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COVID-19 vaccination program well underway now in Laval area

CISSS de Laval has three clinics up and running, and a fourth expected soon



MARTIN C. BARRY
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For The Laval News
marty@newsfirst.ca

With Laval among the areas in Greater Montreal where a COVID-19 “red zone” remains in effect, it’s clear that efforts to deal with the coronavirus pandemic are still far from over, although there is more hope than before with the start of a widescale vaccination program.

So, while gymnasiums, restaurants, theatres and cinemas can now open on a limited basis in “orange” zones in the rest of the province, the red zone restrictions continue in Laval and the rest of the Montreal region for the time being.

Thousands vaccinated

In Laval, several COVID-19 vaccination clinics opened last week. As of the beginning of March, thousands of Laval residents had already been vaccinated. With up to three vaccination clinics in Laval operating as of this week, a total of four clinics are expected to be up and running in Laval in the coming weeks.

Stéphanie Daigneault, a spokesperson for CISSS de Laval, told the Laval News that the first week the clinics opened went smoothly. “We had 300 appointments on day one of each clinic,” she said. “Day two, three and four we had 600 appointments, and then after that it was 800 appointments a day.”

Three vaccination locations

As of this week, the CISSS de Laval has three vaccination clinics up and running (by appointment). They are located at the Méga Centre shopping mall Notre-Dame in Laval’s west end, at the Quartier Laval shopping centre in central Laval, and at the SmartCentre Laval Est in eastern Laval.

The CISSS emphasizes that vaccination remains the most efficient, reliable and secure way to protect one’s self and others from COVID-19. As part of the ongoing vaccination campaign, the CISSS and the Quebec health ministry have set up a priority list of persons in groups to be vaccinated.

Continue following measures

According to the health ministry, the groups of persons scheduled to be vaccinated are being changed or expanded as the quantities of vaccines being received from manufacturers increase. In the meantime, they urge everyone to continue following preventive measures, including rigorous hand-washing and wearing of face masks.

The health ministry says vaccines will become available “gradually,” and that as soon as they become more available across the country, the vaccination program here will be expanded to include a growing number of persons.

The current order of priority is considered preliminary, but is led off by persons considered to be vulnerable and suffering a great loss of autonomy and who are living in health care residences and CHLSDs or in group homes.

Priority groups for vaccination

Others in the priority list are as follows:

- *Workers in health care institutions who are coming into contact with patients or residents.*
- *Persons with autonomy living in seniors’ residences.*
- *Isolated communities or at great distances from urban settings.*
- *Persons 85 years old and over.*
- *Persons 80 years old and over.*
- *Persons 70 years to 79 years old.*
- *Persons 60 years to 69 years old.*
- *Adults 60 years old or less suffering from a chronic illness or a health problem made potentially more hazardous by COVID-19.*
- *Adults 60 years old or less without chronic illnesses or other health problems, but who have responsibility for persons with those types of health problems at risk from COVID-19.*
- *The rest of the adult population.*

The health ministry says that a schedule for vaccination of children and pregnant women will be determined after studies on the safety for these groups has been completed.

Call for help

Although Laval has been vaccinating against COVID-19 since late December, when the first vaccine was administered at Cité-de-la-Santé Hospital, this marks a large-scale ramp-up of immunization efforts.

It comes after the successful immunization of CHSLD employees, intermediary resources and senior home employees. This was followed by the vaccination of all public CHSLD residents over the month of January.

Given this is the largest vaccination campaign in the province’s history, the health authority is asking for help from the public. “The CISSS Laval is looking to fill several positions to contribute to this important COVID-19 vaccination campaign,” read their statement.

That would include people with various skills, such as in administration and coordination, who are willing to contribute their time to the vaccination effort. Those who are interested are encouraged to visit their dedicated website jecontribuecovid19.gouv.qc.ca.

• Where to book an appointment:

• By visiting Quebec.ca/vaccinCOVID or by calling 1 877 644-4545.

• Location of vaccination centers:

• Mega Centre Notre-Dame, along Highway 13;
• Quartier Laval, near Place Bell and Cégep Montmorency;

• To the east, at SmartCentres Laval Est, at the intersection of the Papineau highway and the 440.

Additional report by Matias Brunet-Kirk

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Seen here last week from the outside is the CISSS de Laval’s COVID-19 vaccination clinic at the Méga Centre shopping mall Notre-Dame in Laval’s west end.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Spend Like the Roaring '20s!

What ever happened to the truth? Why is that we are lied to, time and time again? Why is it that politicians can't look us straight in the eyes and speak frankly to Canadians? Imagine having a friend who is evasive, shifty, lies, but keeps giving you gifts to make it all better. That's how I feel about the people who make up the Government of Canada.

Did you know for example that two million surgical masks destined for the provinces were stolen from Hamilton airport? This happened eight months ago, on the night of July 4th, 2020 when we were scrambling for PPE, but the government didn't want us to know. Senior members in Trudeau's office discussed with ministers withholding information on the government's inability to procure sufficient personal protective equipment for our front-line health workers, like N95 masks, gloves, scrubs etc.

Only today do we learn that Hamilton police "continue to investigate the theft of a trailer at Hamilton Airport". It is only thanks to some crafty and persistent journalist from Blacklock News, an Ottawa media outlet, that we are today aware that the Procurement Minister Anita Anand made sure word of this embarrassing theft would not reach Canadians. Why not tell us then?

Remember the days, not long ago, when Justin Trudeau would walk out of Rideau Cottage and announce another several more billion dollars for one cause or another. Internal memos, directed at Trudeau, urged the PM not reveal details but to keep the message "generic" so as not to raise questions about where and how the funds were handled and directed.

What makes this even worse, is the Prime Minister clearly stated on March 27th, that "transparency around the investments we're making to support Canadians is important not just from a democratic and parliamentary principle..." What a croc!

And the latest is the snail pace flow of vaccines into Canada. Remember when Trudeau told us "Canada has procured more doses per capita than any country in the world". It was a shamefully misleading statement. The fact is, we may have told the pharmaceuticals we wanted their vaccines and signed for them, but there is no commitment on when or how many, by any of the pharmaceuticals. And because he naively believed in global supply chains, we are now forced to delay the second shot, for weeks and up to a riskier four

months, with circling variants ready to pounce.

I must mention this. While the Prime Minister maintained publicly he was "disappointed" with President Biden's decision to cancel Keystone XL pipeline crossing the border to the US, one publication quotes the prime minister as saying privately, "thank you" to Biden for cancelling the project, saving Trudeau the international embarrassment of tarnishing his social activist image for a clean environment. So much for "transparency". So much for honesty.

The wage and rent subsidy program announced just last week was extended, at an additional cost of 15 billion dollars. Is it necessary? Statistics show that either intentionally, or through incompetence, the federal government has already given out far more that is necessary to maintain a stable economy during the pandemic. Our economy actually grew, and substantially more than economists predicted. That's wonderful isn't it? No, it is not. It is borrowed money that Canada does not have, and is spent unwisely. As a result, Canadians have managed to actually save, yes save during a pandemic, and in record amount.

Philip Cross, economist at the Macdonald-Laurier Institute, says the support programs were "excessive and poorly targeted". CERB and the rest of the federal programs were meant to compensate for lost income but they did much more than compensate. Instead of targeting lower income Canadians, a lot of money went to people who did not need it, so they banked it. According to a CIBC report, Canadians "are sitting atop \$90 billion in excess cash — easily the highest in the country's history and equal to about four per cent of consumer spending. Canadian businesses, are hoarding another \$80 billion."

That's a whole lot of cash (all on government credit cards) that will spill into the economy. The Liberals sure know how to win elections don't they? Buying our love and affection, and our votes.

In the meantime, after you get jabbed, have fun. Spend like 'The Roaring 20s'. And remember on election day who gave you all that spending power.

Oh, and don't worry about paying it all back. Our grandkids, and their kids, will take care of that.

That's What I'm Thinking.
Robert Vairo

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Vaccines are 'weapons of mass reduction'

Québec pharmacies are set to participate in mass vaccination campaign

MATIAS BRUNET-KIRK

The provincial government updated Quebecers on the vaccination campaign on Tuesday, outlining their plan to use pharmacies as vaccination centers. Quebecers will therefore be able to get their COVID-19 shot at local pharmacies.

The program will be rolled out as of Mar. 15 in participating pharmacists in Montreal, said Minister of Health and Social Services Christian Dubé at a press conference on Tuesday.

This will be added to with a subsequent rollout of the program in over 1400 participating pharmacies across the province. "This is really good news," said Minister Dubé.

Appointments will nonetheless be made through the government's official website or over the phone, where people will be able to choose a location where to get the vaccine.

Pharmacies will still follow the same age group guidelines the government has outlined, making the program a complimentary service to the immunization efforts in mass vaccination centers.

Weapon of massive risk reduction

Minister Dubé said that "vaccination is our weapon of massive risk reduction," pointing specifically to the current situation in Montreal where case numbers remain concerning. Vaccination efforts will therefore be concentrated to reduce the spread of the virus.

Dubé highlighted the importance of the campaign in the Greater Montreal area where he said "the epidemiological situation is interesting" due to the growth in numbers of the B.1.1.7 strain, popularly known as the British variant. "12-15% of positive cases are of that variant," said Dubé, adding that "if it keeps going up, next week could become very dangerous."

"We are working under the assumption all over Quebec that these are all variants," said National Director of Public Health Dr. Horacio Arruda.

Calm before the storm

The Health Minister said he was "weighing his words," but felt "scared about the situation," where Montreal could be "the calm before the storm."

"It will lower our level of risk," said Dubé about vaccination, but cautiously added that "we still have a long way to go to control the contagion."

The plateau in cases many are seeing at the moment could be misleading, said the Ministry of Health, as the lowering curve of the old variant and the rising curve of the British variant, could be cancelling themselves out.

Lessons learnt

Vaccination efforts in Montreal continued to grow this week. Over 16,000 vaccines were administered throughout Greater Montreal on Monday, said Daniel Paré Director of the vaccination efforts, adding that many lessons had been learnt on how best to operate.

"We are really pleased that people accept to be vaccinated," said Paré, but said measures were being taken to further increase vaccination capacity and options for booking appointments. Dubé added that more chairs would also be provided for the elderly people waiting in line.

Minister Dubé asked all those with an appointment to not arrive too early. I know you don't want to miss it but you don't have to worry your vaccine is reserved," he said, adding that arriving 5 to 10 minutes before was sufficient.

He also stressed that to reduce the number of people waiting in line, no one should arrive without an appointment and that only one caregiver could accompany the person being vaccinated.

Different situations throughout the province

The Ministry also reminded Quebecers that vaccine rollout was different between regions due to the different conditions.

"Each region has a unique epidemiological situation," said Dubé, adding that for example, the Montérégie region has more senior facilities that



Minister of Health and Social Services Christian Dubé spoke of vaccines as being a "Weapon of massive risk reduction". Source: CPAC

are of higher priority for vaccination. Therefore authorities have to slightly delay the rollout for other segments of the population.

As more vaccines become available and the capacity for appointments increases, the government will open up slots to larger portions of the population.

How to book an appointment

People who are 70 years or older can now book an appointment for a vaccine. Those who are caring for a loved one over the age of 85 years more than three times a week are also eligible.

Residents are only required to bring photo identification and proof of residence. The process will be paperless with little to no contact.

The government says the easiest way to book an appointment is through their website at Québec.ca/vaccinCOVID. If some have difficulties doing this, they can also book their appointment by calling 1 877 644-4545.

The closest vaccination centre currently active for Parc-Extension residents is at the Parc-Extension CLSC, located at 7085 Hutchison Street.

Québec.ca/vaccinCOVID
1 (877) 644-4545.

Laval remembers COVID-19 victims during webcast Thursday

(TLN) Officials with the City of Laval are inviting residents to take part on Thursday March 11 at 6:30 pm in a webcast ceremony paying homage to the many residents who died or fell ill over the past year during the COVID-19 pandemic.

The webcast can be followed at the following address: webdiffusion.laval.ca. The ceremony will be attended by:

- Mayor Marc Demers;
- Benoit Charrette, Quebec Minister of the Environment and Climate Change, as well as Minister Responsible for the Laval region;
- Dr. Jean-Pierre Trépanier, director of public health at the Centre intégré de santé et de services sociaux (CISSS) de Laval;
- Christian Gagné, CEO and executive-director of the Centre intégré de santé et de services sociaux (CISSS) de Laval;
- And Mary-Sylvia Gédéon, nurse and unit head at the Centre d'hébergement Sainte-Dorothée.



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'My Salinger Year' producer feels right at home in Fabreville/Laval

Despite COVID downturn, film theatres still have a future, says Kim McCraw



MARTIN C. BARRY
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If it's been a few decades since Kim McCraw was a teen sitting around with friends scoffing fries at Granby's Cantine Chez Ben, the highly successful Quebec film producer feels just as much at home now that she lives on the edge of the Rivière des Mille Îles in Fabreville/Laval.

For anyone who's ever had the good fortune to pass through Granby in the Eastern Townships south of Montreal, Ben's – with its giant neon sign ('Chez Ben on s'bour la bedaine') on the edge of old Route 112 – is a long-time landmark.

Originally from Granby

McCraw, co-founder of the Montreal-based film production company micro_scope with Luc Déry, has come a long way professionally since her days as a CEGEP student in Granby where she aspired to one day become a player in the filmmaking business.

Their company's most notable production success was probably the 2010 film *Incendies*, directed by Denis Villeneuve (who also directed *Blade Runner 2049*), followed in 2011 by *Monsieur Lazhar* (directed by Philippe Falardeau). Both won Genie Awards for Best Motion Picture, as well as being nominated for the Academy Award for Best Foreign Language Film.

