats

According to CAA, below are some surprising statistics about dangerous behaviors in school zones

Nearly a quarter of drivers reported witnessing a near miss or collision in a school zone, more than half of which involved a child (CAA polling, 2019).

Nearly 1/2 of Canadians say they witnessed a distracted driver in a school zone (CAA polling, 2019).

Nearly 6 in 10 Canadians say there are more unsafe driving practices in school zones today than in the past (CAA polling, 2019).

70% of Canadians say they have witnessed speeding in school zones, an increase from polling done in 2016 (CAA polling, 2019).

The top three unsafe motorist behaviours seen in Canadian school zones are speeding, illegal parking or stopping and texting and driving or distracted driving (CAA polling, 2019).

621 drivers were found speeding in a one-day assessment that looked at 13 Quebec school zones between 7:00 a.m. and 8:30 a.m. (CAA-Quebec, 2012).

267 drivers did not stop at a stop sign and 227 pedestrians jaywalked in a one-day assessment that looked at a Saskatchewan-based school zone between 7:30 to 9:00 am and 2:30 to 4:00 pm (CAA Saskatchewan, 2019).

September is a dangerous month for pedestrians with more fatalities occurring during this month than any other (Transport Canada, 2017).

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From our family to yours, we wish you a great start of the school year





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MATURE LIFE

Am I old yet?



The definition of the word “senior” is the subject of many discussions nowadays. While some people describe anyone over the age of 50 as being part of this population group, others suggest that the word “senior” should be adjusted to reflect modern standards of life expectancy.

The question is: when do we become old?

In 1920, the average life expectancy was 60 years. Today, many of us can hope to live until our eightieth birthdays or even longer. What we used to refer to as “the golden years” of life applies differently now; some people believe that the term suits only those older than 65 or even 75.

Because we are living longer, we must inevitably work longer. “Freedom 55” retirement plans now have to wait ten years, because people need to accumulate enough income to last these extra 20 years of life. Some folks are lucky; they have jobs that allow them to stay intellectually stimulated, while others find it a burden to keep plugging away until age 65. For all, the big challenge is to stay open to new ideas so as not to be surpassed by the dynamism of younger people.

Mental health plays as important a role as physical health in living to a ripe old age. Nevertheless, medications, the loss of a loved one, or a lack of intellectual stimulation after retirement can make it difficult to feel young and vital. That means it’s important for everyone entering late adulthood to find stimulating intellectual and social environments that will keep life interesting!

Aging at home: 10 ways to adapt your environment

Aging can impact your mobility, balance and strength. In many cases, modifying your home is necessary if you wish to continue living in it. Here are 10 ways to help you make your environment safer and more comfortable.

- If you have rugs, fix them in place with double-sided adhesive tape. You should also make sure your furniture doesn’t impede your movements.

- Make certain your rooms are well-lit and install nightlights in the bathroom and along the path that leads to it.

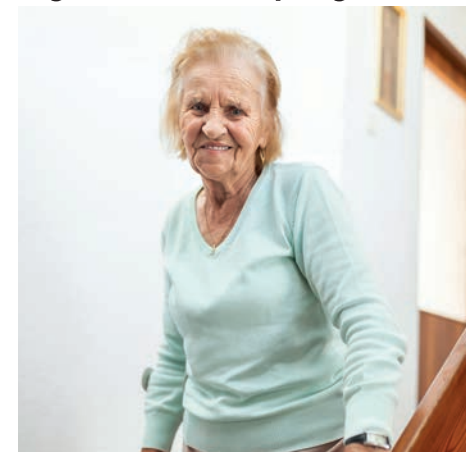
- Install anti-slip stair runners, both inside and outside the home.

- Wear slippers that adequately support your feet and have grippy soles.

- Place a small chair or bench near your front door so you can sit down to put your shoes on and take them off without risking a fall.

- Get a firm mattress and adjust your bed so that it sits at the ideal height for you to get in and out of comfortably.

- Install a lamp or switch that you can easily reach from your bed. Make sure the light emitted fully illuminates your



bedroom.

- Use light dishware and store often-used kitchen tools and appliances somewhere that’s easy to reach. This way, you won’t have to frequently bend over or reach high shelves to get what you need.

- Place your living room coffee table against a wall instead of in the middle of the room so that you’re less likely to trip on it.

- Install grab bars in the bathroom, especially near the bath and shower.

Everything you need to make your home safer can be found at your local hardware store or pharmacy, as well as at medical supply stores.

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MATURE LIFE

Boomers watched the world evolve



Today it seems like a ridiculous fantasy, but not so long ago we all thought we'd be flying in our cars by the twenty-first century. Not all of our predictions were so wild and premature, though. Baby boomers have had the good fortune to be witness to a continual parade of discoveries, inventions, and technological advances which have changed our daily lives forever. And it's not over yet!

Developments have changed the way we communicate, travel, and entertain ourselves. Progress in agriculture and food production, as well as in science and medicine, has given us a longer lifespan and made daily living easier and more comfortable. All of this has taken place under the guidance of the endlessly curious and high-performing baby boomer generation.

These pioneers learned how to use objects that are now an integral part of our daily lives: microwave ovens, disposable razors, Velcro, scanners, bar codes, chip cards, fibre optics, computers, GPS, and the Internet. Boomers saw the conquest of space and the first human steps on the moon, the appearance of the contraceptive pill and in vitro fertilization, and the first successful heart transplant operation.

Baby boomers were there when television became a fixture of life; they watched it go from black and white to colour and from analogue to digital and from huge cabinets to small flat screens — and don't forget the advent of the now-ubiquitous remote control! Boomers saw film go to video recorders to digital recorders and they saw music go from radio to compact discs and then to MP3 players. They saw rotary telephones become smart phones. Who knows what they will witness next!

Boomers have adapted to a lot of new technologies: black and white TV, colour, and then flat screens; rotary telephones and handheld devices and now smart phones.

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Claudio D'Angelo: art-of-the-heart, vivid, authentic, creatively-accu

"Animals have fascinated me for as long as I can remember. The fact that they live in a world that is unconcerned with the preoccupations of humankind, somehow made them particularly appealing to me. I would spend much time and effort seeking them out in places they inhabited. It was with these continued forays that I started to fully appreciate just how wonderful and inexhaustible this mine of inspiration truly was for the aspiring artist I had become."

No matter how quixotic a painter's motivation might appear, something deeper can be implicit in images rendered on canvas in tribute to nature and humankind. Art, meaningful and powerful, reflects appreciation of beauty, history, even life enhancement. And yet, rarely will there be doubts that artists, deep-at-heart, embody the heroic Man of La Mancha in pursuit of the Impossible Dream, forever tilting at windmills, perceived as giants to tame, technology to be corralled, in search of truth and its expression on canvas.

Meet wild-life-artist Claudio D'Angelo, Don Quixote of Laval and beyond, a seasoned-painter still reaching for unreachable goals, heroic visionary with life-long desire to give creatures of the world's woodlands their due, much like Cervantes's beloved knight-errant wanted to give life its due.

RENATA ISOPO
renata@newsfirst.ca

On Golden Ponds

At 64, the Montreal-born distinguished artist hasn't lost his youthful exuberance, growing up in Laval, when it was sprawling rural/urban mixes of population clusters and untarnished greenery. Here he explored woodlots and fallow-fields, discovering creatures that made those places home. Inspired by these experiences, he spent countless hours filling copious sketchbooks.

A half-century later, he sees his life's work through perceptive lens of an artist who's earned his spurs. By telephone, Covid-19 social-distancing in place, he addresses the dynamics of his art. "I paint images that convey what I noted and felt to be significant to me, on subjects that piqued my interest as I observed them. Each painting more often the result of combining experiences and observations, rather than mere photographic replica; multiple sketches are executed, honing what I want to show and communicate."

