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From the left, Hellenic Community of Greater Montreal president Andy Crilis, Nick Katalifos and Chomedey MNA Guy Ouellette are seen here with the National Assembly Medal presented by Chomedey MNA Guy Ouellette to Nick Katalifos at the Laval Hellenic Summer Festival. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Agape sees light at the end of the tunnel, after a challenging year

Chomedey social services provider plans expansion to Duvernay-Laval



MARTIN C. BARRY
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For The Laval News
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"It's been a tough year or two, to say the least," Agape executive-director Kevin McLeod said at the beginning of the Chomedey-based social services organization's annual general meeting on June 29, as he emphasized the challenges they've faced since the beginning of the COVID-19 pandemic around 17 months ago.

Rainbow in view

"The good news is that we can see the rainbow at the end of the tunnel – it's looking good," he added. According to Agape's 2020-2021 report, the COVID 19 pandemic made community support stronger, given the emergency funding that was provided by numerous sources at different governmental levels.

However, there was a slight decrease in demand for food and other material assistance seeing that Agape was closed (except for its food bank) from March to July 2020, and potentially new resources started providing food assistance.

Christmas requests cut

Agape said it had to scale back requests for Christmas baskets in December 2020. All the same, some 400 were prepared. Those who did not qualify for Agape's services were asked to register at the Centre de Bénévolat and Moisson Laval. McLeod said that surplus food donations have helped and will sustain Agape's food bank for the remainder of 2021.

Since August 2020, 28 new individual and family

client files were opened at Agape for assistance, of which 20 were retained. This represents 32 adults and 21 children. Among these, a total of five were single-parent families who were responsible for 5 children in total.

Fewer refugees as clients

Although Agape did not have as many refugees for clients as in recent years, they still served six new sponsored refugee families as well as one refugee-claimant family. As in the past, a large portion of families served represent those who were recent immigrants.

Seven countries were represented among the files that were opened during the 2020-2021 time period. Agape still served clients who opened files for assistance in previous years and the average ranged from 15-20 food orders per month, including basic non-perishable food items and frozen bread and pastries. Some families requested help 2-3 times per month.

Psychotherapy not being used

In an outline of some of Agape's other activities, the annual report noted that a psychotherapy service offered within a mental health project conducted in conjunction with the CISSS de Laval "continues but has seen a slight decrease and continued decline in clients mainly because of a need for more promotion and reminding partners about the availability of this service. The counsellor was seeing about 2-3 clients in a given month throughout the year."

According to the annual report, Agape agreed initially with its health partners that Agape would phase this part of the project out once the Quebec government implemented a public psychotherapy



Agape executive-director Kevin McLeod

program that was announced in 2017, although "this project is not yet activated," says Agape.

No PQPTM yet in Laval

With regards to planning for the same program in 2021-2022 (which is scheduled to end on March 31 in 2023), the annual report says, "The therapist is still available seeing that the public Psychotherapy program (PQPTM) is still not fully implemented, and is gradually being phased in, in different regions, but not yet in Laval."

(On a Quebec health ministry website, the Québec Program for Mental Disorders: from Self-Care to Psychotherapy (PQPTM) is described as relying on "a range of services, including self-care, groups, professional support interventions

or psychotherapy." Once it has been deployed, the PQPTM will be available free of charge to all Quebec residents covered by the province's public health insurance plan.)

Eastern satellite office

As previously announced in the Laval News, Agape will be hiring an additional project coordinator who will focus on community development in the eastern part of Laval. Through the secretariat for relations with Quebec English-speakers, Agape was offered funding for a three-year project that will mainly consist of continuing to represent the needs and priorities of Laval English-speakers.

The project will also see Agape opening a satellite office in eastern Laval which will be used as a resource, activity and donation centre, although this might not be for several years. McLeod said the organization was contemplating opening the location somewhere near the Centre Duvernay shopping centre on de la Concorde Blvd. East, where the presence of several English-language schools indicates there is a significant English-speaking population.

Positive financials

Despite the enormous challenges presented by the pandemic over the past year-and-a-half, Agape's financial picture for 2020-2021 is positive. The organization's total reported revenues for the period were \$776,074, while expenses amounted to \$751,245, leaving a surplus of \$24,829.

Provincial grants provided 37 per cent of revenue, while federal grants accounted for 43 per cent. Twenty per cent of Agape's revenues came from donations, self-financing, sales, rent revenues and other sources.

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OPINION & Editorial



There are only two "races" of people: the decent and the indecent

Good people and bad people can be found in every group

We're all influenced by the environment we grow up in and our life experiences. We thus adopt paradigms in our effort to make sense of the world around us.

Sometimes these perspectives serve us well but other times our core beliefs prevent us from seeing the truth. Yet there is perhaps nothing more life-giving than experiencing the discovery of an ultimate truth.

By observing human behaviour in Nazi concentration camps, psychologist and Jewish prisoner Viktor Frankl came to several important conclusions.

In the group of prison guards, there were some sadists but there were also few who risked their lives to save prisoners. vast majority, however, simply went along the cruelty. Frankl also noticed these distinctions existed among the prisoners, though not in the same proportions. The Nazis relied heavily on prisoners called "kapos" to keep other inmates in line, and they could be quite sadistic as well.

Frankl concluded there were only two "races" of people: the decent and the indecent, and both are found in every group.

This being true, how ridiculous is all our Islamophobia, anti-Semitism, categorization of followers of any religion, political party, members of any gender, people of any nationality or ethnicity.

There are good people and there are bad people in every group. There are people who live principled lives, respecting their neighbours and the environment, seeking truth, living in humility, and embracing a love for all humanity. There are also people who are selfish and manipulative but, on the surface, are indistinguishable from anyone else.

Perhaps even more importantly, Frankl points out that in each of us we find the same potential for good or bad. No person is purely virtuous or evil. Each of us makes choices every day that either make the world better or lead down

the path of destruction, and we do not always know which choice leads in each direction.

