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# Quebec aims for food autonomy, with major greenhouse farming project

*Legault criticizes China, while pitching closer ties to Ontario and Alberta*



**MARTIN C. BARRY**  
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Concerned that Quebec might one day be unable to import essential foods like fruits and vegetables during a crisis like the current COVID-19 pandemic, Premier François Legault said during an online CAQ policy discussion last weekend that the government hopes to launch a major greenhouse farming project, with power provided by Quebec's vast hydro electric network.

Alluding to the CAQ's policy convention in May last year which focused on environmental issues, Legault noted that a key conclusion during that first CAQ gathering since the October 2018 election was that Quebec's hydro electric grid should play a key role in helping re-empower the province's economy.

## Ensuring food security

And while acknowledging that public and private modes of transportation as well as industry are already being retooled for this "greener" way of doing things, Legault suggested that environmentally-sustainable methods could also be implemented to assure food security.

"For me, one the great fears I had as I was trying to reassure everyone last March was that we would not be able to import fruits and vegetables during the crisis," he said, alluding to the start of the COVID-19 crisis, in a keynote address delivered during last weekend's online event.

## The focus on local

"I was truly afraid of that. And it sort of accelerated the necessity of going towards food autonomy." Out of all the food products consumed in the province, Legault noted that only around half actually are produced in Quebec.

For example, only about two per cent of the wine consumed in Quebec is made here, he said. As well, he pointed out that beef is largely imported from western Canada, although Quebec has the means to raise and process cattle on its own territory.

"There are a lot of areas of production that could be given a second look, and this is an area, agriculture, that young people could look into," Legault told the mostly young caquistes who took part in last weekend's gathering.

## Criticizes Chinese tactics

In addition to his comments on a greener approach for reviving the province as it recovers from the COVID-19 pandemic, Legault said certain questionable business practices being used by the People's Republic of China are undermining Quebec's plans for resuscitating its own economy.

"We are exporting for \$3 billion worth to China, but we are importing \$12 billion in products from the Chinese every year, for a commercial deficit of \$3 billion," he said. "This has consequences on our economy."

"And I think we will just say things they way they are," added Legault. "The Chinese often don't make calls for bids, they play with their exchange rates. And also the Chinese don't always protect the patents of North American companies. So what I would like is that we are competitive, that we are aggressive, [although] we will not be able to replace all Chinese products."

## Large commercial deficit

Legault said he and Quebec Minister of Economic Development, Innovation and Export



Surrounded by thumbnail images of young Caquistes, Quebec Premier François Legault speaks during the ruling provincial party's webcast last Sunday. "One the great fears I had as I was trying to reassure everyone last March was that we would not be able to import fruits and vegetables during the crisis," said Legault



Keven Brasseur, president of the Commission de la Relève de la Coalition Avenir Québec.

Trade Pierre Fitzgibbon had recently worked on identifying products which could be produced in Quebec, and they talked about working collaboratively with provinces such as Alberta and Ontario and their respective Premiers, Jason Kenney and Doug Ford.

"We need to work together, because all of Canada has a large commercial deficit with China," he said. "If we put our Canadian weight together, and we could think at the same time of working with the Americans, then we could maybe be competitive for certain products."

## Carbon-neutrality goal

In other developments during the webcast, the CAQ membership decided that before the United Nations holds its COP 26 climate change conference after the COVID-19 pandemic, the provincial government should take measures to set carbon-neutrality as a goal for Quebec to achieve by the year 2050.

"The current pandemic offers us a unique opportunity unique to get ahead of things with regards to future generations," said Keven Brasseur, president of the Commission de la Relève de la Coalition Avenir Québec, which organized last weekend's webcast event.

The CRCAQ is also asking the CAQ government to promote the idea of the province's work force being able to alternate between working from home and the workplace. "It is important that during this time of pandemic, young people should be able to maintain a balance between work and family and studies," the CRCAQ said in a statement.

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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo



### Speak softly and start believing.

Nothing personal but the language or languages you speak may influence whether you become infected with the Covid virus. Different languages spew more moisture than others. Do you speak softly, or loudly? Do you project when you speak, like singers, teachers, and broadcasters? A study in the journal Aerosol Science and Technology, says this all has an effect on how the virus will impact you. For example when we speak English, we aspirate a lot. We produce voiceless but plosive consonants like p, t, and k. We pronounce those letters within a word with exhaling breath. A researcher named Sakae Inouye from the University of Tokyo observed that like English, the Chinese language actually has even more aspirated letters. Inouye concluded that in Chinese, "the consonants p, t, k, q, ch, and c, when placed in front of vowels, are pronounced with a strong breath". In fact when a Chinese, English and Japanese speaker were compared, the tissue in front of their mouths fluttered in English and Chinese but not in Japanese. That could be the reason Japan has only one third the number of Covid cases of Canada, yet it has three times Canada's population. And if you speak French and most of us do, you will agree that at least anecdotal evidence suggests the expressive French, Italian, and Greek speakers have plenty of potential viral particles to pass onto others! Now it can't all be attributed to language because the Japanese have a mask wearing culture, are disciplined in social distancing, and respect their government's suggestions of avoiding crowds. We are still learning about this virus, but it's worthy of note that different speech sounds produce either more or less moisture according to the study in the medical journal LANCET. And loud speakers clearly emit more aerosolized particles than soft spoken speakers, in some cases ten times as many! So whichever way you chose, try to reduce your air flow, and keep your moisture to yourself.

No matter what language we speak we are all human beings and as humans, we tend to lie, a lot. A recent study found fully one third of the population lies about whether they have symptoms or have in fact been infected. Psychology researchers at St Catharines Ontario's Brock University found "34% of those testing positive denied having symptoms". Women more than men were more honest, older but not younger adults told the truth.

But what bothers me the most, is the recent on line Leger survey clearly showing pandemic fatigue has set in, and fully half of Canadians think our politicians are holding back information. Younger Canadians find politicians and health officials exaggerate the severity of this deadly virus. Why? Because we've been lied to, too often. Italians were told the virus was created in a Chinese lab. The Chinese said the virus originated with the US military. Donald Trump said the anti malaria drug hydroxychloroquine was the cure. Ottawa Public Health said recovered patients of the virus would not be reinfected for at least two years. Granting 14 day exemptions to Uline U.S. billionaire Liz Uihlein and her gang's private jet fly in for their 36 hour visit to Milton Ontario. That severely undermines public confidence. We were told masks were not effective. Yes they are. Health Minister Patty Hajdu admitted "We knew very early about COVID-19, the risk that it posed to human health". This was in December 2019! Hajdu, Justin Trudeau, Doug Ford, and no doubt other politicians that we don't know about have not followed their own rules. Teachers complain about class sizes but it was an infected teacher (no mask) who forced the closure of a Pembroke high school. And I am not alone wondering why 50 people can gather in a strip club but only 10 are allowed at a house party. And so one can perhaps understand why many no longer believe what they hear and have dropped their guard. And what about a vaccine. Can it be trusted now? All this despite a troubled Premier Legault saying "The situation is critical...please think about others", promising more powerful screen ads but he hasn't changed the rules, yet. Ontario's Doug Ford has, and is fed up, instituting a system of provincially enforced measures that carry heavy fines. I read this recent powerful commentary from an outraged Canadian, "Not realizing, or not caring about our overworked medical staff, selfish, spoiled, disrespectful citizens are going to kill us".

Most believe, some don't. The sad reality is one infected can send 30 others to hospital, hopefully to recover, thanks to our dead tired doctors and nurses. **That's what I'm thinking.**

Robert Vairo. robert@newsfirst.ca

## Your mask; don't leave home without it

*In an effort to limit the spread of Covid-19, police can now fine you up to \$6000 for not wearing your mask--as of Saturday September 12th*

Of course this has been coming for quite some time and no doubt it was to be expected. It's no big news to anyone that there are those out there refusing to wear a mask in public spaces, especially businesses all over the city. Social media is aflame with those for or against the decision and as it should be, as we are a democracy after all. But perhaps those refusing to wear a mask aren't seeing the whole overall picture.

Just recently the government of Quebec stated that masks were mandatory in all public spaces like stores and restaurants and others. Now call it a "gracing period" or what have you, but as of last Saturday, the government would be issuing hefty fines to anyone not wearing a mask in said places, and those fines would be hefty ones indeed.

The pandemic leading up to this

If you'll permit me a small review, the pandemic is one that is proving quite difficult to pass over in terms of moving forward. It seems to have a stronghold on many nations the world over and keeping it contained seems to be quite difficult to do, especially for those governing the many nations the world over.

Here in Quebec, Premiere Legault has done everything in his power along with his administration to rid the region of the pandemic. Of course, there are those that have criticized his decisions, but then again that can be said of any governing body in North America as well.

At the end of the day, all they can do is what we are doing ... listen to those that know what they're talking about and hope for a resolution to these issues.

The fines themselves

To say that the fines are expensive would be quite simple to state just that and stop there. In essence, the fines are extraordinarily expensive, but they were set in place for good reason. Many have been fined over the gracing period since masks became mandatory and yes, there were even some arrests if you all remember the recent Tim Horton's incident in the city where a local man was tackled to the ground out of refusing to wear a mask in the restaurant. So yeah ... this has been coming for quite some time, but in the end, it's all for a good cause, no matter how crazy it's gotten out there—and believe me when I say it's gotten crazy.

The government has stated over and over again that the masks do help, and in the end, they hope that these masks or rather the wearing of them will help in stopping the spread of Covid-19. The fines themselves will act as inspiration, and will hopefully dissuade those not willing to comply.

Karaoke bars

As it turns out, Karaoke bars will be closing, or rather not allowing patrons to enter the stage area of particular establishments, if they have one where singing at the microphone is possible. This practice was obviously a problem, as those at the mic would certainly rip off their masks and try to belt out one of their favorite songs in order to have a good time and essentially garnering themselves a few seconds of notoriety.

The closing of these bars and or stage areas is also good sense, very much like the fining of not wearing masks, and if you think about it, you'll agree as well.

Who we're doing this for

In the end, perhaps it gets lost in the media and out there on social media as to why we're doing this. Covid-19 doesn't affect everyone the same way and those that have gotten it and have gotten over it are certainly not those that are severely at risk. So who, in the end, are we doing all this for?

The sick, the old and those that are at a higher risk for whatever reason are those we must protect out there. So ... in the end, if that means wearing a mask when we go out and washing our hands an exaggerated amount of times and even singing at home alone or in the shower until this thing passes us by, I'd say those at risk are well worth the discomfort.

**Wouldn't you?**

Domenic Marinelli

# Are the nasal pcr tests for Sars-2-cov too “sensitive”?

Dr. Christos Karatzios clarifies



**DIMITRIS ILIAS**  
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A lot of commotion in the news lately concerning tests. The good news is that newer and faster tests are being developed with a saliva gargle test on the verge of approval in BC.

At CNN though, there was a headline in the ticker tape that turned heads and spread like a virus (pardon the pun) in all sorts of conspiracy web pages. “Health experts warn Covid-19 tests aren’t just slow, they’re too sensitive”. NSN reached out to Dr. Christos Karatzios Assistant Professor of Paediatrics at the Montréal Children’s Hospital for a much-needed clarification.

The doctor started by saying that people didn’t understand what they were reading and of course they told him that positive tests are “false positives”.

## His answers are all here:

Yes, the tests are sensitive. They HAVE to be. They pick up genetic RNA material of SARS-2-CoV in your nose.

No, the tests do not pick up false positive results. The nasal PCR test for SARS-2-CoV ONLY DETECTS SARS-2-CoV and nothing else. So, it doesn’t pick up “other coronaviruses”.

The false positive rate is extremely low and mostly has to do with lab error (i.e. contamination with a positive sample in the lab). This is very rare.

The false negative rate is much higher due to various factors (i.e. sampling error - not getting the swab deep enough in the nasal passage, or sample timing - too early in the disease or too late).

The test is a “YES” or “NO” test for the presence of the virus. It tells you nothing about live (growable and infectious virus), or dead remnant pieces of the RNA (therefore not infectious virus).

Someone can remain positive for weeks as many of my friends reading this have. Some have stayed positive for 6 weeks. It does NOT mean they are contagious all these weeks.

Immune suppressed people and people with severe COVID-19 (in ICU on a ventilator etc), may be contagious for 3-4 weeks.

For the rest of the healthy population (i.e. children in school) who got COVID-19, live infectious virus stops shedding after about 10 days. Your test can still pick up genetic pieces after this but the virus is dead.

A quick hint: do you have fever and a bad cough and diarrhea? You’re contagious until all gone. You were contagious 1-2 days before it all started.

A PCR is a test that checks for the genetic material and, if present, enzymes in the test start making copies of the genetic material until we are able to detect it. The checking happens in cycles. The less cycling needed to detect, the more genetic material that exists in that swab and so the Ct (cycle threshold) is LOW. The less genetic material that exists in the swab, the higher is the Ct.

This is NOT a viral load. It does not give you a number of copies of the virus per mL of snot or per nasal surface cells in your nose. This is the major mistake many papers and scientists are making.