'My Salinger Year' is their latest

While the jury may still be out, McCraw's latest impending success is Philippe Falardeau's most recent film, *My Salinger Year*. Starring Academy Award-nominated actress Sigourney Weaver (the *Alien* franchise) and Margaret Qualley (seen most prominently recently in Quentin Tarantino's *Once Upon a Time in Hollywood*), the film is based on a memoir of the same name by Joanna Rakoff, documenting her time working for a powerful New York literary agent (played by Weaver in the film).

After a successful recent release in Australia, the film has been in the midst of theatrical and Video on Demand release in Canada since March 5. A Canada-Ireland co-production, the film was shot in the summer of 2019 in Montreal and New York.

Worldwide distribution

The film is also being distributed in many countries and territories (United States, South America, Japan, China, Korea, Russia, United Kingdom, and throughout Europe, among others). According to the film's distributor (Métropole Films), *My Salinger Year* had a very promising first theatrical release in Australia, where it was among the top box office sellers in its first week of release.

Distributed in 26 theatres despite a 50 per cent reduction in capacity due to COVID-19 sanitary measures, the film grossed \$160,000



Actress Margaret Qualley (seen most prominently recently in Quentin Tarantino's *Once Upon a Time in Hollywood*) co-stars alongside Sigourney Weaver in *My Salinger Year*.

AUD (roughly equivalent in Canadian currency). In the Montreal region, where many theatres remain closed, the film has been available since March 5 as VOD.

Fell in love with Laval

After living for a number of years in Montreal, McCraw decided five years ago that she was looking for a new place in the region that she could call home. However, what she was looking for was a setting that might perfectly combine

some of the benefits of city living with certain other aspects more typical of the countryside. As it turned out, she found exactly what she was looking for in Laval.

While the City of Laval has been promoting a strategic vision of its future with the slogan "Urbaine de nature" (suggesting Laval is an area where rural and urban overlap into an ideal living environment), McCraw said she basically found

► Continued on page 28



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Laval Citoyens leader Michel Poissant gets an early start on mayoralty bid

First elected in 2013, Vimont councillor's political journey has been circuitous



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As founder of the new Laval Citoyens party and as a mayoralty candidate in the municipal elections in November, one could easily be left with the impression that Michel Poissant is starting the race a few places behind pole position.

Unlike the Mouvement lavallois, the current party in power whose roots date back to when former Mayor Gilles Vaillancourt was in office, or Action Laval which ran its first candidates in 2013, or the Parti Laval which has been around since 2016, Laval Citoyens has a steep hill to climb if it hopes to win the confidence of Laval's voters by Nov. 7 in such a short time.

Plain spoken

Poissant, a Chartered Professional Accountant (CPA) and former Fonds de solidarité des Travaillateurs du Québec financial administrator who is now CFO at a Saint-Laurent-based telecommunications company, has a gift for plain-speaking and the ability to appeal to the common woman or man.

Although he willingly converses in English, it seems fairly clear that his strongest support is most likely to come from voters in Laval's predominantly French-speaking districts, with a broader base of support should he manage to recruit and place appropriate candidates in English-speaking areas.

Seeks undecided voters

"I believe that in the upcoming election we're starting from scratch," Poissant admitted candidly in an exclusive in-person interview with the Laval News recently following a mayoralty campaign launch that other media chose to attend only as online participants.

While acknowledging the uphill battle lying ahead from now to next November, Poissant believes that at least 50 per cent of voters in the City of Laval are undecided – "That's my gut feeling," he said – and Laval Citoyens has its work cut out to win their support.

"People have been voting from election to election for one party or the other. So, this time, the citizens will have to ask, okay, which one they want to have managing things for the City of Laval, considering the values, the vision, the experience and while having both feet on the ground."

'We can deliver,' he says

With seven years experience sitting on Laval

"You can have the best plans and the best PowerPoints. But you know what's hardest? It's to deliver," says Poissant

city council as the councillor for Vimont, Poissant says he and his team have the knowledge, leadership ability and experience "to make sure that we can deliver" impressive projects such as the city's currently stalled aquatic complex.

"You are no doubt aware that we are one of the few cities that does not have an interior pool," Poissant pointed out, while alluding to decisions by the Demers administration to postpone construction of the planned aquatic complex because of higher-than-expected contract bid estimates, followed by cancelled architectural plans. "We've been waiting for it for years, but they took the wrong approach," he said.

Walking the talk

Using the colloquial Québécois expression, "Il faut que les babines suivent les bottines," meaning roughly "You have to walk the talk," Poissant suggested the mayor and his party, the Mouvement lavallois, have lost touch with reality and that its failure to deliver the aquatic complex project is a prime example.

"You have to be a realist," he said. "When you manage a business – and I have managed a good number of them – you can have the best plans and the best PowerPoints. But you know what's hardest? It's to deliver."

While Poissant's time in Laval municipal politics amounts to not much more than a half-dozen years, he managed to wander around quite a bit between the parties in that time.

He was part of the first wave of opposition to the iron-rule on Laval city council that was former mayor Gilles Vaillancourt's Parti PRO des Lavallois. After the Parti PRO got turfed, Poissant and other Mouvement lavallois candidates were on hand to ride the resulting tidal wave and won their first majority on council.

Disillusioned by ML

Poissant, who describes himself as community-minded with a "citizen-driven" mindset, said his initial loyalty to the ML began to wane



Laval Citoyens leader and mayoralty candidate Michel Poissant.

when he saw the ML administration becoming "bureaucratic-driven, red tape-driven, with bosses everywhere, but not such much action."

So, in 2018 he and at least nine dissenting city councillors decided to leave the ML and "cross the floor" as it were to join the Action Laval opposition. (Since then, several of the dissenters agreed to return to the Mouvement lavallois fold where they remain.)

That didn't mark the end of Poissant's wandering, however. In May last year, after sitting with Action Laval since late 2019, he and city councillor for Marigot Daniel Hébert decided to abandon Action Laval, leaving behind rumours that Poissant had harbored leadership ambitions within that opposition party that other members were unwilling to support.

Not impressed by Action Laval

Explaining why he decided to leave Action Laval, Poissant said it was because of "the land problems and ethical problems," referring to a controversy last year when three Action Laval city councillors were suspended from the party caucus following conflict-of-interest allegations published in the Journal de Montréal.

Although they were eventually exonerated, Poissant insisted that a perception persists

among people in Laval. "In politics, credibility is everything," he said.

Although he said Laval Citoyens won't be unveiling a detailed platform until the election campaign is officially underway, he hinted that some elements could focus on improving the city's downtown area which is now in a phase of intensive development.

Some candidates chosen

Earlier this year, a suggestion he made to the Demers administration, that it undertake a vast tree-planting campaign in the mostly concrete and glass downtown area, was rejected. However, Poissant suggested during our interview that he hasn't given up on the idea and that it could serve as inspiration for broader policies later.

As of last week, Laval Citoyens had announced five candidates (one being English-speaking), with more to be announced in the coming months for the 21 seats on Laval council. The current candidates are: Hugo Martin (l'Abord-à-Plouffe), Yann Caron (Saint-Vincent-de-Paul), Christelle Unubemba (Auteuil), Anna Del Bello (Saint-Bruno) and Louis-Martin Beaumont (Laval-Les Îles).



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For most, it's been a very long year the COVID-19 crisis

On March 11 last year, the World



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

If there is one feeling that many people are probably experiencing now more than 12 months after the beginning of the COVID-19 pandemic, it is perhaps that sometimes a year can feel more like a decade (or even a century) when you're trying to cope with the stresses and inconveniences from a global health emergency like this.

Although the impact of the pandemic didn't begin to be felt in Canada and Quebec until at least February last year, globally it had started in January when the first grim reports emerged from China.

There, what had previously seemed unimaginable was actually happening: complete curfews and lockdowns, bringing life in that part of the world to a complete halt. And yet, soon afterwards, that haunting scenario would become part of our lives.

While the first known case of COVID-19 in Canada (a man returning from China) was reported on Jan. 29 last year, it would only be on Feb. 27 that Quebec's first known case was reported: a woman from Montreal who returned from Iran with COVID-19 symptoms.

March 2020

On March 11 last year, the World Health Organization (WHO) officially declared COVID-19 (which had initially been regarded as a health crisis) to be a full-blown global pandemic.

And so it was that on March 14 last year, the Quebec government officially declared a public health emergency across the province. As part of the first measures, Quebec asked seniors over the age of 70 to stay home to prevent spread, while hospitals and seniors' residences were declared closed to visitors.

In one of the first local acknowledgments of the outbreak, one of the Laval News's March issues carried an announcement from the City of Laval that it was following the example of the federal and provincial governments and putting into place new measures to prevent further spread of the coronavirus.



PHOTOS: CBC/RDS SCREEN CAPTIONS

"The health and security of our citizens and our employees are fundamental," said Mayor Marc Demers. "The city will be making all the necessary efforts at its various facilities. The goal is to limit as best possible the spread of the virus. For that, the city will be cooperating narrowly with the Centre intégré de santé et de services sociaux (CISSS) de Laval. Be assured that that we are following the situation from very close."

Given the ease with which fraudsters take advantage of people today, it wasn't long before the Royal Canadian Mounted Police's national anti-fraud division was warning people across the country about an increasing number of scam attempts being made by fraud artists taking advantage of the COVID-19 crisis.

The RCMP said everyone should think very seriously before deciding to share personal information with a stranger over the phone, or by clicking on one of the many COVID-19 links that have popped up on the internet.

In an editorial on the COVID-19 pandemic published by the Laval News around this time, we observed that for the Trudeau Liberal government, COVID-19 was without a doubt the steepest challenge it faced since first being elected in 2015.

"After five years of almost unrestrained spending, justified by the belief that a strong economy will pay for the rising mountain of debt, the Liberals now face a gargantuan bill for COVID-19 measures as well as for the resulting economic fallout," we said.

With the economic fallout of the pandemic becoming all too apparent early on last year, Canada's largest lobby group for small and medium businesses reacted favourably to measures introduced the Plante administration in the City of Montreal

to offset the impact – while warning that tough times lay ahead before recovery.

The Canadian Federation of Independent Business said it agreed with a statement made by Quebec Premier François Legault that part of the economic hardship would be the almost unavoidable loss of the most vulnerable businesses in the province.

A theme that emerged early during the onset of the pandemic was that stress would be taking a major toll on people and on society's overall mental health. As such, the CISSS de Laval was making special psychosocial assistance available to Laval residents who were in need of help for dealing with emotional turmoil brought on by the COVID-19 crisis.

"Pandemics can affect people on a physical basis, but also psychologically," said Carol Ladouceur, director of mental health and substance abuse recovery programs at CISSS de Laval. "We consider it important, given the current context, that CISSS de Laval offer psychosocial support to the many people who might be experiencing stress, anxiety and depression."

In order to free up beds at Laval's Cité-de-la-Santé hospital for expected COVID-19 patients, the CISSS de Laval was renting an entire hotel to accommodate various kinds of patients. Officials at the CISSS said the unidentified hotel had been appropriately refurbished in order to meet medical and security requirements for the patients who would be treated there.

In one of the first signs of serious financial relief to be provided by a government during the pandemic, the City of Laval's executive-committee announced that it had decided to postpone the date when residential property and business taxes would be due.

"While waiting for compensation measures that will be brought in by the government, residents who are affected by mandatory quarantines or the temporary closings of many businesses will be dealing with a loss of revenue," said Mayor Marc Demers.

April

By April, the grimmest reality of all during the pandemic was beginning to sink in with rising death tolls at the province's retirement and long-term care facilities. The CISSS de Laval confirmed the death toll from the COVID-19 virus was rising and out of the control at CHSLD Sainte-Dorothée. It would eventually climb to at least 100 fatalities, before the situation was under control.

As the severity of the situation grew more apparent, the Quebec government was calling on the organizers of public events over last summer to cancel or postpone at least until Aug. 31 because of the ongoing COVID-19 situation.

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

The province's announcement came after Mayor Marc Demers had stated during the April city council meeting that he preferred to wait until May before deciding whether to cancel Laval's Fête nationale celebration and the more than \$600,000 expense it entailed. In the end, he would decide to follow the government's



recommendation.

Also in April, Quebec's director-general for public health, Horacio Arruda, ordered an inquiry by his department into the high rate of infection and mortality at the CHSLD Sainte-Dorothée, as well as at other health institutions in the province where there have been severe outbreaks of COVID-19 infection. Hearings for that inquiry have yet to begin, as they were postponed until this autumn.

Despite the overall negative perspective during the pandemic, there were some brighter spots at least. COVID-19 crisis or not, demolition of the old and abandoned Récréathèque in Laval's Chomedey district was started in April last year to make way for an eight-storey, 347-unit residential building. Construction of the new project is now well underway.

By April last year, the Canadian Armed Forces' Joint Task Force East (JTFE) had responded to a request for assistance dispatched medically-trained military personnel to the Montreal region to assist at nearly a half-dozen long-term care residences struggling with COVID-19 – including a CHSLD in the Laval area.

The MSSS had identified long-term care centres (CHSLDs) as institutions requiring the most assistance. CHSLD Villa Val des Arbres on Saint-Martin Blvd. East in Laval was among the care centres selected for assistance.

Still in April, the son of an elderly woman who was among the many people who died of COVID-19 at CHSLD Sainte-Dorothée in Laval was seeking permission from a Quebec court to file a class action lawsuit against the long-term care residence.

Jean-Pierre Daubois, whose mother Anna José Marquet died at the age of 94 on April 3 after she contracted COVID-19 at the CHSLD, filed initial paperwork in Quebec Superior Court for the suit against CHSLD Sainte-Dorothée. The suit named CISSS de Laval, the regional health authority that oversees the residence on Samson Blvd. in Laval's Sainte-Dorothée neighbourhood.