This being the human condition, what can any of us do?

First, it is important not to judge others. Each person is dealing with challenges we cannot begin to comprehend. We need to humbly ask ourselves: "If I was in that person's situation, knowing what they know and not knowing what they don't know, would I have chosen differently?"

We can reflect on the behaviour of those who came before us, but it is far more important to ask ourselves what we can do to improve the world around us, as well as ourselves. Ancient wisdom has always told us to ask: "What's the truth in this situation? What is the respectful thing to do? How can I show love and compassion for myself and my neighbour?"

Given that there will always be a small group of people who advocate for a lack of compassion, it's

vital that we courageously challenge their views. As convenient and logical as these opinions may appear, selfishness, irrational fear, greed, and disrespect for those who share the planet with us will always lead to our demise.

What does this mean for those of us living in a world where genocide is still commonplace?

We can be like the concentration camp guards who simply allowed the cruelty around them to continue or we can be like the guards who maintained their humanity by embracing the humanity of others.

Frankl witnessed the very worst and the very best of people. His writings give us a clear and truthful understanding of our human paradigm.

Each of us will leave a legacy. Will our descendants be inspired by the good we've done, or will they spend their lives trying to heal the wounds we've caused?

The choice is ours.

Gerry Chidiac



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AIPDP launches journal dedicated to improving global education

El-Khoury and Guertin praise Africa-focused movement for its efforts



Laval-Les Îles MP Fayçal El-Khoury praised the Association for Educational Innovation and Professional Development (AIPDP) for the work it is doing to bring about global improvements to systems of education.



MARTIN C. BARRY
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Although the central African nation of Bénin is more than 4,000 miles from Canada on the other side of the Atlantic Ocean, the two countries were brought closer together by communications technology last week for the launch of a new educational studies journal, which has the support of a current and a former elected official from Laval.

The Canadian branch of the Association for Educational Innovation and Professional Development (AIPDP) held a Zoom web press conference on June 29 to launch the new journal, *Passer des approches d'enseignement d'hier à celles d'aujourd'hui et de demain*.

Côte d'Ivoire and Bénin

Among the guests taking part virtually were Laval-Les Îles MP Fayçal El-Khoury, former City of Laval executive-committee member Jocelyne Guertin, government representatives from the Republic of Bénin and the Republic of Côte d'Ivoire, and a representative of Marc-Aurèle-Fortin MP Yves Robillard. Guertin is an active member of Montreal-based AIPDP Canada as a general councillor and advisor.

The AIPDP is made up of Quebec, Canadian, African and European professionals from the educational and related fields. The association says it offers an innovative development approach that allows today's and tomorrow's generations to be creative and to respond to the different realities that undermine the development of societies in general, although Africa in particular.

Professional members

The AIPDP has followers in Canada, in several African countries (Cameroon, Benin, Ivory Coast and Togo, among others) and on other continents. Because of the support it receives from professionals, the AIPDP says it has expertise in the analysis and restructuring of education systems in African countries, according to the standards of the competency-based approach (PCA).

"This gathering today marks an important step forward in the history of the association with the launch of its pedagogical journal," said Guertin, while adding that the COVID-19 pandemic has drawn attention to the need for

improvements in the primary and secondary levels of education.

COVID impact on schooling

She said the pandemic is depriving hundreds of millions of children around the world of formal schooling, and that the AIPDP has a role to play in solving this dilemma. At the same time, she noted that many problems involving gender equality in education remain unresolved and are an area the association might also explore for solutions.

El-Khoury, who has received political advice from Jocelyne Guertin during his election campaigns in Laval-Les Îles, praised Guertin for her skills in public relations and political strategy, while saying the AIPDP stands to greatly benefit from her presence in their organization.

Useful tool, El-Khoury said

"I have no doubt that through this important project, educators will have in their hands a useful tool to support them throughout their pedagogical mission," he said regarding the new journal.

"This journal aims essentially to activate, improve and enrich the teaching and learning practices through in-depth research and studies in order to build bridges while uniting and unifying teaching and learning methods all over the world.

"I would also like to add that this journal's goal is to promote the presence of women in decision-making positions," El-Khoury continued, "and to encourage them to insist on their rights while making a difference in their respective communities.

Role of women

"And there is something else I would also like to mention: I am proud to be a member of the federal Parliament, where women have a rightful place. We have a cabinet with parity where women have 50 per cent of the seats and a very important number of them had their beginnings in the House of Commons.

"And before closing, I would like with your permission to draw your attention to the fact that women, through your journal, are playing an important role in the fight against climate change and how to better protect our environment. With all that said, I wish that all of you can get all the benefits from this educational project. Let us with and hope that this project will become exemplary – an example to follow."



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City confirms its commitment towards its young residents

New Action Plan for youth tabled in Laval city council

(Photo: Sophie Peloquin)

(TLN) The City of Laval has a new five-year plan for youth issues, say city officials, based on the premise that all children and teens in Laval should have the same chances to develop to their full potential in a safe, secure and inclusive environment.

For the first time, the plan brings together two earlier municipal projects affecting youths ranging from 0 - 17 years of age: the Municipalité amie des enfants (MAE) program, and the Fonds Place-du-Souvenir (FPS). The city says that unifying the two programs will streamline efforts and help improve both.

Demographic planning

The plan was developed in conjunction with a consultative committee for the FPS and a partners committee for the MAE, which include members from the Centre de services scolaire (CSS) de Laval, the Centre intégré de santé et de services sociaux (CISSS) de Laval and some local organizations.

Its development was based, among other things, on data coming from demographic information on the health of youths aged 0 - 17 years that was gathered together in Laval in 2020. The data was compiled in conjunction with the CISSS de Laval and made public last March.

City open to youth

"The action plan supports the commitment made by Laval towards being a welcoming

and attractive city for youths," said Laval city councillor for Saint-Martin Aline Dib, who is an associated member of the executive-committee responsible for family and youth issues.