A viral load has a curve - so therefore it rises - and it falls -. Scientists can only presume that with the current PCR test the Ct rises and falls too. But a viral load curve needs a denominator to be constant and that is the sample. In HIV we know the viral load of a patient because we

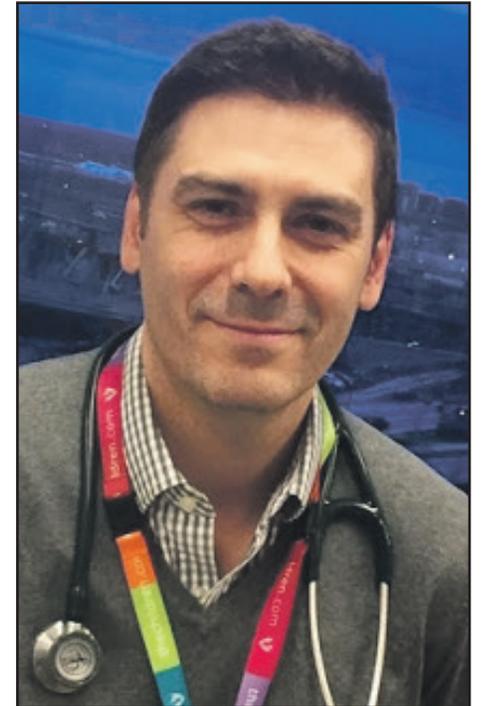
sample a constant blood volume. For a respiratory virus like SARS-2-CoV, it depends on the sample and this isn’t constant as many of you who have had the test done know - you thrash about because it’s uncomfortable and there may be less cells in the nasal swab. Or the testing person samples the front of the nose where the virus doesn’t live well when compared to the back of the nose. There is no constant denominator unlike a blood test - and we don’t have those developed for this pandemic.

Unlike flu (300 viral particles in droplets but 3 if airborne), Shigella causing shigellosis and dysentery (1-10 bacteria), and Salmonella causing typhoid fever or other salmonellosis diarrheal illnesses (100-200 bacteria) we do NOT know the infective dose of the SARS-2-CoV.

So, even if we knew the viral load of the test we would not know what it meant. Does it take 1, 10, 10,000 viral particles to cause COVID-19? What about black people who have higher numbers of ACE receptors for the virus, or kids and mild asthmatics who have less? How many viruses are needed to cause disease in them? We just don’t know and we will not know for a while. Remember we are learning as we live. We are building the boat as it is sailing during this pandemic.

Also, what if the viral load is low...can a child return to school let’s say as was suggested by CNN? How do you know if the viral load is on the upswing (early in the disease and the patient is asymptomatic and will have a big viral load in a few hours when he/she becomes presymptomatic) or late in the disease as it has passed?

In conclusion, yes, the tests are sensitive but they are specific for this virus only. If positive we don’t know where you are on the disease timeline unless you have symptoms. Isolation



**Christos Karatzios Assistant Professor of Paediatrics at the Montréal Children’s Hospital**

and contact tracing are the only way to control this disease apart from wearing masks, washing hands, and keeping distances. Unfortunately, we can’t predict who can go to school or who can’t. If an outbreak happens based on positive tests, a school may need to fully close. Unfortunately, that’s the limits of our technology. Maybe in a few months we will know more.

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# CITYWATCH

By Martin C. Barry

The implementation of new traffic lights at Saint Martin Blvd. and 100th Ave., an updated report on Laval's economic situation during the ongoing COVID-19 pandemic, and special drainage grooves in sidewalks were some of the items the City of Laval's executive-committee approved during a meeting on Sept. 9.

The executive-committee's members decided to award a contract for \$55,188 (including taxes) to FNX-INNOV to prepare plans and specifications prior to installing a new system of traffic lights next year at the intersection of Saint-Martin Blvd. West and 100th Ave.

## Traffic lights at 100th Ave.

According to the city, traffic in the area is currently being managed by a system consisting mostly of stop signs. Considering the growing volume of traffic in the area with more anticipated in the future, the city considers it to be important to improve the current system with traffic lights.

The City of Laval's economic development department issued a new report on the city's recent economic performance. The department issues reports several times a year consisting of the principal data compiled on Laval's economic performance, to which is added a table summarizing yearly economic indicators for the previous five years.

The city says this data provides a picture of the economic health of Laval's economy, while allowing anyone to follow the progress of the situation. In the current context of COVID-19, says the city, a special issue of the report was created in order to put the impact of the

pandemic in context. As such, data from Laval, Quebec and Canada were included in order to provide a full perspective of the situation.

## Sidewalks on Albert-Murphy

While dealing with a program for implementing new infrastructure for the management of rainwater, the City of Laval's engineering department is proceeding with the preparation of plans and specifications for the creation of new drains with shrubs and greenery in sidewalks to be built soon.

The new sidewalks will be created on Albert-Murphy Ave., south of Le Carrefour Blvd., as well as on Berlier St., between Le Corbusier Blvd. and Industriel Blvd.

To do this, the executive-committee members decided to award a contract for \$66,247,22 to Englobe Corp. to conduct an environmental condition and geotechnical preliminary study of the soils. This was deemed necessary before the preparation of plans and specifications for the project.

## Executive-committee members

The City of Laval's executive-committee meets each week to make decisions on a variety of issues. The executive-committee includes the following people: Mayor Marc Demers, vice-president Stéphane Boyer (also councillor for Duvernay-Pont-Viau) councillors Sandra Desmeules (Concorde-Bois-de-Boulogne), Ray Khalil (Sainte-Dorothée), Virginie Dufour (Sainte-Rose) and associate members Nicholas Borne (Laval-les-Îles) and Yannick Langlois (L'Orée-des-Bois).

## Contract awarded for the creation of a pedestrian walkway at la Concorde sector



The City of Laval awarded a contract for the creation of a pedestrian path between Françoise-Gaudet-Smet St. and the western boarding dock at the de la Concorde intermodal public transit station.

According to the city, the purpose of this project is to encourage active mobility by improving security and pedestrian connections near the Metro station.

## Careful planning

"The creation of a pedestrian passageway is a defining act for the sector," says Mayor Marc Demers. "It will make things more convenient and lead to more efficiency for people on foot,

especially for those living north-west of the Concorde Metro."

In order to complete this project, the city demolished a property located near 435 Françoise-Gaudet-Smet St. (previously Robert-Élie St.). As well, the city acquired part of a property located at 439 Françoise-Gaudet-Smet St.

In addition, the city two other property acquisitions, in order to pursue the revitalization of the sector and transform into a more appealing environment. The city took possession of a property at 626 Léo Lacombe St. and will be proceeding with its demolition this fall.



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# New home prices see biggest monthly jump in 3 years as lumber prices soar

*Building materials are hard to get your hands on right now, which is driving up prices*

The price of new homes in Canada jumped by the biggest amount in more than three years last month, because of sky high costs for building materials during the pandemic.

Statistics Canada reported Monday that its New Housing Price Index, which tracks the price of newly-built homes, rose by 0.5 per cent in August.

It's the fourth straight monthly increase and the biggest monthly jump since May 2017.

The COVID-19 pandemic that started in March and continues to impact all parts of Canadian life has had a big impact on the housing market, first bringing the reselling of homes to a grinding halt as lockdowns and social distancing requirement kept everyone at home. But demand bounced back in a big way, as the normally slower summer months saw record sales. That demand is spilling into the market for new homes, too.

All that time at home has caused homeowners to want to spruce up their homes and renovate, and that's driving up demand and prices for things like wood, drywall, wiring and tubing.

"With physical distancing measures still in place, some homeowners chose to divert their summer vacation funds towards renovations and home improvements," Statistics Canada said.

New home construction is also feeling the pinch, caused by higher demand for those same building materials. Suburban areas just outside big cities are seeing tremendous demand.

For the year as a whole, the index is up 2.1 per cent. That's its highest level in more than two years, dating back to March 2018.

The data agency says homebuilders expect the record high lumber prices this year will most likely add an extra \$5,000 to \$10,000 to the cost of a single family house.

"In the short term, it is expected that the shortage of lumber and building supplies will persist due to the uptick in homebuyer demand, the increased renovation activities in North America, as well as the lingering effects of the reduced operations at sawmills earlier this year," the data agency said.

## Soaring lumber prices

Soaring lumber and wood panel prices are adding thousands of dollars to the cost of building a home in Canada as strong renovation and new housing demand outstrip supply.

The latest price list from research firm Random Lengths released Thursday shows SPF (spruce, pine, fir) two-by-four boards at a "mindboggling" record level of \$760 US per thousand board feet, up \$82 on the week, according to Kevin Mason, managing director of ERA Forest Products Research.

"You've got buyers who care more about just getting product than they do about the price," he said in an interview.

"The companies have purchase orders sitting on the desk and it's, like, when you get product, send it to us, and just tell us what we owe you. Buyers don't care. Right now, it's an absolute panic, a scramble to get product."

The run-up over the past several weeks has demolished the previous North American record high of \$650 US set in mid-2018, he said, adding prices for other building products are rising just as quickly.

## Costs passed on to consumers

Homebuilders say increases this year to date will translate into \$8,000 to \$10,000 more to build a typical single-family house in Canada.

The higher costs are passed to customers when lumber supply contracts expire at the

end of August. The rise in demand comes from increased interest in renovations by people working from home during the pandemic, along with a strong housing market in Canada and the U.S. fuelled by people's renewed appreciation of having their own homes and aided by extremely low interest rates.

Supply, meanwhile, has fallen as several mills were closed over the past year due to a shortage of wood fibre after a mountain pine beetle infestation and recent wildfires. Those mills aren't likely to reopen soon, he said.

"The whole industry is shrinking": Forestry contractors losing work amid mill closures

Many North American mills curtailed production temporarily earlier this year because of the COVID-19 pandemic lockdowns.

Lumber production was about 1.6 billion board feet lower in April and May compared to the same months in 2019, said analyst Paul Quinn of RBC Dominion Securities in a report. That's equivalent to removing about 4.5 per cent of total 2019 production in North America.

The actual demand was higher than produc-

tion in both April and May due to strong R&R (renovation) demand, which resulted in distributors drawing down inventory levels.

Canadian lumber production declined by 18.9 per cent in May. In the U.S., production fell by 6.8 per cent.

In a research report, CIBC analysts point out that current lumber prices are just two per cent less than the all-time peak in November 1996 when the price for two-by-fours hit \$480 US (or \$775 US in today's dollars after adjusting for inflation).

## STL news September 2020

STL Société de transport de Laval

## New fares effective October 1

The Unlimited Evening and Unlimited Weekend titles will be available in all public transportation in Greater Montreal.

In addition, a new fare schedule set by l'Autorité régionale de transport métropolitain (ARTM) will come into effect on **October 1**.

Consult the fare schedule at [STLaval.ca/fares](https://STLaval.ca/fares)



## Cyclobus : Still around!

The bike racks on our buses are staying on until **October 31**.

To cover longer distances or take cover from the rain, simply mount your bike onto the front of the bus and carry on forward with your commute.

[STLaval.ca/cyclobus](https://STLaval.ca/cyclobus)

## New bus shelters in time for fall

Over the course of the last few weeks, we've begun adding and upgrading bus shelters.

By year's end, we will have replaced **27 bus shelters** and added **10 new ones** across the network.

A major undertaking designed to provide you with added comfort, rain, snow or shine.

## Don't leave home without it

Remember: **Face coverings are mandatory** on our transit network (regular, paratransit, shared taxi) and at bus terminals (both inside and on the docks) for riders **ages 10 and up**.

Thank you for adhering to this new rule for your health and that of others.

[STLaval.ca/covid19](https://STLaval.ca/covid19)

## Students: Renew your OPUS card

Dear Students: You have until **October 31** to renew your OPUS card with photo ID to enjoy a reduced fare.

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# Two Mountains To Climb: Canada's Twin Deficits and How to Scale Them

Canada must come to grips not just with a massive fiscal shortfall but also consecutive deficits in our current account, a broad measure of our trading and investment relationship with the rest of the world. A government plan must be growth oriented if we are to get the twin deficits under control without resorting to the drastic measures of 25 years ago.

## INTRODUCTION

The 2020 COVID-19 crisis has produced a unique economic emergency layered on top of a decade-long build-up of pre-existing weaknesses. One cannot be addressed in isolation from the other.

The 21st century began well for Canada. Our fiscal turnaround had proven durable as our debt-to-GDP ratio moved steadily downward. We were running a current account surplus with the world on the backs of strong demand and good prices for our exports and net inflows of foreign direct investment. We were building our net worth as a nation and setting the stage for future growth through the creation of new economic capacity. As a result, jobs and income were on the rise, along with opportunity.

But the situation began deteriorating in the second decade of the new century. The current account, a broad measure of our trading and investing relationship with other nations, turned negative and remains there. Non-energy exports never recovered after the Great Financial Recession and the tide turned against investment in Canada following the 2015 oil price collapse. In the long run, the real income of Canadians and the public programs they cherish depend on the value of the goods and services (GDP) Canadian workers and businesses produce. We maximize their impact by exporting those in which we are most cost efficient and importing those where we are less efficient.

Long before COVID-19, however, the signals were straightforward and stark: Canada's industries were losing ground in global competitiveness and attractiveness to foreign investors. Even Canadian businesses and individuals were finding more appealing places to invest. We were no longer building our future at home, but rather collecting rents in the present on investments from the past, like coupon clippers living off past prosperity.