A road less-travelled

Not your ordinary Canadian-born first-generation offspring of immigrant parents, D'Angelo credits his mother and father with unfailing support towards his passion for wanting to do something special with the God-given talent he intuitively knew he had, from an early age. More importantly, they understood he had to do it, in appreciation of gifts possessed.

After graduating Laval Catholic High in 1973, he studied illustration/graphic design at Dawson College's three-year Commercial-Art program, leading to success as an illustrator. In 1980, unwilling to repress true passion any longer, he chose painting full-time, devoting himself to depicting intimate views of nature, harmoniously integrating landscapes and animals.

"In my teens, to my eternal gratitude, mom and dad, Violante and Venzio, enrolled me in correspondence courses at Famous Artists, in Connecticut. Cofounded by American icon Norman Rockwell, the school was gifted with outstanding American illustrators/instructors who provided generous insights on how to improve. Although it appears anecdotal, the experience was pivotal, introducing me to various art mediums, setting clear paths to my passion, connecting me with artists who helped me grow into full-time painter in my own distinctive way."

Claudio and wife Linda, Graphic designer by vocation, married 30 years, share their lives with son Gabriel, their great pride and joy, journalist of vocation, accountant by profession. Frequently exploring Canada's wild regions, Maritimes to Yukon, seeking fresh inspiration, adventure-seeking D'Angelo has also visited

American states for similar reasons, and to attend art shows exhibiting his work. In 2012, with Linda and Gabriel, it was Italy, reacquainting with family, visiting artistic and cultural sites.

Success, ideas, mentors

Oldest brother to Danilo, Renato, and Fabiola, Claudio lived in Montréal's Notre-Dame-de-Grace, until age 6, when family moved to Laval-des-Rapides. Asked if he considers himself successful, he answers with deep-rooted humility.

"Artistic success? Hard to define. Success isn't necessarily equated with popularity. Not easy to discern where one ends, other begins. Occasionally, I'm satisfied with a painting for aesthetic appeal hoped for, while conveying most of what I intended to



The D'Angelos, vacationing, in Penne, Italy: Claudio, wife Linda, son Gabriel, enjoying the breath-taking view.

communicate. That's as close as I get to what I perceive to be artistic success. Quest of a lifetime. I like what Charlie Chaplin said: In the end we are all amateurs, nobody lives long enough to be anything else.

We're all susceptible to influences. Artists, no exception, says D'Angelo. "I've had mentors, most significant, David Lank, investment-banker, Professor of Entrepreneurial-management and Leadership-Studies (McGill), retiring some years ago. A leading authority on wildlife art, on which he taught courses at Concordia. In Ottawa, 1981, when approached after a lecture he'd given, he strongly encouraged me to pursue my passion, introducing me to several people, including artists that helped me grow. At Dawson College, Jan Funnekotter, accomplished artist/teacher, noticed my work, offered generous critiques and time towards improvement, though I wasn't in any of his classes.

"I've had numerous other influences over the years, early 20th century artists, most importantly - Swedish animal-painter Bruno Liljefors. There's unparalleled intimacy to his work. There was German artist Carl Rungius, who painted in the Canadian Rockies most of his life. Influential non-wildlife artists include John Singer Sargent (American), Joaquin Sorolla (Spaniard), Anders Zorn (Swede). Today, I include Ontario-based George Mclean, artist and friend, among the finest I know."

Inspired, inspiring, rewarding

Is genius 10% inspiration, 90% perspiration? Is this true of D'Angelo? "Ideas come from walks through woods and fields. On these forays I come across birds and animals, observe them, note behaviors, their look, which I record in sketchbooks for future reference. With luck, I might get photographs but I don't

count on those; they rarely capture what I'm after. I take photos of landscapes I find particularly appealing, some which may become settings for animal ideas I'd been contemplating. Sometimes, "reading" snow tracks creates images of what came by, what they were doing, all of which can become kernels of ideas that eventually become paintings.

"Through my work, I strived to recreate the beauty of what I've seen and what I've come to understand of these creatures in their secretive world," D'Angelo reveals, with thoughts he's master of, given unequivocal dedication to putting on canvas timeless visual insights into the awesome, sometimes terrible beauty of nature.

His work has been widely-exhibited: Society of Animal Artists, National Museum of Wildlife Art, Leigh Yawkey Woodson Art Museum, Bennington Center for the Arts and Algonquin Art Center. In 2012, Yvonne L. Bombardier Museum staged a retrospective of his work covering 30 years. His coin designs of wildlife have been selected dozens of times by The Royal Canadian Mint. His paintings have appeared on conservation stamps, numerous occasions. His work is in collections throughout Europe, Canada, U.S.

Local venues have included Wayne Arnott's Bluenose 'Emporium' - a dream shop for hobby lovers at Pointe-Claire Plaza, where Claudio has spent time with coin collectors who have admired his work.

Of man and art

We should never underestimate how we affect others. Lack of feedback should not have us discount, nor deny that we do matter. When least expected, we may learn a thing or two about what others think of us, evidenced by three impressions about Claudio D'Angelo, painter and husband, impressions sought without his prior blessing:

"Claudio D'Angelo is a highly-talented wildlife artist. His attention to detail and knowledge of animal anatomy shine through his paintings. Claudio is well-educated in his craft, but still pursues continued knowledge in creating and depicting his subjects on canvas. I'm proud to work with and represent Mr. D'Angelo," says David Wilkinson, private-art consultant at ArtzLine.com, one of several agencies that D'Angelo cooperates with, in distributing his paintings.

"Does Claudio cook? "Yes indeed! He's an excellent cook. I was the envy of friends. After work I'd always come home to delicious suppers he'd planned and prepared. I can't remember too many cooking failures. When he puts his hand to recipes, they usually turn out (much to the delight of our son Gabriel and I). The first time he made gnocchi from scratch, he nailed it - pillowy potato dumplings, topped with tasty tomato sauce. Does he have a sense of humor? He's a great joker and teaser, always ready with funny quips or funny illustrations for birthday cards. And he does pretty-decent imitations of Woody Allen and Rodney Dangerfield too," says Claudio's wife, Linda.

"Working with Claudio is a pleasure. Receiving new designs from him is always exciting. He's very talented, able to present subjects in creative and interesting ways that suggest a story to the viewer," attests Josh Bednar, a product-manager who's worked with Claudio at the Royal Canadian Mint.

As for his impact through art, D'Angelo knows how far it reaches. "I suppose my work affects people in different ways. Some identify with sense of place, exclaiming, 'I know places like that, been there!' Others, not much into animals, love nature; scenes I've painted seem to strike chords within them of recognition and affinity. Ideally, I'd want people to see something in my work that might make them reflect a little deeper about another world out there, removed from all human endeavors, but one to which we're all inextricably bound."

Should art make political statements? "Not a fan of art that's overtly political. It misses the point," D'Angelo answers. "True power of message is in the undercurrent, true for all arts - painting, literature, theatre, dance, music. I don't paint primarily to shout for protection of endangered places and species, which I believe. But it's my hope to generate concern by having viewers

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His Royal Highness, Prince Philip, Duke of Edinburgh, conversing with Claudio D'Angelo at one of his exhibitions.

connect with the pictures.

"Like many artists, my work encapsulates what has stirred me in living this life of mine, and somehow wanting to tell about it. In the end, I need to do it for myself, whether others get it or not. I was doing it to satisfy that need long before there was slightest hint of possible livelihood."

Is it ever good enough?

Sadly, too many people, often for reasons beyond their control, bury talent rather than give it wings. D'Angelo affirms the need to develop one's craft. "The most important thing in developing one's career? Do the best possible. Never settle for good enough. I still look up to artists, alive and historical, not to make my work like theirs, but as guiding lights of what I recognize as excellence. It's painful to acknowledge shortcomings, but those instances are springboards to doing it better next time.