"By recognizing the great diversity of youth in Laval, we are helping each of these young persons to develop personally, socially and professionally. By giving them, in conjunction with our partners, the necessary tools to develop, we can be sure we are building the future of Laval with citizens who a better chance of fully reaching their goals on an equal basis."

Helping the underprivileged

According to the city, the plan revolves around five major strategic orientations upheld by precise goals, as well as 67 actions to be taken to bring about change. Among these are an intention to develop awareness-raising initiatives geared towards ethnocultural diversity, improving conditions for economic access by youths to cultural, sports and leisure activities, as well as making available educational materials for youths from underprivileged backgrounds.

The city says the plan is structured into age sub-groups in order to take into account the particularities of groups in their stages of development. The plan has also been made with respect to male and female needs and differences, taking into account the different realities lived by youths.



Executive-committee input

The City of Laval's executive-committee is expected to make recommendations to the plan, including the attribution of funds to the largest number of organizations, which are expected to apply for support through programs made possible by the plan.

According to the city, 20 per cent of the popu-

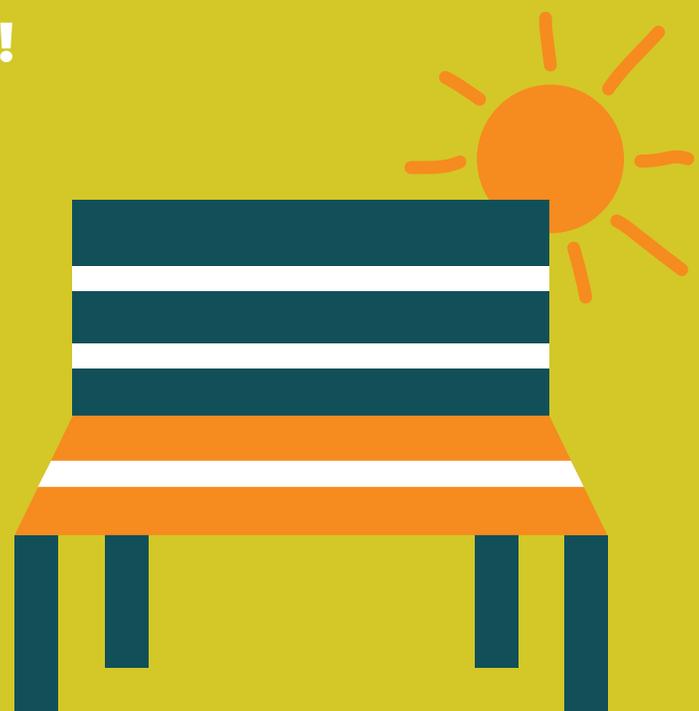
lation currently is less than 18 years of age. More than half the youths in this category (56.2 per cent) are from immigrant communities (either first or second generation). The average size of families in Laval is growing (it currently stands at four persons per household). And around 11.7 per cent of families in Laval with children or teens are low-income households.

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Hundreds attend a scaled-down Laval Hellenic Summer Festival

Partyers hold a muted post-Covid celebration of Greek roots and heritage



MARTIN C. BARRY
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For The Laval News
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While the crowd count was a lot lower than usual and there was no Canada Day cake, hundreds of people with Greek cultural roots did at least get out for three days last weekend to attend the annual Hellenic Summer Festival at Holy Cross Church in Chomedey, after a one-year hiatus because of the COVID-19 pandemic.

And although there were no Greek folk dancers or singers flown in from Greece this year because of some ongoing sanitary restrictions, there was still lots of charcoal-broiled souvlaki and Hellenic music piped in from Greece on a live web connection.

Covid rules followed

As well, many of Laval's elected officials, election candidates and other dignitaries turned up for a special event on Saturday evening – bearing in mind perhaps that 2021 is an election year for municipal politicians.

"This year we said let's try having the festival, even though some people are still concerned about the Covid. So, we followed all the public safety rules," said Denis Marinos, president of the Hellenic Community of Greater Montreal's Laval regional council.

Usually big crowds

The Laval Hellenic Summer Festival is normally one of the biggest Greek cultural events in Quebec each year. People arrive from many areas of eastern Canada, eager to meet and greet old friends and members of their extended families.

In Laval there are an estimated 40,000 Greek residents. Arrangements were made to receive up to 700 people over three days at this year's festival – a far cry from the thousands who normally attend the Hellenic Summer Festival.

No dancing this year

"We're not allowed to dance," said Marinos, noting that particular rule. "But do have music live from Greece and people can enjoy it while sitting at the tables enjoying their food. And hopefully by next year this place will be rocking when things are back to normal again."



A large number of elected officials from the Laval area as well as other dignitaries turned out last Saturday evening at Holy Cross Church on Souvenir Rd. for day two of the Hellenic Summer Festival. (Photo: Martin C. Barry, Newsfirst Multimedia)

Among the dignitaries were Laval city councillor for Chomedey Aglaia Revelakis, l'Abord-à-Plouffe councillor Vassilios Karidogiannis, Quebec MNA for Chomedey Guy Ouellette, Laval-Les Îles MP Fayçal El-Khoury, Vimy MP Annie Koutrakis, Senator Leo Housakos, Action Laval mayoralty candidate Sophie Trottier, Hellenic Community of Greater Montreal president Andy Crilis, Montreal city councillor for Parc Extension Mary Deros and English Montreal School Board director-general Nicholas Katalifos.

A medal for Katalifos

A highlight Saturday evening was the presentation of the National Assembly Medal to Katalifos by Ouellette. While Katalifos has been an educator and administrator at the EMSB for decades, he is also known for his leadership and support in the Montreal region's autism spectrum community, including the presidency of the Giant Steps School.