May

By May last year, police forces across the province had campaigns well underway to ticket persons not following social distancing and other COVID-19 sanitary protocols in public places. The Laval Police Department was reporting on its Twitter feed that the force had issued a total of 380 tickets related to COVID-19 infractions, such as non-distancing or gathering in groups, up to the first week of May.

The Laval Police Department's community relations department said LPD officers were advised to evaluate each situation after intervening and question those persons they suspected were not obeying the rules, following which tickets could be issued. Those tickets start at \$1,000 (plus \$550 processing fees) and increased for repeat offenses.

Also in May last year, the City of Laval's Place Bell multipurpose arena and entertainment venue was called into service to take in an overflow of COVID-19-infected patients who could not be accommodated at the region's Cité de la Santé hospital, the Centre intégré de santé et de services sociaux (CISSS) de Laval confirmed.

The action was taken as the number of COVID-19 infections across the province showed few signs of slowing, while the government of Premier François Legault continued efforts towards reopening the economy after two months of strict lockdown measures to keep the coronavirus infection from spreading.

The CISSS de Laval reported that as of Monday May 11, 387 persons in Laval had died of COVID-19 since the beginning of the pandemic, while there were 4,233 confirmed cases of infection, 128 people in hospital, 23 people in intensive care, and 1,739 persons who recovered.

June

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

Girault maintained that the recession stood to be worse than the 2008 downturn, because this time it wouldn't be only a financial crisis, "but a crisis that concerns a real economy," she said.

As we announced in June, homeless people in Laval, who were left largely without anywhere to stay since the start of

since the beginning of

Health Organization declared a global pandemic



COVID-19

the COVID-19 pandemic, gained a measure of security with an announcement by the CISSS de Laval of the opening of a temporary shelter at the Place des Aînés in Chomedey.

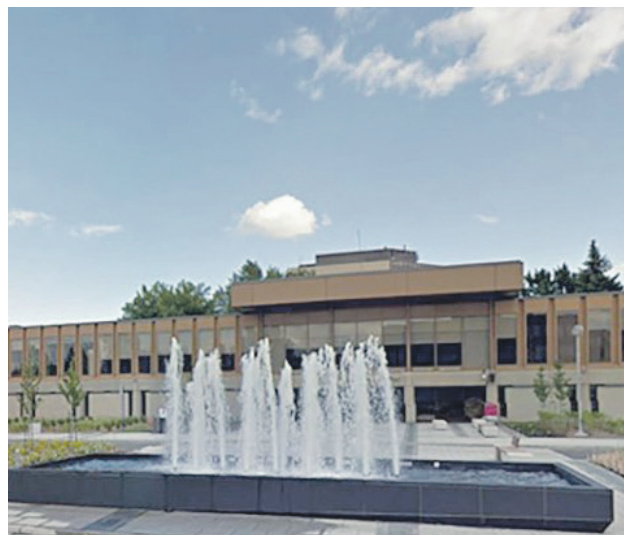
The CISSS was sponsoring the shelter, which opened on June 3 in the senior citizens' community centre on Curé Labelle Blvd. which remained closed during the COVID-19 pandemic. The new site replaced a homeless shelter that was being operated at the Centre Josée-Faucher in Laval-des-Rapides.

Professors Nicolas Doucet and Yves St-Pierre of the Laval-based Institut national de la recherche scientifique (INRS) were contributing their expertise in structural and cell biology to the race for a vaccine against COVID-19.

In partnership with Glycovax Pharma, a company with operations also in Laval, the two researchers were evaluating the feasibility of a vaccine strategy targeting carbohydrate molecules located on the surface of the coronavirus Spike protein.

July

With a high wind of optimism blowing through its sails, the



City of Laval is moving ahead this week with a sweeping new economic development strategy designed to give a badly needed boost to the city's waning economy in the uncertain aftermath of the COVID-19 pandemic.

Dubbed 'Laval, capital of opportunities' by the Demers administration, the primary focus of the campaign is to provide support to entrepreneurs and business owners during the economically-challenged post-pandemic period.

In a statement issued by the City of Laval prior to Demers' official presentation of the policy during the July city council meeting, city officials acknowledged that Laval has been as impacted by the fallout from COVID-19 as any other municipality in Quebec or around the world.

Months after being forced to close because of the COVID-19 pandemic, the province's movie theatres were reopening – albeit only briefly before being ordered shut again. They had new rules that limited the number of viewers to 50 per screening room in multiplex cinemas.

It was no secret that the COVID-19 pandemic forced the shut-down of a good number of major film productions since the beginning of the year. As such, the selection of movies in theatres was expected to be much slimmer than it would normally be at the time of year.

August

While some of Canada's leading economists were suggesting Ottawa wouldn't be able to deal with a second wave of COVID-19 with the same financial largesse it had had previously, federal Economic Development Minister Melanie Jolie told the Laval News the Liberal government was well positioned to continue along the path it had been on since the beginning of the pandemic.

"We're in the best position and we still have firepower in terms of fiscal capacity," she said

While everyone at the federal, provincial or municipal levels seems to be talking about economic recovery during the pandemic, the Laval Chamber of Commerce and Industry believed the local business community needed to understand

what help was available in order to seize the opportunities offered by the three levels of government.

That at least was a leading point offered by the LCCI prior to an online Zoom video forum they sponsored on post-COVID-19 recovery efforts. Among the many elected officials who took part were Quebec Finance Minister Éric Girard who is also Minister Responsible for Laval.

"In five years, we will have returned to a balanced budget," Girard pledged during the exchange. On a more somber note, he added that "we will have to live according to our means, that is with a level of expenses in conjunction with the revenues of the government."

Elementary school students in Quebec from the fifth grade up would be required to wear protective face masks, although they would be allowed to take them off in classrooms, Education Minister Jean-François Roberge announced.

In addition to the senior elementary school students, the mask requirement would also apply to high-schoolers, as well as older students enrolled in vocational or adult training programs, in

hallways and while walking around commons areas in schools.

September

With uncertainty abounding over the prospects of a second wave of COVID-19, the Director of Public Health for Quebec joined public health officials in Laval to state that the province and the region would be well-prepared should there be a resurgence of the pandemic in the fall.

"COVID-19 posed considerable challenges," interim assistant director-general of the CISSS de Laval Geneviève Goudreault said during a press conference covered in one of our September issues. It was attended by Quebec Public Health Director Dr. Horacio Arruda, and reported on progress made by the regional health agency in its efforts to deal with the pandemic.

"Laval was one of the regions most affected in the number of cases and the number of deaths per 100,000 residents," said Goudreault. "We had to adapt our practices and assign our

► Continued on page 24

Start of MASS VACCINATION IN LAVAL



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We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs)
- 2 Workers in the health and social services network who have contact with users
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults
- 4 Isolated and remote communities
- 5 People 80 years of age or older
- 6 People 70 to 79 years of age
- 7 People 60 to 69 years of age
- 8 Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9 Adults under 60 years of age who do not have a chronic disease or health problem that increases the risk of complications, but who provide essential services and have contact with users
- 10 Everyone else in the general population at least 16 years of age

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

MATURE LIFE

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10 tips to help prevent falls



Falls are the leading cause of injury among seniors, and most hospital admissions for injuries are due to falls.

Falls can often be avoided simply by taking a few steps to adapt to the changes that come with age — changes in vision, hearing, balance, and bone density. Following some fall prevention tips can help you stay safely in your home for years to come.

1. Install more lighting in the darkest areas of your home so you can see well despite failing eyesight.
2. If necessary, move your furniture so you can circulate more easily in the different rooms.
3. Reorganize the contents of your kitchen cabinets and closets so as to make frequently used items more easily accessible.
4. Purchase a stepladder with a safety rail for reaching high objects.
5. Exercise more to maintain balance and build muscle strength.
6. Make sure that the bottom of your shower stall and bath have non-slip surfaces; use a non-slip bath mat on the bathroom floor to avoid slipping when coming out of the shower.
7. If necessary, install grab bars in the shower, bath, and near the toilet. Never use a towel rack for support.
8. Use a cane or walker, if you feel the need for one, in order to avoid tiring yourself unnecessarily.
9. Wear good comfortable shoes with flat heels, as they are more stable.
10. During the winter wear ice grips, also known as ice cleats, to avoid slipping.



The ABC^s of delaying wrinkles

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

Keyword: prevention

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

If you're looking for a single sunscreen product for the face, neck, chest and hands, it should be a cream with a sun protection factor (SPF) of 30 and broad-spectrum UVA protection. It will act as a day moisturizer as well, or you can apply underneath it a cream or serum containing an antioxidant, particularly

green tea or vitamin C. If your budget allows it, pamper your skin in the evening by cleansing it and then applying an anti-aging product with proven active ingredients such as antioxidants and fruit acids.

Modern technology to the rescue

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



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4 considerations when choosing a smartphone



Smartphones can make many things easier, but choosing the right device might not be so simple. Here are a few things to evaluate when making a decision.

1. Operating system

A smartphone's operating system determines its basic functions, design elements and features. The most common types are iOS and Android. Your best bet is to stick with what you know. If you have other Apple devices, choose an iOS phone. If you're familiar with using a Windows PC, you'll likely be more comfortable with an Android phone.

2. Screen size

For the most part, a larger screen will make it easier to use your smartphone and give you more space to enlarge text and buttons. Keep in mind, however, that a bigger phone will also be more cumbersome. Test out different sizes at your local electronics store to find the right fit.

3. Storage capacity

Do you plan on using your smartphone to listen to music, download movies or take a lot of pictures? Make sure the phone you choose has sufficient storage capacity or the option to add a memory card and increase the available space.

4. Cell phone plan

It's important to choose a plan that suits your budget and your needs. How much time will you spend talking on the phone every month? Do you intend to send a lot of text messages? Will you frequently need access to the internet when you're outside of a Wi-Fi hotspot?

There are many smartphone brands and models available. With a little patience and research, you'll undoubtedly find one that works for you.

3 benefits of owning a pet as you grow older



Pets bring their human caregivers joy, security, companionship and more. But did you know that owning a pet is scientifically shown to benefit your health? Here are three good reasons to consider adopting a pet.

1. They improve your health. Spending time with pets reduces stress and decreases blood pressure levels. Furthermore, caring for a pet will encourage you to get more exercise. Taking a dog for a walk, or playing with a cat, is an easy and enjoyable way to stay active.

2. They provide companionship. People often have fewer opportunities for social interaction as they grow older and begin to feel isolated. But pets are good company, and dogs in particular can provide you with more opportunities for social interaction. Walking your dog or taking them to the dog park allows you to strike up conversations with other dog owners.

3. They give you a sense of purpose. Knowing that your pet cares for you and that they are dependent on you for food, exercise and companionship will imbue your life with added meaning and importance. Plus, caring for your pet can help you establish a routine and give your day structure.

These are just a few of the many advantages of owning a pet. However, you can also reap many of these benefits simply by spending time with animals. To this end, an increasing number of senior facilities have programs where pets are regularly brought in to visit residents. If having a pet at home doesn't work for you, look to see whether you can arrange a visit from one instead.

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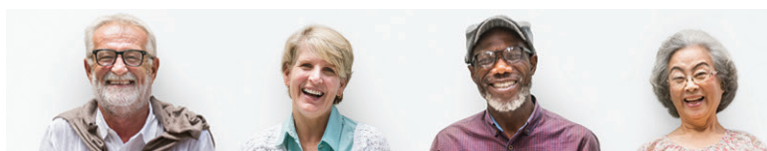


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5 WAYS to remember to take your medication



Do you find yourself forgetting to take your medication from time to time? These five tips will help you stay on top of your treatments.

- 1. Use a pill organizer.** This accessory allows you to keep track of what pills you've taken and when. Plus, using a pill organizer makes it easier to track medication you only take a few times a week as opposed to daily. Ask your pharmacist for help choosing a model that works for you.
- 2. Mark a calendar.** Prepare an agenda or calendar to track the medications you take every day. If you're the type who goes out a lot, you can get a small one that'll fit in your pocket.
- 3. Set an alarm.** Use an alarm on your watch or cellphone to keep track of when you need to take each medication. Cellphones allow you to set multiple recurring alarms so you don't need to remember to program them every day.
- 4. Use memory prompts.** Store your medications in places where you'll see them. This will make it easier to remember to take them. For example, you could put morning pills next to the coffee maker and leave your evening pills next to your toothbrush.
- 5. Download an app.** Medisafe and Med Minder are among the many apps specifically designed to help you remember which pills to take and when.

Remembering to take your medications can be difficult but using one or more of the above strategies is bound to help.

A tough pill to swallow?

Some tablets can be cut or crushed if you're having trouble swallowing them. Talk to your pharmacist to know which of your medications can be taken this way.

5 ways to meet your savings goals

Whether you're saving for retirement or a house, having a savings goal is an essential part of financial stability. Between unexpected illnesses and little weekly luxuries, however, meeting that goal isn't always an easy task. Here are five tips to help you stay on track:

- 1. Get invested in your savings.** The more educated and active you are when it comes to making your money work for you, the more it will feel like an accomplishment to see your savings increase.
- 2. Set savings milestones,** and budget in a reward for yourself when you meet them.
- 3. Prevent yourself from spending** if you have to. Credit card issuers and banks now have lots of ways for you to enforce spending limits on yourself. Don't be embarrassed

to take advantage of them if you feel they might help.

4. Don't worry too much about your luxuries. What matters is how much you're spending on luxuries like clothes or fancy dinners. Don't feel bad about what type of luxuries you buy as long the costs stay within budget.

