

**Professional
Auto Body
Repair & Painting**

Expert Color Matching • Factory Genuine Parts
Insurance Work Accepted • All Work Guaranteed
Import Car Specialists • Major & Minor Repairs

1385, Boul. des Laurentides local 103,
Vimont, Laval 514 476-4565

THE LAVAL news

Laval's English Paper, Since 1993

Denis Breton

BEFORE BUYING ELSEWHERE,
DON'T FORGET TO
STOP BY BRETON!

CHEVROLET BOLT EV GMC TERRAIN CHEVROLET SILVERADO

364 DUBOIS STREET, SAINT-EUSTACHE
1-844-475-2769

newsfirst
MULTIMEDIA

Vol. 30 - 13

April 20, 2022

450-978-9999

www.lavalnews.ca

info@newsfirst.ca

120,000 readers



**We will never forget
April 24, 1915
the inhuman anniversary of
The Armenian Genocide!**



FAYCAL EL-KHOURY
MP FOR LAVAL-LES ÎLES
faycal.el-khoury@parl.gc.ca

ANNIE KOUTRAKIS
MP FOR VIMY
annie.koutrakis@parl.gc.ca

VOLUNTEERING CHANGES! LIVES!



NATIONAL VOLUNTEER WEEK
April 24-30, 2022

48th
EDITION

Presented by



fcabq.org



Boyer optimistic following meeting with PM Trudeau at Laval City Hall

New measures for first-time home buyers among the issues discussed



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

Laval mayor Stéphane Boyer says a meeting he had last week at Laval city hall with Prime Minister Justin Trudeau offered a rare opportunity to touch base with the country's leader on issues directly impacting the Laval region.

During the meeting on April 13, Boyer told Trudeau that the moment had arrived to create a new working committee to deal with the ongoing issue of the future "Le Vieux Pen," the abandoned former Saint-Vincent-de-Paul penitentiary in east-end Laval.

Future of 'Le Vieux Pen'

Although it has been recognized by the federal government as a national historic site, nothing has been done to move things forward, and the sprawling site is steadily deteriorating. Despite this, Boyer maintains the old penitentiary has great historic value and could be recycled into something useful.

The mayor also spoke to Trudeau about mass transit issues. While noting that 70 per cent of greenhouse gases produced in Laval come from gas engine vehicles, he said the city administration would like to be able to offer a wider range of alternative forms of transportation which leave less of a carbon imprint.

In addition to these issues, talk between Mayor Boyer and the Prime Minister also revolved around the protection of Laval's natural and green spaces, as well as the need for more social housing and for improvements to public security.



Prime Minister Justin Trudeau met last week with Laval mayor Stéphane Boyer (left) at City Hall where they discussed a range of issues. The Prime Minister was accompanied by Laval MPs Angelo Iacono, Annie Kourakis and Fayçal El-Khoury.

Agreed-upon issues

He said that by the end of the meeting, it seemed apparent that he and Prime Minister Trudeau held many views in common, including greater access to affordable housing, accessibility by families to important everyday commodities like food at reasonable prices, climate change, and protective and proactive measures to counter violence.

"It goes without saying that I thanked the Prime Minister warmly for his visit and his

willingness to listen to the needs of all Laval residents," added Mayor Boyer.

In other matters addressed during the meeting, Trudeau told journalists the federal government is doing as much as it can to address things like higher interest rates, which are raising the cost of bank loans, including variable-rate mortgages, while making it harder than ever for young families in particular to acquire a first home.

For first-time home buyers

"In the budget we put forward a plan to address the housing crisis that too many families are living through," said Trudeau. In Laval, the median price for a single-family home rose 67 per cent over the past five years, to \$559,000, according to a recent report by the Quebec Professional Association of Real Estate Brokers.

In addition to a tax-free savings account that can be used for the purchase of a first house, Trudeau said the budget for the 2022-23 fiscal year included measures to double housing construction starts across the country and to take action against speculation, such as limiting market access of foreign buyers.

Tax credits and incentives

In a statement issued on the same day Prime Minister Trudeau met with Mayor Boyer, the Prime Minister's Office (PMO) highlighted the following additional measures in the 2022 budget to assist first-time home-buyers:

Doubling the First-Time Home Buyers' Tax Credit to \$10,000 to provide up to \$1,500 in direct support to home buyers. This will apply to homes purchased on or after January 1, 2022.

Extending the First-Time Home Buyer Incentive to March 31, 2025, allowing first-time home buyers to lower their monthly payments.

Encouraging Canadians to save for and buy their first home by investing \$200 million to help develop and scale up rent-to-own projects across Canada.

Putting Canada on the path to double housing construction over the next decade, by investing \$4 billion for the launch of a new Housing Accelerator Fund that should create 100,000 new housing units over the next five years.



CHAMBRE DES COMPTES
HOUSE OF COMMONS
CANADA



CHAMBRE DES COMPTES
HOUSE OF COMMONS
CANADA

*Our best wishes
to the Muslim community of Laval,
Happy and Prosperous*

◆◆◆ Ramadan ◆◆◆

To All



FAYÇAL
EL-KHOURY
MP FOR LAVAL-LES ÎLES
faycal.el-khoury@parl.gc.ca



ANNIE
KOURAKIS
MP FOR VIMY
annie.kourakis@parl.gc.ca



Publishers:
George Bakoyannis
George S. Guzman

General Director:
George Bakoyannis

VP Sales & Marketing:
George S. Guzman
sales@newsfirst.ca

Graphic Design:
Elena Molter
Thomas Bakoyannis

Advertising Consultants:
Peter Stavropoulos
peter@newsfirst.ca

Jean Paul Chamberland

Editorial Staff:
Martin C. Barry
Renata Isopo
Maria Diamantis
Savas Fortis
James Ryan

Columnist:
Robert Vairo

Deadline for commercial advertising by Friday at 3 p.m.
Deadline for classified advertising by Friday at 3 p.m.
ISSN number : 1923-0605
Annual subscription : \$89.95 • Per copy : \$1

The views, opinions and positions expressed by
columnists and contributors are the author's alone.
They do not inherently or expressly reflect the
views, opinions and/or positions of our publication

Layout: Media Trek
Distribution: TC. Transcontinental/
DIFFUMAG
Printing: TC. TRANSCONTINENTAL

Project funded in part by

Canada

QCNA Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association

National Representation:

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056



Publishers' Liability for Error: The publishers shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in one subsequent issue or the refund of any monies paid for the advertisement. Articles published reflect writers' opinions, but not necessarily the opinion of this newspaper.

ENTIRE CONTENTS COPYRIGHT 2022

OPINION & Editorial

Allowing government to parent our children is a serious mistake

Tax burdens and living costs prevent most intact parental couples from raising their children at home

What would be better – children conceived by random intercourse and raised by the state, or children raised by their parents in the same household?