Ouellette pointed out that in receiving the National Assembly Medal, it was the second time Katalifos had been presented with a medal symbolizing the recognition of a constituted government assembly. Around three years ago, he was awarded the Senate 150th Anniversary Medal by Senator Leo Housakos.

'For the team'

"I'm accepting this, but not just on my behalf, but also on behalf of the entire community that I've been working with," Katalifos said after accepting the medal, emphasizing a major project now underway at Giant Steps to build a new autism centre and school campus in east-end Montreal. "It's an enormous group of people working on this – fifty, sixty strong," he said. "And that's why it's shaping up into such a success. Because everybody's working together."

MPs share their thoughts

The dignitaries were invited by festival organizers to step up to the microphone to share some of their thoughts, including El-Khoury and Koutrakis. "The Greek community is great and contributes to our diversity, to our progress, to our prosperity and you're doing a great job," El-Khoury said.

"I'm very proud to be here today," said Koutrakis, who served briefly as the HCGM's first woman president just before she was elected MP for Vimy in 2019. "I hope you feel that as parliamentarians, we are here by your side and ready to serve."



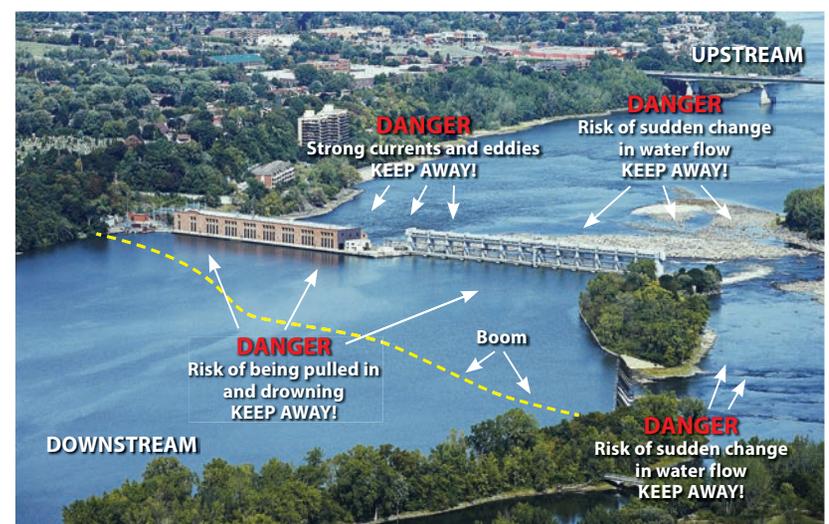
One thing that hadn't changed at this year's Hellenic Summer Festival: There was still plenty of souvlaki prepared by a crew of devoted kitchen volunteers. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Québec 

Action Laval chooses Sophie Trottier as mayoralty candidate and new leader

'I like working proactively and not reactively,' says career Quebec civil-servant and OQLF employee



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Following word that Sonia Baudelot is no longer leading Action Laval towards the Nov. 7 municipal election, the party has announced that Sophie Trottier, a long-time Quebec civil servant and current employee of the Office québécois de la langue française, is the party's new leader and mayoralty candidate.

A resident of Laval's Saint-Vincent-de-Paul district, Trottier has worked in various capacities for the provincial government's Ministry of Employment and Social Solidarity as well as Services Québec for almost 25 years.

At OQLF since last year

Fluent in French and English, she's been employed with the OQLF since last November as a liaison and facilitator helping small businesses conform with the province's regulations that sometimes require the application of French verbally or in writing.

With her background in social work and communications, Action Laval is hoping Sophie Trottier can fill the gap left by the departure of Sonia Baudelot. Among other things, Trottier is expected to provide viable solutions to help improve the City of Laval's finances and overall management.

Pro-active approach

"I like working proactively and not reactively,"

"For English-speaking voters in Laval, Trottier's employment with the OQLF stands out perhaps more than anything else as a red flag"

Trottier said in a statement issued by her party. "As in any administration, there are always problems. It's not just a question of fixing them, they must be prevented.

"I would like to see Laval become a model city internationally that other municipalities around the world will be watching and from which they will want to draw inspiration. I have been working with businesses in Laval for several years now and I know their potential. I'd like the people of Laval to be proud of their city."

According to Action Laval, Trottier is already out campaigning. Her familiarity with social issues is said to put her on a good footing to deal with problems in Laval involving businesses and employment. The party says that under Trottier's leadership, the City of Laval's services would be overhauled to focus more closely on their targeted delivery in the districts.

A 'red flag' issue

For English-speaking voters in Laval, Trottier's employment with the OQLF stands out perhaps



Sophie Trottier is Action Laval's new mayoralty candidate in the Nov. 7 municipal elections.

more than anything else as a red flag. In an interview with the Laval News, she was asked what she would do to win the support of Laval's English-speaking voters.

Trottier said she draws a line between what she does for a living and the elected office she hopes to win in November. "Supposing I was a nurse," she said. "The day that I become mayor I am no longer a nurse. And, you know, when you work for a government, we have rules to respect and we do what needs to be done.

"But I'm not worried at all," she continued. "Because I've had many anglophones as my clients and they've always been happy to get my services. But all this has nothing to do with my becoming the mayor. It's two different things.

Likes helping people

"When I'm on the ground talking to people, I'm the mayoral candidate," she added. "And what I'm always telling people who want to know about my background is that I was always helping people who were looking for work, who were receiving welfare or unemployment benefits and I was there helping them."

While Action Laval's previous mayoral candidate had a substantial track record of involvement in politics in Laval, as a federal Conservative candidate at one point and as the leader and mayoralty candidate of her own Avenir Laval municipal party, Sonia Baudelot was a relative newcomer to Action Laval and was not a long-time member.

A long-time AL supporter

Sophie Trottier, on the other hand, maintains she's been a grassroots supporter and frequent volunteer at Action Laval-sponsored events for years – even though she wasn't necessarily a card-carrying member during that period.