5. Be open to new plans. A savings plan is just a rough draft. While you should remain focused on a specific savings goal, don't be afraid to change your method along the way if an opportunity presents itself. Once you have more experience with money management, you might take on more risk than when you're just starting out.

With a combination of planning and flexibility, anyone can meet their savings goals.

Elder infantilization: types and how to not do it



Elder infantilization, or treating seniors as children rather than as fully functioning adults, is a common issue in health care settings and communities across the country. Though in many cases the behaviour is unconscious, it's none the less a form of psychological mistreatment. Here's what you should know.

Types of infantilizing behaviours

A common form of infantilization is what's called "elderspeak." It consists of speaking slowly, loudly and with a simplified vocabulary. Using diminutives and first-person plural pronouns are other forms of this behaviour. In addition to making seniors feel resentful, elderspeak can seriously affect their sense of self-worth and decrease their

confidence.

Another common way people infantilize seniors is by ignoring their preferences and making decisions for them. In particular, needlessly opting for medications in the form of syrups and suppositories can be degrading.

In a health care setting, the use of toys, child-like decor and reprimands are all signs of infantilization. A loss of privacy, choice and adult status are also indicators.

What you should do instead

Seniors don't regress. Overall, they retain the vocabulary and intelligence they've developed over the course of their lifetime and can even expand upon it. In most cases, it's unnecessary to adapt the way you communicate with the seniors in your life.

However, if you're talking to someone with hearing issues, it's important to ensure they can see your lips clearly. You can also speak louder if necessary but be sure not to yell.

In the case of seniors with cognitive issues, it may be appropriate to use gestures to clarify your meaning. However, this should be done respectfully.

Most importantly, when relating to the seniors in your life, remember to treat them as autonomous beings who have intelligence, dignity and value.

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BEVERLY DECARLO: "Becoming a teacher today may not seem like a big deal to many people but

"It was such a thrill to see so many children so happy with ... are you ready for this? Reading-and-writing. Across a quarter-century of annual Readers-Writers Summer Workshops, we found ways to integrate creative activities in support of children's school-year learning, using a multidimensional approach, fostering literacy and academic-skills. We did it in summer, but we didn't run a conventional-summer-school. No, we offered a learning experience that focused on each child's needs, reaching out to the children in ways that were relevant, meaningful, and most-important-of-all, hands-on."

'Blue Literature' aside, writing isn't sexy, not rare butterflies gently kissing you on-the-nose with brilliant ideas that conjure hurricanes-of-cash. It's frustrating, lonely, for most people it doesn't pay. But one genre consistently makes-it-work. Published-writers who sell their books through self-publishing are true-literary-hustlers. Those who succeed aren't just scribes, they're business-people, keeping up with educational reforms, doing their own marketing, in-addition-to-writing. For teacher and literacy-advocate Beverly DeCarlo, all days were precious commodities for many years, especially when in her mid-seventies, she launched a mini-career into children's literature, writing and publishing Kyle's *Rainbow*, an ode to grandson Kyle, a story that attracted international attention, now available, on-line, in several languages.

RENATA ISOPO
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Why are people attracted to books? To get involved in the story by experiencing emotion through the lives of fictional characters? To be swept-away in other peoples' dramas? To immerse themselves in the minds, hearts, and souls of those characters? To feel emotion as the characters themselves feel it, real-time, minute-by-minute, relevant to their own lives?

Plunging into the moment

That's the deal, right there. It's exactly what Beverly DeCarlo did in her teaching mission, nurturing children, kindergarten-to-grade 2, and through a summer program of Grades-One-to-Six "If you want to emotionally-engage readers, you have to plunge-them-into the-drama-of-the-moment," she says, during an intensive/extensive exchange that can only take place these days across social-distancing, by telephone.

"Dramatize!" So-easy, so-clear. Encountering low-energy writing-patches, you have to keep practicing your craft, relentlessly, if you want concrete results. "There are such things as letting the characters dictate the story. When it goes best, you're reminded that it's not because you choose writing, but because writing chooses you. I didn't decide to be a writer," DeCarlo affirms, adding that she doesn't believe anybody dedicated to writing, ever has to choose it. "No," she insists, "the art-and-craft decided for me, and for others; to our credit, we accepted."

"We work-too-hard, try-too-hard, at some things," DeCarlo offers. "Don't try. Don't overwork it, it's there, aching to kick-out-of-the-closed-womb." Asked to clarify, she cautions: "If you have to try to-care-about-something or have to-try-to-want-something, perhaps you don't care enough to want it. And if the thought of not-doing-the-thing hurts more than the thought of potentially suffering through the process, if the thought of a-life-without it or never-having-tried-it terrifies you, if it comes through you, out of you, almost as if you're not trying, you have arrived as writer," Beverly seems to say, adding that "if you're going to try, go all-the-way."

And this is where teacher DeCarlo comes in, with her passion for the children's Readers-Writers' Summer Workshop, a very-successful initiative which thrilled children through 25 summers, as dedicated teachers helped them develop their creative-writing-talents. "Children need repeated/explicit-demonstrations of writing processes, with plenty of opportunities to practice-and-experiment. Planning for, and teaching the process, craft-and-mechanical-aspects-of-writing are essential for children to develop into independent, self-regulated-writers who can easily draw on long-term-memory," Beverly easily articulates. "Children must be taught that the most-important-part-of-writing is the sharing of thoughts-and-ideas, and that grammar/spelling/punctuation can be dealt with when editing-and-publishing. This can relieve anxiety and enhance children's much-needed confi-



Serious highlight of the day: Beverly reading to her grandchildren

dence and sense of self-efficacy," she assures.

Because writers plan-and-revise as they write, Beverly recommends a process- approach to the-teaching-of-writing. This approach views writing as behaviours which can be taught, learned, discussed and developed. It emphasizes thinking, inquiring, imagining, creating, communicating and exploring language through writing, giving equal-attention to the process and the result. "Children at the Readers-Writers Summer Workshop thrived on instructional frameworks, strategies, interactive-exchanges, shared-perceptions and interpretations of group-dynamics – all of which teachers, here there and everywhere, can use in meaningful support of children as writers," DeCarlo explains, with passion.

Heritage reaches forward

Passion-and-love for the beauty of God's-limitless-universe usually spring from one's origins, the heritage of all sides of the family-tree, and no doubt Beverly's passion for squeezing the-sweetest-creative-juices out of boys-and-girls-in-classrooms and summer-workshops has its roots in Anglo-Italian ancestry. "Mom Thelma Jackson, dad Thomas DeCarlo, were born in Montreal, but my dad's dad, Louis DeCarlo came from Caiazzo, Italy, near Napoli," Beverly informs; grandmothers Vera Jackson and Ethel Parnell, although Montreal-born, were descendants of Anglo-Irish ancestors. She is sibling to year-younger-sister Carol, of Clarkston, Michigan.

"I blame the Italian in me for the optimistically-romantic-beliefs-and-practices I've carried my whole life," says the mischievously-spright 81-year-old mother-of-four (Nancy, Karen, Steven, Jennifer), and grand-mom-of-six (Krystie, Sarah, Lindsay, Kyle, Thomas, Felix). She easily admits to the ever-hopeful notion that love can, indeed, happen at-first-sight. Does life ever get any more Italian than that?

Arriving Canada 130 years ago as a young boy, grand-dad Louis joined Canadian National Railways (CNR) at 15, after attending Montreal's French Methodist Institute. At CN, he often slept in box-cars but hard work soon earned him promotion-to-foreman, at 18. "He was very special to me, especially my early years," says Beverly, nostalgia getting the-best-of-her. "He cherished his grand-children and often took us through the Mount-Royal Tunnel, which he helped build, to the first stop at Portal Heights, where he had a huge garden. At home he had a Player Piano that seemed magic to us. His talents bridged into inventing and carpentry. I have a beautiful round-table made with his gifted-hands, something I've always treasured."

"Growing-up, my parents loved-to-move; I made new friends, at St. Patrick's (Montreal), St. Willibrod's (Verdun), Ville-St-Laurent, and St. Antonin's and St. Malachy's (Snowdon). Always the new kid, but it didn't bother me, I loved school and did very well. I started high school at St. Augustine's, but was soon commuting, bus and train, back to Patrick's which had become a commercial high school. Ready for Third High, (Grade 10) my father wanted me to stop, partly

because even at public-high-schools, you had to pay about \$10. Dad insisted it was a waste-of-money; he thought I would just leave and get married. Devastated, but God love my mother who 'rescued' me, making it possible for me to continue, which I did, graduating third-in-the-province, while working part-time at Reitman's."

Pay-it-forward, says conventional wisdom, so it wasn't unusual for Beverly to seek a life-mission of contact with children, but not before a stint as secretary-to-an-engineer, St. Regis Paper Company, in her early 20's, an experience she hated, because "it was so boring." In the meantime," she says, "life happened. I found myself an at-home-mom, which was okay, but I wanted more."

"From Grade 5, I wanted to be a teacher. A news junkie, I read the Montreal Gazette and Montreal Star every day. One day, I read that the Québec government, planning to open Kindergarten classes for five-year-olds, was offering special training for teachers at Thomas More Institute, High School Diploma as prerequisite. To me, doors opened, my opportunity for a life-in-teaching. I registered for evening-and-Saturday courses, graduated and landed my first Kindergarten class, 1964."

Those were interesting days, she says now, with 20/21 hindsight-and-delicious-irony. "Great fun. The school board didn't have Kindergarten facilities, so I taught half-days in a Chomedey bungalow-basement. I was in heaven. My mom took care of my children, something she very much enjoyed."

"Things moved fast. Soon, it became mandatory for teachers to have at least a B Diploma (two-years-of-training) so I enrolled part-time, St. Joseph Teachers College, for necessary credits. Hectic days, but I had the energy. Following my B Diploma, off to Concordia for my BA, double-major in Library Science/Women's Studies. My daughter Karen, beat me by one year of being the first our family to receive a university degree. I wasn't finished, adding a McGill Reading Certificate to my resumé, 1988. The-one evening-a-week was my own special time to do what I wanted, to keep on learning, enough to devote my life to teaching."

Easing children into reading and writing

"For 35 dream-come-true years I happily gave children the best I could, teaching Kindergarten and Grades 1 and 2 at Sacred Heart, John F. Kennedy, Our Lady of Peace, and Terry-Fox. Kindergarten was great fun, I was mommy to-the-kids, which I always-took-to-heart. Grade 1 was different. I was in-between mommy and teacher."

Grade-2-children, thinking themselves much-more-mature, dropped mommy, promoting me to full-status teacher. Oh yeah, I did some union work during later years, filled with adventures in working-for-teachers-rights, enjoying numerous opportunities to meet new people. Ah, such wonderful years."

About 25 years into her teaching mission, late 1980s, Beverly was drawn into the groundbreaking Readers-Writers Summer Workshop, a highly-successful-crash course in literacy, conceived by three Laval educators – Yola Bagi, principal, Our Lady of Peace, Ann Cohen, Language-Arts Consultant, and Leo Venditti, English-Sector Consultant, all in the employ of the Commission Scolaire Chomedey de Laval.

"Yola Bagi, an experienced educator, realized after several years as principal, that her students were mostly English-Second-Language and upon returning to class in September, they found it difficult to resume English-language learning, so she devised something for them to bite into linguistically, during the summer, but nothing like dreaded summer school. Thus, was born the Readers-Writers Summer Workshop for children ages Grade-One to Grade-Six," says Beverly of the origins of the project.

What was Beverly's role in the project-start-up and consequent-unfolding? She's asked. "I had just completed my Reading Certificate at McGill where I had met a wonderful teacher, John Ryan, during an internship where I was thoroughly impressed with how he had set up a summer program of reading-and-writing for kids. Teaching at John F. Kennedy Elementary, I easily transitioned into the summer program, becoming its Director, a post I held for 25 years."

How was the project funded? "I believe that at first, the school board funded a good part, with nominal fees from parents, but after a few years we became self-financing, non-profit." According to Beverly, responses to the program were wonderful. Its scope crossed several barriers, offering widely-effective-ranges of learn-

it was a super deal to me. I did my best and hopefully made a difference in many children's lives."



Beverly flashing a happy smile in her favorite place-school.



Beverly's children from left: Stephen, Nancy, (Beverly) and Jennifer.

ing-and-language-development for three major groups of kids: – those experiencing difficulty, those who loved to read-and-write, and those in-need-of-improvement in their English Second-Language skills.

"A lot of the credit for the success of the Readers-Writers Summer Workshop has to be attributed to our child-centered approach which by word of mouth was communicated to families who put their kids in the program." Beverly specifies. "We accepted the youngsters at their level, and hopefully, by-the-end, they'd made significant progress.

"At Spring information sessions, in preparation for that summer's workshop, we became aware of our impact, through comments from kids: 'I liked making my own book and presenting it to an audience'; 'I liked to write stories, to be creative'; 'I had lots-of-fun, made new friends, loved doing the activities.' From parents, the consensus was 'Thank you for the unique experiences and wonderful memories you created. The children love to read-and-write and it's hard to find activities to spark their imagination. You are truly succeeding.'"

Leading the way

The program was blessed with dedicated teachers who did splendid work with the children, with little remuneration. "As a non-profit," Beverly explains, "all funds went into expenses. Parents paid \$150 for three weeks, three-hours-a-day, five-days-a-week. All human resources received minimal compensation, but none of the teachers were deterred. They were gung-ho, appreciating opportunities to work with small groups of 10-12. Fees paid by families covered all supplies, animators, field trips, author's teas.