Today, policymakers are being called upon to address these pre-COVID economic and

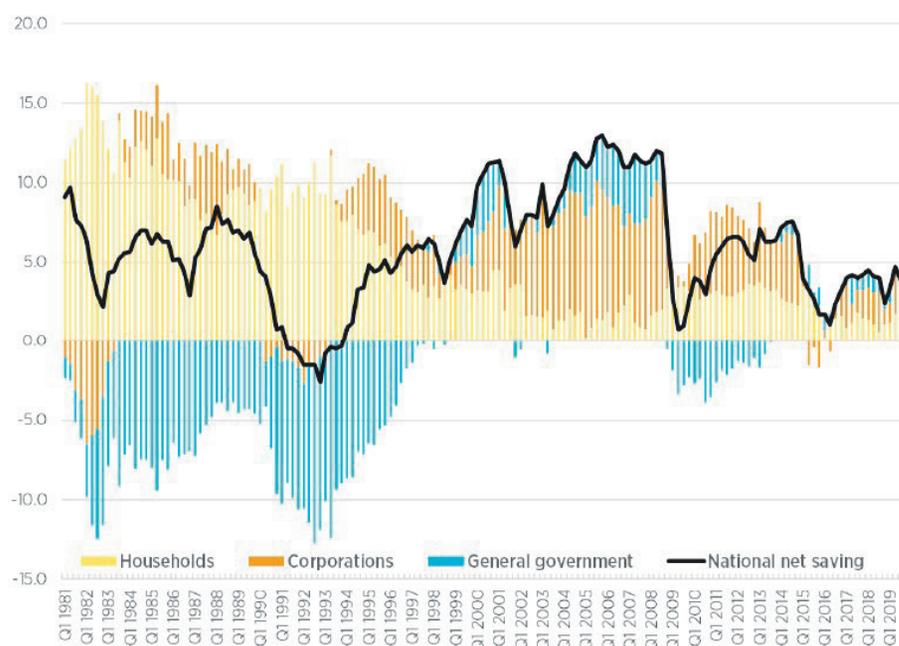
policy weaknesses alongside brand new pressures introduced by the crisis—the explosion in public debt, heightened demands for social security and health care and, leaving aside long-term climate pressures for the moment, the further erosion of the price for our largest export category by far, crude oil and bitumen.

It is more incumbent than ever for governments to know where they are headed overall, and to communicate effectively with citizens, markets, global trading partners and investors about how we intend to get there. If Canada is to fully recover from the COVID crisis, we need to articulate and promote a medium and long-term plan to restore ourselves as a favoured destination for investment and to use that investment to enable forward-looking industries and entrepreneurs to make and sell what the rest of the world wants to buy from us. This is the way to enhance the standard of living for Canadians.

The messages of this paper are very simple:

- You can't eat what you don't produce, and the value of what we are producing as a country is not covering what we are consuming. We can continue along that way for a while, but it is not a sustainable proposition.
- You need to invest today to produce more and better in the future. Over much of the past decade, we have been investing less in our future while consuming more in our present, as evidenced by our lower net national savings rate (Figure 1). The COVID crisis exacerbates those trends.
- You want to produce where your value is greatest. We need to add greater value to what we produce and, to the extent we are moving away from our biggest export, oil, we need to find competitive replacements that are attractive to buyers abroad and secure access to those markets.
- You need greater productivity increases to compensate for an aging population. As our population ages, the growth of our labour force slows—and so doesn't provide our historic natural growth of output. In order to preserve our living standards and quality of life, we need to maintain high immigration levels and ensure faster productivity gains.

Ultimately, this paper is optimistic in seeing in the COVID crisis the shock we have needed to muster the attention and will to address our weakening economic base. Over the past decade, the Canadian economy has been like the



**Figure 1: Net Saving as % of National Disposable Income | 1981Q1 to 2019Q4**  
Source: Statistics Canada, table 36-10-0111-01.

proverbial frog in the pot of water, never really feeling the gradually rising heat and therefore failing to react proportionately. The COVID crisis represents a sudden rise in temperature.

It is not too late for Canadian policymakers to get this right and bend the future more definitively in the favour of Canada and Canadians. This paper sets out some thoughts on how this can be done.

## PART I: THE CURRENT ACCOUNT CHALLENGE

Most attention to the economic effects of the COVID-19 crisis has been devoted, not inappropriately, to Canada's burgeoning fiscal deficits and the labour market insecurity of Canadians. While one may quibble with this measure or that, a robust government response to an unprecedented crisis was absolutely necessary—and so we will have to determine how to distribute the burdens of this debt over time and among different segments of the population.

There is a second deficit that also merits

serious public attention. Canada's current account provides a reliable reflection of the medium-term strengths and weaknesses in the economy. The current account represents the sum of Canada's economic interactions with the rest of the world—imports and exports of goods and services, payments to foreign holders of the country's investments against payments received from investments abroad and transfers such as foreign aid or remittances. The current account can be in deficit for a time without problem. During an economic expansion, for instance, Canadian purchases of capital and consumer goods from abroad may rise.

But a chronic current account deficit that never corrects, particularly in times of global economic uncertainty, eats away at the confidence of foreign lenders and investors, sometimes resulting in sudden plunges in the value of national currencies and the rise, in response, of domestic interest rates—something Canada experienced in the mid-1990s and can ill afford today.

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# TWO MOUNTAINS TO CLIMB

## CANADA'S TWIN DEFICITS AND HOW TO SCALE THEM

by David Dodge

was a “capital short” economy. We were able to grow our output from capital-intensive industries by being an attractive destination for foreign investment. Growing our exports of goods allowed us to service these foreign capital inflows and thus to maintain access to global capital markets on favourable terms. Canadians were well served by this balance in

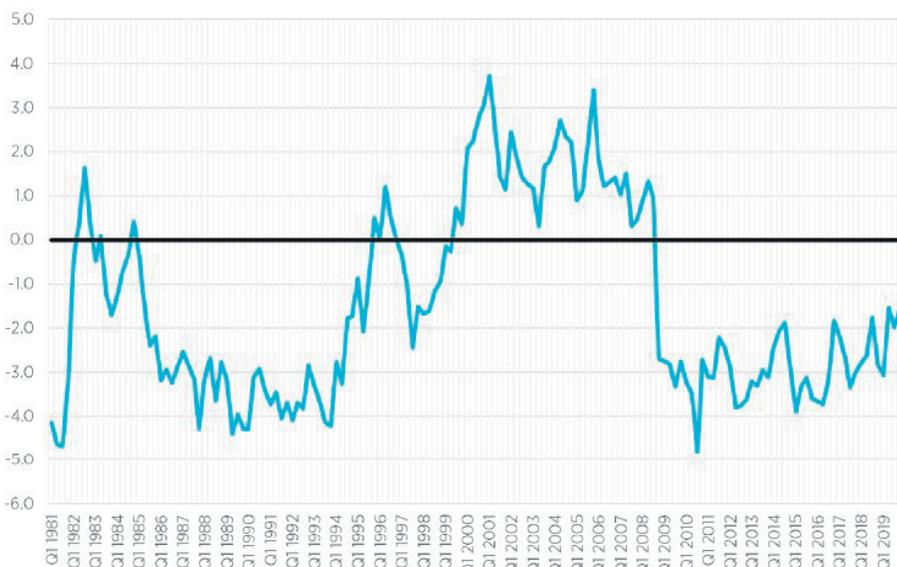
approximately \$50-\$60 billion shortfall every year. Even though Canada fared relatively well in the Great Financial Crisis of 2008-09, net exports of non-energy goods, including motor vehicles and parts, declined sharply in the aftermath from about 2% of GDP to minus 4%. The deficit in services also worsened as did the flow of direct investment into Canada, especially into

In 2019, our energy sector nonetheless contributed a net \$76.6 billion to the current account, largely covering net consumer imports (\$55 billion) autos (\$22 billion) and travel services (\$11 billion). Of the energy contribution, some 80% came from crude oil and bitumen. Adding natural gas brought the share above 90%. Coal was third, electricity fourth. Fossil fuels and other resources held the economy aloft, particularly through the 2008-09 recession, a reality that for now remains intact and therefore that we must accept even as we transition away from them. Too abrupt a move will generate painful shocks

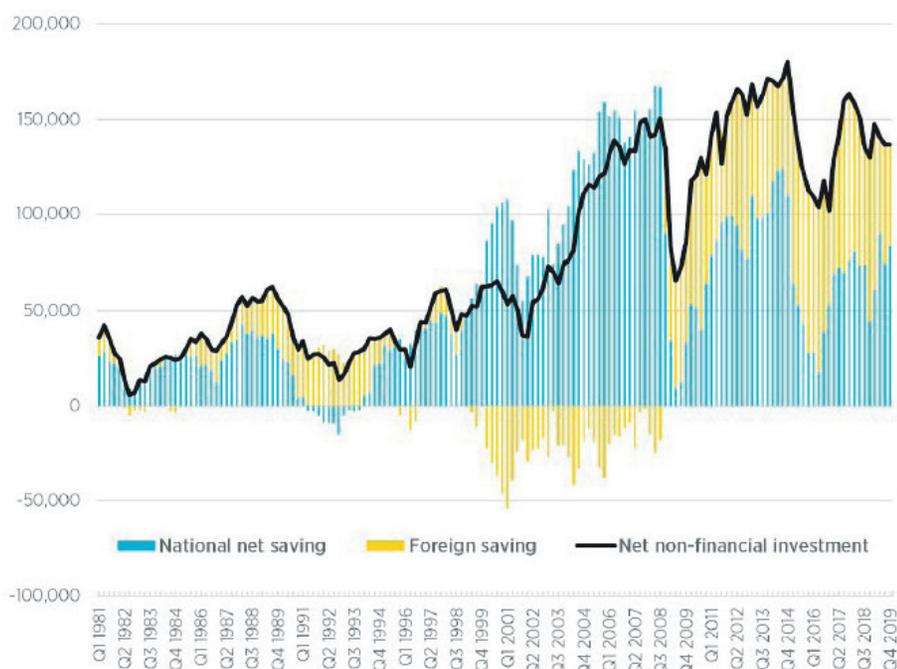
to the overall economy.

Direct foreign investment in the oil and gas sector has also fallen off. Even domestic Canadian firms are increasingly choosing to build businesses elsewhere in the world. [see Figure 4] By the end of 2019, Canadian direct investment assets abroad at market value outweighed foreign direct investment into Canada by \$804 billion, almost all of that built up since 2012.

*to be continued...*



**Figure 2: Canadian Current Account Surplus (+) / Deficit (-) as % of GDP**  
Source: Statistics Canada, tables 36-10-0121-01 and 36-10-0104-01.



**Figure 3: Saving and Investment in Canada (\$m)**  
Source: Statistics Canada, table 36-10-0111-01.

our economic relations with the world.

In the years before the 2008 financial crisis (see Figure 2), Canadian goods exports exceeded imported goods by a healthy 3-5% of GDP, of which the first three percentage points were attributable to net energy exports. The latter were enough to offset net imports of services and consumer goods as well as a net outflow of interest payments on government and corporate debt, a positive trend line that lasted through the early years of the 21st century. (See Appendix A).

Going into the COVID crisis, however, Canada's current account had deteriorated significantly. We have been recording annual current account deficits with the rest of the world of between 2% and 3% of GDP, an

the oil and gas sector. By the time the pandemic hit, Canada had recorded 11 consecutive years of current account deficits as we borrowed from foreign savers to make up for the shortfall of domestic savings to finance capital investment. [see Figure 3] The current account deficits can also be seen as the inevitable product of Canadians and their governments choosing to borrow to maintain a high level of private and public consumption rather than finding ways to generate national income through added production.

Oil was one of the few export sectors that held up well, despite little access to offshore markets and a lack of bargaining power with U.S. refineries, which extracted a discount below the world price.



**Figure 4: Canadian Investment in Canada and Abroad | 2010 = 100**  
Source: Statistics Canada, tables 36-10-047-01 and 36-10-0104-01.

### The Canadian Payroll Association Elects Christian Coutu, CPM, as Board Chair



The Canadian Payroll Association's Board of Directors is pleased to announce the election of Christian Coutu, CPM, as its 2020-2021 Chair.

In this role, Christian will work to seize emerging opportunities to elevate the payroll profession, respond to current challenges, and adapt to external market forces, to move the Canadian Payroll Association towards its keystone strategy of being THE association for the payroll profession in Canada.

With over 33 years of experience in payroll and accounting, Christian's career has spanned multiple sectors, including managing payroll for retail, engineering and pharmaceutical organizations. As Payroll Director at Intact Financial Corporation based in Montreal, Christian currently oversees payroll systems implementation, call centre technologies, and strategic payroll management for the largest provider of property and casualty insurance in Canada.

First elected to the Board of Directors in 2014, Christian's involvement with the Canadian Payroll Association has spanned over three decades. In that time, he has also volunteered on the Association's Quebec Regional Council, the Provincial Government Relations Committee and the Annual Conference Committee. He has been frequently called upon to speak at professional development and networking events, contributed to the Association's market research and helped to raise the profile of payroll during National Payroll Week.

The Canadian Payroll Association congratulates Christian on his appointment.