Plato, the Greek philosopher from ancient times, said the former; and whether we realize it or not, his philosophy has dragged public policy for decades.

"Our men and women," Plato wrote in *The Republic*, "should be forbidden by law to live together in separate households, and all the women should be common to all the men: similarly, children should be held in common, and no parent should know his child, or child its parent."

Plato thought that family teachings could compete with loyalty to the state and its ideology. No families means no competition. Government knows best, especially when they are philosophers ... said the philosopher.

"There will be no end to the troubles of states, or of humanity itself, until philosophers become kings in this world, or until those we now call kings and rulers really and truly become philosophers, and political power and philosophy thus come into the same hands," Plato wrote.

Some misguided elites still believe this and have used their influence to prevail in popular, academic and public institutions. An anecdote by the late filmmaker Aaron Russo puts this on stark display. In an interview, now 15 years old, he recalled a conversation with Nick Rockefeller.

When Russo told Rockefeller what he thought feminism was about, Rockefeller laughed and called him "an idiot."

"We funded women's lib and we're the ones who got it all over the newspapers and television [through] the Rockefeller Foundation," Rockefeller reportedly told Russo.

"One reason was, we couldn't tax half the population before women's lib. And the second reason was, now we get the kids in school at an early age, we can indoctrinate the kids how to think, which breaks up their family. The kids start looking at the state as their family, as the school, as the officials as their family, not as the parents teaching them."

By now, that project is in advanced stages with a momentum all its own. Most children are in *daycare* at a year old, funded by the government in passive or active ways. This usually means women, encouraged for decades

to abandon homemaking for the workforce, are paid to raise the government's children — their income paid and taxed by the same government.

Tax burdens and living costs prevent most intact parental couples from raising their children at home even if they want to. Government-run, politically correct, mediocre education takes a significant portion of provincial tax dollars. Parents who want *homeschooling* or private schools for their children have an uphill battle.

Perverse incentives in welfare programs also aid Plato's vision. At a restaurant years ago, a 20-something waitress told me a story that peeved her. Her friend was advised by her own father, "Get knocked up; you'll get money from the government." So her boyfriend impregnated her. She kept his name off the birth certificate and later called him her landlord — thereby qualifying for even more handouts.

At budget time, governments brag about their investments in childcare, education and *social assistance programs*. The problem is that when Plato wins, parents lose. And the price is their children, their tax dollars and their society.

Lee Harding

After by-election defeat, amendment fiasco, Anglade insists Liberals can turn things around



#NewsMatters:
The National Assembly Report

By Raquel Fletcher

After another tough week, an optimistic Dominique Anglade remains adamant that "there's absolutely no reason to question the *raison d'être* of the Parti libéral du Québec."

The Liberal leader's party had a dismal showing in last Monday's by-election in Marie-Victorin where candidate Émilie Nollet came in fifth place, garnering only 7 per cent of the popular vote. Polls show the Liberal Party in continual decline among francophone voters. If last week's by-election is a precursor for things to come, it could spell disaster for the party come election day on October 3.

Anglade understands the optics, but she's staying upbeat. She owns the fact that up until now, her party does not seem to be resonating with a large part of the electorate, but that it's only a question of making her message clear. "We have to be really clear about what our party stands for," she says.

Marie-Victorin was never a Liberal stronghold and the CAQ win in Longueuil mayor Catherine Fournier's old riding is a defeat for the Parti Québécois, Anglade says. Even if the Conservative Party outperformed the Liberals, Anglade says she is not worried about the rising support for Éric Duhaime's party in the polls. Both parties may be federalist, but only one of the two is progressive, she says, in reference to Conservative Party candidates who have openly said they are anti-abortion.

Amateur and tone-deaf

But the Liberal Party is facing more challenges than just reconnecting with francophone voters. For weeks, it's also been in turmoil with its own base. A wave of backlash from

anglophones, historically loyal to the Liberal party, came after a major gaffe many have qualified as amateur and tone-deaf.

Earlier this session, the opposition proposed an amendment to the government's French language reform Bill 96, which would require English CEGEP students complete three courses in French to receive their diplomas.

The amendment was accepted by all four parties represented at the National Assembly without any consultation of the community. CEGEP directors, parents and students were quick to denounce the modification to the bill, saying such a strict requirement could lead to students failing classes or getting poor grades that could affect their chances of getting into the university of their choice.

Another humiliating defeat

Anglade apologized and the Liberal Party tried to convince the committee to walk it back, but to no avail. Then, after being mocked by the media and other parties, the Liberals endured another humiliating defeat last Thursday.

The committee voted against a new Liberal amendment, which would have required students to complete three classes of French instead of three classes in French. That would have meant that students who are not as proficient in the language of Molière would have been permitted to take three French as a second language courses.

"It was incumbent on everybody to find a solution," says André Fortin, Liberal MNA for Pontiac, who said "it was a shocking turn of events" that French Language Minister Jolin-Barrette voted against the new amendment.

Fortin insists there is still a possibility to make changes to the bill, although that seems less and less likely with the end of the session just around the corner. The Liberal Party will vote against Bill 96, what it calls "a deeply-flawed bill," but it will require more than that to appease frustrated Quebec anglophones and win back indifferent francophones. Anglade is well aware of this.

"I think I need to be a lot more vocal about a number of (positions) that we've taken," she says.

Anglade says under her leadership her party would focus on both the economy and fighting climate change, but above all, she says her party is about promoting inclusion. She says Premier François Legault is pitting Quebecers against each other with "politics of division."

"The premier is saying that there are anglophones and francophones. Immigrants and not-so-good immigrants. People who are making \$56,000 a year and the other ones," she says.

"The future of Quebec needs to be outward focused. We have to be looking at opportunities for every single person. We have to be thinking about an economy that is modern and progressive. And we have to stop dividing Quebecers and look at how Quebec can be a beacon for the rest of the world."

She admits she's running out of time to get her message across but is not deterred.

"I'm extremely motivated. If anything, this week proves to me that we need to work harder. There's no question about that."