"I always voted for Action Laval. Its values for me are very important," she said, insisting she never voted for Mayor Marc Demers's Mouvement lavallois, although she admitted that she was initially hopeful he would bring change to Laval after the outgoing mayor was first elected in 2013.



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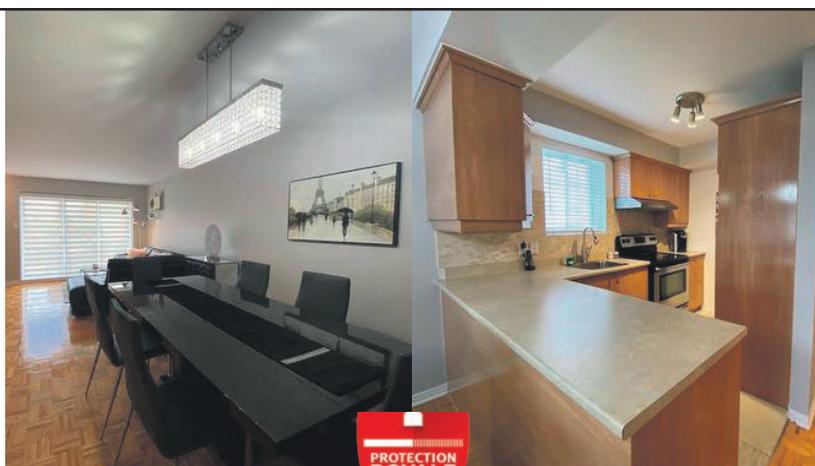
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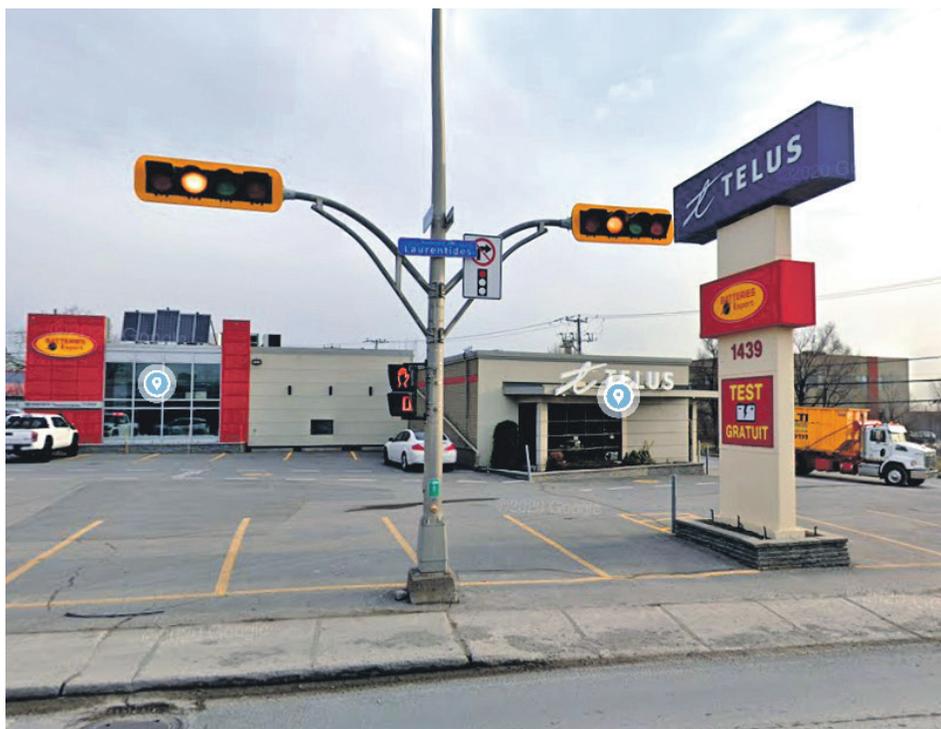


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Cell phone boutiques robbed of high-end smartphones

A Telus cell phone boutique (photo above) on des Laurentides Blvd. corner Saulnier St. in eastern Laval is one of several communications services stores in the greater Montreal region which have been hit in recent months by armed robbers who've made off with tens of thousands of dollars worth of iPhones and other brands of smartphones.

The wave of brazen thefts by perpetrators armed with handguns has left cell phone boutique owners and staff very nervous – to the point where many cell phone stores stay locked until clients show some I.D. to be allowed in.

According to the Montreal daily news site La Presse, the Telus store on des Laurentides Blvd. has been robbed at least twice – in December and April. The perpetrators, who arrived masked and dressed in black, pointed their weapons at employees and demanded access to a safe where smartphones (some, like the iPhone 12, worth up to \$1,200 each) were stored.

Developer disappears with \$17 million in house-building scam

Dozens of families who made large cash deposits in the hopes of buying new homes in Laval are finding themselves in desperate circumstances following the disappearance of the developer along with \$17 million of their deposits.

According to the Montreal daily Journal de Montréal, Luc Perrier, owner of Bel-Habitat

homes, solicited the money from up to 106 families, luring them with promises of discounts that increased with the more money they left as deposits.

Families also made deposits for homes in Saint-Eustache and Blainville. In some cases reported by JDM, some individuals and families have lost their life savings.

Police Summer patrols

You know summer must really be here when the Laval Police Department deploys bike patrol officers all over the city in public places, parks and bicycle paths. They'll be on duty all summer long until Sept. 25.

The bike team, which includes a dozen officers, has a mandate to enforce municipal by-laws and the road safety code, while ensuring peace and quiet in neighbourhoods.

The LPD says the bike patrol will also be paying attention in the coming months to seeing that motor vehicle drivers, bicyclists and pedestrians share the public roads and pathways fairly and equitably.

New this year, two members of the LPD bicycle patrol will be trying out some new electric bicycles as part of a feasibility test to see if it's worth adding more of them to the police department's bike fleet.