Parents just had to bring their children and pick them up. The program was so successful that at its height, we had 90 kids, 9 teachers, at Terry-Fox Elementary, with other programs at St. Paul's (Duvernay) and Souvenir (Chomedey). My role as director was to visit the schools and make sure the principles and dynamics were being faithfully followed. My role was multi-faceted: designing programs, reading-aloud, engaging children and teachers in 'drop-everything-and read' times, and

co-ordinating/implementing specific workshops, such as Response to Literature – a hands-on-exercise in which an activity, such as cooking, had to respond to a book.

Says one teacher, "Thank you very much for the opportunity to teach at the Readers-Writers Workshop. It's a-wonderful-privilege to participate in a Language-Arts program that teaches reading-and-writing the way it should be done, in small groups, through modeling, sharing, and meaningful experiences. It's great to see how much more comfortable the children become with reading-and-writing, simply by doing-it-every-day."

Beverly proudly acknowledges that most of the young teachers at the Readers-Writers Summer Workshop, many of who were just fresh out of finishing their teaching degrees at McGill, benefitted from significant spin-offs. "Many of them were rewarded with teaching positions in our school board, soon after their summer assignment ended. Ann Cohen, the school board's Language Arts Consultant,

did some wonderful recruitment of these young teachers at the universities."

Sadly, as good things usually run out their string, so did the Readers-Writers Summer Workshop after 25 years in Laval, and only a few years more after teacher Frances DiGironimo started something similar in Ste-Adele. "When I run into parents, I'm reminded of how much their children enjoyed the experience and have not forgotten the fun they had," Beverly humbly confides.

Teaching, if not the oldest profession, certainly ranks high-up-the-ladder of what makes the human condition so intriguing. "I've no reservations in recommending the art-and-science-of-teaching," says Beverly, pointing out that the vocation can be rewarding and relevant. "You can make a big difference in children's lives, "but I do advise prospective teachers to dip-their-toes before committing to life-time-service. If it's not for you, don't fake it. It wouldn't be fair to yourself or the children. But once you're in, make sure you're happy with your situation, embrace every little bit you can, ignore the non-realistic negative complaints.

"In the process, work diligently on all aspects of your work. Try to give each child proper attention, make learning fun, as you yourself learn to bring each child forward. It's hugely rewarding to see children learn at-their-own-pace. This way, you won't frustrate them, you'll make learning interesting, you'll keep them from being bored and you'll win their creative hearts. As well, you will, as I did, get the respect and positive feedback from children, parents, peers, and administrators."

The challenge continues

Reasonable people know that teaching is not just a cushy short-day-job, finish at 3:00, two-months-holiday. "But I would strongly advise life-long teachers to pace themselves, keep an open mind, forever learning," Beverly warns. "To teachers in classrooms (or zoom rooms): be vigilant of personal-burn-out, which these days seems very high. I wasn't a victim, but it wouldn't surprise me that others could legitimately succumb to it. I believe children and home situations have changed, expectations of teachers have risen, support from society has declined. It would help, if as one matures in the profession, one becomes more tolerant, more relaxed and easier-on-one's-self.

"As part of McGill University's Co-Operating-Teacher-Program for student-teachers, I accepted to assist prospective-teachers and I think

I made a difference in their training and formation. Committed to spreading-the-literacy-message, I was very active at local Language-Arts-Conferences, provincial conventions and international gatherings. In 1991, Phoenix, Arizona, I animated workshops at the Whole Language Umbrella Conference. In 1992 and 1993 I was a 'presenter' at the Québec-wide Springboards-Language-Workshops. At Terry-Fox School, I represented the Language-Arts-Network. In 1993 I wrote a Research Paper on Evaluation for the Québec Ministry of Education. I've held memberships in The Montreal Reading Council and been an ambassador for The Whole Language Umbrella Association.

"Yes, the profession has changed. Elementary-school-teachers may find themselves responsible for three groups, unlike my days when, as home-room-teacher I had opportunities to really get to know my students. When lessons were going well, I could continue without answering to bells calling children to other classes. Now, having up 75 kids in different groups, class ends with the bell, very hard on children and teachers."

At 81, is there unfinished business, professionally, personally? "No further ambition," she says. "It's hard-enough looking after myself. I'm concerned about the effects of agism in our society, where most seniors are ignored. I have vivid memory of a vacation-situation thirty-years-ago when, in my early fifties, I sat near a family of six. The one-elderly-person wasn't asked anything, and didn't speak. The scene sticks in my mind because I thought to myself, 'that will be me soon.'

"Not to complain, but these days as the oldest of my family's three generations, I get along best with the grandchildren, although I find it strange when they question my answers or give back-talk, something we never did to our grandparents. Seniors need special-help and better-treatment these days. My grandparents were never placed in a seniors-residence or nursing-home, but now with adult-children working, new situations have emerged."

Loved, recognized, embraced

How would she sum-up six decades of commitment to learning, teaching, inspirational creative-writing-initiatives for young people, and her foray into writing a children's book? Anecdotally, she points to three special moments, illustrating and illuminating the respect from family, friends, peers, colleagues, and people she's mentored.

BEVERLY DECARLO: continued



Beverly's Class photo, Terry Fox School 1995-96.



Beverly DeCarlo enjoying her munchkins during a colorful lesson.



Celebrating her 80th birthday, Beverly is surrounded by her grandchildren Kristine, Sarah, Kyle, Lindsey, Felix. Missing: Thomas

"In the role of co-operating teacher for McGill and Concordia teachers-in-training, I was passionate, compassionate, understanding, but I practiced tough-love, which I must say, was much-appreciated by some, if not all, student-teachers. I keep in touch with one of them, Silvia Drago, who went-out-of-her-way to show appreciation and gratitude for what I'd done for her. After getting her degree, she went back to Italy; on her visits to Canada, we would meet for coffee. Silvia did one of the nicest things anyone has ever done for me. In Italy, with a friend, she took the train to my grandfather's city of Caiazzo. Taking many beautiful pictures, she wrote wonderful descriptions, and sent them to me, something I will cherish forever."

"It doesn't get any better than this, does it?" says Beverly. Oh yes it does! "On my 70th birthday, daughter Jennifer and her husband Jason planned a surprise-party for me at Palmo, my favourite restaurant. All four children were there with their spouses, as were my grandchildren. An old friend from high school and several neighbours joined us. Friends from Terry-Fox School, and teachers from the summer workshops came too. It was great to see members of a book-club-for-adults I had launched with good-friend Hélène 20 years earlier, a gathering of book-lovers she continued to hold even after I had to drop out due to illness. The biggest-most-endearing-surprise was my 90-year-old dad, Thomas, coming from Ontario, brought by friends. The highlight-of-the-evening was not Happy Birthday, but a full-voice spirited-group-rendition of That's Amore."

Is there more? Of course, at least one more special moment of recognition, love and appreciation: One of the happiest moments of her life, she says, occurred when at 60, after taking her leave from teaching, a retirement-party was held in her honour. A former workshop teacher, Irene Tsimiklis, with help from Gloria Kuhr, gathered dozens of people in a large room with tables surrounding a large dance-floor that would soon come to life with our steps, dancing to the sounds of a professional DJ.

Who came? We asked. "Every teacher from Terry-Fox Elementary, teachers from other schools I had taught at, workshop teachers, and my children. The workshop teachers wrote a memorable song for the occasion and danced to it, to everyone's delight. Completing the get-together: Father Sullivan gave the blessing; the Bletas family, led by Eva-Marie who was one of my students when we were both much younger, came to celebrate, and quite a few teachers I had taught with, who had moved to Ontario, came. Maggie Bletas baked a beautiful cake, Ann Cohen delivered a wonderful au revoir message, Leo Venditti played guitar, we had a lovely dinner and we danced-to-lively-music, 'til midnight. A wonderful time-to-remember.

To this, I would add extensive travels to Eastern Canada, to West of Winnipeg, to Arizona, Paris, and Philadelphia. I consider travel a great education. After retiring from classroom-work, 1999, I branched out into promoting literacy in the Laval area, volunteering at The Learning Exchange, working with Jackie Spector and Darlene Brown and serving as board-member for some time. From there I moved on to a family- literacy-group.

This labour-of-love included a Spring Family-Literacy-Evening at several schools of the Laurier Board, pre-K to Grade-One, setting up different stations in the

gyms, pitching-tents, making-bookmarks, and writing stories. Each child went home with a book. We also regularly visited classes, reading-and-interacting with the children.

"To sum up: I've lived in Laval 60 years, parents also lived here, it's where I settled, close to babysitters and helpmates. We've owned two houses, lived at picturesque Havre-des-Îles, waterside, 36 years, beautiful grounds and swimming pools; can anyone ask more?"

Dancing with Kyle's Rainbow

Beverly answers her own question, recounting how she became a children's-book-author, writing Kyle's Rainbow several-years-ago. "I dedicated the book to my grandchildren. The idea was inspired by rainbows my grandson Kyle, age five, would see on-my-wall. Sunshine off the window prisms made rainbows dance across-the-wall. Kyle was fascinated. We talked about things-at-the-end-of-the-rainbow, making-up funny stories. The picture-book is simple, funny, a-great-story-starter. It was easy-to-write, but self-publishing/marketing/distribution were challenging. It was hard getting it into people's hands, especially children, but it was worth the effort many-times-over." To-its-credit, Kyle's Rainbow is listed on Amazon.

What did you unpack from 60 years-of-commitment-to-education, reading, writing, and volunteerism? We ask Beverly to tell us: "I was rewarded seeing children succeed, as we learned together, through worthwhile activities, happily-enjoying-the-experiences. But at-end-of-each-experience, I wondered if I could do better, which I tried the very next day."

What of Covid-19? "I don't mind kids being in school, it isn't going that badly," Beverly thinks. "I'm disappointed with the vaccines, we're depending on too many people. I'm concerned about the slow-unequal-start-to-vaccination-distribution. Spring-Break could have been rescheduled to end-of-April, better-for-students, could have used more outdoor-time, with better weather."

More loves, likes, concerns of Beverly DeCarlo and her Life and Times:

MY FAVOURITE ... Teacher: Miss Topp, grade 1. Real-life-hero: Grandson Kyle. Writer: Margaret Atwood. Television-show: Newsworld, CNN, MSNBC. Singer: Rita MacNeil. Season: autumn. Weather: sunny, not-too-cold/not-too-hot. Name: changes often. All-time movie: last one I saw. Month: September. Colour: at-this-time-of-my-life, pink makes me happy. Book: Independent People, Halldór Laxness. Ice-cream: chocolate. Toy: doll-of-figure-skater Barbara Ann Scott. Sports-to-watch: tennis, Canadian Football. Description-of-myself: Nice-person. Number: 7. Pet: cat. Time-of-day: morning, my-time-to-shine, intellectually/emotionally. Moment-of-perfect-happiness: holding grandchildren, just after birth. Quality-in-a-boss: leadership. Act-of-kindness-affecting-my-life: my mother not judging me. Place-to-vacation, live: Ogunquit, Maine. City-to-visit: Venice. Name, other-than-my-own: Bella

MY BEST ... Friend: Maureen MacAlear. Recollection of first crush, at 14. Gift-to-children/grandchildren: Showing good example. Choice-of-occupation: teacher. I BELIEVE IN ... Miracles. Love-at-first-sight. Mottos of doing-my-best, love-not-hate. Honesty-in-friendships. Angels/personal-guardian-angels. The after-life. Kindness, as the-most-important-quality in men; compromise, in women. Long-uneventful-life over short-exciting-one. Tipping servers/delivery-persons generously. Climate-Change as Earth's greatest enemy.

I THINK THAT ... The-greatest-human-injustice is economic-inequality. The trait-to-be most-deplored-in-people is dishonesty. White-lies, to prevent hurt, are ok. Canada should give foreign-aid directly-to-the-people. It's time for another Canadian woman prime minister. As an-American-of-voting age, I'd vote Democrat. My most-unanticipated-achievement was getting a teaching job. I like people too-rapidly. Lies by friends, would motivate me to cut off friendships. I'm happiest with family. The biggest-challenge-to-Québec-public-education is money. Canadian-Authorities could handle the pandemic better, researching before making decisions. The-acts-of-injustice affecting me most, came from people who did not pull-their-weight. Lowest-depth-of-misery is bad health. Being loved more by mother or father depended on the day. Everyone has their own story about raising children, some find it harder than others; what you hear are opinions. My most-useful-talent is perseverance (sic).

I FEAR ... War. My children/grandchildren falling ill. Car-accidents. The number 9. I REGRET ... Marrying-too-young; choice-of-husbands. Losing-touch-with-friends Sheila McNeil and Peggy Tattersall. I DON'T RESPECT ... Uncaring teachers. Liars. The belief that capitalism is detrimental-to-human-progress.

MY GREATEST ... Extravaganzas: buying-purses; going-to-Italy. Journey-in-life: becoming a teacher. Wished-for-talent: playing-musical-instruments. Admiration-for-a-historical-figure: Queen Victoria. Admiration-for-a-living-person: Barack Obama. Achievements: overcoming-obstacles, fulfilling-academic-dreams, becoming-a-teacher, writing a children's book. Trip: Paris. Dislike-of-personal-appearance: my stomach. Personal-trait-to-be-deplored: I'm too critical.

IF I COULD, I WOULD: at-my-age, have-more-patience. Have family live-closer-to me, have them be-closer-with-each-other. Return-as-a-well-loved-cat.

MY...First-conscious-memory-of-a-life-event: 1945, De La Gauchetière Street, end of Second-World-War, office-workers throwing-paper-from-windows. Most-loved-living-person(s): my children/grandchildren. Most-overused-expression: "You know". Current-state-of-mind: peaceful, but anxious-about-the-pandemic. Most-prized-possession: friends; I don't possess them but they're always-there-for-me. Bottle is always-half-full.