Raquel Fletcher is QCNA's News Matters columnist on provincial affairs

The countdown has started for the 55th Jeux du Québec Finals in Laval this summer

Opening and closing ceremonies will be held July 22 and July 30 at Place Bell



From the left (top), Marc DeBlois, executive-director of the 55e Finale des Jeux du Québec – Laval 2022 organizing committee, Émilie Duquette, coordinator of communications COFJQ – Laval 2022, Julie Gosselin, president of SPORTSQUÉBEC, Jacques Ulysse, director-general City of Laval, Laval mayor Stéphane Boyer, Alexandre Despatie, official spokesperson for the Finale des Jeux du Québec de Laval, Jean-François Archambault, executive-director and founder of La Tablée des Chefs, Geneviève Roy, president and CEO of Tourisme Laval, Kevin Raphaël, spokesperson for the contest "Monte ton podium," Sylvain Courcelles, executive-director of the Caisse Desjardins des Grands boulevards de Laval, Laval city councillor Nicholas Borne, and Caroline Duhamel, director of marketing at IGA/Sobeys. (Photo: Martin C. Barry, Newsfirst Multimedia)



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

It was time to get down and party at Place Bell on Wednesday morning last week as organizers and politicians gathered for an official kickoff for the 55th Jeux du Québec Finals – exactly one-hundred days before the amateur provincial sporting event is scheduled to start in Laval.

Although the Jeux du Québec Finals were originally supposed to take place here in 2020, the outbreak of the Covid pandemic in late 2019 delayed the event for two years.

Be there in July!

The multidisciplinary sports event, bringing together 3,300 young athletes from all over the province, will be taking place from July 22 to July 30 at venues throughout the Laval region. The games' official spokesperson is someone most people from Laval should know at least a little by now – Alexandre Despatie.

The Canadian Olympic silver medal diving champion is a long-time Laval resident and an eager promoter of the upcoming sports competitions in Laval. It was at a past Jeux du Québec that Despatie got his start in diving.

Can lead to the Olympics

"I am honored to represent the Finals, which are taking place in my birth next summer," said Despatie, noting that the Jeux du Québec tend to motivate participants to want to move upwards into Olympic competition. "The athletes are getting ready to experience something they've never seen in their lives, whether it's on the sports or personal levels," he added.

Regardless of the two-year delay, city councillor Nicholas Borne said Laval is ready. "Finally, after two years of postponements, we are almost there," he said. "It is truly with great pride that our city is hosting this important gathering celebrating youth and sports."

130,000 visitors expected

"The entire community of Laval is coming together to warmly welcome the 130,000 visitors who will be arriving from the four corners of Quebec next July," Borne continued. "The athletes will be able to enjoy first-rate sports infrastructures, while being able to depend on the support of enthusiastic spectators, as well as devoted volunteers and a sporting environment where nothing has been spared for this celebration."

Mayor Stéphane Boyer, who arrived late to the launch because of a pressing earlier engagement, said he felt confident that the games would be taking place smoothly, after the delays that held things up over the past 24 months.

Laval hosted games in 1971

Coincidence or not, it was just a little more than 50 years ago that the City of Laval (which had only come into being in 1965) hosted the 1971 Jeux du Québec Winter Games – which were the first ever. A few months later, Rivière du Loup was the place to be for the first-ever Jeux du Québec Finals.

Former Laval mayor Marc Demers, who was a key player in getting Jeux du Québec organizers to agree to stage the 2022 Finals in Laval, was on in the audience during last week's kickoff, and he received a warm round of applause in acknowledgement of his efforts.

Games sites all over Laval

In all, the 55th Jeux du Québec Finals will be taking place at 14 competition sites all over Laval, including Place Bell where cycling events will be on an outdoor track, and competitive swimming events, which will be staged at the Centre de la Nature.

The complete schedule of events and programming can be viewed online at <https://laval2022.jeuxduquebec.com/fr/sports.html>. The opening and closing ceremonies will be taking place at Place Bell. Tickets for the events are being sold for \$20 each.

**LES JARDINS
DE RENOIR**
PRIVATE RETIREMENT COMMUNITY



PRIVATE RETIREMENT COMMUNITY

CITYWATCH

By Martin C. Barry

STL warns riders to expect service disruptions



The Société de transport de Laval (STL) issued a statement last week, in which they said they were advising transit users to expect service disruptions last week, due to illegal pressure tactics by the bus drivers' union.

The STL said it condemned "the concerted action to boycott overtime and school route assignments," while adding that "the STL also regrets the intimidation that some drivers were subjected to following the order to refuse overtime."

The STL maintained that over a period of three days last week, nearly 450 trips had to be cancelled because of the labour dispute, "which is exceptionally high, and unfortunately left more than 6,000 riders without bus service."

The transit agency said "these actions violate the safeguard order obtained through Québec's administrative labour tribunal in November." The STL said that as a result, it will be taking legal action to stop the pressure tactics.

STL drivers insist city officials should take action

For its part, the union representing Société de transport de Laval (STL) drivers noted that they demonstrated in front of Laval City Hall recently to demand that the mayor and city council provide the STL with necessary mandates to get negotiations back on track and come up with a satisfactory agreement for the employees affected.

"Elected officials must show they really believe in the importance of public transit in Laval," said

Patrick Lafleur, president of CUPE 5959. "This mobilization of drivers is intended to ensure sustainable public transit service in our municipality. Investing in public transit also means investing in employees."

The union claims that a recent CROP survey in which 473 of the 625 STL bus drivers participated uncovered some notable management deficiencies and serious problems affecting the working environment.

Action Laval's Piché and Revelakis say new skateparks coming along

Action Laval city councillors Aglaia Revelakis (Chomedey) and Isabelle Piché (Saint-François) say work is well underway on new skateparks in their districts: at Moulin à Saint-François Park in Saint-François and at the Centre du Sablon in Chomedey.

The two city councillors noted that they had each pledged to build the facilities, to promote healthier living for youth through exercise and physical activity, when they were campaigning for office in the last municipal election.

"The City of Laval still has a lot to do so that our parks become spaces where sports and social activities are up to date, interesting and accessible to all our citizens," said Revelakis. "Nonetheless, it is projects like this one that

give me cause to celebrate," she added.

"Centre du Sablon and its park are spaces that bring people together, and the imminent opening of this pump track is sure to attract even more youths. I am pleased to see that our youths will be able to enjoy their favourite activity with friends and in their own neighbourhood."

"I am all for this initiative to offer skateboarders this new dynamic and accessible facility in their neighbourhood," said Piché. "I am proud that this idea, which I shared with citizens of the Saint-François district during the last elections, is finally taking shape. The enjoyment that these young people will get from these new facilities is the main reason why we are involved in municipal politics."

City of Laval makes Forbes list of Canada's Best Employers

Officials with the City of Laval now have at least one more thing they can boast about to colleagues from other municipalities.

On April 11, Forbes Media LLC, which publishes Forbes Magazine on business as well as several prestigious lists of top companies and wealthy individuals, said that Forbes was recognizing the City of Laval "as one of Canada's Best Employers" in 2022, based on the results of an independent survey.

The city was recognized by Forbes within the category of Government Services, with the following parameters being taken into consideration:

Direct Recommendations (employee willingness to recommend their own employers to friends and family), and Indirect Recommendations (employee valuation of other employers in their respective industries).