Marine patrol unit

In addition to the bike patrol, the LPD operates another auxiliary unit: the marine patrol. It will be

out all summer long on the waters surrounding Laval – the Rivière des Prairies and the Rivière des Mille Îles.

They'll be watching to see that boaters and other watercraft operators are being safe while having fun. In addition to answering calls for emergency assistance, the marine patrollers will be conducting prevention and surveillance operations.

Some of the hazards to be found on the rivers surrounding Laval are narrow channels, low water levels that expose hazards just beneath the water surface, and deceptively cold water temperatures that can bring on hypothermia

quickly should boaters suddenly find themselves unexpectedly overboard.

The marine patrol recommends the following precautions:

- Never consume alcohol before or while boating;
- Always have on board mandatory life-preservers;
- Follow all the marine navigation regulations;
- Show respect for those living on the river's edge by lowering your speed near the shore and lowering the volume of music aboard your watercraft.

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The Foibles of Money

Q I am a career banker with a nice little sideline as an investor. My style is not high risk with bitcoins, penny stocks, and the like. I try to buy the best companies when they temporarily stumble.

I try to advise others. When my aunt would call and ask, "What do you have for me, son?" I was able to help her make some money.

I have not had results that were as good with my best friend. I was helping him run some money, and at the one-year mark, he had a 95% return; \$8,000 turned into \$15,600. His portfolio was doing better than mine on a percentage basis, because he was far more aggressive and less risk averse than me.

Even so, we could have done better if he had listened to me.

The thing is I advised him to sell one position, or at least one part of it, in which he had a big gain. He and his wife love the industry and she would not let him. This stock is down.

One stock he bought without us talking, and another he bought against my advice. Now, the \$15,600 is down to \$13,800. At one time, he was holding cash from a stock sold for a gain. I said sit tight until we find a bargain, but that cash was burning a hole in his pocket. Why?

I advised my younger cousin to buy a pot stock that I have a huge gain in. He researched the industry, and told me he bought another one just like mine. But he lost his ass on the one that was "like mine". Why?

It reminds me of an old episode of *The Mary Tyler Moore Show* (showing my age here). Lou Grant was losing on football bets with his bookie. Then, he began winning using Ted Baxter's system but it wasn't any fun anymore.

Lou then bet his entire bankroll on the Super Bowl, even though Ted's system did not allow for any bet on the Super Bowl. Lou lost but was happy. It was fun again.

What part of human nature is this? Is it just a guy thing, because my aunt did not have it?

Cameron

A Cameron, let's talk about your aunt first. Her attitude is, "Money is good, it makes my life more secure, and listening to Cameron is way easier than laying bricks for a living." She doesn't care if she is betting on the guy

with the hot hand or betting on a guy smarter than the rest. She just wants the money.

We would call her a realist.

Then there are your cousin and your best friend. We have a general comment about them. When you realize people usually act from their most base nature, it becomes easier to understand their behavior.

Your cousin wants a sense of mastery. He wants to control something. Investing successfully will give him that feeling, the feeling of a do-it-yourself project done well.

He's also troubled by FOMO, the fear of missing out.

"Cameron had fantastic success betting on a Canadian marijuana stock. How hard can it be? The sector is booming. I don't need due diligence. I simply need to throw my hat in the ring so I don't miss out.

"But I want my own pick, so when I get my big win, it isn't due to Cameron."

In addition, if he felt you were bragging, he feels envy (he wants to possess what you possess), threatened (my mastery is in doubt), and competition (I'll show that smarty pants Cameron).

Then there's your best friend; money burns a hole in his pocket. That sounds like the itch of the gambler. It's the excitement! Your friend and his wife "have a good feeling" about an industry, the way some people have a good feeling about "sectors" in a casino. They prefer poker to blackjack or craps to slots.

Much of their preference is simply good, old-fashioned greed. They want to take advantage of your advice, but they still want more. However, your best friend and his wife haven't made any money yet. Their chips are still on the table. It won't be money until they cash out.

And honestly, if you examine your own motives, you feel possessive about their winnings, as if they are losing your winnings. What would you like? You'd like your little ducklings to follow you and thank you for their success.

People are funny about money. Some are more likely to tell you about their sexual life than about how much money they make. When it involves money...money often doesn't have a bonding effect on relationships, it has a breaking the bond effect.

What's in it for others in giving you credit? For most people, the answer is nothing. Your guidance becomes their savvy decision to invest their money.

That goes back to our first premise. When you realize people usually act from their most base nature, it becomes easier to understand human behavior.

Wayne & Tamara

The Centre Alain-Grandbois is a library once again

Laval's Multicultural Library gets a new location



Photo: Seen here inside the Centre Alain-Grandbois are Stéphane Boyer (deputy mayor and councillor for Duvernay-Pont-Viau), Lauren Mook-Colombani (who oversees library branches), Lysane Gendron (an assistant-director with the city's cultural services) and Aline Dib (city councillor for Saint-Martin and associated executive-committee member). **Photo:** Sophie Poliquin

(TLN) A municipal building on Samson Blvd. that the City of Laval had designated nearly forty years ago as the Alain Grandbois branch of the library system will be returned to its original purpose when the Multicultural Library moves in.

Located at 4300 Samson Blvd. in Chomedey, the Centre Alain-Grandbois (as it is now known) was built by the city in 1983 as the Bibliothèque Alain-Grandbois.

Good move, says Dib

It ceased being a library building in 1996, five years after the opening of the Multicultural Library. The Centre Alain-Grandbois currently houses the Société d'histoire et de généalogie de l'île Jésus et le Centre d'archives de Laval.

"This is excellent news for the residents of the district of Chomedey, where the Alain Grandbois Library will be at the centre of life and more accessible from now on," said Laval city councillor Aline Dib, who is responsible for cultural dossiers.

"Each year, the Multicultural Library welcomes more than 250,000 visitors," she added. "By moving its activities to Samson Blvd., we are greatly improving access for residents of the sector."