ON MY BURIAL MARKING I'D LIKE INSCRIBED: She Did It Her way - that's the way I've lived, making-mistakes, doing-my-best.



Debunking myths around elder abuse to better prevent it

To celebrate **World Elder Abuse Awareness Day** (held annually on June 15), numerous organizations come together to denounce the widespread abuse inflicted on the elderly and inform the general public on ways to help put an end to this alarming problem.

But first, in order to better recognize and prevent abusive behaviours committed against our seniors, we must debunk certain myths that unfortunately remain well rooted in popular belief. Here are four:

1. Abusive acts against the elderly are often committed by strangers. In reality, abusive behaviour is more often committed by close relatives like family members, spouses, children or friends.

2. Victims of elder abuse often report violent incidents. The elderly are frequently torn between the affection they harbour for the abuser and the need to report cruel incidents that they experience. Sometimes, they may be dependent on the individual who is mistreating them, while other times they may simply be unaware that they're the victims of abuse.



3. The elderly are incapable of making the right choices, especially informed financial decisions. The majority of seniors are more than capable of adequately managing their expenses and personal business. Their cognitive abilities don't actually degrade as

much as people may think, unless they have a specific illness.

4. Seniors who receive higher incomes are more at risk of experiencing abuse. Any elder can be the victim of abusive behaviour, regardless of social status or financial standing.

Ten water-rich fruits and vegetables to help you stay hydrated



Health professionals advise that you drink approximately eight glasses of water a day to prevent dehydration. Do you find it hard to consume the recommended amount? Or maybe you just plain forget? If so, you'll be happy to know that many fruits and veggies can provide you with the hydration you need. **Here are ten types of produce that have a high water content:**

- | | |
|---------------|---------------|
| 1. Cantaloupe | 2. Celery |
| 3. Cabbage | 4. Cucumber |
| 5. Zucchini | 6. Strawberry |
| 7. Lettuce | 8. Watermelon |
| 9. Apple | 10. Tomato |

These foods are perfect to eat on their own as snacks but can also be added to soups and smoothies.

At the breakfast table

For breakfast, try oatmeal with berries, especially strawberries — 91 per cent of their weight comes from water.

If you add a splash of low-fat milk or unsweetened soy beverage, on top of staying hydrated, you'll also be packing in additional nutrients and protein.

But remember to drink

Though eating water-rich foods can help you stay hydrated, be sure to remember that 70 per cent of your water intake needs to be consumed in liquid form. If plain water bores you, try adding some lemon. Alternatively, choose carbonated water, tea or juice. Whatever your beverage of choice, be sure to drink enough of it to stay hydrated and healthy.



Senior Wellness Center

For Laval English-speaking seniors 55+

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

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

Call us and leave a message.
We *WILL* call you back.

Famille Québec



Call us at: 450-934-1122

Les Jardins de Renoir

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

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

Manoir Céleste

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

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

Résidence Primavera

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

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

Résidence Sainte-Rose

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

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

Les Résidences Soleil Manoir Laval

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

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

Manoir de la Giraudière

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

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

Le Quatre Cent

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

You can't buy happiness, but you can rent it at the Residence

Le Quatre Cent in beautiful Laval.

Résidence La Luciole

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

The retirement home The Residence La Luciole is an intermediate resource of 149 units and located in Laval.

This retirement home welcomes seniors with cognitive deficits (Alzheimer's) and / or seniors with physical difficulties that affects their daily autonomy.

Les Appartements de la Rive

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

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

Centre d'hébergement Bon-Pasteur

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

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

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

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

Résidence Roi-du-Nord

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

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

Résidence Gingras

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

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

L'Oasis de Laval

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

The residence L'Oasis de Laval is a private residence for



Résidence Domaine des Forges

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

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

Résidence Les Marronniers

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

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

Boisé Notre-Dame

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

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

seniors. This Laval residence welcomes autonomous seniors.

Villa Murenne

**7325 rue du Plateau, Duvernay
Laval, QC, H7A2P2**

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

Résidence d'Auteuil

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

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

Habitation Le Bel Âge

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

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

Résidence du Plateau Ouimet

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

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

Résidence Les Doux Instants, Laval

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

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

CHSLD Vigi l'Orchidée blanche

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

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

Résidence Marie-Flore

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

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

Résidence La Présence

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

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

Résidence Le Duvernay

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

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

Oasis St-Martin

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

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

Habitation Louise-Beauchamp

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

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

Les Loggias Villa Val des Arbres

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

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

Résidence Les Ficelles

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

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

Résidence L'Angélus

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

The retirement home Résidence L'Angélus of the 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 Capitot, 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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COVID-19 Vaccination operation

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

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

📞 1 877 644-4545

Québec 

A very long year since the beginning of the COVID-19 crisis

◀ Continued from page 9



employees so as to respond to the emergency. We learned lessons from this first wave and have established our plan to be ready when the second wave manifests itself."

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 this month that the government hoped to launch a major greenhouse farming project, with power provided by Quebec's vast hydro electric network.

"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 in a keynote address delivered during the event, alluding to the start of the COVID-19 crisis.

October

A provincial investigative report completed last but only released by Quebec in October on the reasons behind the deadly COVID-19 outbreak at CHSLD Sainte-Dorothée laid the

blame on technical shortcomings as well as a lack of personnel at the long-term care facility.

The report on CHSLD Sainte-Dorothée was tabled by Minister for Senior Citizens and Caregivers Marguerite Blais and Health and Social Services Minister Christian Dubé, together with another report on the even more devastating outbreak which took place around the same time last year at the Herron private residence for seniors in Dorval.

Both Blais and Dubé insisted that, after the revelations about the devastation from COVID-19 that was taking place at the two residences became known, government and health authorities had already begun to take action so there would be no repeated situations.

More than 100 fatalities from COVID-19 were recorded at CHSLD Sainte-Dorothée by the middle of last summer, ranking the residence among the hardest-hit in the province during the ongoing pandemic.

The Quebec government announced additional protective measures for schools, sports facilities and teams in the province's "red" zones – including Laval – which would be in place beginning Oct. 8 until at least Oct. 28. Wearing a face mask became mandatory at all times for students attending high-schools located in the red zones, including inside classrooms and outdoor areas.

"Today we are announcing an important reinforcement of the existing sanitary measures, as well as the deployment of additional measures, for school establishments located in red zones," said Education Minister Jean-François Roberge.

Laval mayor Marc Demers announced that the city would be freezing taxes in the 2021 budget for residential, commercial, industrial and agricultural property owners. The move came after the City of Montreal and other Quebec municipalities previously announced they were freezing their property taxes in order to soften the COVID-19 economic on property owners.

November

With the COVID-19 pandemic limiting public gatherings, the City of Laval launched a new kind of public consultation process this month on its urban planning rules using a computerized platform to stage a "virtual open house."

Federal Immigration, Refugees and Citizenship Minister Marco Mendicino tabled the Trudeau government's latest Immigration Levels Plan, setting a path for moderate increases to immigration to help the Canadian economy recover from COVID-19, while also trying to stimulate future business and employment growth.

"Immigration is essential to getting us through the pandemic, but also to our short-term economic recovery and our long-term economic growth," said Mendicino. "Canadians have seen how newcomers are playing an outsized role in our hospitals and care homes, and helping us to keep food on the table."

The Société de transport de Laval (STL) was presented on Nov. 5, during an online "virtual gala," with the Association québécoise des transport's Grand Prix d'Excellence en Transport award hosted by the AQTR for the STL's online tool that tells riders how crowded their bus could be.

The digital tool provided riders with an estimate of the number of passengers they could expect not only when they board, but also during the course of their entire bus trip – which is a first in Canada. As the COVID-19 pandemic made social distancing in public transit situations a core concern for everyone, the crowd estimator supplied information tailored to individual transit users.



In spite of infection rates rising again during the second phase of the COVID-19 pandemic, Quebec Premier François Legault delivered a message of hope to members of the Coalition Avenir Québec and to all Quebecers during a webcast CAQ policy convention.

In a keynote speech to CAQ members during the event Nov. 7, Legault said the government remained focused on restoring and expanding the province's economy. But at the same time, he suggested there might be economic advantages to be gained despite the pandemic.

With flu season threatening to complicate the COVID-19 situation, on Nov. 6 and 11 the Agape charitable organization provided flu shots to approximately 117 seniors at the Senior Wellness Centre in Laval in its latest effort to promote the health and well-being of Laval's English-speaking language minority community.

"This was such an important event for us," said Kevin McLeod, executive director at Agape. "This would never have been possible if it weren't for our local partners at the 24-hour Pharmaprix close to our centre. When we approached pharmacist-owners Issam Merrouni, Mohamed Suhel Jetha and Mahmoud El-Achkar, they were very excited about the idea, stating that they wanted to give back to

the community."

December

An inquiry by the Quebec Coroner's Office was expected get underway into the circumstances that led to a seemingly uncontrolled outbreak of COVID-19 at CHSLD Sainte-Dorothée during the first wave in the spring last year of the coronavirus pandemic.

According to a media report, the CISSS de Laval sent a memo to CHSLD Sainte-Dorothée employees, advising them that the inquiry was about to get underway.

There were more than 100 fatalities from COVID-19 at the CHSLD during the pandemic's first wave – well above the norm at most other similar facilities in the province. In addition to the coroner's investigation, a class-action lawsuit was launched.

In the memo to employees, the CISSS said they could soon be asked to sit and be interviewed by Sûreté du Québec investigators and that they might wish to be accompanied by legal counsel when this took place.

The CISSS pointed out to the employees that not all information could necessarily be shared with the SQ as it might be considered confidential and privileged under medical ethics rules. The inquiry has since been postponed to later this year.

In keeping with a pledge announced in October by Mayor Marc Demers, the average residential property owner in Laval wouldn't be getting a tax increase in 2021, according to the city's latest annual budget which was tabled during a webcast from Laval city hall on Dec. 7.

With the economic impact of the COVID-19 pandemic probably on most people's minds, the city decided to increase the economic development department's budget by a whopping 26 per cent in order to help revive the impacted economy.

As part of the increase, the city also allotted \$20 million as a sort of economic development contingency fund to meet additional needs should they suddenly manifest themselves, and as might become the case during these unpredictable times.

January 2021

As the second year of the pandemic was dawning, planning for a future with COVID-19 was getting underway. Among the questions being raised: What role would women entrepreneurs be playing in the revival of the Canadian economy when the pandemic is finally over?

That was the big issue raised during a webcast discussion between federal Minister for Small Business Mary Ng, Vimy MP Annie Koutrakis and a dozen women entrepreneurs from Laval and other cities, on advancing women's economic empowerment while dealing with the COVID-19 pandemic.

"We are all aware of the disproportional impact that the pandemic has had on women across the country," said Koutrakis, noting that a large proportion of Canada's population of women work in sectors of the economy that have been most affected.

At the same time, she pointed out that many women have been forced by work obligations during the pandemic to make difficult choices, such as choosing between a career or temporarily putting aside responsibilities towards children and family.

For her part, Minister Ng highlighted the government's commitment to helping women grow their businesses and access new markets through the Women Entrepreneurship Strategy, a nearly \$5-billion initiative that provides women with access to financing, expertise and networks.

"I often like to say that, you know, my job is to help companies start up, scale up and to enter the market," she said, while adding that

▶ Continued on page 25

<p>Soula Tellides 514-927-3721 Chartered Real Estate Broker</p>	<p>George Tellides 514-258-1829 Real Estate Broker</p>	<p>Carol Deros 514-258-8845 Real Estate Broker</p>
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her department offers businesses operated by women tools, such as the services of trade commissioners, in 160 locations around the world.

As part of an ever-evolving roster of rules imposed by Quebec in efforts to control the spread of the coronavirus, police in Montreal and Laval said in January that they were ready to enforce new regulations imposed by the province for a 30-day 8 pm – 5 am curfew, which was subsequently extended and is still in force.

Public Security Minister Geneviève Guilbault said she was counting on police officers across the province to “act diligently” and use their judgment in enforcing the measures. She said the government’s goal wasn’t to make people’s lives more difficult, but instead to rein in the minority of Quebecers who are not yet following the rules.

Curfew breakers remain liable to fines ranging from \$1,000 to \$6,000 (plus hundreds of dollars in court expenses) if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

February

“If you develop symptoms of a respiratory tract infection and if you live with someone who has tested positive for COVID-19, unfortunately you almost certainly have it too,” Dr. Stéphanie Susser, medical coordinator for environmental health at the Centre intégré de santé et de services sociaux de Laval, told an online informa-

tion session for senior citizens organized by Congregation Shaar Shalom in Chomedey.

She said knowledge of COVID-19 is evolving very quickly, and recent studies suggest that a significant proportion of infected people may not exhibit any symptoms at all.

“There is also evidence that people are contagious before the first signs and symptoms appear. This finding has led the government to recommend the precaution of voluntary face coverings to reduce the risk that people with few or no symptoms spread the virus in public places where it’s difficult to stay two metres away from others.”

According to Dr. Susser, the risk of serious complications from COVID-19 increases with age, “but even young people are at risk,” she said.

In spite of a pledge by Quebec Premier François Legault to compensate movie theatre owners for revenue lost after not being allowed to sell snacks when theatres reopened in pandemic red zones on Feb. 26, Cinémas Guzzo owner Vince Guzzo turned down the offer, saying it was not worth the trouble.

Film theatres in Quebec were closed since earlier this year when the provincial government decided to reimpose wide-ranging measures to prevent the spread of COVID-19, including an 8 pm – 5 am curfew.

Guzzo was adamant that, given the current conditions offered by the province, Cinémas Guzzo would not be reopening on the date proclaimed by Quebec. “I will be waiting for the food restrictions to be removed,” he said.