Certificate

Based on the results of an independent survey, Forbes recognizes

Ville de Laval

As one of Canada's Best Employers 2022

in the industry
Government Services

The following parameters were taken into consideration:

Direct Recommendations:

Employee willingness to recommend their own employers to friends and family.

Indirect Recommendations:

Employee evaluation of other employers in their respective industries.

Douglas A. Lopenzina

Douglas A. Lopenzina
Vice President of Forbes Media LLC

Dr. Friedrich Schwandt

Dr. Friedrich Schwandt
CEO Statista Inc.

Forbes statista

At the **SERVICE**
of our citizens



Former NY Islanders great Mike Bossy passes away at age 65

NHL Hall-of-Famer got his start playing for the QMJHL's Laval National



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

Whether it was in Laval, where Mike Bossy spent an important part of his early life, or in Elmont NY, where he spent his entire hockey career (1977-1987) playing for the NHL's New York Islanders, hockey pros and sports writers alike were remembering him last week following the Hockey Hall of Famer's death on April 14 at age 65.

Known as "Mike" to English language sports writers and as "Michel" by their counterparts in Quebec's French-language sports media, Bossy was versatile – just as he was warmly embraced by people on each side of the linguistic divide – because all wanted to claim him as one of their own.

Attended Laval Catholic H.S.

Mike Bossy was the fifth in a family of ten children, and spent part of his childhood in the Ahuntsic-Cartierville district of Montreal. He later attended Laval Catholic High School in Laval. Former Pittsburgh Penguins head coach Pierre Creamer (for whom the City of Laval renamed the Chomedey Arena in 2019) was Bossy's brother-in-law.

Mike Bossy started his junior career with the Laval National of the Quebec Major Junior Hockey League (QMJHL) at the age of 15. After the Laval National moved to New Brunswick in 1998 to become the Acadie-Bathurst Titan, Bossy's No. 17 sweater was retired in recognition of his excellence. After joining the Islanders, he helped propel them to four consecutive Stanley Cups during the early 1980s.

A major record holder

Mike Bossy was inducted into the NHL's Hockey Hall of Fame in 1991, after which his No. 22 Islanders sweater was retired. He holds several NY Islanders team records, including as the all-time regular season goals leader with 573. He is also the Islanders' leader in career playoff goals with 85, and he holds the team single-season record for playoff goals, which he achieved in three straight playoffs starting in 1980–81.

In January 2017, Bossy was named one of the 100 Greatest NHL Players in history. As of 2022, he held or shared the following NHL records:

Most consecutive 50+ goal seasons: 9
Most 50+ goal seasons: 9
Most 60+ goal seasons: 5
Highest goals-per-game average career: .762 goals per game

Most power-play goals, one playoff season: 9
Most consecutive hat tricks: 3

Tributes from near and far

In Montreal, the Gazette's veteran sports writer Stu Cowan paid homage to Mike Bossy last week, quoting Montreal Canadiens head coach Martin St. Louis (another hockey great with roots in Laval) as saying, "It's a sad day for the hockey community."

"He's somebody that did so much for the game of hockey, so much for the community – even after he was done playing," added Habs right-winger and alternate captain Brendan Gallagher.

In New York last week, the venerable New York Times considered Mike Bossy's passing significant enough to warrant not just one, but two articles.

New York Times pays homage

"The Canadian-born Bossy was among the N.H.L.'s fastest skaters, and he possessed an

uncanny ability to get off wrist shots before opposing goalies had any notion that the puck was coming their way," wrote NYT sportswriter Richard Goldstein.

In an article published on the same day last week, NYT sports columnist George Vecsey referred to Bossy as "the indispensable *artiste* — as they say in his native Quebec — of the greatest team I ever covered: so many superb players and mentalities who came through, game after game."



Photo: Former New York Islanders great Mike Bossy (seen here on the far right in December 2019 during a ceremony marking the renaming of the Chomedey Arena to the Aréna Pierre Creamer) passed away last week at age 65. (Newsfirst Multimedia file photo: Martin C. Barry)

STL news April 2022



The road to a greener network

As Earth Day nears on April 22, we're taking the time to give you an update on our major electrification project. It's been nearly a year now since you've seen our first 10 electric buses on the streets of Laval.

Each one of these buses reduces between 70 and 80 tons of greenhouse gas emissions per year! And not to mention the significant reduction in noise pollution as these clean buses are much quieter.

Our teams are working hard to transform the company, to modernize our systems and to build a new optimized garage by 2024 to finally accommodate only electric buses as of 2025.

Learn more about electrification at STLaval.ca/electricbuses



↗ April is World Autism Month

Did you know? In Laval, people living with an autism spectrum disorder (or some other conditions) can sign up for the STL Compagnon Program. There are still a few spots available!

The STL Compagnon Program is based on a smart phone app that provides real-time guidance to help users get around and reduce anxiety associated with using public transit.

Learn more at STLaval.ca/stlcompagnon

Almost time to get the bikes out!

We're making good headway installing the bike racks on the front of our buses.

As of May 1, you can combine bike and bus to travel even further.

See how it works at STLaval.ca/cycling

Get on board like a busssss.

No cash or OPUS card?
Pay onboard with your credit card!

Learn more at STLaval.ca/credit-card



*Certain conditions apply.



STLaval.ca | Customer Contact Center: 450-688-6520

© STL 2022 – All rights reserved

Work starts on 23 new social housing project for low-income single moms in Laval to be built on Dumouchel Ave.

From the left, Bureau d'aide et d'assistance familiale Place Saint-Martin president Martin Badia, Laval city councillor Sandra El Helou, Sainte-Rose MNA Christopher Skeete, Laval-Les îles MP Fayçal El-Khoury and Laval-des-Rapides MNA Saul Polo did the honours turning the first soil for the future Avenir de femmes housing project on Dumouchel Ave. in central Laval.

(Photo: Martin C. Barry, Newsfirst Multimedia)



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

Laval-area officials from the federal, provincial and municipal governments gathered with local community representatives last week on Dumouchel Ave. in central Laval to mark the start of work on the new Avenir de femmes housing project, which is being led by the Bureau d'aide et d'assistance familiale Place Saint-Martin.

A three-way deal

The 23-unit building has been designed for low-income single mothers in Laval. The project represents a total investment of more than \$10.1 million from the three levels of government.

"This project marks a new era for the Place Saint-Martin neighbourhood," said Martin Badia, president of the Bureau d'aide et d'assistance familiale Place Saint-Martin, which will be welcoming the housing project's first tenants as early as winter 2023.

Meeting local needs

He said the project "will not only provide better prospects for many single-parent families, but also perpetuate the presence of our organization in the neighbourhood, which will be better equipped to meet the needs of the community."

"Safe and affordable housing is essential to the health and prosperity of communities," said Laval-Les îles Liberal MP Fayçal El-Khoury.