"Next most important thing: get my work seen, having it included in noteworthy shows, good art galleries, never missing opportunities to showcase it in good venues. A professional artist has to be (artists don't like this word) entrepreneurial. And no entrepreneur can be a one-trick-pony!"

What's art worth? "A dilemma when I first started, basing prices on what peers were selling their work for, positioning myself vis-à-vis others. As with any product, the market, right/wrong, dictates too-high/too-low. I learned it wasn't bad to underprice work, if it meant more sales. Having your work in collections, in the eyes of many, establishes you as serious artist, making big differences down the road."

Should art depict life as is, beauty and beast? "I don't know that art has responsibilities, per se. What motivates me, as opposed to other artists, can be quite different. Good, bad, ugly, beautiful are judgments attributed to different facets of the world. These attributions, mostly unintended, can find their way into my pictures. I've heard denouncements of "bad" or "ugly" directed at given subjects (not always in paintings) and found myself emphatically disagreeing. I paint what I perceive as beautiful, sometimes disagreeable for some, for example, a fox that's just killed a grouse. Such truths are integral to life. I see beauty in that. Life would be robbed of its meaning without death."

Coining nature's beauty

D'Angelo is understandably proud of his national and international success, thankful for its rewards: "I've been associated with the Royal Canadian Mint, from late 80s. Acquainted with my

work, they offered opportunities to design coins, obviously liking my drawing/design skills, inviting me to participate in numerous coin-design competitions. To date, I've designed over 50 coins. I'm now working on another coin project. My connection to the Mint has greatly enhanced my career, according it prestige I could never have earned on my own."

What's integral to an artist's passion? "Staying true to what motivated you to do what you do. That said, few of us have enough money to be uncompromising. Sometimes, you have to stray to pay for necessities. This isn't betrayal of integrity. If there's consistency in any artist's body of work, I surmise they've stayed true to their commitment. Painting strictly for markets waters down original objectives. It can, of course, pay off. Downside? You and others won't know if you would've had something better, uniquely your own, to offer. Said Steve Jobs: People don't know what they like until they see it.

"Ideally, art offers signposts towards better ways, revealing new viewpoints on matters that have long preoccupied us. It's not to say that I think artists have solutions to society's ills. They don't, it's just that their take on those problems may be coming from a different place, worth considering. If the artist's creation soothes the soul, it's good enough for me.

"Maturity produces clearer perspectives on what's been accomplished in life, and perhaps suggests how best to use what remains. The profession can breed self-doubt, anxieties that can undermine best efforts. Having experienced enough of those, I feel more-equipped to resist the pernicious effects. Confidence in what I do has grown over the years. I don't seek anyone's approbation, as I once did, to keep painting what I paint."

Tapping the past

According to D'Angelo, painting isn't a job, it's a calling, offering supreme opportunities to honor and make permanent our time and place in the nature of things, with imperatives to do it well. This, in large part, reflects his belief that motivation can come from many sources. Contemporary painters dabble in styles inspired by past movements, their work depicting landscapes that visually demonstrate influences of age-old genres, characterized by interest in portraying nature.

D'Angelo's paintings, defined by natural scenery, inspired by variable settings, depict mountains, forests, rivers. Artists paint landscapes for various reasons. To reflect beauty, they create images resplendent in light, color, texture. "I use scenes of nature to tell stories, illustrate ideas, conceptualize metaphors,"

D'Angelo sums up.

Animals have always inspired this renowned painter. At wonderfully Mature Age, he continues to celebrate nature vividly, accurately, in real-time, painting with detailed feeling, capturing animal individuality, experimenting with color and scale. Horses, bears, caribou, foxes, rabbits, birds and more. His canvasses speak volumes.

On wings of beauty

"From my youth," D'Angelo summarizes, "sprang life-long passion for animals and their world. Unconcerned with time, I'd spend entire days exploring fields and woodlands in Laval-des Rapides, before shopping-malls and subdivisions claimed too-many green areas. I became familiar and fascinated with creatures I'd discover on those outings, looking up names, reading about them.

"I started collecting butterflies. Their lustrous colors and patterns appealed to my artistic sensibility, barely nascent then. I lavished time and care preparing and displaying these butterflies, exotic-ally-named red-admiral, tiger-swallowtail, morning-cloak. With time, the pleasure derived from my "trophy" faded next to what I experienced spotting these same butterflies freely-flying in natural surroundings. Something subtle but essential was lost. I quickly understood. What I wanted to hold wasn't the creature, but rather the beauty of its glorious colors and patterns when alive and free, that thing which gave it vitality. I realized that art could allow me to come closer to "holding" this ephemeral intangible beauty. Net put away for good, I channeled into drawing and painting.

"Since those idyllic childhood days, my then singular fascination with butterflies has widened. Today I focus on birds and mammals that inhabit wild and rural spaces, striving to convey essence and vitality. To my enduring pleasure with nature, I still find myself joyfully-transfixed at mere sighting of a morning-cloak butterfly, rich hues of its wings reflecting in the sunshine."

The best is yet to come

Other dimensions to Claudio D'Angelo's life-long mission to bring art to people and people to art? Here are insights that may please, surprise, illuminate:

Greatest human injustice? Despoiling Earth for future generations. **Most-admired living person?** Jane Goodall. **Favorite teacher?** Two, among few, in my life as student, John Fasciano, Allan Patenaude. **Regrets?** Ignoring people who truly cared about me. **Happiest when/where?** Surrounded by wild secluded spaces. **Talent wished for?** Piano. **Thing you would change about yourself?** Too hesitant and cautious. It can stifle. **Favorite writer?** Three I've enjoyed recently: Dostoyevsky, Anthony Doerr, Barry Lopez. **Real-life hero?** Martin Luther King Jr, courage, fortitude, unwavering belief in what's right in facing adversity. **Personal motto?** Do the right thing. **Motto for everyone?** Do the right thing. **Favorite television show?** The Simpsons, The Larry Sanders Show, Barney Miller, Taxi. **Long uneventful life, short exciting one?** Short exciting one, life being what it is, the long uneventful one will likely still feel short. **Friend you regret losing touch with?** Cousin from Italy. She passed away suddenly a few years later. **Money's no object, first country to visit?** Probably Italy. **Enjoyable low-paying vocation or boring well-paying job?** Already made that choice. **Hardest thing ever done?** Bringing our very-ill dog to be euthanized. Broke my heart. **Easiest thing ever done?** Asking Linda to marry me. **Favorite season?** Fall, the weather, animals in their prime. **Time for another woman Prime Minister?** Canada should have had more than one by now, prominent countries have done well by them. **Foreign-aid to dictatorships?** Never good. Dictatorships seem genetically programmed to be self-serving. **Favorite movie?** Cinema Paradiso and The Big Lebowski, different reasons. **Your bottle, half-full, half-empty?** It must have been half-full, someone borrowed it and I haven't gotten it back. **How would you like to die?** It won't be my call, so I'll focus on the other stuff, life! Amen...

Claudio D'Angelo's inspiring art gallery can be viewed on [HTTP://claudiodangelo.com](http://claudiodangelo.com) Enjoy!



MATURE LIFE



VIRTUAL MUSEUM TOURS

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

BRITISH MUSEUM, LONDON

THE
BRITISH
MUSEUM

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)

Is your bathroom accident-proof?

Many seniors fear falling and injuring themselves while using the bathroom. Thankfully, various accessories are available to help secure the space and keep it accessible for all.

Mats

Place an anti-slip rubber mat on the bathtub or shower floor. Make sure the surface is clean and dry before stepping in. Thinking about placing a carpet in front of the bathtub or shower entrance for a decorative touch? Once again, opt for an anti-slip model.