According to the city, the Alain Grandbois

building is large (1,145 sq. metres) and will help facilitate a seamless transition and transfer of essential services from building to building.

A building enlargement is planned, to bring the surface area up to 2,600 sq. metres, thus offering a place better adapted to the needs of families, including play and gathering spaces, reading and work areas, presentation rooms and digital areas.

The city says that measures are being taken to find new quarters for the Société d'histoire et de généalogie de l'île Jésus and the Centre d'archives de Laval that are better suited to their needs.

Six new branches

According to the city, the reopening of the Alain Grandbois Library was foreseen on a smaller scale in a master plan for the city's public library system. The building enlargement work is expected to provide the same amount of area to the public as the former Multicultural Library building on Chomedey Blvd. did.

When fully implemented, the master plan for the library system will build six new library branches in neighbourhoods in Laval, for an eventual total of 16 library branches, including a new branch in northern Chomedey which the city says has been set as a priority.

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How to get a job without work experience or a degree

Are you looking to land your first job or make a career change? Even if you lack experience in a prospective field, it still may be possible to find a position in it. Here are some tips to help you get the job you want.

- **Diversify your training.** Whether you sign up for online courses, participate in professional workshops or complete a certification program, any attempt to broaden your education will show employers that you're dedicated and eager to learn.
- **Rely on your network.** Your friends and family members may have connections that prove invaluable to your job search. Let them know the type of position you're looking for, and ask if they'd be willing to make a referral or arrange an introduction.
- **Expand your knowledge.** Spend some time researching the field that interests

you. This will allow you to determine what roles you'd be best suited for and to familiarize yourself with the industry terms and key players.

- **Refine your resumé.** Organize your CV to highlight the skills that would make you a good candidate for a particular position. Include relevant volunteer work, passion projects and hobbies to demonstrate your interest in the field.



If you succeed in getting an interview, don't let your lack of experience be seen as a flaw. Focus on discussing your strengths, and emphasize your willingness to learn on the job.

How to discuss salary expectations in an interview

If you have a job interview coming up, you may be anticipating a question about salary expectations. Here are a few tips to help you avoid underestimating your worth or risking rejection by asking for too much.

Avoid specific figures

Ideally, the question of salary will only be brought up once the recruiter has clearly expressed interest in your candidacy, as this puts you in a better position to negotiate. If the subject comes up early in the process, however, explain that you'd rather wait to discuss salary but that you're confident you'll be able to come to an agreement.

That being said, the recruiter may still try to deduce your expectations by inquiring about your current salary or asking what your minimum rate would be. In this

case, you can mention that your current job doesn't have quite the same responsibilities as the open position and that you'd like to know more about the company's expectations for the role before you discuss specific numbers.

Encourage negotiation

Despite your best efforts, you may end up in a situation where the recruiter insists on an answer. Therefore, it's a good idea to research the average for this type of position beforehand and inquire about the company's salary range to help you determine a fair rate. Be sure to emphasize that you're open to negotiation.

Finally, keep in mind that you'll have opportunities to revisit your salary after working with the company for a few months.



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In Memoriam & Obituaries



3 eco-friendly options for your funeral

Conventional burials and cremations contribute to climate change. If you want your funeral proceedings to match your environmentally conscious lifestyle, here are three green options that might be available to you.

1. AQUAMATION

This process uses water, sodium, potassium and heat to dissolve the body's soft tissues into a sterile, aqueous solution that can be safely returned to the water supply. The remaining bones can then be ground up and placed in an urn. While it's not yet legal in all places, aquamation (also referred to as alkaline hydrolysis or bio-cremation) is gaining in popularity as an environmentally friendly alternative to burials and cremations.

2. HUMUSATION

Also known as human composting, this technique is similar to traditional burials but without the toxic chemicals and wasteful caskets. Instead, the body is buried among wood chips, alfalfa and straw rich in microbes that help speed up decomposition. This process takes about a month and yields fertile soil that can be scattered in forests or gardens. For now, this option is only legal in a few select areas.



3. BIODEGRADABLE URN

A popular green burial option involves placing the deceased person's ashes in a decomposable urn. This can be made of sand and gelatine, cornstarch, recycled paper, coconut shells or other organic materials. In some cases, these burial pods can be placed beneath a sapling to help generate new life after death. Keep in mind that while the urn produces little to no pollution, this option still relies on cremation.

Speak with your family or a funeral director in your community about how you would like your remains to be handled after death.



Cardinal, Denise
1951 - 2021

In Laval, on June 29, 2021, at the age of 70, passed away Mrs. Denise Cardinal, wife of Mr. Jean-Yves Cardinal. Daughter of the late Madame Marie-Reine St-Denis (Larocque) and the late Monsieur Roger St-Denis. Besides her husband, she is survived by her children Martin (Diane Ayoub) and France (Henri Rabbath), her only granddaughter Angélique and her great friend Sylvie Poirier. His late sisters Nicole, Micheline (Sylvain Blais) and Louise (late Yvon Leduc), as well as many relatives and friends.



Sévigny, Edith
1941 - 2021

At the Cité de la Santé in Laval, on June 5, 2021, surrounded by her family, serene and in peace, passed away, at the age of 79, Mrs. Edith Sévigny. She is survived by her children: Richard (Manon Lavoie), Johanne (François Poirier), her grandchildren: Geneviève, Alexis (Sarah Fortin-Lemaire) and Mélisande, her sisters and brothers: Thérèse, Huguette, Roch and Marcel, her brothers-in-law and sisters-in-law as well as many nephews, nieces, relatives and friends.



Pelletier, Jacques
1943 - 2021

In Laval, on June 29, 2021, at the age of 78, passed away Mr. Jacques Pelletier, father of Nathalie (Mohamed Hashemi), Frédéric and Alexandre. Besides his children, he is survived by his brother and sister Henri and Ginette (Jean-Louis Pitt), his grandchildren and great-grandchildren and his loving family, the Couillard family. He is also survived by his unnamed little cat, nicknamed Ti-minou.