The Canadian Payroll Association is Canada's leading source for payroll knowledge and expertise. Its more than 21,000 members depend upon the Association for certifications, professional development, tools and best practices. Recognizing the essential nature of payroll, the Canadian Payroll Association actively advocates for payroll with Federal, Provincial and Territorial governments to ensure payroll legislation, regulations and administration are efficient and effective for all stakeholders.



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# An approach adapted to the different regions to limit transmission of the virus

It is now more important than ever that we follow health measures to limit the spread of the virus. It is essential that each of us remains vigilant and adopts good habits. Since the virus is not spreading everywhere at the same rate, a new tool has been implemented to show how the situation is evolving in each Quebec region. This four-level alert system will make it easier for you to keep track of the government's interventions.

We must contain the spread of the virus throughout Quebec. This is how we can retain some level of normalcy over the next few months. Each region can make a big difference in limiting the spread of the virus. Let's continue to protect each other.

## Progressive regional alert and intervention system

The Progressive regional alert and intervention system specifies which additional measures each health region must take to slow the transmission of the virus. These depend on the alert level reached and are intended to limit the health, social and economic impacts of COVID-19, protect those who are most at risk and avoid overburdening the healthcare system.

The alert levels are established based on the recommendations of public health authorities who regularly review the situation, taking into account the epidemiological situation, transmission control and the capacity of the healthcare system.

Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**

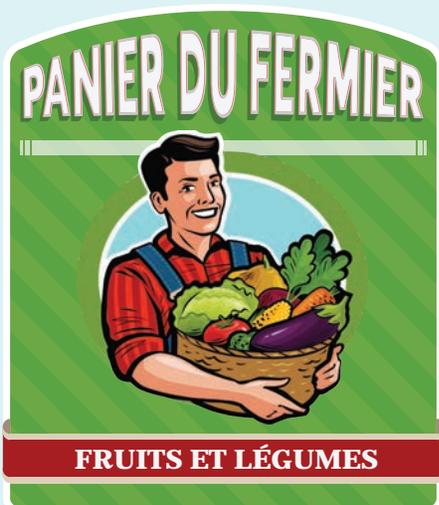


- > Keep your distance
- > Wear a face covering
- > Cough into your elbow
- > Wash your hands
- > Adapt your greetings

# **MATURE LIFE**

**RICHARD  
PELLINO:**

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## FILIA Association for Senior Citizens holds first Walk A Thon in Laval

*'A lot of our members are now from here,' says FILIA founder Johanna Tsoublekas*



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

Although the year 2020 has been far from normal up to now because of COVID-19, it seemed only fitting that the FILIA Association for Senior Citizens would go with the flow and break with a longstanding tradition beginning this year.

So, while this marked the 14th year in a row FILIA was holding its annual Walk A Thon for senior citizens, this was also the first year the Park Extension-based organization held its health and awareness-raising event on a gorgeous autumn Saturday Sept. 19 at Saint Norbert Park in Laval's Chomedey neighbourhood.

The impact of COVID  
"We decided to do it in Laval because a lot of our members are now from here," said Johanna Tsoublekas, founder of FILIA. "However, because of COVID-19 there are not as many people this year who have come out. But many of our members and supporters live in Laval.

"But the thing is that with the COVID, many who are of a certain age are now afraid to come," she continued. "All the same, we prepared carefully with face masks for those needing them. And we are, of course, keeping at a safe distance at the same time."

### FILIA offers services

The Walk A Thon is held in September every year as a fundraiser for the FILIA meals-on-wheels program. While FILIA's initial mission was to provide assistance to Greek women of the Park Extension Hellenic community and later throughout Montreal, its mandate has since been broadened and people of every origin are now welcomed.

Some of the services FILIA provides are home housekeeping and supervision, volunteer training and a healthcare clinic for the feet. During this year's Walk A Thon, rather than make their way around the streets of Park Extension, the walkers made their way along a circuit that went around Saint Norbert Park on Cartier Blvd. in eastern Chomedey.

### Smaller event this year

Those who wished could later stop to rest and chat with longtime friends in Saint Norbert Park, while also enjoying the bagged lunch prepared by FILIA volunteers for everyone who took part in the walk. Although grilled souvlaki has traditionally been served at past FILIA Walk A Thons, the limiting conditions this year meant the organizers could only offer the bagged lunch.



Among the special guests at the 2020 FILIA Walk A Thon were elected officials from Laval and other areas of the greater Montreal region. They included Chomedey MNA Guy Ouellette, Laval-Les Îles MP Fayçal El-Khoury, Laval city councillor for the district of Souvenir-Labelle Sandra El-Helou and Saint-Laurent MP Emmanuella Lambropoulos. PHOTO: MARTIN C. BARRY

Among the special guests at the 2020 FILIA Walk A Thon were elected officials from Laval and other areas of the greater Montreal region. They included Chomedey MNA Guy Ouellette, Laval-Les Îles MP Fayçal El-Khoury, Laval city councillor for the district of Souvenir-Labelle Sandra El-Helou and Saint-Laurent MP Emmanuella Lambropoulos.

### Officials among the guests

"I just want to thank everyone for being here today," said El-Helou. "It's not easy with the COVID situation. I would particularly like to thank Ms. Tsoublekas for everything she's doing for people. And my thanks also to my colleagues for being here today. It is a pleasure to be among you."



While maintaining distancing rules, Laval-Les Îles MP Fayçal El-Khoury, right, speaks with FILIA founder Johanna Tsoublekas. PHOTO: MARTIN C. BARRY

"I would like to thank the organizers, and in particular Johanna Tsoublekas, for organizing this event today," said El-Khoury. "I am very happy to be here and to see the good work being done by FILIA for seniors here in Laval. I am working on their behalf in Ottawa and will continue to do so."

### Gathering in Laval at last

Ouellette noted that holding the FILIA Walk A Thon in Laval was the fulfillment of a long-time ambition for Tsoublekas. "Johanna has had this dream for so long," he said, noting

that Tsoublekas had spoken about it to him when FILIA held gatherings in recent years for supporters at the Château Royal in Chomedey.

"I am here to express my support for FILIA which does great work for the senior community on the island of Montreal and in Laval," said Lambropoulos.

"It's important to promote the fact that we can still live in health while finding ways to protect ourselves from COVID-19, regardless of the fact this virus is going around. If we wear masks and keep our distances, there are ways to continue living normally while staying healthy."



Participants are seen here proceeding along 66th Ave. near Saint Norbert Park in Chomedey on Saturday Sept. 19 during the 14th annual FILIA Walk A Thon. PHOTO: MARTIN C. BARRY

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The Table régionale de concertation des aînés de Laval is proud to point out that the

# International Day of Older Persons

is being celebrated this coming  
**October 1st 2020**

Your contribution to our society is immense  
You are a source of constant inspiration  
We are here thanks to you  
You deserve all the best  
You show a strength and a courage which are exemplary  
Thank you for being there!

Your strength and your courage are  
a beacon of light for the younger  
generation.

*Seniors, the engine of our communities*



The Table régionale de concertation des aînés de Laval brings together around sixty organizations representing the interests of seniors. It is a place for exchanging views, for consultation and for partnership to better understand the needs and issues of our seniors. The TRCAL is the benchmark for regional organizations, as well as all for other ministries and groups concerned with the living conditions of seniors.



**MARIE-JOSÉE LONGCHAMPS**  
spokesperson 2020



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# MATURE LIFE

## Table régionale de concertation des aînés to mark International Day of Older Persons

*'Senior citizens should become one of our priorities,' says TRCAL's Carole St-Denis*



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

With the COVID-19 pandemic continuing to impact many lives – but especially those of senior citizens – the Table régionale de concertation des aînés de Laval is reminding everyone, as the annual International Day of Older Persons approaches, to be mindful of the needs and wishes of senior citizens throughout the year.

The International Day of Older Persons is observed on Oct. 1 annually. The day started to be officially observed after Dec. 14, 1990, when the United Nations General Assembly voted for a resolution to establish Oct. 1 as the International Day of Older Persons.

### Spotlight on seniors' issues

International Day of Older Persons was observed for the first time on Oct. 1, 1991. The purpose of the day is to raise awareness of the issues affecting senior citizens, such as elder abuse and senescence. (Senescence is the gradual deterioration of a person as he or she grows older, otherwise known as biological aging.)

The day is also regarded as an occasion to appreciate the contributions that older people make to society. And the observance has become a special focus for many senior citizens' organizations in Quebec, including the Table régionale de concertation des aînés de Laval.

"It would be very important for people to remember on this day that senior citizens need to become one of our priorities – that they should remember to prioritize the well-being of senior citizens and be present for them," said Carole St-Denis, executive-director of the Table régionale de concertation des aînés de Laval.

### Seniors need more attention

She maintains that, unfortunately as things are now, the well-being and needs of senior citizens often seem to come last in society's list of priorities. But she also noted that the COVID-19 pandemic suddenly placed senior citizens' problems in the foreground of news coverage, "because those problems were already there," St-Denis said.

"So I think that we must keep this in mind at the end of the day, because these are people who contributed towards the creation of our society and who built it. Therefore, we should



**'We should be acknowledging senior citizens' accomplishments, as well as the fact so much that we have today is because of them,' reminds us TRCAL's Carole St-Denis**

be acknowledging senior citizens' accomplishments, as well as the fact so much that we have today is because of them."

Carole St-Denis suggested that this is an especially important year to be marking International Day of Older Persons, because the pandemic has drawn out longstanding senior citizens' problems and issues.

### Greater focus on seniors

"This is a year that has raised awareness of everything that seniors normally experience – isolation, abuse, depression, lack of resources – which are all things seniors were dealing with before," she said. "But now these issues are even more present. We should make these issues part of our top priorities from now on."

Program details for activities being offered in Laval on the International Day of Older Persons on Oct. 1 will be available on the City of Laval's website: <https://www.laval.ca/Pages/En/Activities/laval-seniors-week.aspx>.



## VIRTUAL MUSEUM TOURS

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

### BRITISH MUSEUM, LONDON



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

### GUGGENHEIM MUSEUM, NEW YORK



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

### NATIONAL GALLERY OF ART, WASHINGTON, D.C.



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

### MUSÉE D'ORSAY, PARIS



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

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

# RICHARD PELLINO: "The enormity of your life's tasks will be known fully

*"Students everywhere face challenges, that's the nature of being a student. With immeasurable assistance from countless others, through dedication, perseverance, and quest for perfection they accomplish miracles of learning."*

Great teachers do it all. Across ages, languages, ethnicities, fields-of-study, they're the most widely-skilled people around, when one strives for success. Kindergarten to high school, and special education, a consistent theme graces the teacher's mission: work doesn't end as school-day ends. Although standing in front of the classroom, moving up and down, making personal and group-contact are huge aspects of teachers' responsibilities, their presence, influence, and impact extend far beyond, into lives of students, families, and communities. Richard Pellino, special, inspiring, dedicated, extraordinary teacher gladly shares the story of his life as exceptional man, son, father, husband, brother and educator.

RENATA ISOPO  
renata@newsfirst.ca

## Clear inherited expectations

Surprised by phone, not expecting to be featured as our newest prominent personality, Pellino happily and humbly accepted to tell of beginnings, journeys, and where he's at now. Afflicted with sickness, Richard no longer officially does what he loves best, teaching. He has much to say, and after reading just small parts of his story, you might understand why students would say to him, from the heart, "To Sir, with Love."

Pellino is clear on what is expected of those who enter this human endeavor traced back to millennia of human history, and which includes, among many thousands, Aristotle, Socrates, Moses, Jesus, Peter, Paul, Matthew, Mark, Luke, John, Gautama, Mohammed, Aquinas, Luther, Voltaire, Pascal, Rousseau, Newton, Locke, Montessori, Gibran: "Teachers aspire to educate and learn, to effect positive change," he affirms. Uniquely-positioned to directly motivate students, teachers see their work in action, the changes they effect, witnessing firsthand goals achieved. Simply put, teachers want to help children. That's what Richard strived to do throughout his life in teaching.

## Powers that transcend

American-born, Canadian-raised Pellino, now 66, son of Irish-mother Lois, Italian-father Carmen, sibling to sister Bonnie and brother Mickie, believes that for teachers, being role models is their greatest goal. "Teachers inspire, encouraging students to strive for greatness, realize potential, become the best they can be. They push disinterested students towards learning, urging them to participate; they free introverted students from their shells. Great teachers get students reading, create passion for languages, make math fun, and turn history into exciting stories."

What of extra-curricular activities? "Although billed as fun, they are the school-of-life, just as important as classroom learning. Through them, students expand networks, hone social skills, meet people outside their comfort zones. Out-of-classroom activities are also beneficial to teachers. They helped me bond with students as we learned new things, together,"

You also taught summer school. Why? "I taught History, an obligatory course for graduation. I wanted to help students who had failed. In nearly 20 years, all students under my care at summer school succeeded. Something I will always cherish."

Inspirational powers of teachers transcend classrooms. "So often, people say they were inspired to pursue ambitions because of their teachers. Effective teachers leave life-lasting indelible marks. For many of us, some of our most important decisions were inspired by teachers," Pellino specifies. In teaching, new things are learned every day. Many educators cite this as major goals of their profession. "I learned from my students as they learned from me," Pellino says. Many teachers say lessons learned from students help make the job fulfilling.