Grab rails

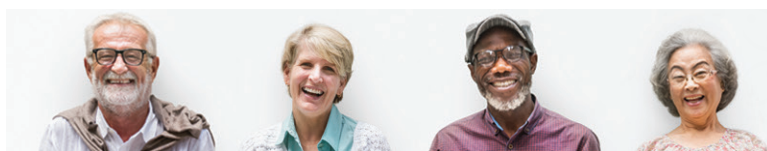
Install at least two grab rails around the bathtub. The first, which you'll use to help yourself get in and out of the tub, should be installed vertically on the faucet wall. The second, horizontal or sloped, should be fixed to the back wall. This one will be useful to help you sit and stand back up. For added safety, install extra grab bars near the toilet.

Seats

A shower seat is helpful to avoid standing and bending if you drop something on the ground. Opt for a folding model to save space. Keep in mind that there are raised shower and toilet seats available to help you move about with ease.

Finally, other safety features for the bathroom that can help prevent nasty falls include walk-in showers or tubs.





MATURE LIFE



5 tips to help alleviate arthritic pain

According to the Arthritis Society, as many as one in five Canadians live with arthritis. For many seniors, the condition makes everyday activities difficult. Here are five tips to help manage the pain.

1. Use medication

Acetaminophen and anti-inflammatory medications can help relieve certain types of arthritic pain. Talk to your doctor about which over-the-counter drugs might help you and make sure to closely follow your physician's recommendations. Be sure to also let your doctor know about any other health issues you have. If you're planning on doing something that might cause pain, take a dose 30 minutes before starting.

2. Maintain a healthy weight

The more weight your hips, ankles, knees and feet support, the more likely they are to hurt. Maintaining a lower weight can help relieve pressure on your joints.

3. Mind your diet

A healthy diet can help mitigate arthritic pain.

Probiotics and omega-3 fatty acids have been shown to alleviate inflammation, while red meat, sugar and foods high in fat can make it worse.

4. Exercise

Physical activity releases endorphins, which can help alleviate pain. Moreover, regular exercise reduces joint stiffness. While working out, however, be mindful of your pain and heed any signals telling you to stop.

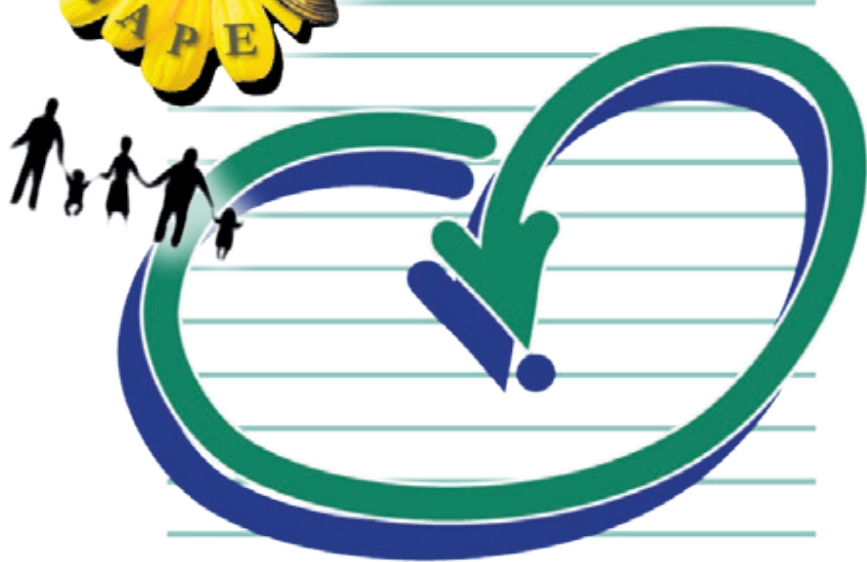
5. Try supplements

Taking glucosamine and chondroitin supplements may help those with moderate to severe arthritic pain lessen their discomfort. While the effectiveness of using them hasn't been substantiated, if they seem to work for you, they pose no long-term health risks. Talk to your doctor about which brand to use.

While there's no way to entirely eliminate arthritic pain, these strategies can help reduce it both in the short term and the long term. With a little patience, you'll discover what works best for you.



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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 Giraudiere 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 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



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

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 Presence 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 Accés 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.

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 CRDITD Laval.

Résidence Le Jardin des Saules

Groupe Immobilier Globale

393, boulevard des Prairies, Laval-des-Rapides, Laval, QC, H7N 2W4

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

Résidence Laval Ouest

Groupe LRM

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

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

Villagia de l'Île Paton

Horizon Gestion de Résidences

**25, rue Promenade des Îles, Chomedey
Laval, QC, H7W 0A1**

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

Résidence Boyer

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

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

Manoir St-Claude

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

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

Domaine des Forges I

Cogir

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

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

Villa Suzie Vincent

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

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

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.



Domaine des Forges III

Cogir

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

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

Résidence Mimosa

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

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

Résidence Manoise 1

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

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.



SENIOR WELLNESS CENTER

For Laval English-speaking seniors 55+

The office is closed to the public during the COVID-19 pandemic, but we are still providing some services for our seniors:

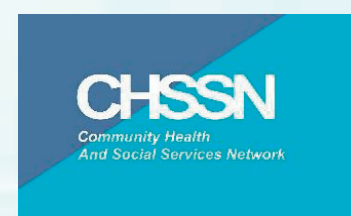
- Online virtual activities (chat groups),
- Distributing important COVID-19 updates,
- Returning all emails and phone messages,
- Possible food delivery for isolated seniors

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The ABCs of going back to school safely

From assigning **one classroom per group** and **handwashing** to solutions to ensure **all subjects are taught** and **increased support** for students, we've adopted measures for a safe and successful school year.

See the FAQs

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)

Government of Quebec suffers another legal defeat on Bill 40

Attempt to immediately overturn the stay of Bill 40 rejected



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
marty@newsfirst.ca

Bill 40, the CAQ government's legislation to replace school boards with service centres, will remain in limbo for the time being where the province's English school boards are concerned. Last week, an appeals court judge postponed a decision until mid-September.

Quebec Superior Court granted a stay last week to the English school boards before Bill 40 can be implemented.

Quebec Education Minister Jean-François Roberge had previously said the government would appeal the decision, saying he is "convinced that we are respecting the rights

of Anglophone communities to manage and control" their school boards.

However, last week judge Benoit Moore refused to reverse the Superior Court's decision by Justice Sylvain Lussier. All of which is to say that the suspension of the law for now stays in effect for the English school boards.

QESBA reaction

The Quebec English School Boards Association (QESBA) issued a statement reacting to the new developments. "The Quebec English School Boards Association (QESBA) takes note of the decision of Justice Moore of the Québec Court of Appeal to not grant the Government of Québec's leave to appeal the August 10th decision by Justice Lussier at this time," the QESBA said.

"Justice Moore deferred a ruling on the permission to appeal to a hearing of the Court of Appeal before a minimum of three Justices, which he scheduled for September 14. In the same decision, Justice Moore also refused to lift the stay granted by Justice Lussier, deferring this issue as well to the September 14 hearing date.

"The Québec Government had filed a leave to appeal the stay of Bill 40 and furthermore, requested that the Judge immediately reverse the original judgement on the stay. This is the second reversal for the Attorney General of Québec in this case in the last two weeks.

Minority language issue

"Our community has been steadfast in the defence of our rights to manage and control our minority language educational institutions

under Section 23 of the Canadian Charter of Rights and Freedoms," said the QESBA. "This is bigger than those of us who are here now. Our Community is fighting for the vitality and future of our minority community to benefit this generation and those to come.

"Given that the implementation of Bill 40 continues to be suspended for English school boards until at least September 14, the holding of school elections on November 1 becomes totally impractical. We once again call upon the Government of Québec to postpone the November 1 school elections until 2021 and to extend the mandates of current commissioners until those elections are held. This is the only respectful and reasonable response to the current situation."