Pilotte, Marielle
1930 - 2021

It is with deep sadness that we announce the death of Marielle Pilotte. She passed away at the age of 90, at her home in Lévis, on October 5, 2020, surrounded by loved ones. She is survived by her tender love and husband Paul-Émile Daigle with whom she lived 64 years of marriage, her seven children, (late Sylvie), Gaëtan (Wioletta Barszcz), Stéphane (Lucie Guillemette), Christine, Nathalie, Isabelle (Jacques Bibeau) and (late Charles) as well as her 10 grandchildren whom she loved deeply.

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HOROSCOPE

Week of JULY 11 TO 17, 2021

The luckiest signs this week:
SCORPIO, SAGITTARIUS AND CAPRICORN



ARIES

Even while on vacation, you'll be in touch with work. Either you'll have your laptop with you on the patio or you'll cut your break short. You tend to be overzealous about work, much to your boss' delight.



TAURUS

Passion shines brightly in your eyes. If you're single or want to spice up your relationship, you'll try to be more eccentric to attract attention. Home will be the place to recharge your batteries.



GEMINI

Even if you plan to take a relaxing vacation in the near future, the urge to get moving will soon take over. You won't want to miss opportunities to express your point of view, and you'll spend hours pondering big questions.



CANCER

You'll consolidate rest and activity. You'll end up working on your own time, since you can't help but check your messages and complete certain tasks, even though you promised yourself you'd unplug during your vacation.



LEO

You'll enjoy shopping and pampering yourself. You'll have fun bartering with merchants and finding great deals. You'll also go on a few spontaneous adventures to get away from the daily grind and seek out some peace and quiet.



VIRGO

Take some time to recharge your batteries before you dive headfirst into an adventure. An escape is needed; let loose and go where life takes you. The artist within you will be inspired to create a masterpiece.



LIBRA

You'll have a serious attitude. Even on vacation, you'll be tempted to keep in touch with work or toil away on projects rather than relax and enjoy the moment. People close to you may need your help.



SCORPIO

Summer goes by quickly, so you'll need to be organized if you want to have time for all your planned activities. Fortunately, you'll be able to make the most of your time in the company of people you love. A trip might be organized at the last minute.



SAGITTARIUS

You'll get caught up in planning all the trips you'll take after the pandemic. You'll also cook up some big personal and professional projects. You'll feel like time is in short supply as you come up with more and more ideas.



CAPRICORN

Make the most of your days off and live in the moment. Even if you're not on vacation, you'll indulge in simple pleasures. At the very least, give yourself time to unplug by spending time in nature.



AQUARIUS

You'll experience emotions that disturb your sense of calm for one reason or another. In your love life, you'll know right away if the other person isn't being honest about their feelings. Needless to say, your energy level will be linked to your mental state.



PISCES

The business world never takes a break, even in the middle of summer. You'll find golden opportunities, whether it's a lucrative contract or a valuable professional relationship. You'll find yourself quite busy with no end in sight.

Coffee Break

CROSSWORDS

PUZZLE NO. 1014

1	2	3	4	5	6	7	8	9	10	11	
12				13			14				
15				16			17				
18				19			20				
		21	22			23		24	25	26	
27	28	29			30			31			
32				33	34			35			
36				37			38	39			
40			41			42					
			43			44		45	46	47	48
49	50	51			52			53			
54					55			56			
57								59			

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ACROSS

- Rowing blades
- Stereo component
- Woeful exclamation
- Fib
- Tell an untruth
- ___ tie
- Certain bean
- Traveler's stop
- Unattractive
- ___ India Company
- Go to see
- Utilize
- Job or story
- Black-ink item
- Write hastily
- Rarer than rare
- Owl's question?
- Contest site
- Mine yield
- Young chap
- However
- Piggy-bank fillers
- Formed
- Pigpen
- Full-grown

- Makes mistakes
- Barking sounds
- Bumper ___
- Oaf
- Petitions
- Memorable time
- Motionless
- ___jerk reaction
- Earth's upper atmosphere
- Intense

- Nutritious bean
- Unbroken
- Remained
- Branding tool
- Game missile
- She-sheep
- Piercing tools
- Iranian prince, once
- Baking ingredient
- 707, e.g.
- Marks down
- Facial feature
- Old-fashioned
- Wander
- Songbird
- Went by bus
- ___ of thumb
- Tread
- "___ Me No Questions"
- Gallop
- Professional charge

DOWN

- Stare
- Vocal solo
- Borders
- Sculpture
- Breathing
- Skirt type
- Retiree's income
- Borders on
- Type of cabin
- "___ That Jazz"

Sudoku

PUZZLE NO. 800

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

HOW TO PLAY:

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

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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

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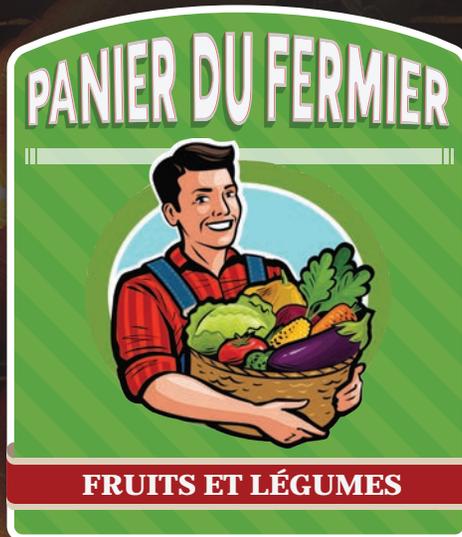
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- Cauliflower
- Peaches
- Oranges
- Kale
- Zucchini
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- Avocado
- Dill
- Lettuce
- Cucumber
- Limes
- Bananas
- Mystery Item

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