"Today's announcement is another step toward addressing the housing crisis. Through the Rapid Housing Initiative, we are expanding the supply of affordable housing for women and their children right here in Laval."

A better quality of life

"I congratulate the Bureau d'aide et d'assistance familiale Place Saint-Martin for this wonderful initiative that will help single mothers regain an active place in their community," said Sainte-Rose CAQ MNA Christopher Skeete. "This investment clearly demonstrates our intention to improve the quality of life of citizens across the Laval area."

"The City of Laval is pleased with the development of the Avenir de femmes housing project, which aims to promote the provision of a housing supply adapted to the needs of the Laval population, including vulnerable people," said Laval city councillor for Souvenir-Labelle Sandra El-Helou, who is responsible for the status of women, youth and seniors on the executive-committee.

Improving local conditions

El Helou said access to affordable housing "is one of our administration's priorities, and this project is a concrete example of what we can do to sustainably improve the housing conditions of Laval residents."

The Société d'habitation du Québec (SHQ), through its AccèsLogis Québec program, is contributing more than \$4.8 million, including \$2 million as part of the Canada-Québec Agreement under the federal government's Rapid Housing Initiative.

As well as securing the organization's mortgage loan, the SHQ will provide additional assistance to help tenants pay their rent by providing a rent supplement. For its part, the City of Laval is providing more than \$1.2 million for the construction of the building.

Further phases expected

The construction of the new social housing units will make it possible to implement phases I and II of the Implantation d'Avenir de femmes project, which is being carried out thanks to more than \$235,000 in funding from the City of Laval and the Government of Quebec.

The Fonds québécois d'initiatives sociales (FQIS), under the Alliances pour la solidarité and in collaboration with the Ministère du Travail, de l'Emploi et de la Solidarité sociale, also contributed to the agreement.

Some project highlights

All the tenants will benefit from the SHQ's Rent Supplement Program, ensuring that they will not spend more than 25 per cent of their income on housing. This additional assistance of more than \$395,000 over five years is assumed by the SHQ (90 per cent) and the City



Laval English-speaking Senior Wellness Centre

SPRING 2022

SCHEDULE OF ACTIVITIES

3860 blvd. Notre-Dame, Suite 204, Chomedey, Laval H7V 1S1
Tel.: 450-934-1122 agapeassociationinc.com

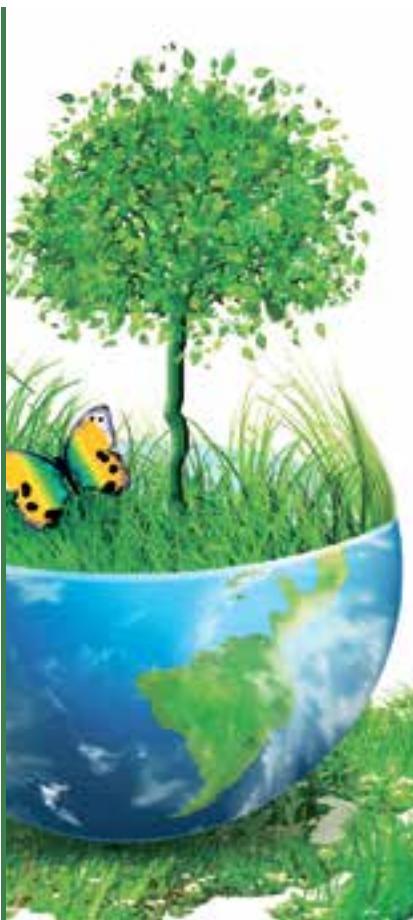
CALL US: 450 934-1122



Earth Day April 22, 2022

Nurture nature and protect the planet

The origins of Earth Day: marking 50 years of eco-activism



In 2020, April 22 marks the 50th anniversary of Earth Day. What began in 1970 as a campaign to curtail air and water pollution in the United States is now the largest secular observance in the world.

INCITING INFLUENCES

The 1960s were marked by an energetic counterculture of student activism and a widespread movement against the Vietnam War. At the same time, a series of disasters, including the 1969 oil spill in Santa Barbara and fatal air-pollution episodes in Los Angeles and New York City, fuelled mounting public concern for the environment.

Earth Day founder Gaylord Nelson, a United States senator, sought to fuse these societal currents and make environmental protection a national priority.

THE FIRST EARTH DAY

On April 22, 1970, an estimated 20 million people participated in rallies across the United States. The first Earth Day sparked bi-partisan support for environmentalism and united various activist groups.

Though a similar event wasn't held in Canada until 1980, Canadian policies on the environment began to change around the same time that the first Earth Day took place. In fact, legislators passed the Canada Water Act just a few months later. Plus, in 1971, the federal government created the Department of the Environment, and activists in Vancouver founded Greenpeace.

GOING GLOBAL

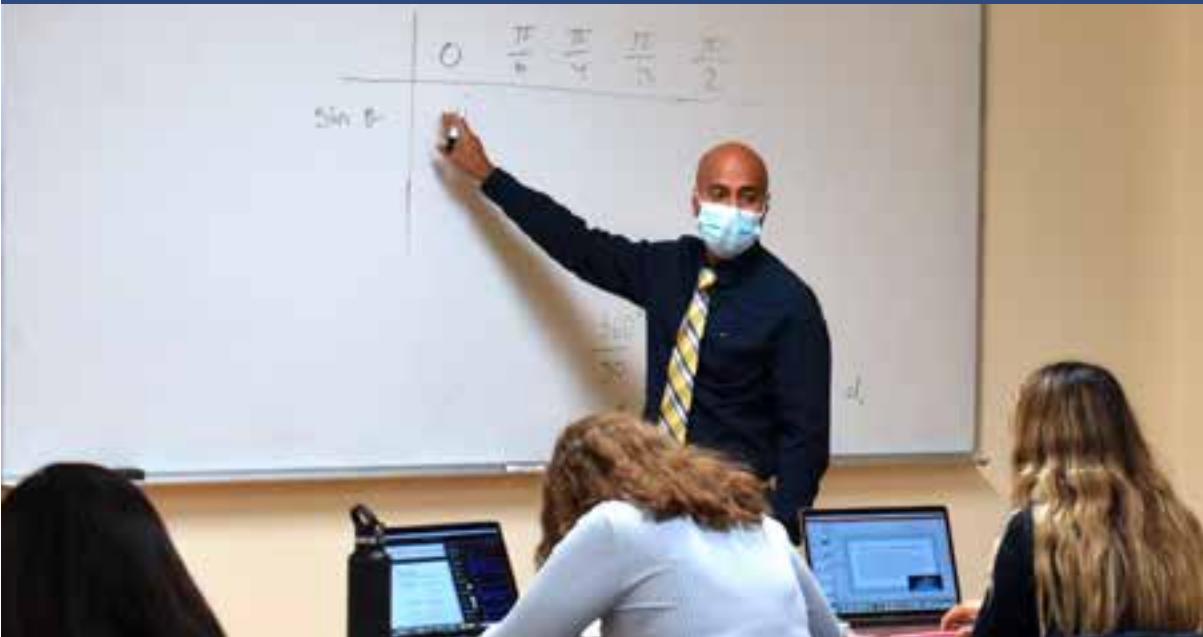
In 1990, Earth Day became a global event, mobilizing 200 million people in 141 countries, and set the



stage for the 1992 United Nations Earth Summit in Rio de Janeiro.