SWLSB's reaction

Sir Wilfrid Laurier School Board chairman Paolo Galati also issued a statement regarding the new developments in the ongoing contestation of Bill 40.

"In early July there was a three-day hearing on the court challenge of Bill 40 with Judge Lussier," Galati said. "The Sir Wilfrid Laurier School Board and the other eight English school boards believe that Bill 40 denies our constitutional right granted in Section 23 of the Canadian Charter of Rights and Freedoms granting an exclusive power of management and control over minority language instruction and facilities to rightsholders or their representatives.

Stay granted



"August 10, Judge Lussier granted the stay and will be hearing the court challenge in its entirety two or three months from now," he continued. "The CAQ Government, which is relentless, challenged Judge Lussier's decision to grant the stay and on August 20. Justice Moore decided not to rule on the government's request to quash the stay and furthermore has decided to refer both requests including the appeal of the stay to a panel of at least three judges during the week of September 14.

"The CAQ Government is relentless," Galati added. "They need to stop fighting everything, and focus on real solutions. Elections are supposed to be the public's way to exercise their democratic rights. An improperly planned election serves nobody. They should simply extend council terms like they did two years ago, even if only until the spring, and drop the appeal. Let the courts hear the constitutional challenge ... They need to stop fighting everything, and focus on real solutions for our back to school."

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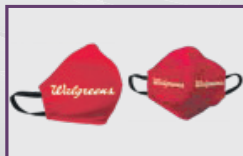
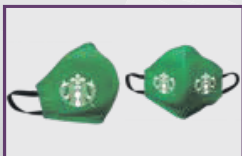
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STL overdue for an administrative overhaul, says David De Cotis

Transit corp. head says action plan to be tabled at October council



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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The president of the Société de transport de Laval says corrective action is being taken at the STL, following criticism from former STL president David De Cotis, who accused the public transit agency of failing to address shortcomings that were outlined in the City of Laval auditor general's most recent annual report.

House cleaning



De Cotis, who was vice-president of the City of Laval's executive-committee and president of the STL until a controversial break from Mayor Marc Demers's Mouvement lavallois, says the person who replaced him, Councillor Éric Morasse (Saint-François), needs to do a house clean-

ing at the STL based on conclusions in the auditor-general's report.

"Mr. Morasse needs to show leadership," De Cotis said in a statement. "The auditor-general found several important shortcomings in the management of a large number of dossiers and the management sees nothing significant in this. A plan of corrections must be quickly presented to fix the situation."

A-G made 16 suggestions

In her report, the auditor-general made 16 recommendations to improve the STL's management. De Cotis said Morasse should feel compelled by the report to table a plan in city council with a timeline for when the shortcomings will be fixed.

Among the auditor-general's criticisms, she noted that the STL's internal auditor might sometimes be called upon to participate in the management of operations that he might later have to audit. As well, she suggested that there is no mechanism in place so that an employee in the STL management can declare when he is in a conflict of interest situation when contracts are awarded.

Serious issues, De Cotis says

"These are crucial factors that can be at the root of administrative mishandling," De

Cotis commented. "Some conclusions by the auditor-general are serious. The documents handed over to the STL board are scattered, lack precision and are incomplete. How do you expect to have ethical management that is responsible and transparent? This is not a situation to be taken lightly. Corrections must be made."

With all this in mind, De Cotis drafted a resolution to be tabled at the October city council meeting, calling on STL president Éric Morasse to come up with a detailed plan and a timeline for getting the STL back on track, based on the recommendations contained in the Laval auditor-general's 2019 report.

STL head Morasse reacts

Councillor Morasse issued a statement to *The Laval News* last Monday, reacting to De Cotis's remarks. "First of all, we are aware of the report by the auditor-general and we are pleased to report that things are looking good at the STL when it comes to good management and governance," he said.

"The STL is showing itself to be working hard and the administrative board favourably welcomes the recommendations from the auditor-general with a great deal of openness. Besides, among the issues raised by the audit, several of them have already been addressed

and fixed.

Plan coming, says Morasse

"We have been working for several months on an action plan aimed at taking into account elements from the audit, notably regarding the documentation from different procedures of contract management. As agreed with the auditor-general, this action plan will be tabled in October."

"Our administrative board has been showing leadership throughout the year," added Morasse. "We didn't wait for the Mr. De Cotis's proposals to get into action. I would like to point out that in 2019 we received the Prix Performance Québec, the highest distinction issued by the Quebec government, for the quality of our overall performance. We are the first transit corporation to receive this distinction."

Canadians worried about closure of local businesses, CFIB says

Small business lobby group wants Ottawa to modify COVID-19 aid programs

(TLN) Four in five Canadians are worried their favourite local businesses may close down as a result of the pandemic, according to new public opinion research conducted by Maru/Matchbox for the Canadian Federation of Independent Business (CFIB)'s Small Business Recovery Dashboard.

The poll found:

- 82 per cent of Canadians are worried that their favourite local businesses will close down;
- 69 per cent are concerned the economy is not recovering fast enough;
- 76 per cent believe we need to start focusing more on economic recovery;
- 95 per cent believe supporting small business is key to keeping the economy healthy.

'A pivotal moment'

"We are in a pivotal moment for small business recovery," said CFIB president Dan Kelly and CFIB vice-president for Quebec François Vincent.

"Canadians' concern that some of their favourite businesses may close is not misplaced. CFIB's research shows that Canada may lose 158,000 small businesses before the end of the pandemic, particularly as many continue to face dramatically lower sales."

The latest bi-weekly data from CFIB's Small

Business Recovery Dashboard also shows:

- 63 per cent of small businesses are fully open;
- 39 per cent are fully staffed;
- 26 per cent are making normal sales.

Impact on local emerging

"Back in June, we saw that Canadians were starting to be more comfortable with eating at dine-in restaurants and going to their barbers or stylists for a haircut. Now, Canadians are realizing that a slow economic recovery will hurt their favourite local businesses and community as a whole," said Kyle Davies, Senior Vice President at Maru/Matchbox.

CFIB is encouraging Canadians to get involved in helping small businesses survive by shopping at their local, independent businesses. At small-businesseveryday.ca, consumers can participate in interesting challenges to support local businesses, and find information about other initiatives aimed at small business recovery.

Shop at small businesses

One of those initiatives is American Express's Shop Small campaign, which is encouraging cardholders to shop at small businesses by offering a \$5 credit when they spend at least \$10 with their registered card, at up to 10 different participating businesses until September 13.

"There's a reason we all have a favourite independent coffee shop, gym, or flower shop

— they give us terrific service, grow local economies and make our communities more vibrant and unique," added Vincent and Kelly. "Buying local is one of the most important things Canadians can do to help our economy recover quickly."

Changes sought to COVID aid

According to the CFIB, small business owners are also joining forces to demand important changes to the federal government's COVID-19 aid programs through an online petition.

"Small businesses have been battered by months of closures, reduced sales and new costs, and three quarters of entrepreneurs still not making their normal levels of sales. As a result, CFIB estimates 158,000 small firms (one in seven) may close," said Vincent and Kelly.

Some businesses ineligible

While many small firms have been helped by the three major government support programs, according to the CFIB tens of thousands remain ineligible — particularly for the CEBA loan program and the commercial rent subsidy (CECRA).