"Students bring life-experiences to class, saying things that enlighten, unexpectedly. Listening to their opinions broadens teachers' perspectives. When teachers say they want to make a difference, it means they not only want to change their students, they also want to change the face of education," adds Pellino, father of three who spent nearly 30 years in classrooms, with the distinction of teaching in the school he'd attended as student, joining faculty 20 years later.

## Vital element of life

Why teaching, entering the field in mid-thirties, he's asked: "It was my wife's idea. Close to home, more money, clean, avoiding dirt and grime from jobs in garages and gas-stations. That wasn't all. I was drawn by the challenge of making a difference. I stayed through times of great change. Students no longer just consume facts, as they used to. They're active creators of knowledge. Schools aren't just brick-and-mortar, they're centers of lifelong-learning. Teaching is a most-demanding and respected life-choice, vital to any country's social, cultural, and economic health; another reason why I wanted to be in it," Richard asserts.

Although compromised by Huntington's Disease, precipitating early retirement, Pellino still practices what he preaches, sharing experiences at every opportunity. "My teacher's mission confirmed what I'd suspected as student. Most teachers, especially passionate ones, respond to changing needs, easily adapting/adopting new approaches and rapidly-evolving technology. Teachers are rethinking relationships with students, colleagues, community; tools and techniques they employ, their rights and responsibilities." What other issues need attention? "Other front-and-center challenges include curriculum form-and-content; setting standards, assessing whether they are being met; teacher-training/preparation, ongoing professional development, the very structure of schools. Teachers are reinventing themselves and their occupation, to better serve students."

## Changing landscapes

For centuries teachers were told what and how to teach, expected to educate every student same way, not held responsible for failure, often using methods/resources of past generations. Deviation from traditional practices was discouraged by supervisors or prohibited by rules, laws regulations. Teachers simply delivered similar lessons year-after-year, growing gray, weary of not being allowed to change.

"No, that wasn't my experience, nor do I think it's that of today's teachers," Pellino says proudly. "Teachers now view essence of education as close relationships between knowledgeable caring adults and secure motivated children. They see their most important role as getting to know students individually, to detect unique needs, learning styles, social/cultural backgrounds, interests, abilities. Attention to personal qualities is crucial as Canada is rapidly becoming one of the world's most-pluralistic societies. Teachers counsel students as they grow and mature, helping them integrate social, emotional, and intellectual development, so that these separate dimensions, when unified, empower students to seek, understand, and use knowledge, make better personal decisions, and make valuable contributions to society."

"Teachers consistently intervene to ensure learning. Rather than see themselves solely as knowledgeable masters of history, math, or science; they now better understand their roles in inspiring love-of-learning. Their strategies reflect dual cornerstones of affective/cognitive learning, enhancing students' emotional intelligence and acquisition of knowledge and skills."

## 'Participation' in education

According to Pellino, respected teachers make students passionate players in instructional processes, providing



Talented, inspired, and focused, Richard Pellino strumming on

project-based participatory educational adventures. They know that to help students take responsibility for their own education, curriculums must relate to their lives, learning activities must engage natural curiosity, and assessments must measure real accomplishments as integral to learning. "The fundamental mission is no longer to distribute facts, it's to help children learn how to use them by developing critical-thinking skills, problem-solving abilities, capacity for informed judgments, and willingness to create knowledge that benefits themselves and society," he affirms, speaking for himself and many others.

## Origins and changing pathways

Dual American/Canadian citizen, Pellino was advised not to return to the U.S during the Viet Nam War, if he didn't want to be drafted and sent to the war-front. In his youth he had passions and ambitions other than teaching. "We had originally come North to benefit from affordable education, cheaper to study in Québec and easier to support myself later. Couldn't afford to study in the U.S. My objective was Law. I attended Laval Catholic High School, Loyola and Concordia. I was in Halifax for a year of law school. It didn't work out. Too difficult." Law's loss, education's gain, it turned out, as Richard chose teaching after several other short-lived pursuits. "My father was a Korean-War veteran, navy, after which he launched a company producing mechanical-garage-springs and electrical-openers." In his 20s, in New Jersey, while waiting to be accepted to law school, Richard worked at the father's company.

At around 20, early 70s, living in Canada, waiting for acceptance to law school, Richard met future-wife Andrea, through her sister who he'd met at Ahuntsic Metro. Andrea had attended Rosemere High School. They went blind-date with friends. "We didn't hit it off," he jokes, "so I tried again. It only took 6 years to convince her. We married in 1979," recounting his adventure in wooing Dutch-born Andrea whose family had moved to Canada ten years after World War II. "I convinced her, much earlier, to spend her life with me, but we waited until I finished university," he clarifies. Finish he did, Bachelor of Arts, Concordia, Political Science.

"What a time we had at our wedding. Well-worth waiting. Most exciting day of my life, shared with 100 family and

by no-one but yourself, the challenges met comprehended only by you.”



one of his prized guitars.

now-teacher easily dissolved. We got along fine.”

### Self-portrait

As a teacher, this was Pellino’s favorite quote, in the school’s yearbook: Everyman’s work is always a portrait of himself. Was your work a portrait of yourself? “Whether it’s literature, music, pictures or whatever, character and personality shine through. I believe my work as teacher is a self-portrait. I hope it shows someone with great respect for students, someone who tried to create a community within classrooms.” In another yearbook statement, he said to students: The enormity of your task will be fully-known by no-one but yourselves, challenge met will only be comprehended by you, results of your efforts will, however, be a lasting tribute to each of you. Was he speaking autobiographically? “I’d just found out we were expecting a third child. I had no idea how we could manage on a teacher’s salary. But we did, and as family we’ve overcome all obstacles, through good and bad. My son Gregory, our third child, will always be a tribute to my accomplishments.”

Richard’s daughter, Natasha, was a student, same school that had her father on staff. How did that work out? “Quite well. She was easy-going, good grades, well-behaved, had friends with parents on staff. They were treated well by classmates and faculty.” Admired in the school community; the administration twice honored him as Graduation keynote-speaker. Although former students had been asked in the past, he was the only former student now-on-staff to be invited.

Message conveyed to graduates? “I quoted Dylan’s song, Forever Young.” Advice for graduates and/or young teachers? Keep options open. Take chances on yourself. Support the union, you have to fight for your rights.” Do you remember any inimitably-precious moments from your student days at Laval Catholic? “Plenty. On one unforgettable occasion, I talked my English teacher, Mrs. Sylvia Donahue, into reading my favorite beat-generation-poet Allen Ginsberg’s Address to the Hell’s Angels. What a riot! She was a good-sport. I played on the same basketball team as now nationally/internationally-renowned Thomas (‘Tommy’, then) Mulcair. We don’t keep in touch, but my daughter tweets with him. I had a blast with good friend and fashionista Linda McCrudden. Fond memories of those years.”

You left teaching due to illness. How have you managed? “It was extremely difficult, hard time coping at first, denial, desiring to keep doing what I loved, teach. Very depressed, took time to accept reality, had great help from my son Gregory, my daughter Natasha putting finances and retirement in order. I’m blessed to live with them as family.”

What can you share with people in similar health predicaments? “Get informed, get tested as early. I knew at a young age that my situation might occur, the disease is genetic. It was extremely hard on me and family, knowing that earlier assessment might have curbed some pain and angst. I want people to know they are not alone. The Société de Huntingdon’s de Québec and CLSC’s work together, to providing specialized doctors and support, both for me and family.”

Does he keep touch with former colleagues? “Very good friend Nathalie Gauthier visits. I speak regularly with former vice-principal Tony Sciaraffa, whose daughter Marianne is my daughter’s best friend. We interact socially, whenever we can. Anthony Boyce was a good friend. We shared a love of music. His untimely passing left a void.”

### To Sir, With Love

No matter how deep our penetration of truth, we can always know more about the mystery of others. More of Richard Pellino’s thoughts, hopes and dreams:

**Perfect happiness:** Pizza my daughter smuggled from my favorite restaurant, Feddericci’s, Freehold, Jersey. **First conscious memory:** At 3, vacation, Florida, swimming. **Greatest fear:** Losing my money, becoming homeless. Being unable to speak for myself. **Historical figure identified with:** Gerry Garcia. **Greatest injustice:** Division of wealth, especially U.S.A. **Admired living person:** Bob Dylan. **Person to spend time with:** Dylan. **Trait deplored in self:** Laziness, apathy.



Richard Pellino, presenting an award to recipient Sabrina Mammarella in recognition of outstanding leadership and academic achievement at LCHS Awards Night.

**Trait deplored in others:** Greed. **Greatest extravaganza:** My Motorcycle. **Extravaganza still dreamt of:** One last trip to Jersey.

**Greatest journey:** Giving up Law, becoming a teacher. Do you lie? Only to avoid truth. **Favorite teacher:** John Fasciano, Norbert Pinto, Michael Leclerc, Sylvia Donahue. **Trait feared in teachers:** Closemindedness. **Injustice that affected you most:** I’ve not suffered injustices worthy of changing my life. **Kindness that affected you most:** Harry, BP-Gas-Station, giving me first job. **Dislikes about appearance:** My crooked teeth. **Most-despised living person:** Trump. **Overused expression:** Again. **Greatest regret:** Should have quit smoking sooner. **Greatest love:** My wife Andrea.

**Happiest:** Daughter Natasha’s university graduation. Where happiest? Beach, Jersey. **Talent wished:** Still play guitar, better than ever. **State of mind:** Some think I should be upset about my health, I’m not, I’m ok. **Thing to change about self:** Gain weight. **About family:** Better relationship with son, Ricky. **Greatest achievement:** My children. **Greatest failure:** Separation from Andrea. **Coming back person or thing:** Back as Gerry Garcia.

**Prized possession:** My guitars, Fender Strat, Gibson SG. **Depth-of-misery:** Damn bus to New York. If you could live anywhere: Asbury Park NJ. **Occupation:** Teaching, loved it, paid to play with kids instead of other hard jobs. **Trait important in men, women:** Fairness. **Favorite writer:** Edward Snowden. **Fictional hero:** Frodo. **Real-life hero:** Bernie Sanders. **Fictional villain:** Sauron. **Real-life villain?** Trump. **Advice to twenty-year-old self?** Stop smoking, stop drinking, put money in freaking bank!

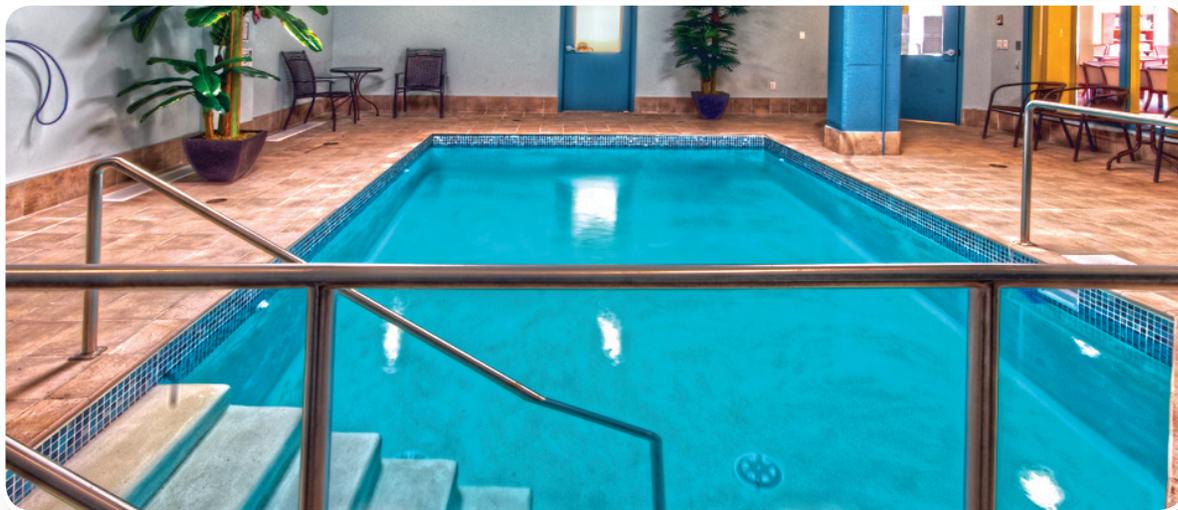
**Favorite dream:** Can’t remember dreams. **Nightmare feared:** Don’t remember. **Motto lived, without exception:** That might be hard. **Motto for everyone:** Golden Rule, Leviticus 19:18, “Don’t seek revenge or bear grudges, love your neighbor as yourself. **Bottle half-full, half-empty:** Half-full. **Belief in after-life:** Not positive. **Message etched on burial marking?** He tried his best. **Amen!** Richard Pellino, “To Sir, With Our Love”

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# MATURE LIFE

## Covid-19 deaths affects people with dementia

The impact of Covid-19 on people with dementia 'truly shocking' says Alzheimer's Disease International at start of World Alzheimer's Month.

### Striking Covid-19 mortality data in people with dementia emerging:

The Covid-19 pandemic is leading to extremely high death rates amongst people with dementia globally. Emerging data has revealed that in Canada up to two thirds of all Covid-19 related deaths are people with dementia, in the UK 26 percent, and in regions of Italy 20 percent.