This year, Earth Day will be celebrated by more than a billion people in 192 countries. To find out how you can join this movement that's 50 years in the making, visit earthday.org.

**Not just a program, but a one-year experience
leading to endless opportunities.**



GRADE 12 AT SACRED HEART

Set yourself apart by pursuing the **Grade 12 program with an integrated internship**. Sacred Heart, located in downtown Montreal, allows you to have unlimited access to mentoring and university/career advising.

Obtain hands-on work experience on a weekly basis in a field of your choice with a mentor dedicated to you and your future.

Graduates of The Sacred Heart Grade 12 program can apply **anywhere** in Quebec, Canada, the US and abroad.



Fast-track your way to University by finding out more details today!

[\(admissions@sacredheart.qc.ca\)](mailto:admissions@sacredheart.qc.ca) | (514) 937-2845 ext 114 | sacredheart.qc.ca/grade-12/

At Sacred Heart, you'll do much more than learn about your future - you'll experience it.



20 ways to fight climate change in 2022

On April 22, 2022, more than a billion people around the world will celebrate Earth Day. This year's theme is *Climate Action*, and it calls on governments, corporations and individuals alike to strengthen their response to climate change. Here are 20 ways you can take action in your daily life.

AT HOME

1. Install a programmable thermostat
2. Unplug electronics when you're not using them
3. Switch to energy-efficient light-bulbs and appliances
4. Wash clothes in cold water and hang them to dry when possible
5. Install double-pane windows and seal cracks with caulking
6. Eat local and organic foods
7. Opt for meat-free dishes
8. Grow your own fruits and vegetables
9. Cook with seasonal ingredients
10. Reduce food waste and compost organic materials

ON THE GO

11. Live near your workplace
12. Walk or bike when possible
13. Take public transit or carpool
14. Buy a hybrid or electric car
15. Reduce air travel and purchase carbon offsets when you fly

IN YOUR COMMUNITY

16. Vote for politicians with strong platforms on the environment
17. Tell your government representative that you prioritize green policies
18. Support environmental movements
19. Volunteer for a non-profit organization
20. Encourage your family and friends to reduce their carbon footprint

Though it may seem that your individual actions won't amount to much in the fight against climate change, the truth is that forward momentum is only possible when enough individuals decide to take action.



A man is holding a young child up in the air, both smiling. In the background, a blue electric bus is visible. The text "Powered by positive energy!" is overlaid in large white and blue letters. Below it, "New fully electric buses" is written in white. At the bottom right, there is a small icon of a bus and the website "STLaval.ca/electricbuses".

Powered by positive energy!

New fully electric buses

STLaval.ca/electricbuses

STL Société de transport de Laval

Why Canada's a hotbed for global warming

According to a national climate assessment report released last year, Canada is warming twice as fast as the rest of the world.

In fact, from 1948 to 2016, Canada's annual average temperature increased by 1.7 C compared to the global increase of 0.8 C. Over that same period, northern Canada experienced an increase of 2.3 C, nearly three times that of the global rate. This inconsistency is known as polar amplification and is caused in part by ice-albedo feedback.

WHAT IS ICE-ALBEDO FEEDBACK?

Snow and ice help mitigate global warming by reflecting up to 90 per cent of incoming solar radiation. As greenhouse gases warm the atmosphere, however, the amount of snow and ice cover on the Earth decreases. This lowers the planet's reflectivity, or albedo, and allows more radiation to be

absorbed, further warming the Earth and melting the snow and ice.

CHANGE IS IN THE AIR



A rising average temperature is just one symptom of climate change. Here are some other effects Canada will continue to experience in the coming decades.

- An increase in the frequency and intensity of weather extremes and resulting flood, drought and wildfire risks
- An increase in annual and winter precipitation
- A decrease in seasonal snow accumulation and snow cover duration
- A decrease in freshwater availability during the summer
- An increase in coastal flooding due to rising sea levels

Unless global emissions are drastically reduced, the severity of these changes will increase substantially in the latter half of this century.

IN LAVAL, 70% OF GHG ARE RELATED TO TRANSPORTATION

This is why the City of Laval has set up a ambitious plan which that aims for a reduction

20% of its GHG emissions related to its car fleet by 2035

GOOD NEWS !

Since 2018, we are already at an **11% reduction**, which represents more than half of our target. At this rate, the City plans to **reach its goal by 2027** rather than 2035.

OUR ACTIONS ARE BEARING FRUIT



CECILIA MACEDO
Marigot

YANNICK LANGLOIS
L'Orée-des-Bois

SETA TOPOUZIAN
Renaud

PIERRE BRABANT
Vimont

STÉPHANE BOYER
Mayor of Laval

**JOCELYNE
FRÉDÉRIC-GAUTHIER**
Auteuil

**VASILIOS
KARIDOGIANNIS**
L'Abord-à-Plouffe

**FLAVIA ALEXANDRA
NOVAC**
Sainte-Rose

SANDRA EL-HELOU
Souvenir-Labelle
Executive committee member

SANDRA DESMEULES
Concorde-Bois-de-Boulogne
Executive committee member

RAY KHALIL
Sainte-Dorothée
Vice-president of
the executive committee

CHRISTINE POIRIER
Duvernay-Pont-Viau
Executive committee member

NICHOLAS BORNE
Laval-les-Îles
Executive committee member

ALINE DIB
Saint-Martin
Associate member
to the executive
committee

ALEXANDRE WARNET
Laval-des-Rapides
Associate member
to the executive
committee



This April 22nd, let's celebrate Earth Day together!



Earth Day April 22, 2022

How to tell if a company is greenwashing

Every year, Earth Day provides an opportunity to evaluate the impact of your actions on the environment. One way you can make a difference is to limit your carbon footprint by supporting sustainable companies.

Unfortunately, greenwashing has become more prevalent than ever. This term describes companies that make false claims or overstate the environmental benefits of their services and products. Here are three ways to tell if your favourite brands are greenwashed.