CFIB has asked government to make the following changes to current aid programs: Canada Emergency Business Account (CEBA): (a) extend the deadline for the program (b) immediately expand access to more firms

(those using personal bank accounts, new firms and those with less than \$40,000 in non-deferrable expenses), (c) provide clear reasons for rejection, and (d) increase the loan amount to \$60,000 and the forgivable portion to 50 per cent

Other CFIB recommendations

Canada Emergency Commercial Rent Assistance (CECRA): (a) allow tenants to access rent support directly, regardless of their landlord's participation, (b) expand coverage to more firms with lower levels of business losses and (c) extend over the summer and fall

Canada Emergency Response Benefit (CERB): (a) extend CERB for those without work, but ensure benefits stop if an employee is offered their old job back (other than for sickness/family issues), and (b) allow recipients to earn more than \$1,000/month without losing benefits

Canada Emergency Wage Subsidy (CEWS): (a) simplify the application process and (b) ensure business owners and their family members working in the business can have some of their dividend income covered

More than 7,000 business owners have already signed CFIB's petition calling for changes.

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Merry-go-round

My girlfriend and I just went through a tough time. Her ex played with her mind, saying he wanted his family back. They have a son together, and he totally convinced her.

Two days later, she told him there is no way he could move in with her by forcing the issue. He reacted, saying he didn't love her and things were better with his girlfriend anyway.

That was a week ago. I asked her if this was the closure she wanted. She responded with a simple YES. But she said she wants to take things slow and not be in a relationship right now.

She needs time for herself, time to heal, time to get strong, and time to be a little selfish, too. She said she still loves me but needs to concentrate on herself, her son, and her work. I told her I will wait for her and give her the time she needs. She smiled, then said she couldn't believe how much I loved her or that I would wait for her.

She's willing to talk on the phone, get coffee sometimes, and go to lunch or dinner every so often. We hold good, honest conversations. I knew she still loved him. We got together only two months after their separation, and that was 10 months ago.

I have two kids, and she has one. Her other concerns are, will I love her son like my own and will she love my kids like her own. I've tried to explain that she need not love them like she gave birth to them, just love them.

She is also concerned how our family will fit together living in one house. I told her, when we love each other 100%, the rest will follow. But she thinks everything has to be textbook perfect first.

I never felt such an amazing connection to anyone in my life or ever been so happy. She is my one true love. I believe waiting for her is the right choice. What do you think?

Miles

Miles, we can be a fan in love with a

star, but that doesn't mean the star is in love with us. As Cher once said, "I have a deep, superficial relationship with my fans."

Studies show that fans share three characteristics. They are persistent, they are not honest with themselves, and they make themselves underlings to the star. We are not calling you any of those things, but we will examine your relationship through that lens.

First, there's persistence. You say you will wait for her forever. That is the same as telling her, "Do whatever you want to me." In exchange for your persistence, she merely offers to share an occasional cup of coffee.

What you feel for her she seems to still feel for her ex. She has a child with him, which gives him persistent access to her life for the foreseeable future.

Second, fans are not honest with themselves. In your eyes, she is your one true love, but in her eyes she sees nothing but roadblocks. "I don't know if I can love your kids, I don't know if you can love my child, I don't know if we can share a household." Be honest with yourself about what she is offering.

Third, fans make themselves underlings. You are letting her set the terms, and her terms are "I get to concentrate on myself, my son, and my work." You want to call it "perfection seeking," but we think you are making excuses for her.

Being a fan comes at a cost, both to you and to your children. What she is putting you through, she is also putting your kids through.

The word fan comes from a Latin word which means to be "insanely but divinely inspired." Don't be a fan in love with a star. There is a madness in that, there is a pleasure in that, but there is no future in that.

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

Hot dogs were on the menu at Aglaia Revelakis's summer BBQ event

Face masks were taken off long enough to enjoy the great food



MARTIN C. BARRY

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For The Laval News
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A question. How do you eat a hot dog through a COVID-19 protective face mask?

If there is a way, the folks who showed up last Saturday outside Mourelatos supermarket in Chomedey for a hot dog barbecue sponsored by local city councillor Aglaia Revelakis would know. Because almost everyone there was wearing one.

This marked the first year that Revelakis held her annual summer outdoor gathering at Mourelatos, rather than in one of the district's parks.

Everyone pitching in

"But because this year we had been confined and were under more strict rules for COVID-19 and we have to keep social distance, we decided to do it at Mourelatos," she said in an interview with *The Laval News*.

While Mourelatos owner Efthymios Mourelatos contributed the outdoor space for the event, Harvey's restaurants franchise owner Alireza Arzani donated a big supply of hot dogs, buns and other supplies for the barbecue. Desserts were supplied by Mr. Puffs, there was popcorn from Bad Monkey, and Agga supplied the coffee.

"This is a great opportunity to come out and meet the local city councillor, while trying out some of the delicious offerings we have on the menu," Revelakis added.

Fans of Aglaia

Among the many Chomedey residents and Revelakis supporters who turned up were Evie and Irving Applebee. They were raving about the Harvey's hot dogs, although Irving insisted the restaurant's hamburgers ranked second compared to his own.

Another couple, George and Anastasia Maziotis, were also big fans of Revelakis. "We're here supporting Aglaia," said George, noting that the local city councillor has also helped to keep the Action Laval party well-anchored through thick and thin. "She has a lot to offer and has dedicated herself to the cause," he said.

A season for gatherings

Saint-Bruno city councillor David De Cotis, who is holding a similar event on Saturday Aug. 29 from 10 am to 3 pm at Euro Marché on Bellerose Blvd. East, praised Revelakis as a councillor who "is on the ground and interacts with the citizens."

"She is a people person, which is important especially in municipal politics," he added. "You can see today that so many people are coming out just to be here today for Aglaia's event. It's important for an elected official always to be in contact with the citizens."

After staging a gathering for his constituents in July, Saint-Vincent-de-Paul councillor Paolo Galati said he will be holding another in mid-September on a date to be determined. "It's always to give back to the citizens as much as possible," said Galati. "It's a way to stay in touch with the people and to give back to the community."



Among the supporters who came out for Aglaia Revelakis's annual summer BBQ outside Mourelatos supermarket on Notre Dame Blvd. last Saturday were many local residents as well as colleagues from city council. Photo: Martin C. Barry



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Back to school 2020: Get me off safely!

A few days before the start of the school year, the officers of the Service de police de Laval (SPL) will shortly begin awareness-raising operations. Through the Disembark me in complete safety campaign, they invite road users and parents to respect road safety rules around schools in the area.

In this particular school year, due to the pandemic, an increased number of vehicles is expected around schools. In order to ensure the safety of students and to relieve congestion in the immediate school environment, the SPL invites parents to follow the following instructions and recommendations:

- Determine a safe route so that their child can walk to school, when possible;

- Use the surrounding streets to park their cars, when it is not possible for their child to cover the entire route on foot;
- Encourage their child to cross at intersections where there is a school crossing guard;
- Avoid blocking vehicular traffic and doorways with their vehicle.

"When the new school year begins, the police will be present around 13 schools in Laval to make motorists aware of the right behaviors to adopt and to guarantee everyone's safety. In addition, because of the pandemic, they will ensure that the sanitary measures in force on public roads are respected," explains the director of the SPL, Pierre Brochet. "Obviously, the police will encourage parents and children to trust the crossing guards. Their presence around schools greatly contributes to student safety."

"School crossing guards are, in fact, great and instrumental collaborators of the school network and of the Laval Police Department. They protect children by showing them the safety

rules to follow and the route that leads to their school. They also contribute to the flow of traffic. Their role is essential," added Mayor Marc Demers.

Ensure road safety throughout the school year

The police will be present during four key periods during the school year. Different themes will be discussed to remind road users of the right behaviors to adopt:

1. The start of the school year: from August 31 to October 9
 2. The month of the pedestrian and the arrival of darkness: from November 2 to 6
 3. The return of the holidays, Winter and its challenges, from January 11 to 22
 4. The arrival of good weather, safety on bicycles and on foot: from May 3 to 14.
- For more details, please consult the SPL website .

Advisory - Accidental ingestion of edible cannabis products causing serious harm to children



DIMITRIS ILIAS
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Health Canada is aware of several cases of serious harm resulting in hospitalization after children have accidentally consumed illegal edible cannabis products. These products appeared similar to regular candies or foods and were stored in locations such as the fridge or freezer and without child-resistant packaging.