Global dementia organisation, Alzheimer's Disease International (ADI), says the global community must come together to form an action plan to protect those with dementia from the worst ravages of Covid-19, and that that further data on dementia-Covid mortality is urgently needed.

"We need transparency. Governments must incorporate dementia into Covid response plans to protect the millions of people impacted by dementia globally," says ADI CEO Paola Barbarino, "They deserve dignity, and we need justice for those who have sadly died."

In a global collaboration, The London School of Economics and University College London live report, *Impact and mortality of COVID-19 on people living with dementia: cross-country report*, which ADI researchers contribute to, is being updated regularly with the latest data and information from international researchers.

According to data from the report, up to 75 per cent of Covid-19 deaths globally in care facilities are those with dementia as an underlying condition. Age is the biggest risk factor for dementia and older people are the most at risk group for Covid-19, with 86 percent of all Covid-19 deaths are among people aged 65 and over.

People with dementia in Long Term Care are also being disproportionately impacted and severely disrupted during the pandemic with the condition exacerbating the impact. Access to health and care professionals has been limited,

globally face to face support has been withdrawn, diagnosis has been interrupted and research disrupted.

Barbarino says emerging data, including findings from the report, are extremely worrying and is calling on governments to act immediately, saying we must not just accept that Covid-19 causes high rates of mortality amongst people with dementia.

"People with dementia are being disproportionately impacted by this pandemic and are in danger of being forgotten. Now more than ever we need to talk about dementia," continues Barbarino. "At the start of World Alzheimer's Month, we are calling on governments to capture and publish transparent data and to increase support to protect vulnerable people with dementia."

Cognitive impairments associated with dementia exacerbate many of the challenges associated with Covid-19 and the resultant social distancing and lockdown measures being put in place to manage the pandemic. This includes heightened complications around being denied access to carers and to family, increased anxiety caused by isolation, and in care and hospital settings, recognition issues around the wearing of PPE.

Barbarino says that disrupting care can be catastrophic for people living with dementia.

"Many of our member associations globally have had to cease face-to-face dementia care and support, such as day-care centres and care at home. Diagnosis has also been interrupted with lack of access to healthcare professionals and specialists," says Barbarino. "The impact of the pandemic period and isolation on cognitive decline for people with dementia means that for many their condition will deteriorate and in turn there will be an increased need for support afterwards."

A global series of webinars, throughout the pandemic, revealed many people living with dementia have had their basic human rights breached, including restricting access to healthcare and support. Many governments implemented bans on visitors to health and care facilities, which has led to

many people living with dementia being disconnected from essential support systems.

Barbarino says that alarmingly there have been incidents of triaging Covid-19 patients based on age or condition, without access to transparent decision-making guidelines, leaving elderly communities and especially those with dementia, at risk of being declined treatment.

"Governments must protect the rights of people with dementia, their right to access healthcare, treatment and support and, especially at this time, to palliative care," says Barbarino. "Triage decisions must be based on rights, not on age or condition. We understand Covid-19 has put immense pressure on health systems globally, but we simply cannot let people with dementia slip through the cracks."

Kate Swaffer, Chair, Co-Founder and CEO of ADI's partner Dementia Alliance International, the group made up of people living with a dementia diagnosis said:

"In 2020, the rest of the world suddenly experienced what people with dementia and their families experience on a daily basis after diagnosis, such as isolation, distancing (from many family and friends), fear, anxiety and stigma. Let's hope that post COVID the world takes this new learning, and finds ways to reduce the stigma, loneliness and isolation we experience, and helps change attitudes towards dementia."

"There's a clear link between governments who acted quickly to limit the spread of Covid-19 and lower mortality rates from the virus," says Barbarino. "We need governments to act immediately to protect our vulnerable communities. Governments must not waiver from their commitments identified in their national dementia plans or in developing plans, in line with the WHO Global action plan on dementia, which 194 WHO Member States ratified."

"Now more than ever we need to be talking about dementia," continues Barbarino. "Governments need to act quickly to manage health crises, but the real lesson is that much more preparation is needed not only for pandemics, but also for dementia."

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

## Le Quatre Cent

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

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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

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## 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 Acces Logis Quebec program.

## Les Loggias Villa Val des Arbres

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

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

## Résidence Les Ficelles

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

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

## Résidence L'Angélus

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

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

## Villa de Jouvence

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

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

## Erma Santé 2

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

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

## Résidence Le Jardin des Saules

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

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

## Résidence Laval Ouest

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

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

## Villagia de l'Île Paton

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

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

## Résidence Boyer

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

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

## Manoir St-Claude

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

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

## Domaine des Forges I

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

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

## Villa Suzie Vincent

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

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

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

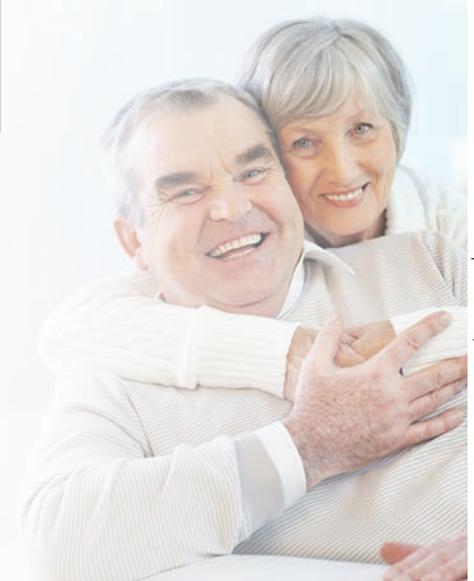
Chartwell  
1800, boulevard Cartier Est, Duvernay  
Laval, QC, H7G 4R6

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.



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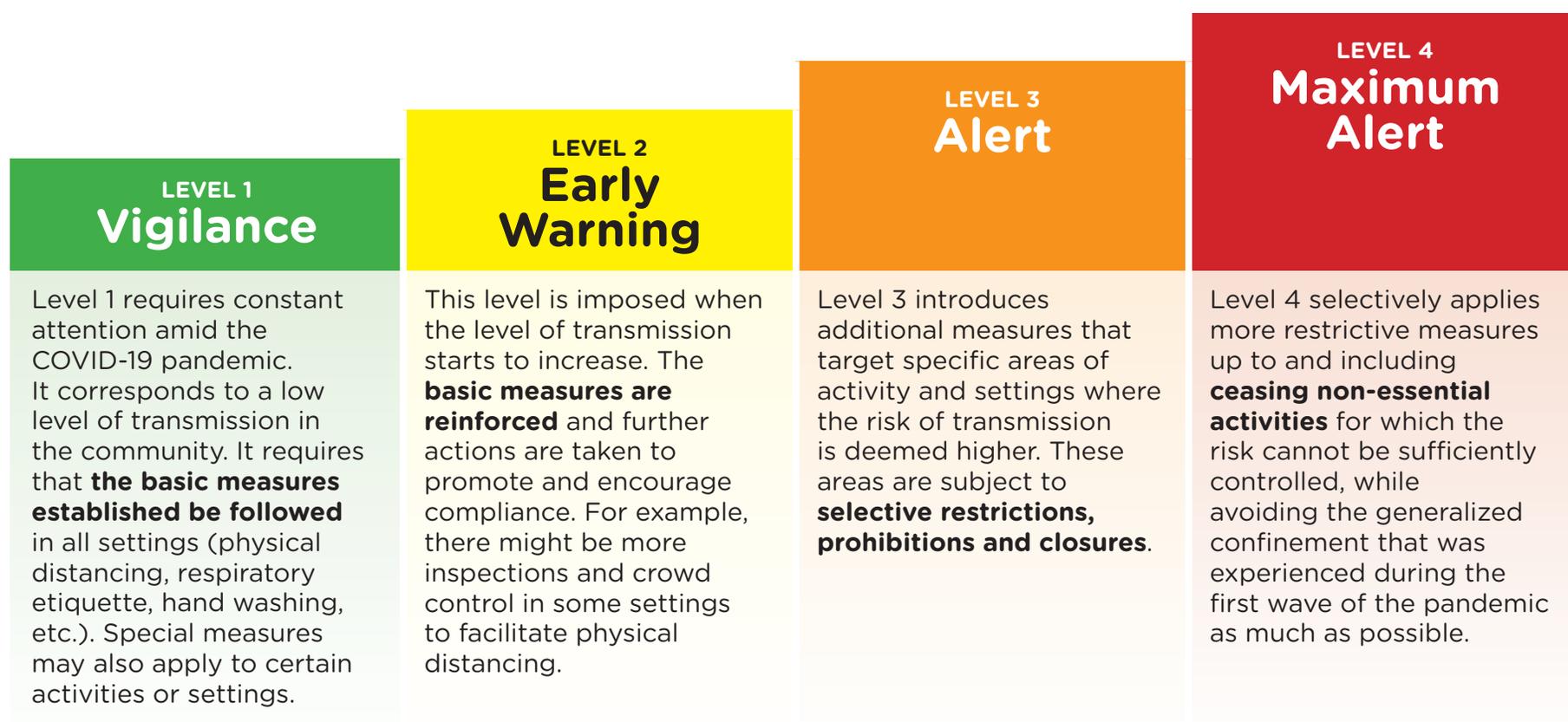


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## FOUR ALERT AND INTERVENTION LEVELS



To find out the alert level in your region, consult the Map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels).

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

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Québec 

Last night I had a three-course meal. Tin foil, then some cans for the main course and cardboard for dessert!

You glutton.  
You could've shared.



# Covid-19: A Brand-New School of Thought

BY BRIANNA FASOLI

Once again, we've reached that time of year. The time of year that students both fear and anticipate, this year more than ever: Back to school. During the pre-Covid era this time of year had enough stressful aspects, such as running around with your parents like chickens with their heads cut off, in hopes of acquiring all of the supplies before they run out. Not to mention the prospect of new classrooms and teachers and for some, a whole new school entirely. Don't get me wrong though, as there are many positive aspects to returning to our beloved learning institutions, as well. For instance, with the stress usually comes a palpable excitement, especially for students like myself who enjoy school. For those that do not share my zest for learning, at least the prospect of seeing one's friends after a summer of fun is equally as exciting.

This year however is different in many ways. It has reached a whole new level of both stress and enthusiasm, thanks to Covid, which seems to enjoy turning every familiar aspect of our lives upside down. This time it has decided to mess with another integral part of our society: schools. The Coronavirus prevented us from properly finishing last school year. It separated students from their friends and teachers and caused some to miss out on important milestones. Now it is drastically changing the way that learning this year will function too.

During the quarantine I longed to go back to school. I missed my friends and teachers, my extracurricular activities, and I missed the normalcy and independence that school

**“Furthermore, the return to school has filled me with a muddled mess of emotions and feelings; some positive and others less so.”**

provided. Yet coming back now, with Covid still lurking around every corner and on every unsanitized surface, this isn't exactly the reprieve I imagined.

With the addition of all the new measures that have been put into place to protect us, I can't help but be reminded of the times students have jokingly referred to schools as glorified jails. School doesn't seem to feel as free as it used to. This is because many things that enrich high school life are no longer there, like most enriched subjects, and the feeling of independence that comes with high school. Another integral aspect of high school life that does not exist at the moment, is having multiple classes with many different people from your grade. At least then, even if you were put into a classroom you didn't like or put with a group of peers that you couldn't relate to, you had other chances to be with people you got along with. At this time even the library at my school is off limits and the possibility of being allowed to have clubs, extracurricular activities and dances looks bleak. There is so much that has changed in

such a short period of time and so many normal practices that must be handled differently as we learn to deal with this new disease. Hence with so many changes to our usual habits and the world around us in general, it is no surprise it has an effect on our mental states.

Furthermore, the return to school has filled me with a muddled mess of emotions and feelings; some positive and others less so. I fear what would happen if I unknowingly brought covid into my house where those in my family, who are at risk, could contract it. While I was very excited to see my friends and teachers after so long, I was also very worried about the new situation and what it would mean for me. You see this year I became a secondary four student. As some of you readers may know, this year is said to be the hardest year in high school and one of the most valued by those checking your college applications. Therefore, as someone whose mind is constantly working and at times overthinking, this has been a wild ride.

In our current situation children in schools must roll with the punches and adapt to our new environment. With that in mind I must admit that I am quite impressed with how well the students in my school have adapted. That is to say from my first two days of observation, I have found that although supervision is required, most of the measures, like sanitizing and social distancing, are being respected. Kids are actually wearing their masks where it is mandatory, without intervention, and sometimes even when it's not. This new situation also gives us the opportunity to make new friends as we will be with the same students in the class bubble, for the entire school year.

All in all, while it may not be what we're used



Brianna Fasoli Secondary 4 High School student

to, nor is it ideal, in my opinion it's definitely better than online learning. Going to school, even with our new restrictions, means we get to see our teachers and our friends, our days no longer being spent cooped up in our houses. Now we get to continue to learn face to face or... at least mask to mask.

Suggested presentation.