Workers refusing COVID vaccine at Louise-Vachon Residence

Just 20 per cent have agreed to be inoculated, according to reports



(TLN) Although recent surveys suggest there is a growing sense of trust in the general population for the various vaccines now coming out to prevent COVID-19, there are also signs that a significant number of employees in health care establishments and retirement residences are refusing to be vaccinated.

According to recent news reports, just 20 per cent of workers at the Louise Vachon residence on Saint-Martin Blvd. in Chomedey agreed to be vaccinated, despite the fact the entire staff was prioritized to receive the shot since the beginning of February.

Correlating infections

The health employees’ stance coincides with an

uptick in the number of confirmed COVID-19 infections at the residence, which is home to persons with behavioral problems, including autism and intellectual disabilities.

According to reports last week, three residents and an employee have become infected. Questions have been raised since then with the CISSS de Laval as to whether all possible preventive measures were taken.

While the CISSS de Laval insists that all reasonable precautions have been and continue to be taken, the workers’s union maintains that the residents, many of whom have multiple disabilities, are in a particularly high category of risk should they become infected with COVID-19.

Letters to the Editor



An open letter from David De Cotis, city councillor for Saint-Bruno

It’s been now nearly a year since we have been watching the evolution daily of the international sanitary crisis. Collectively, we have been making great efforts to contain and control the spread of the virus. We have demonstrated a very great resilience and a capacity for adapting to the abnormal. These last few weeks have shown encouraging signs, but the struggle isn’t over.

Around us, and in particular in the various places where our seniors live, there have been too many deaths. In Laval alone, there have been 858 fatalities; that is nearly 8.5 per cent of all the deaths in the province. My thoughts go out to those families who are weeping and who lost a parent, sometimes two of them, or maybe a sister or a brother. Fortunately, the number of deaths decreases rapidly. We must nonetheless keep an eye open for the variants.

In our role as municipal elected officials, our powers are limited when faced with the pandemic. The health decisions don’t come from us. All the same, we can make decisions which have an impact on the daily life of the population, and we can act in order to facilitate the setting of new norms for living. It is to this task that I devoted myself over the past few months.

Taking into account the difficulties lived par a number of people with their employment, I have presented proposals for a tax freeze and for postponing of payment. The executive-committee was quick to adopt these two proposals. During the next meeting of the municipal council, we will debate two more of my proposals linked to the sanitary situation: that is voting by mail, as well as the holding of the Fête nationale through various platforms. I will be tabling other like-minded proposals during upcoming council meetings. Case in point, in March I will be asking for a moratorium on the interests due on property taxes for the year 2021.

These various measures do not allow for the healing of our sick, or to stop new variants from entering our country. However, they do help us to better confront the present circumstances, while placing us in the best possible conditions to resume normal activities, and helping to bring new life to our businesses as soon as this terrible time is behind us. The choices we are bringing forward and the decisions that we take now will maximize the strength of our system in several months.

In keeping with what I did at the end of the year 2020, I am inviting my colleagues on the city council to give several hours of their time to help families who need this the most. On Friday evenings, I took several hours to make sure that 30 or so families in my district had something to put on their tables. It’s a small gesture, but can make a big difference in the lives of their families.

We are undeniably approaching the end of this sad period. We must all the same persevere to get there the quickest way possible. In as much as municipal powers allow it, I pledge to pursue my work in this direction over the coming months.



Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

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

The Cinémas Guzzo Team

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention



DIRECT? ANSWERS

From Wayne & Tamara

Torn

Q I'm writing to get your opinion on a problem brought about by my ex-fiancée, a woman I truly loved many years ago.

We had been dating about five years, and I asked her to marry me four months before the bitter end. At that time I was in the military and she was a junior in college. I was scheduled for additional training the following year, after which I planned on tying the knot. She tearfully accepted my proposal.

Her parents brought her to visit me during her spring break that year, after which she informed me she was pregnant by some other guy, was so sorry, et cetera. That was, of course, the end of us. I still have bad dreams about it more than 50 years later.

She ended up marrying the father, then divorced him five years later. She's been married, off and on, in the years since and is currently single.

I married a nice, pretty girl a couple of years after the breakup and have been married to her 50 years. She's been a great wife in every respect but one—she's not a great lover. She always treated sex as a wifely duty and never liked to cuddle much.

I, on the other hand, love physical touch and miss it when I don't get it. Every time I try to initiate it, she stands there frozen, hoping I'll go away. Or she pushes me away altogether. It's gotten so bad I hardly ever try anymore.

Other girlfriends I had before I was married were always warm and loving, including my ex-fiancée, so I don't think I have chronic BO or anything.

Now for my problem. My ex-fiancée has begun tweaking me on social media. She requested that I follow her (twice) and I denied both requests. Now she is liking some of my posts, and last week I responded by liking one of hers.

Then, against my better judgment, I posted a link on her page to a Matt Monro song called And We Were Lovers, which reminisces about an old lost love. She came back with "you were and always will be my one true love." Of course, that made my heart go pitter-patter, but I resisted the urge to immediately respond in kind.

I have given no response at all yet, and don't know if I ever will. She was the love of my life before the cheat, but I don't think she is the same person

I fell in love with early on. I really miss her tender touch, but I can't get over the fact she swore to love me forever but failed to add, just not exclusively.

I think I know your answer to this, but should I respond and reestablish communication with her, as I long to do, or should I block her and go no-contact?

Either way, we will never be getting together again, even if that were possible, because she lives far away, and I won't do anything to jeopardize the marriage to my faithful spouse.

Besides, her cheating forever smashed any hope of reconciliation. I just think it would be fun to find out what she has been doing in her life all these years.

Tom

A Tom, leaning over the edge, leaning over the edge, leaning over the edge. How long before you lose your balance?

She reappeared in your life of her own accord and for her own reasons. You turned her down twice, but she didn't accept your No. She persisted until she got her foot in the door. What dire straits must she be in?

Her persistence caused you to double-think yourself. You imagine it would be "fun" to reconnect, but the real fun will begin when she entangles you in what she is trying to solve by contacting you.

For 50 years, you mislabeled her. You thought of her as your one true love, but you weren't her one true love. You didn't know who she was then, and you don't know who she is now.

Without knowing it, she is preying on your decades without physical affection.

Your wife is exactly who you married. Marriage does not change people into what the other person wants. At any point, you could have said, "I can't live like this," but you did not.

You are so starved for affection, you think a woman who showed you what she showed at least one other man, is your one true love. But what she has done by coming into your life again is to heat up your hunger.

If you intend to stay with your wife, communication with this woman must cease. All it does is spotlight what your marriage has always lacked. If you satisfy this hunger, then you have a marriage to end, and that includes 50 years of attachments, memories, and family connections.

Is it worth it?

Wayne & Tamara

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

National Day of Observance for COVID-19



CNW/ - The Prime Minister, Justin Trudeau, today issued the following statement to announce the Government of Canada is designating March 11, 2021, as a National Day of Observance to commemorate the people who lost their lives and the significant impacts we have all felt because of COVID-19:

"Early last year, our lives, and the lives of everyone around the world, were forever changed by the emergence of COVID-19. Today – one year after the first known death of a Canadian to the disease – we now mourn the tragic loss of more than 22,000 parents, siblings, friends, and loved ones.

"COVID-19 has infected over 864,000 other Canadians, and has had an immeasurable impact on how we all work and learn, connect with friends and family, and live our daily lives. All Canadians have experienced sacrifice and loss over the past year. Our kids have missed birthday parties, seniors have felt isolated from the ones they love, and for far too many, this virus has meant the loss of their job or the closure of their business.

"Our health care and other essential workers have put themselves at risk, working long hours, so we could get the services and care we needed.

And as efforts continue to get vaccines to every Canadian as quickly as possible, we thank them now more than ever.

"During this crisis, Canadians have remained resilient. They have helped neighbours, given to organizations, put signs in their windows to support our health care workers, and lent a hand wherever possible. As we continue to deal with the impacts of the global pandemic, your government will continue to do whatever it takes, for however long it takes, to support you – because here in Canada, we help each other through challenging times.

"We all have a role to play in ending this pandemic, and the crisis is not over yet. In recognition of how far we have come and how far we still have to go, the Government of Canada is designating March 11, 2021, as a National Day of Observance. On this day, I invite all Canadians to join together in honouring the memory of those we have lost, and the people they left behind. We will also recognize everyone who has been impacted by COVID-19, and pay tribute to all those who continue to work hard and make incredible sacrifices in our fight against the virus. Together, we will beat COVID-19."

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LPD still on the lookout for pervert, after Chomedey woman's report

A spokesperson for the Laval Police Department says they are continuing to work on a dossier involving a middle-aged male suspect who may have performed an indecent act in a public place late last year, but they are waiting for additional information to move forward.

A woman from Chomedey (whose name we are withholding to protect her identity) contacted the Laval News last week to say that last Dec. 29 she filed a police report because of a man who was following her performing a publicly indecent act on himself in his car.

"He then drove recklessly a block in reverse trying to hide his plate," she said. "I provided all information to the police as well as his plate and his photo. All evidence.

"I have heard nothing from the Laval police department," she added. "Here's hoping you'll be able to maybe bring some attention to this situation and help protect the public."

The Laval News contacted the LPD last

week. LPD community relations officer Évelyne Boudreau replied and had this to say in response.

"What I can see in the police file is that we did meet up with her and took from her a declaration of the situation," said Boudreau.

"But since she says that the guy was hiding so that she wouldn't see him, it's not the usual exhibitionist," she added. "But we still do have the plate number and a description of the individual and the police report is between the hands of the lieutenant-detective in the squad for reports of a sexual nature."

Two Laval men suspects in alleged Toronto fraud scheme

A Laval man is one of several people charged by the Toronto Police Department following a year-long investigation of an employment fraud scheme where victims deposited fraudsters' fake cheques but ended up losing cash of their own. Enosch Falaise, 32, of Laval, Que. is charged with having instruments for counterfeiting, possession of proceeds of crime, and fraud over \$5,000. Jerry Revulus, 29, also of Laval is charged with fraud over \$5,000 and conspiracy to commit an indictable offence.

Toronto police said that in February of last year, they received a number of complaints about a "sophisticated scam" targeting people in the

Greater Toronto Area.

The investigation, referred to as Project Drop, found that individuals were repeatedly sending out hundreds of thousands of text messages to cell phones across Toronto advertising employment opportunities for couriers. The texts claimed that interested applicants could work for a small lending company by delivering loans. Victims were instructed to pick up and deposit what they thought were legitimate business cheques, then pay funds to other individuals in cash, Bitcoin or e-transfer. Police said that all of the cheques were eventually discovered to be elaborate forgeries.

Officers injured in 180 km. car chase into Laurentians

Police in the Laurentians arrested a man in his 40s on the afternoon of March 4 after he led them on a 180-kilometre chase from Laval to Rivière-Rouge, damaging four police cars and injuring two police officers while at it.

The adventure started around 8:35 am that morning when the LPD received a call regarding an armed theft that had taken place a short time before at a dépanneur in Sainte-Dorothée. When the suspect's debit card wouldn't complete a payment transaction for food he was trying to buy, he got into a fight and injured the attendant then fled.

The man's truck, a GMC Sierra, was spotted by LPD patrol cars shortly afterwards, making its way northward along Autoroute 13. He managed to evade them, after colliding with the police vehicles and injuring an officer. The Sûreté du Québec later caught up with the suspect, although he also collided with their vehicles and an SQ officer was seriously injured.

After unsuccessfully trying to stop him with a nail carpet laid down on the highway, police finally caught up to the suspect in Rivière-Rouge where he lived. He now faces a range of charges, including armed theft, fleeing the police, car theft and dangerous driving.



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'My Salinger Year' producer feels right at home in Fabreville/Laval

◀ Continued from page 6

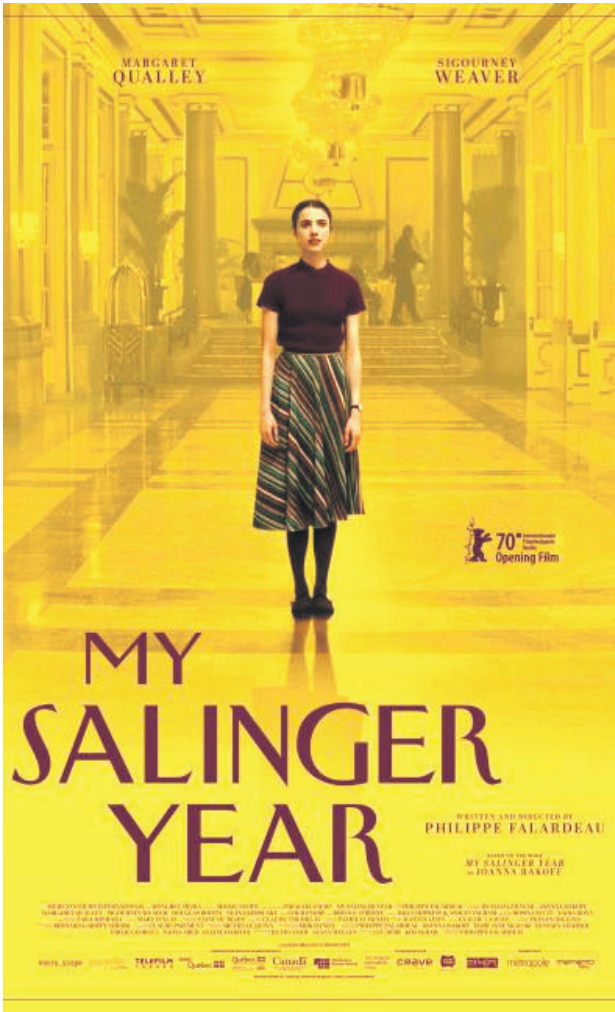
what she and her family were looking for in Laval. "I was looking for something that was sort of out in the country, like a little chalet," she said in an interview earlier this week with the Laval News. "It needed to be not far from Montreal, maybe 20 minutes from my work, but with a country atmosphere. What I ended up finding is located next to the river and it's just what I was looking for. I am very pleased with what I found."