Obtaining cannabis from illegal sources can carry potential health risks as the products are not regulated and do not meet the strict safety and quality controls as set out in the Cannabis Act and its Regulations. These controls address issues such as the maximum amount of THC, product ingredients, packaging, labelling, production, testing, and sale, including appeal to young persons.

Canadians are reminded that they should only purchase cannabis from authorized provincial and territorial retailers, online or in brick-and-mortar stores. Legal cannabis products must be sold in child-resistant and tamper-evident packaging, and the immediate container must be opaque or translucent. Edible cannabis products may legally contain a maximum of 10 milligrams of THC per package.

All cannabis should be stored securely and out of reach of children and young persons. Cannabis should always be kept in its original child-resistant packaging. It is important to note

that the tamper-evident feature on cannabis packaging is no longer effective after it has been opened.

Who is affected?

Children and young persons are at risk of serious harm if they accidentally ingest cannabis.

Affected products

Improperly stored cannabis from legal sources and all cannabis purchased outside the legal supply chain.

What consumers should do

- If you possess cannabis, store it away from children and young persons. Be especially careful with edible cannabis, which can be mistaken for regular food or drink. Consider storing cannabis products in a locked drawer or box, and separate from regular food or drinks.
- Always purchase cannabis products from authorized provincial and territorial retailers. Cannabis products purchased outside the legal, regulated supply chain are not subject to any quality control or safety measures.
- Even adults may be unable to spot the difference between a regular candy and an edible, or a cookie with or without cannabis. By properly storing and labelling cannabis products, there is less risk of accidental consumption.
- If someone is having a serious medical emergency related to a cannabis product, call 911, or contact your regional poison center. If you have



questions or concerns about cannabis and your health, consult your health care practitioner.

Tips for recognizing legal cannabis

- Cannabis products sold by licensed retailers, containing more than 0.3% THC, are required to have an excise stamp at the point of sale. If a packaged cannabis product does not have an excise stamp at the time of purchase, it is an illegal product. Find your provincial excise stamp here.
- Legal and regulated cannabis have a number of control measures in place to minimize harms from cannabis use, including plain packaging and labelling that contains appropriate warning messages and important

information about the product (e.g., THC and CBD content).

• Provincially and territorially authorized retailers are the only legal way to purchase cannabis for non-medical purposes in Canada. Each province and territory is responsible for determining how cannabis is distributed and sold within its jurisdiction. Most provinces and territories list the locations where legal cannabis can be purchased online and in brick-and-mortar stores.

• If you purchase edible cannabis, remember that legal edible cannabis products are limited to a maximum of 10 mg THC per package. If the retailer where you are considering making your purchase sells edible cannabis products that contain more than 10 mg of THC per package, then the retailer is selling illicit cannabis that is unregulated and untested.

What Health Canada is doing

Under the Cannabis Act, and its regulations, Health Canada has created a strict legal framework for controlling the production, distribution, sale and possession of cannabis across Canada, and has established requirements for packaging and labelling of cannabis products to:

- minimize appeal to children and young persons;
- protect against accidental consumption; and
- provide consumers with information they need to make informed decisions, including the potential risks and harms of cannabis use.



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PG | Animation | 1h31



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G | Documentary



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FINDING LOVE IN MOUNTAIN VIEW

G | Romance | 1h40



NOW PLAYING

After learning she's been entrusted to take care of her deceased cousin's children, an architect is torn between focusing on her career and honoring her cousin's wish.

RUSTIC ORACLE

PG | Drama | 1h41



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A QUIET PLACE PART II

PG-13 | Horror | 1h37



COMING SOON

Following the events at home, the Abbott family now face the terrors of the outside world. Forced to venture into the unknown, they realize the creatures that hunt by sound are not the only threats lurking beyond the sand path.

STARDOG AND TURBOCAT

PG | Animation, Comedy | 1h30



COMING SOON

A loyal dog and a vigilante cat embark on a space age voyage to find their way home.

WONDER WOMAN 1984

PG-13 | Action, Adventure, Fantasy



COMING SOON

Fast forward to the 1980s as Wonder Woman's next big screen adventure finds her facing two all-new foes: Max Lord and The Cheetah.

City of Laval acquires a wooded lot in Sainte-Rose

(TLN) The City of Laval says it recently acquired a wooded lot in Sainte-Rose along the banks of the Mille Îles River, with financial help from the provincial government and the CMM, with the ultimate goal of conserving forested areas in the area.

According to the city, the move, which was also assisted by the Éco-Nature environmental group, will allow Laval to extend the amount of territory it has along the riverside to more than 1,200 metres. The city's ultimate goal is to make as much space along the river accessible to residents and visitors.

Par of bigger plan

The city says the purchase is part of the overall goals set out in its strategic master urban plan, as well as the Communauté métropolitaine de Montréal's Plan métropolitain d'aménagement et de développement (PMAD).

Total cost for the purchase was \$845,000, to which Laval contributed \$311,667. The Quebec government also contributed \$233,333. Éco-Nature contributed \$300,000 \$, which it obtained through the Canada Nature Fund.

According to the city, the newly-acquired land will be annexed to the Berge des Baigneurs, also along the river, and which is an area the City of Laval currently has set out to improve.

A promising project

"Thanks to the support of outstanding partners, this promising project demonstrates our

willingness to turn Laval into a city that is greener and more welcoming and determined to develop the urban fabric with sustainability in mind," said Mayor Marc Demers.

"There can be no doubt that our insularity is a strength. That is why we wish to develop this unique character, which starts with the preservation and accessibility to our river banks."

"The government of Quebec is happy to have supported the acquisition of a precious space for Laval and the greater metropolitan region," said delegated Transport Minister and Minister Responsible for the Laval Region Chantal Rouleau.

Conserving heritage

"This is a concrete gesture which we have taken together for the conservation of natural heritage that is so rich and fragile. I share the pride of all those who contributed to this project that will benefit the population, most notably by allowing access to the river sides."

"This initiative by the City of Laval is excellent news for the region and its citizens now and in the future, but also for visitors," said Montreal mayor Valerie Plante who also presides the CMM.

"It allows us to make one more step towards our common objective, which is to protect 17 per cent to the metropolitan territory, while contributing to the preservation of the banks of this treasure which is the Mille Îles River, one of the strong identifying symbols of the region."

Government of Canada Invests in projects addressing challenges of dementia



With more than 432,000 Canadians over the age of 65 living with dementia, communities across Canada are seeing the impacts this condition has on both those living with dementia and those who care for them. The number of people living with dementia is expected to increase, making improving the lives and wellbeing of those impacted by dementia a priority for Canada.

Patty Hajdu, Minister of Health, announced an investment of more than \$7.85 million over four years, towards 12 new projects that will support individuals living with dementia, their families, caregivers and communities. The Government of Canada is funding these projects through the Dementia Community Investment (DCI), which supports community-based projects that address the challenges of dementia. Each project funded by the DCI involves people with lived experience in helping to design, deliver or evaluate the project.

These 12 new projects will address the needs of individuals in Canadian communities in areas such as:

- Raising awareness and de-stigmatizing dementia
- Fostering effective communications between care providers, and people living

with dementia and their families to mitigate stress and enhance wellbeing

- Creating community action plans for the social inclusion of people living with dementia

The projects announced today support one of the three objectives of Canada's first national dementia strategy, A Dementia Strategy for Canada: Together We Aspire—improving the quality of life of people living with dementia and their caregivers.