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September 23, 2020 • The Laval News • 25



## Changing Sleds

*Last night my boyfriend of three years dropped a bombshell on me. He is concerned about how comfortable we have become. He expressed doubts about our relationship and where it is going.*

*I'm only 29 and he is 31. We have been living together for a year, and recently our sex life slowed down to maybe once a week. I too noticed this. Lately I have been the one to initiate lovemaking, which I chalked up to his busy schedule.*

*I've also gained some weight and was not feeling comfortable in my own body. I do not walk around the house or sleep in the most flattering clothes. My boyfriend basically said he has not been attracted to me lately, which is why he stopped initiating.*

*He said he is afraid it's only going to get worse. He wondered if he should have dated more before he settled down, which crushed me.*

*I am well aware that we have come to a plateau in our relationship, but I saw this as a minor issue. I can honestly say I was happy and saw us moving into the future. Lately, I've been getting to the gym more often to feel more attractive, and I thought things could change.*

*I thought he was happy and comfortable too. That doesn't seem to be the case.*

*Although he agreed to work on the relationship and possibly get some counseling, it's for his own emotional issues and about letting his guard down after his last relationship.*

*I appreciate his honesty in not letting this go on any longer, but like I said, I am crushed. I want to work on the relationship, but I don't know if I can get over his revelations and my hurt feelings.*

*I thought he was attracted to my whole person, not just my body.*

Harper

Harper, it sounds like your boyfriend is saying it's him, not you. He regrets not dating more and he feels the need for therapy to get over a past relationship.

You'd like to make the issue about a few pounds, because that is something you can work on. It also allows you to blame him. "He's shallow, and it is all about looks." But you don't mention anything he said directly about weight.

Two-person bobsledding is a dangerous sport. The sport requires teamwork all the way down. It's all physics and Newton's laws of motion. Once the run starts, the sled keeps going until it either crashes or passes the finish line. If it crashes, people get hurt.

The safest way to stop the bobsled is at the top of the run, and that is where the two of you are.

Your boyfriend has pulled back, trying to create a little space to make it less painful. It appears he's a nice guy, though maybe a little weak. He should probably be more direct because what he's trying to say is, "I am not going down the hill with you."

Though he conceded to your idea of working on the relationship, he said counseling would serve a different purpose for him. And at 31, saying he hasn't dated enough sounds lame. It sounds more like, "I've now come to the knowledge I'm not in love."

In a way, counseling in dating can be an interference with the dating process. Often it is used as a tool by the one who wants to continue against the one who wants to stop.

He's not a mean guy and he doesn't want to hurt you, but he is saying this is not for me. You are almost all the way there, too. The idea of a future together has been spoiled. So spoiled you don't think you can get over it.

As we said, two-person bobsledding is a dangerous sport. It takes teamwork all the way down.

Wayne & Tamara

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

## Mondou raises more than \$125 000 in donations during the 3rd edition of its Mondou Mondon Campaign for shelters



Mondou is very proud to have raised \$125 000 over the last few weeks as part of the 3rd edition of its Mondou Mondon campaign for shelters. This major fundraising campaign, was held in the 67 Mondou stores across Québec as well as online at [Mondou.com](http://Mondou.com). In total, \$406 000 were donated to animal shelters over the last three years thanks to the extraordinary generosity of the public and Mondou customers.

"We extend our warmest thanks to everyone who contributed once again this year despite the exceptional context of the COVID-19 crisis. Thanks to your generosity, Québec shelters will be able to carry out their mission, which takes on its full meaning in the summer months, when many pets are abandoned by their owners during the moving season. With animal welfare at the core of its values for more than 80 years, Mondou is dedicated to supporting the shelters in a number of different ways throughout the year, in particular by donating a million dollars' worth of food each year to more than 25 shelters, which represents 12,000 kg per month," said Martin Deschênes, Mondou's general manager.

### DONATIONS TO MORE THAN 36 SHELTERS THROUGHOUT QUEBEC

The funds raised will be redistributed among several shelters across Québec, including in the Greater Montreal area, the Laurentian, Lanaudière, Montérégie, Estrie, Outaouais, Mauricie, Québec, Beauce and Saguenay-Lac-St-Jean regions. In order to help as many animals as possible, Mondou has pledged to support some twenty small shelters and to finance a dozen major projects in larger partner shelters. The proceeds raised through donations will go towards the renovation of the shelters, the spaying and neutering of animals for those with lower incomes, the purchase of equipment and food, medical fees and the holding of microchipping clinics and adoption events.

For this 3rd edition of the Mondou Mondon campaign for shelters, the public was invited to contribute through various means: by purchasing a notebook illustrated by Laurent Pinabel (at a cost of \$8.99 plus taxes), by purchasing a bracelet bearing the Mondou Mondon campaign logo (at a cost of \$5.00) or by making a donation of \$5, \$10 or \$20 in-store, directly at the cash register or online.

### A PROUD QUEBEC COMPANY SINCE 1938

Since it was founded, Mondou has been committed to supporting a number of causes dedicated to animal welfare and to the community. This spring, in the context of the COVID-19 crisis, the Québec family-run business donated \$110,000 in products and gift cards to Moisson Montréal and to rescue shelters in different parts of Québec. Through this gesture, Mondou wanted to help pet owners in need, so as to prevent them from having to abandon their pet for financial reasons.

In order to give a second chance to cats by helping them avoid euthanasia, Mondou also inaugurated two adoption zones for cats from rescue shelters at its Saint-Jérôme and Anjou store locations last year. To date, more than 300 cats have been taken in by new families, in the current context of overpopulation in the shelters. This initiative is in keeping with Mondou's core values; the company refuses to sell animals in its stores in an effort to encourage responsible adoption.

Mondou also organizes the popular Mondou Mondon campaign for the Mira Foundation which raised \$1.6 million dollars in 5 years.

Mondou wishes to take the opportunity to acknowledge the dedication and generosity of all its clients, employees and partners who contributed to the resounding success of the Mondou Mondon campaign for shelters!

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## Drivers avoided Curé-Labelle, A-440 Sept. 17 after serious accident



The Laval Police issued an advisory to motorists on a recent Thursday afternoon to avoid Curé-Labelle Blvd. between Saint-Elzéar Blvd. and Simone-de-Beauvoir St., as well as Autoroute 440 in that area, because of a serious motor vehicle accident that created a massive traffic jam.

According to reports by the Laval Police Department, the scene of the accident was on Curé-Labelle Blvd. near Fabreville. As traffic continued to back up and social media accounts went into a frenzy over the situation, Curé-Labelle remained closed to traffic between Simone-de-Beauvoir and Saint-Elzéar into the evening on that day.

## Laval Police identify suspect in alleged cell phone thefts

A suspect sought for about a week by the Laval Police Department for alleged fraud after three smartphones were picked up at a Laval Purolator courier branch by someone who hadn't paid was finally identified.



According to the LPD, the victim of the alleged scam ordered the phones from a cellphone company in November last year. A month later, he called the company to report that the phones had never been delivered.

However, when the cell phone company investigated, they discovered that someone had picked them up at a Purolator branch located on Dagenais Blvd. West near Laval's Champfleury area.

Upon further investigation, Purolator found that the individual who picked up the smartphones had presented a printed delivery notice, although there is no mention of whether he was asked to show a piece of identification.

The suspect, seen in a widely circulated photo taken by a surveillance camera at Purolator, was described as being in his 20s, with black hair, eyeglasses and wearing a black coat.

## Gunshots in Chomedey and St-François kept Laval Police busy

The Laval Police were kept busy on Saturday night Sept. 12 by reports that came in an hour apart from two different areas of the city where the sound of gunshots was heard by some residents.

Just before 6 pm on Sept. 12, the LPD answered a call from 77th Ave. in Chomedey where they were met by a witness who was close at hand when several shots were fired nearby, although there were no injuries.

Nonetheless, the police officers found a few spent bullets on the ground and an investigation was opened into the circumstances which led up to the incident.

A little more than an hour later, the LPD received a second call about gunshots, although

this time it was from the other end of the island.

Upon arrival at the scene on Roxane St. in the district of Saint-François, officers came upon a man in his late 20s who was suffering from a serious and potentially life-threatening gunshot wound.

In order to advance the investigation into the murder of a 30-year-old man, which occurred on September 12, major crime investigators from the Service de Police de Laval (SPL) will hold a command post, tomorrow, September 22 from 3 p.m. to 8 p.m., at the intersection of Ariane and Monty Street. Citizens are also invited to communicate with Major Crime investigators by contacting the Info Line 450 662-INFO (4636), in complete confidentiality.

## Public Security Minister happy with police op for COVID-19

Quebec Deputy Premier Geneviève Guilbault, who is Minister of Public Security, expressed satisfaction last Monday with a province-wide police operation designed to help counter a resurgence of the COVID-19 virus. In all, 30 police forces took part.

During the operation, more than 2,200 commercial establishments were visited across Quebec and 90 tickets were issued to individuals not wearing face masks, not respecting self-distancing rules, consuming alcohol in bars after legal hours, hosting more than 10 persons at a time, or failing to keep a register of customers.

As well, three notices were sent to the Quebec Director of Public Health's office regarding establishments whose activities were regarded as being a risk to public health.

Also, five notices to appear were issued regarding hearings to be held in the near future by the Régie des alcools, des courses et des jeux over establishments that broke the rules and now face the possibility of losing their license.

"I want to thank all the police officers for their great professionalism," Guilbault said in a statement issued by the provincial government last Monday. "They did incredible work all weekend long, thanks to which the ambitious goal of visiting more than 1,000 establishments were largely surpassed.

### A well-planned operation

"The operations took place in conformity with the planned goals and the visits were well received by those carrying them out as much as by the clients who, in the vast majority, were respecting the rules," added Guilbault.

The purpose of the operation, according to the provincial government, was to identify the



places where there could be problems having rules for safeguarding against COVID-19 respected. During the operation, more than 1,000 establishments holding liquor permits, consisting mostly of bars, restaurants and receptions halls, were visited.

All regions in Quebec were visited, with special attention being paid to areas where Yellow or Orange codes for COVID-19 were recently invoked by the provincial government.

Public health officials have now been notified by the police regarding establishments where additional sanitary measures were found to be necessary.

It is notable, according to the provincial government, that of the more than 1,000 bars, restaurants and other gathering places visited, only one refused to allow the police in. Charges are currently pending against that business.



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## TENET

PG-13 | Action | 2h31



NOW PLAYING

Armed with only one word -- Tenet -- and fighting for the survival of the entire world, the Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.

## NADIA, BUTTERFLY

14A | Drama | 1h47



NOW PLAYING

Nadia, an Olympic swimmer in her twenties, faces the challenges of her imminent retirement.



## UNHINGED

PG-13 | Dramatic Thriller | 1h31



NOW PLAYING

After a confrontation with an unstable man at an intersection, a woman becomes the target of his rage.

## SLAXX

14A | Comedy, Horror | 1h17



NOW PLAYING

When a possessed pair of jeans begins to kill the staff of a trendy clothing store, it is up to Libby, an idealistic young salesclerk, to stop its bloody rampage.

## HONEST THIEF

PG-13 | Action, Drama | 1h39



COMING SOON

Wanting to lead an honest life, a notorious bank robber turns himself in, only to be double-crossed by two ruthless FBI agents.

## STARDOG AND TURBOCAT

PG | Animation, Comedy | 1h30



NOW PLAYING

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

## THE WAR WITH GRANDPA

PG | Comedy, Drama, Family | 1h34



COMING SOON

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

## WW 84-THE IMAX EXPERIENCE

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.



# Information Update -

Certain hand sanitizers recalled because they may pose health risks

Health Canada is advising Canadians that the following hand sanitizers are being recalled because they may pose health risks. For more information, including what Canadians should do, visit the online safety alert.

Health Canada maintains this list of hand sanitizers that may pose health risks, so that Canadians can easily identify products they may have purchased and take appropriate action. Canadians are encouraged to check it regularly for updates.



Product	Reason for Recall	Company	NPN or DIN	Lot Number(s)	Expiry Date	Date Added
Disinfectant for hands based ethanol 70%	Missing risk statements; product not authorized to contain technical grade ethanol	Duvernois	80098158	200414 20005195 20005475 20005478 20005479 20005848 20005849 20005850 20006018 20006019 20006020 20005193 20005194 20005195 20005476 20005477 20005479 20005480 20005688 20005693 20006022 20006023	April 2022	Sept. 4, 2020
				200414 200414A 20006026 20006027	May 2022	
Holistic Living 70% Alcohol Disinfectant Antiseptic	Not authorized for sale in Canada; Missing risk statements; product not authorized to contain technical-grade ethanol	Lusty Libation, Inc.	None	IS0007	May 2023	Sept. 4, 2020

Infograph by @newsfirst

# Deadline: Classifieds

WEDNESDAY before publication at 1 p.m.

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THE LAVAL news

THE NORTH SHORE News

Nouvelles PARC-EXTENSION News



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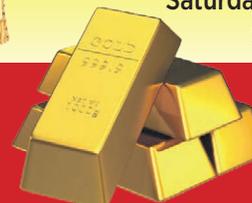
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# In Memoriam & Obituaries



**LAPOINTE, Jean-Claude**  
1934 - 2020

Mr. Jean-Claude Lapointe husband of the late Mrs. Madeleine Leroux-Lapointe, originally from Saint-Norbert, passed away at the age of 86 on September 15, 2020 in Laval. He is survived by his daughter Carole, his son Robert (Nathalie), his cherished grandchildren: Claude (Marie-Claire), Marc-André, Daphnée (Marc-André), Dany and Kim, his two great-grandchildren Zack



**BERTRAND (DEMERS), Solange**  
1923 - 2020

In Laval, on Saturday September 5, 2020 passed away, at the age of 97, SOLANGE DEMERS wife of Marcel Bertrand. Besides her husband, she is survived by her children, her grandchildren as well as many other relatives and friends. The family will welcome you at the Magnus Poirier funeral complex located at 222, boul. des Laurentides in Laval, H7G 2T6, Sunday, September 20, 2020 from 1:30 p.m. to 4 p.m. A religious ceremony will take place that same day at 4 p.m. in the chapel of the complex.