The producer's role

McCraw's and Déry's production company is basically a one-stop-shop for major Quebec film directors when they hope to make a film that holds initial promise. With production responsibilities that include financing and legal, as well as fine tuning of creative elements, McCraw said that each film can take up to five years of her time from beginning to end in the production process.

While acknowledging that producing My Salinger Year presented unique challenges because of the impact of the COVID-19 pandemic on film theatres, McCraw said she was confident that cinemas will continue to be an important part of the filmmaking business.

"Cinemas remain super important in the long chain of film production," she said. "We certainly aren't interested in seeing film theatres die out. They remain a place where everyone goes to see a film together. There's nothing better than seeing a film with other people."



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by Maria Diamantis

Of lentils and olives

"Wise men say, only fools rush in, but I can't help, falling in love with you"

Yep, it's Elvis wooing a girl, but as for myself, I have eyes only for this soup! It's not only packed with high-protein and good fiber (you'll thank me in the morning, wink wink), but it's warming, comforting, hydrating and soul soothing!

I grew up eating this at least once a week. My mother would use the traditional Greek recipe (basically using lentils, onions garlic and a bay leaf), but I do like the additional grains, and any other nutritious vegetable I could find or have in my fridge (if lucky enough, you May have a vegetable and herb garden, just pop over to it and cut off to your heart's desire!)

Of course, soup, like the rest of us, desires company! So, a nice, warm and crusty loaf would be so welcoming. As you see in the picture, I have it served with a slice of olive bread. Don't worry and run to the nearest bakery, it's really easy!

Ingredients

- 1 -2 tablespoon vegetable oil
- 1/2 teaspoon cumin seeds
- 1 white or Spanish onion, coarsely chopped
- 2 garlic cloves, minced
- 2-3 stalks of Swiss chard (leaves and stems) chopped
- 1 stalk celery, chopped
- 1 -2 sprigs of fresh thyme (or any other savory herb like marjoram, bay leaves and oregano)
- ground black pepper
- Coarse sea salt
- 4 cups vegetable or beef stock
- 2 cups water (if you want the soup to be thicker, omit the water)
- 1 cup brown lentils or 1 cup green lentils
- 1/3 cup pearl barley
- 1/4 cup fresh parsley, chopped

Balsamic or red wine vinegar

Method

1. While cooking the other ingredients, soak and rinse the barley (drain all the

water) and soak the lentils in a big bowl, and set aside.

2. Prepare the vegetables: Finely chop the onion and garlic; coarsely chop the Swiss chard (green and white parts), and celery. Set aside.

3. Heat the oil in a large pot over medium heat. Add the onion then sauté for a couple of minutes until they are opaque in color. Add the celery with the Swiss chard chopped stems only and sauté for another 5 minutes (occasionally stirring). Finally add the garlic with the cumin seeds and fresh thyme sprigs, and cook for a few minutes more. Pour in the broth and water. Bring to a boil, add the barley and drained lentils, then reduce the heat, cover and simmer for 40-60 minutes. Continue to simmer until the lentils and barley are tender.

4. Turn off heat and Stir in the Swiss chard leaves with fresh chopped parsley. Add the vinegar, oil, salt and pepper to taste.

5. Remove the thyme sprigs and serve the soup into bowls with a hunk of fresh olive bread (optional)

Deadline: **Classifieds**

WEDNESDAY before publication at 1 p.m.

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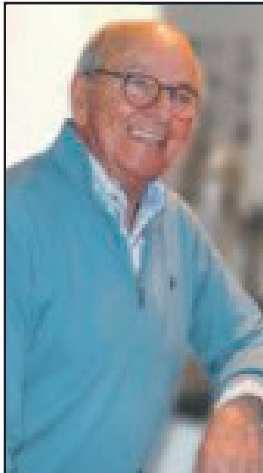
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In Memoriam & Obituaries



BÉLAIR, Claude
1940 - 2021

Mr. Claude Bélair, surrounded by his loving loved ones in the serenity and comfort of his home, died on March 4, 2021. He left peacefully. He lived happily and filled us with his love and dedication. We welcome his passage to another life with grace. He is survived by his wife Lorraine, his two daughters Caroline (Michel), Charlene (Steve), his three grandchildren Vincent, Marie-Philippe and Lorianne, his sister Huguette, his brothers-in-law and sisters-in-law, his nephews and nieces as well as many friends.



CYR (NÉE FALARDEAU), Carole
1955 - 2021

It is with sadness that we announce the death of Mrs. Carole Cyr (née Falardeau), on March 1, 2021, at the age of 65. She was the wife of Mr. Robert Cyr. Besides her husband, she is survived by her children, Marylène (Michel), Geneviève (Marc), Fred, her grandchildren, Christopher, Audréane, Maude, Elliot, and Derek, her brother Jean-Luc (Monique) and her sisters Martine (Réal) and Brigitte (Martial), many brothers-in-law and sisters-in-law, her nephews and nieces, as well as several relatives and friends.



Have you prearranged your funeral?

While it's true that thinking about prearranged funerals isn't the happiest of jobs, it's certainly an essential one. Not only does it enable you to discuss your wishes with your family, but you also find out if your plans meet their needs and expectations. Just remember that when the time comes, they'll need some kind of ceremony to help them begin the grieving process.

A funeral organized at the last minute (the type of service, how much it should cost, etc.) can become a source of conflict for bereaved family members at a time when they need to rely on each other more than ever. By prearranging your funeral service, (called a "pre-planned funeral"), you save your loved ones from having to make those tough decisions at a difficult time.

You also give yourself peace of mind, since you're making sure your wishes are respected and that the ceremony is personalized. However, try not to leave overly detailed instructions;

give some leeway to your loved ones so they have the possibility of getting involved in the organization of the funeral and expressing their feelings.

Do you believe that a prearranged funeral is unnecessary because your wishes are already set out in your will? Don't forget that a will is often read after the funeral. That means your family may not be in a position to receive your instructions about the ceremony before it takes place.

It's important that you prearrange your funeral services, not just for you but for your loved ones as well. Maybe now is a good time to think about it.



RHEAULT, Clément
1940 - 2021

In Laval, on March 1, 2021, at the age of 81, passed away Mr. Clément Rheault, husband of Pauline Rousseau. Besides his wife, he is survived by his children Stéphan (Pierrette) and Marie-Hélène, his grandchildren Emmanuelle and Karelle, his step-grandchildren Jesun and Vanessa, his sisters Doris, Monique and Cécile, his brothers Claude, Paul and André as well as several relatives and friends.



GINGRAS, Françoise Gemme
1929 - 2021

In Laval, on March 2, 2021, at the age of 91, passed away Mrs. Françoise Gemme, wife of Mr. Marcel Gingras. Besides her husband, she is survived by her children Pierre, Francine (Martial), Christian (Ginette), her grandchildren, her great-grandchildren as well as many other relatives and friends.



HANA, Simon
1937 - 2021

In Laval, on Wednesday March 3, 2021 passed away, at the age of 83, SIMON HANA, beloved husband of Mary Lawoo. Besides his wife he is survived by his brothers Doctor Sabri and his family and Johnny and his family; his sister Marie and her family; his nephews and nieces as well as many other relatives and friends in Canada, the United States, Dubai and Syria.



LACHAPELLE, Claudette
1941 - 2021

In Laval, on February 27, 2021, passed away Mrs. Claudette Lachapelle. She is survived by her only son, Sylvain Cantin (Lyne Paquin), her 4 grandchildren, Lydia (Philippe), Alicia (Mathieu), Léa and Lucas Cantin. Also, in mourning, his brothers and sisters, Paul (Denise), Lucille (late, Jean), Réal and Jean-Guy Lachapelle (France). As well as several relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
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HOROSCOPE

Week of **MARCH 14 TO 20, 2021**

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

Your ambition and enthusiasm will allow you to grow your income. You'll be able to afford to treat yourself. If you book a week-long vacation, it will be a memorable experience.



TAURUS

To avoid any unpleasant surprises when it comes to your finances, take the time to look over your bills. A mistake regarding a sum of money might have been made and could cause a major inconvenience.



GEMINI

It's important to think long and hard before you embark on a new adventure that'll change your day-to-day life. New options will become apparent as the week unfolds.



CANCER

You'll receive invitations to participate in an array of activities, each more exciting than the last. However, don't forget to make time to rest and relax.



LEO

At work, as well as among your family and friends, you'll be in charge of organizing a large-scale event. It'll be quite a challenge to plan. You'll also be asked to get involved in your community.



VIRGO

You'll embrace a form of spirituality that will allow you to have a more active social life and meet interesting people. You'll form new friendships and improve your well-being.



LIBRA

You'll finally get your priorities straight this week. You'll end a long period of procrastination and set in motion some much-needed changes.



SCORPIO

You and your partner will talk about taking a vacation, which will encourage you to learn more about certain destinations that you've been interested in for a long time.



SAGITTARIUS

If you have concerns about your health, take the time to visit your doctor and have the necessary tests done. Either everything will be fine, or you'll receive extra-ordinary care that'll allow you to quickly heal.



CAPRICORN

At work, your willingness to take the initiative will help you reach a long-term agreement with certain people. This will ease most of your financial concerns and help you eliminate a few debts.



AQUARIUS

Either at home or at the office, a number of compromises must be made to restore the peace. You'll need to work on your patience if you want to get through a mindboggling situation.



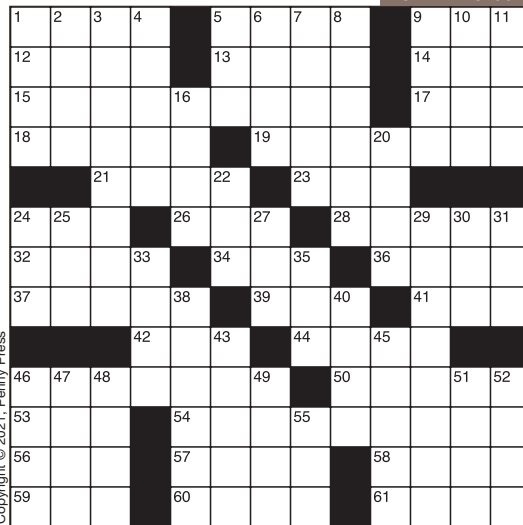
PISCES

Are you overzealous? There are days when you need to respect your limits. Remember to consider your own needs before you commit to helping others. A family member may prove to be demanding.

Coffee Break

CROSSWORDS

PUZZLE NO. 064



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ACROSS

- 1 Corrosive
- 5 Fat
- 9 Say yes to
- 12 Fair
- 13 Govern
- 14 Rowing blade
- 15 Full of feeling
- 17 Mine find
- 18 More competent
- 19 Tough part of a steak
- 21 Commotions
- 23 Fellows
- 24 House site
- 26 Negative
- 28 Between fourth and sixth
- 32 Rams' mates
- 34 Long scarf
- 36 Petition

DOWN

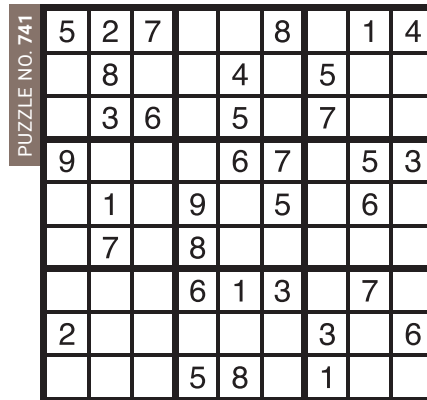
- 37 Map feature
- 39 Road bend
- 41 As well
- 42 Coal unit
- 44 Stop
- 46 Earned before expenses
- 50 Fragments
- 53 Gear
- 54 Seafood item
- 56 Pipe type
- 57 Differently
- 58 Musical group
- 59 Tiny
- 60 Colorized
- 61 Pew
- 1 On a cruise
- 2 Hair tamer
- 3 Keeps apart
- 4 Was overly fond
- 5 To's opposite
- 6 Air-breather's organ
- 7 Startle
- 8 Creed
- 9 Plunder
- 10 Aristocrat
- 11 Birch, e.g.
- 16 Branding tool
- 20 Small cut
- 22 Shed tears
- 24 Floral necklace
- 25 "My ___ True Love"
- 27 Kind of ballet shoe
- 29 Motoring nuisance
- 30 Commandments' number
- 31 Once held
- 33 Collections
- 35 Volcano's output
- 38 Flipped
- 40 Remarked
- 43 Recently
- 45 Hay storage places
- 46 Developed
- 47 Enrage
- 48 Eye rudely
- 49 Medicinal quantity
- 51 Cambodia's continent
- 52 Injection
- 55 Color of Rudolph's nose

Sudoku

HOW TO PLAY:

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

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

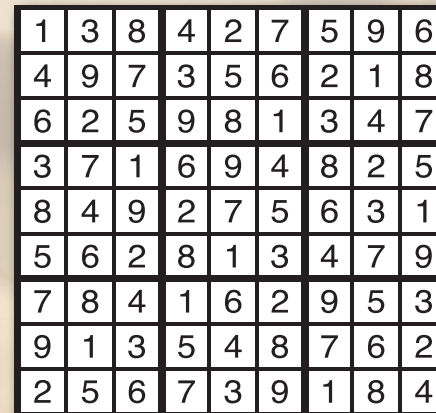


Last Issues' Answers

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Sudoku



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