In addition to the projects funded under the DCI, the Public Health Agency of Canada (PHAC) is announcing the first project under the new Dementia Strategic Fund (DSF). PHAC is providing \$163,603 to the Native Women's Association of Canada for a project entitled Stigma: An Exploration of Lived Experience, Understandings and Behaviours of Dementia within Indigenous Communities. The DSF supports the implementation of key elements of the national dementia strategy, including a national public education/awareness campaign, targeted awareness raising initiatives, initiatives that support access to and use of dementia guidance, and the creation of a comprehensive online portal to share dementia information resources with Canadians.

Deadline:
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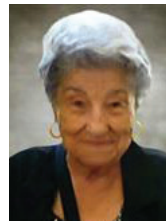
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In Memoriam & Obituaries



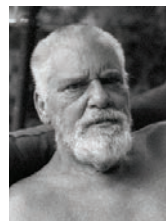
DUBOIS, Guy
1928 - 2020

In Saint-Donat, on Sunday August 9, 2020 passed away, at the age of 92, GUY DUBOIS. He is survived by his three daughters Carole, Lisette & Diane; his grandchildren Patrice, Véronique, Patrick and Corine; his great-grandchildren as well as many other relatives and friends.



VALIANTE, Rafaella
1930 - 2020

In Laval, on Friday August 21, 2020 passed away, at the age of 89, RAFAELLA VALIANTE beloved wife of the late Antonio Iapalucci. She is survived by her daughters Carmela and Maria Grazia (Antonio), her grandchildren Dominic, Pina (Ercole), Antonio, Lina and Antonietta, her great-grandchildren, her brothers and sisters as well as her brothers-in-law and sisters-in-law, nephews and nieces, relatives and friends.



DÉCARIE, Bruno
1960 - 2020

Bruno Décarie passed away on August 19, 2020 at the age of 60. He will be sadly missed by his sisters Suzanne and Michelle, his brothers Robert, Alain and Jean-Philippe, many nieces and nephews as well as faithful and precious friends.



CHATEAUVERT, Louise
1949 - 2020

In Laval, on August 20, 2020, at the age of 71, passed away Mrs. Louise Chateauvert, wife of Mr. Richard Martineau. Besides her husband, she is survived by her children, Daniel (Caroline), Denis (Sylvie), Line, her grandchildren Amélie, Sophie, Gabriel, Philippe, Cynthia, Noémie, her brother Jean-Yves (Monique) her sisters Madeleine and Lucie, and her sister-in-law Marcelle.



ST-MARTIN, Bernard
1927 - 2020

In Laval, on August 18, 2020, at the age of 92, passed away Mr. Bernard St-Martin, beloved husband of Thérèse Therrien. Besides his wife, he will be sadly missed by his adored son Stéphane (Josée), his granddaughters Émilie (Patrick) and Ariane, his sisters Lucille, Zita, Odile and Rachel, his nephews and nieces as well as many relatives and friends.



DORÉ, Diane
1961 - 2020

In Laval, on August 20, 2020, at the age of 58, passed away Mrs. Diane Doré, daughter of Mrs. Jeannine Pauzé and the late Yvon Doré. She is survived by her sons Renaud (Shanie) and Thierry, her granddaughter Béatrice, the father of her children Alain, her brothers and her sister Jean-Yves (Lise), Mireille (Vincent) and Benoit (Chantal), her niece and nephew Kim and Simon, her good friends Natacha, Louise, Linda and Carmen as well as other relatives and friends.

UNITED
— THROUGH DISTANCE —



ACCESSIBLE

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.

We're here to guide you when selecting these new options and we're committed to meeting your needs in a responsible manner.

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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HOROSCOPE

Week of **August 23 to August 29, 2020**

The luckiest signs this week:
CAPRICORN, AQUARIUS AND PISCES



ARIES

You'll be driven by a profound desire for change. In particular, you might decide to transform your home and make a spontaneous trip to the hardware store to buy paint.



TAURUS

New clothes and a different hairstyle will help you feel more at ease in your day-to-day life. You'll improve your self-esteem and feel more appreciated by others.



GEMINI

Some unexpected changes might be coming at work. If one of your colleagues loses their job, you could be asked to step into a new role.



CANCER

If you're asked to take on additional responsibilities, weigh the pros and cons before you accept. Consider whether this is truly an opportunity to showcase your strengths and add value to your life.



LEO

You'll be in an excellent position to negotiate for something that will gain you prestige. You'll be greatly appreciated by someone, even if it's just for taking a few moments to listen to them.



VIRGO

You might adopt a completely new lifestyle, such as becoming a vegetarian. Your health will be a driving force behind these changes and you'll need to break certain habits in order to feel better.



LIBRA

In your personal or professional life, you'll find yourself in situations that allow for a lot of discussion. You'll have the opportunity to broaden your social circle and make new connections.



SCORPIO

If you've taken steps to receive financing for a professional project or to purchase a home, you'll finally get some good news. Afterward, you'll be in the mood to celebrate.



SAGITTARIUS

One minute the phone is ringing off the hook, the next it's completely silent. If you leave a message with someone, be patient — you'll have to wait for their reply.



CAPRICORN

Adopting better eating habits will benefit your health in unexpected ways. A radical change to your daily routine will give you a renewed sense of vitality.



AQUARIUS

You'll develop a new circle of friends and share many adventures with them. They might even help you discover a new type of spirituality. At work, your clientele expands considerably.



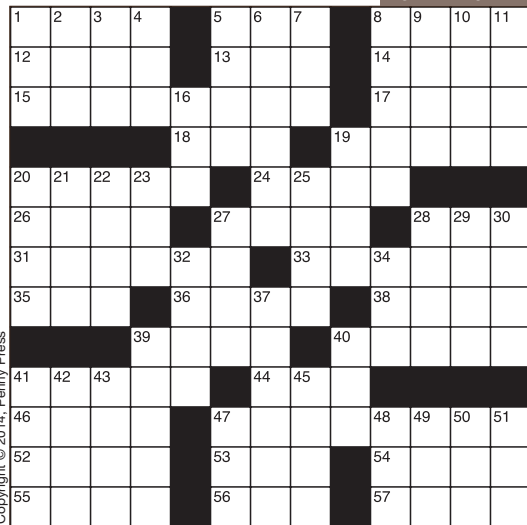
PISCES

An advancement at work will catch you by surprise and leave you feeling more stressed. A chance to unwind will be necessary once everything is in order. A break is well deserved.

Coffee Break

CROSSWORDS

PUZZLE NO. 994



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ACROSS

1. Smart kid
5. Addition to a house
8. Little rascals
12. Vehicle
13. Beam of light
14. Phone part
15. Barren
17. Bit of land
18. Volcano's output
19. Modeled
20. Cartoon cat
24. Spew out
26. Yoke of ____
27. Given by mouth
28. King's better
31. Restrained
33. Came closer
35. Letter before tee

36. Ballot
38. Vocalize
39. ____ goes nothing!
40. Roller or in-line
41. Enjoy thoroughly
44. Naval agreement
46. Fibber
47. Angry
52. Upper limbs
53. That woman
54. Likewise
55. Class
56. Peculiar
57. Trio minus one

DOWN

1. Small lump
2. Tint
3. Part of TGIF
4. Animal park
5. Important ages
6. Shaving foam
7. Drain-opener chemical
8. Foolish person
9. "Little ____ Marker"
10. "____ Rider"
11. Winter transport
16. Negligent
19. Carpet feature
20. Aft's opposite
21. Former spouses
22. Floral necklaces
23. Lodging
25. Lion's neck hair
27. Bloodhound's trail
28. Opera show-stopper
29. Lincoln's coin
30. Border
32. At all
34. Solicit
37. Watered, as eyes
39. ____ of a different color
40. Determine
41. Thin strip of wood
42. Breezy
43. Flirt
45. Football distance
47. Owl's question
48. Owned
49. Cold-weather ailment
50. Consume
51. Building site

Sudoku

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.**

PUZZLE NO. 719

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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

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