1. GENERIC LANGUAGE

It may be a red flag if the product you use has packaging covered in vague buzzwords like all-natural, non-toxic, sustainable and recyclable. Unfortunately, these terms aren't government regulated and can be used by any company regardless of their environmental practices.

To find out if a product is truly sustainable, check the ingredient list or visit the company's website to determine if they can back up their claims.

2. PRETTY PACKAGING

If a product has attractive packaging, it doesn't necessarily mean it's greenwashed. However,



many greenwashed companies use misleading images or earthy colours like green, brown and blue on their packaging to seem more eco-friendly than they are.

Don't be fooled by pretty packaging. Read the label, and look for official seals and certifications like the Green Seal and Non-GMO Project Verified label.

3. SUSTAINABLE RANGES

Recently, a number of big brands have created green product lines alongside their usual offerings. However, these products often represent

only a tiny portion of their overall production. Indeed, many major brands hope these initiatives will appeal to the masses, but the reality is, they haven't magically become sustainable overnight.

Although some companies are trying to do their part for the environment, it's important to do your research.

This Earth Day, help protect the planet by finding out which companies are truly sustainable and do your best to support them.

Thinking of Selling or Downsizing? I CAN HELP!

Call me today for a
FREE evaluation
with no obligation.

**FREE EVALUATION OF YOUR
HOME WITH NO OBLIGATION!**

VOULA KOTTARIDIS
REAL ESTATE BROKER
514 993.5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS
ROYAL LEPAGE
HUMANIA CENTRE Agence immobilière
450.682.2121

Canada will be doing its bit for space exploration on 'Lunar Gateway' project

Moon could soon be revealing its secrets, says Canadian astronaut Jeremy Hansen



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

Canadian Space Agency astronaut Jeremy Hansen joined students from across Canada last week for 'Let's Talk Lunar: Exploring the Moon,' a virtual event organized by Let's Talk Science.

Canada's space mission

Hansen was selected to join the CSA in the 2009 CSA selection of future Canadian astronauts. Let's Talk Science, a non-profit educational venture, focuses on education and skills development for children and youth in Canada through science, technology, engineering and math (STEM) based programs.

During the 90-minute event on April 2, done in conjunction with the CSA, Hansen talked to more than 1,000 students from grades 9 to 12 about lunar exploration, including Canada's role in the Artemis program, the Lunar Gateway and how astronauts are preparing for missions to the Moon.

Lunar Gateway project

Just as Canada has been participating for decades along with other countries in supporting the International Space Station (ISS) which is in low Earth orbit, Canada is also participating in the planned Lunar Gateway, another space station that will be placed in lunar orbit.

The current goal is to land humans on the Moon by 2024. The last time we were on the Moon was in December 1972, when the U.S.-sponsored National Aeronautics and Space Administration (NASA) led the final mission of its Moon exploration program with Apollo 17.

Moon secrets revealed

"We learned a lot about the Moon in the late '60s and early '70s, but we have a lot more to learn," said Hansen, adding that when the Moon was explored that last time, it was only around

the equatorial region. However, now because of improvements in technology, astronauts will be able to reach other locations, including shadowed craters and the Moon's south pole because trapped water-ice is believed to be located there.

"We need to go back," he said. "We want to learn more about the Moon to figure out where we can build bases in the future, where we can get resources to help us explore. We want to learn more about the geology of the Moon and how we can leverage that geology."

Tech advances in space

So, even though humans are returning to the Moon, Hansen said the technical advances made over the past 50 years are such that robotics will be playing an immensely more important role in the coming Moon mission.

"This human/robotic collaboration is super-important," he said, noting the important contribution Canada made in the past to space exploration programs with development of the Canadarm1 robotic arm deployed on the Space Shuttle beginning in the early 1980s, followed by Canadarm2 in 2001 on the ISS, and Canadarm3 which will be fitted to the Lunar Gateway.

Goals important

Hansen said that if there was one thing he hoped the web conference's participants would take away, it would be the importance of setting goals. "I don't necessarily want you to desire being a space explorer, but I want you to set goals. Short-term goals, long-term goals, to understand that if you set goals and share those goals with others, people will enable you to accomplish amazing things."

Hansen said that as a youth, he wanted to be a space explorer. "But I didn't get here because I was special or better than others. I got here because I was surrounded by people who lifted me up. And that's exactly what's happening with our program today: we set big goals and the team is coming together and we are accomplishing incredible things."



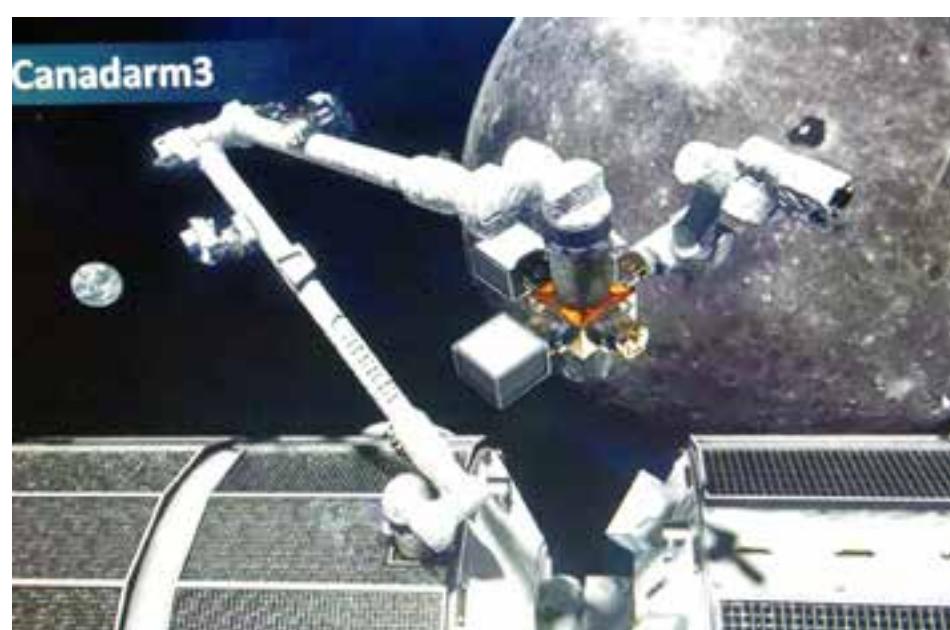
**DON'T WAIT LAST MINUTE!
PLAN AHEAD!**



with MAINTENANCE AND REPAIR OIL BASED
SEALER PROTECTION

We repair:

- Cracks
- Pot holes
- Edges of garage entrances and foundations
- Replacement of drains



After Canadarm 1 and 2, Canadarm 3 will be fitted to the future Lunar Gateway which will be in orbit around the Moon.