**CÔTÉ, Jean**  
1943 - 2020

In Laval, on Tuesday, September 15, 2020 passed away, at the age of 77, Jean Côté, husband of the late Ginette Girard. He leaves to mourn his children Annie and Sophie (Pierre-Eric), his grandchildren Kevin, Marie-Pier, Alexandra and Amélie, his sister Marie-Marthe, his brothers Yvon (Gaétane) and Eloi (Marjolaine), his great granddaughter Margot, her sisters-in-law, her brothers-in-law, her nephews and nieces as well as many other relatives and friends



**EGARHOU, Maria**  
1953 - 2020

We regret to announce the passing of Maria Egarhou at the age of 66.



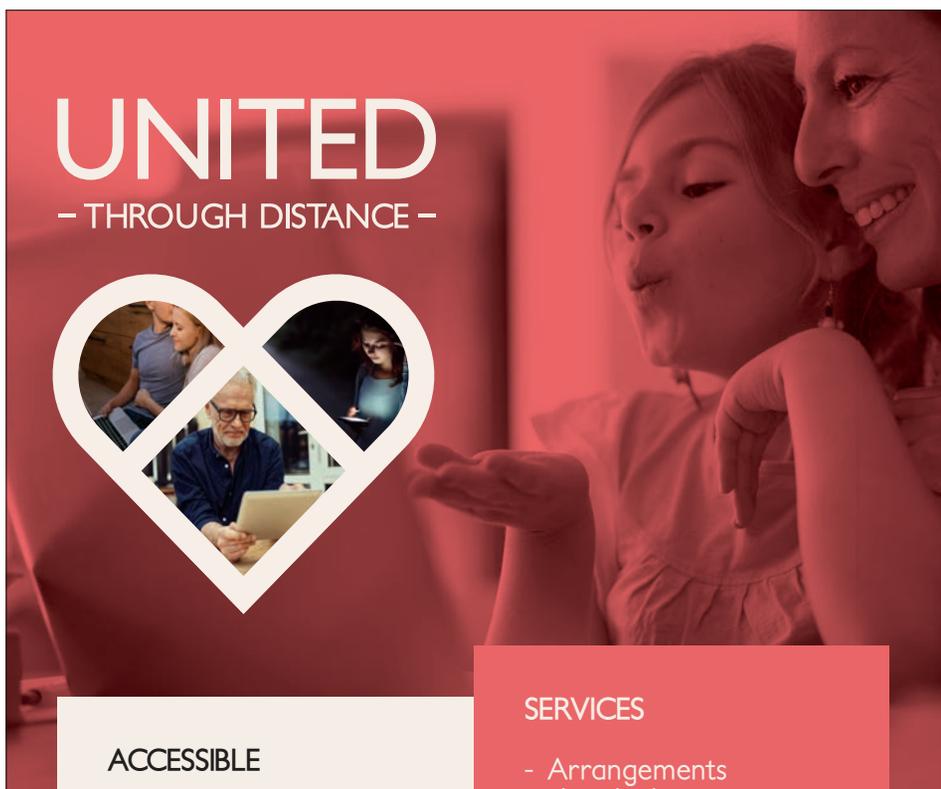
**LEBLANC, Edouard**  
1925 - 2020

In Laval, on September 16, 2020, passed away at the age of 95, Edouard LeBlanc, beloved husband of the late Claire Hughes. He is survived by his children Joane, Raymond (Thérèse), Céline (Jean-Marc), his grandchildren Charles, Émilie (Fred), Geneviève (David-Alexandre), Olivier, (Ève Catherine) Frédéric as well as his rear little girls Eve and Luce. We share from the outset the grief of his brothers Adrien (Jacqueline), Arthur and the other members of the family.



**MUNGER, Adrienne**  
1945 - 2020

Adrienne Munger died on September 11, 2020 at the age of 75. She is survived by her children Marie-Josée (Richard Thompson), Jean (France Labrie) and the grandchildren Isaac, Léonie and Madelynn, the children of her late husband, Katia (Daniel Drolet), Marika (Martin Morissette), his grandchildren Mia, Sandrine, Simone, as well as his brothers and sisters Jeannine (Denis Gauthier), André (Lucie Munger), Yvon (Louise Gagnon), Christian (Marlène Munger) and Louise (Jacques Bélanger).



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# HOROSCOPE

Week of **SEPTEMBER 20 TO 26, 2020**

The luckiest signs this week:  
**ARIES, AQUARIUS AND PISCES**



## ARIES

You have an insatiable thirst for knowledge, and you'll consider ta-king a trip. Some unexpected cash will allow you or your family to organize a large-scale project.



## TAURUS

You'll receive great news about funding to make one of your dreams a reality. If you want to be successful, take every opportunity to learn. You'll benefit from paying attention to the details.



## GEMINI

Many people are relying on you. Some might also be waiting on a decision that you're struggling to make. Try to gather as much in-formation as possible beforehand to avoid disappointing anyone.



## CANCER

If you're swamped at work, your health might become compromised. Remember, the more you push yourself now, the more rest you'll need later. Your well-being must be a top priority.



## LEO

You'll be applauded for achie-ving an impressive feat. You'll also receive an award or other form of recognition, which will help restore your confidence and self-esteem.



## VIRGO

You'll find yourself seeking the comfort of your home this week. Take the opportunity to rearrange the furniture and clear the cobwebs from your house and mind.



## LIBRA

You won't hesitate to express yourself this week, and you'll manage to lighten the mood in a tense situation. Your comical side will help you build relationships and foster collaboration.



## SCORPIO

You might be faced with a large expense that requires you to reassess your budget. However, you'll also realize you can afford to buy the house or plan the va-cation that you want.



## SAGITTARIUS

There's plenty of action to come. Friends will invite you to social and sporting events all winter, and you'll make a particular effort to stay in shape this season.



## CAPRICORN

There's a lot of confusion in the air, especially at work. An exci-ting family getaway will leave you feeling rejuvenated despite some complications while organizing it.



## AQUARIUS

If you're struggling with chronic fatigue, you'll benefit considerably from a gradual transformation of your lifestyle. You might also decide to partake in activities of a more spiritual nature.



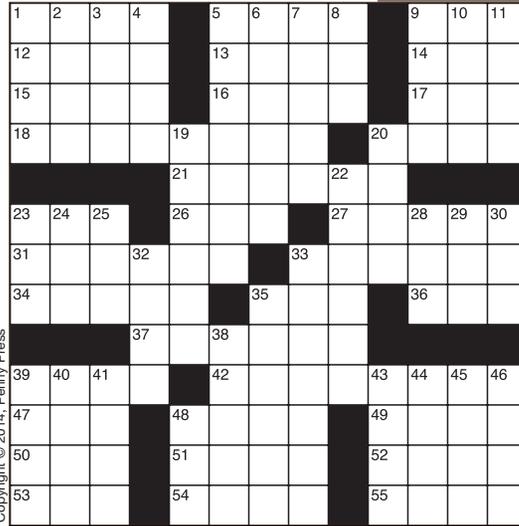
## PISCES

You're in a great position to get promoted at work, and financial success is on the horizon. Your investments will show good returns despite the economic situation. The stars are on your side.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 998



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### ACROSS

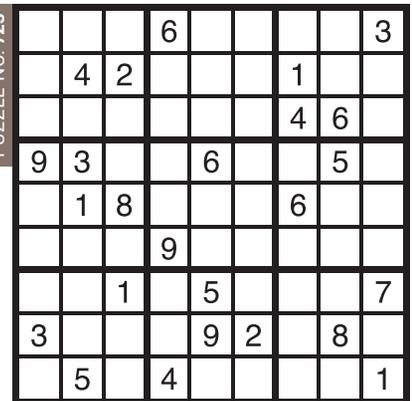
1. Mother \_\_\_\_
5. Meadow mowers
9. "\_\_\_\_ for the Road"
12. Monumental story
13. Iranian ruler, once
14. Pound
15. Hope
16. Detroit, e.g.
17. Lady from Eden
18. Honor with a medal
20. "Since You've \_\_\_\_ Gone"
21. Bottle-cap remover
23. Typewriter key
26. Guys
27. Tennis term

### DOWN

31. Spain's continent
33. Looking glass
34. Yawning
35. "The \_\_\_\_ Patrol"
36. Neither's companion
37. Bond
39. Tumbled
42. Proof
47. "Facts of Life" star
48. \_\_\_\_ and bear it
49. Days of \_\_\_\_
50. Prior to, to Byron
51. On the \_\_\_\_ (precisely)
52. Vile
53. Forest creature
54. Purchaser
55. Pats
1. Bawdy
2. Andy's kid
3. Compact \_\_\_\_
4. Repeat
5. Fugitive from prison
6. Bleach
7. Had a meal
8. Meek
9. Willow, e.g.
10. Signal hello
11. Indication of future events
19. Pranced
20. \_\_\_\_ Fox
22. Worked on copy
23. Pot or rose
24. July's follower: abbr.
25. Bathing-suit top
28. Large coffee pot
29. Pigeon's sound
30. Do wrong
32. October birthstone
33. Sailor
35. Amend
38. Long sandwiches
39. Release
40. British noble
41. Soup vegetable
43. Ogled
44. PBS science show
45. Nursery bed
46. Electric swimmers
48. Type of antelope

# Sudoku

PUZZLE NO. 723



### HOW TO PLAY:

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

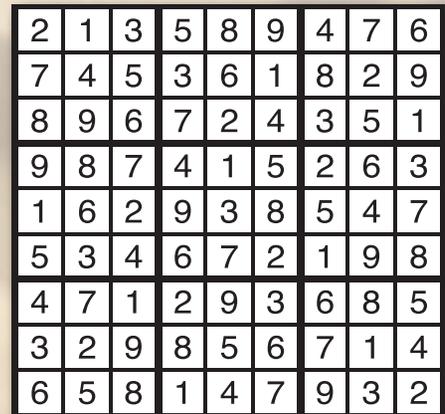
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

### Last Issues' Answers

## CROSSWORDS



## Sudoku





# BARBIES

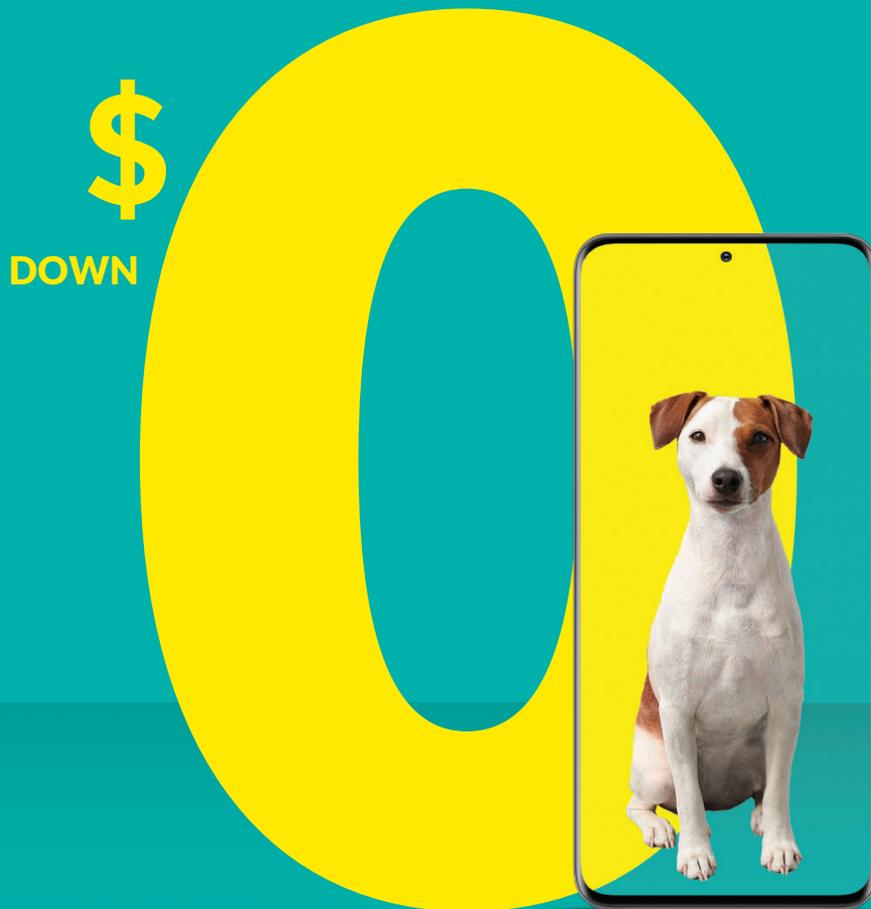
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(Chinatown)  
1111, St-Urbain St  
Place-des-Arts Metro  
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Atwater Metro  
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Mont-Royal Metro  
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