Scellant Propre

Call Natale for a
FREE ESTIMATE
(514) 777-3774

MEDIA-TREK®

Better service | Better quality | Better value
FOR YOUR MONEY



Business Cards

Qty. 1000 16pt, full colour, 2 sided

2500
Business
Cards
\$94

16 pt, full colour,
2 sided

as
low as
\$54

1000 Post Cards

4"x6" full colour, 2 sided

Only
\$104

100 Posters

12"x18", 1 sided

Only
\$104

1000 Flyers

8.5"x11" 100lb, 2 sided

Only
\$234

Retractable Premium Banner (33"X81")

- Protects your graphics in its aluminum base
- Free padded carry case included
- High resolution full color printing, waterproof, sunshine proof, premium banner material

Only
\$234



- Prices are for ready to PDF files. Graphic creation available for additional fee.

- Prices may change anytime. Taxes extra. Delivery extra.

Call us at 450 978-0070
or via email info@newsfirst.ca

Construction industry's underground economy steals billions every year

'Time to stand up and speak out,' says Canadian carpenters' union president



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

The United Brotherhood of Carpenters (UBC) held its 2022 Tax Fraud Days of Action (April 11-16) last week to raise awareness among Canadians about construction industry tax fraud.

The Winnipeg-headquartered UBC is not alone in complaining about the construction industry tax fraud phenomenon.

Construction tax fraud

In Canada, government taxation authorities at the federal and provincial levels have maintained for years that the highest levels of tax evasion and tax fraud they deal with take place consistently within the construction industry sector.

"The underground economy is thriving in Canada, especially in the construction industry, stealing billions of dollars every year," says Jason Rowe, vice-president of the UBC's Canadian district. "Tax fraud is robbing honest and hard-working Canadians and their families of the services they have worked for and deserve," he maintains.

Evading responsibilities

The UBC says communities and Canadians suffer as funding for essential programs and infrastructure is lost to dishonest contractors who operate in the underground economy, while evading their tax responsibilities and breaking the law.

They say dishonest employers also intentionally misclassify workers as independent contractors or pay them in cash to ensure workers do not appear on official employer payroll records and are not covered by employment insurance and workers compensation.

According to the UBC, when employers shift their tax burden onto their employees, the employees are forced to pay their employer's employment taxes, which places a substantial financial burden on working families.

Honest firms can't compete

The UBC says construction industry tax fraud also punishes honest, fair-minded construction firms that cannot compete with fraudulent labour costs.

Statistics Canada says the underground economy accounted for \$61.2 billion in economic activity in 2018 and that the most significant slice of Canada's underground economy activity in 2018 was in the residential construction industry (26.2 percent or \$16 billion).

The United Brotherhood of Carpenters points out that this represents billions of dollars in lost tax revenue that would otherwise be used to repair roads, bridges, schools, care for veterans, and fund other essential public programs.

Statistics Canada defines the underground economy as consisting of market-based economic activities, whether legal or illegal, that escape measurement because of their hidden, illegal or informal nature.



Impact on the economy

According to figures released by the federal agency in late 2020, the estimated gross domestic product (GDP) at market prices for overall underground economic activity in Canada reached \$61.2 billion, or 2.7% of total GDP, in 2018.

However, the agency goes on to say that the Canadian underground economy decreased 0.8% in real terms in 2018 on a year-over-year basis, compared with a year-over-year growth of 1.9% in 2017.

Although the underground economy data published nearly two years ago pre-dated the COVID-19 pandemic, they provided an important benchmark to measure the full effect of the pandemic on the Canadian economy.

Residential construction

In 2018, four industries accounted for more than half of underground economic activity: residential construction (26.2%), retail trade (12.3%), finance, insurance, real estate, rental and leasing and holding companies (10.3%), and accommodation and food services (9.1%). These industries have been the main contributors to underground economic activity in Canada since this study began in 1992.

Wages and undeclared tips

Of the \$61.2 billion in unreported income in 2018, the largest share went to employees (42.4%) in the form of labour compensation. Wages that are not accounted for in payroll records and tips on undeclared transactions were \$26.0 billion, equivalent to 2.3% of official compensation of employees. The remaining portion of underground income went to unincorporated business owners (28.6%) and incorporated business owners (26.1%).

By Martin C. Barry

Laval Police make arrests, execute warrants in 'cannabis candy' raids



An investigation started by the Laval Police Dept. in August last year into the illegal trafficking of marijuana – including cannabis-infused candy – culminated in late March and early April with the arrest of several suspects, and search warrants executed at a home in Laval-Ouest and two dwellings in Chomedey.

In a statement issued on Friday April 8, the LPD said arrests and raids took place in Laval and in Montreal on March 26 and April 5.

Most of the contraband cannabis products were in the form of jujube candies infused with THC, the main intoxicating ingredient in marijuana.

Although cannabis and cannabis-related products are now legal across Canada when sold through licensed retailers, the products in question aren't licensed for sale in Quebec.

According to the Société québécoise de cannabis (SQDC), the following cannabis edibles are currently unauthorized for sale here:

Candies
Desserts
Chocolate

All other sweet or savoury edible products deemed appealing to people under 21

The LPD said they were tipped off in August last year that there appeared to be connections between a number of different cannabis possession and trafficking files they had been working on, involving suspects living in Kanesatake and Laval.

The LPD emphasized that the seized cannabis products were considered illegal mostly because of improper labelling of THC content, as well as the fact that the colorful packaging was considered an inducement to children, who

are especially vulnerable to THC and are not allowed to consume cannabis under federal and provincial laws.

The ensuing raids resulted in the seizure of large quantities of narcotics and related products, as well as a firearm and other materials considered to be instruments for committing crime. In all, five suspects were arrested.

The LPD noted that cannabis control regulations forbid the marketing of THC-containing candy products with more than 10 mg of the ingredient, while a sample of the seized products was found to contain 1,000 mgs of THC.

The following is an inventory of the products and materials seized by the LPD in their raids:

Narcotics: total value \$388,527

- 60.2 kg of THC candy (packaged as though for children)
- 28.6 kg of dried cannabis
- 2.2 kg of cannabis resin
- 644 tablets of methamphetamine with the inscription « ICE »
- 46 grams of THC chocolate
- 17 grams of psilocybin chocolate
- 495 single-use vape containers with 98% THC
- Firearms
 - One 9mm Glock 17
 - 2 high-capacity loaders
 - 3 clips containing 10 bullets
 - 241 9mm bullets in boxes
- Miscellaneous
 - \$143,105 cash Canadian
 - \$9,352 cash U.S.
 - 3 vehicles (value \$132,000)
 - \$100,000 in materials of other kinds



Massage therapist jailed seven years for sexual assault

Saying that she wanted to send out a warning to potential sexual predators, a judge last week sentenced a male massage therapist from Laval to seven years imprisonment and a lifetime on a list of sexual offenders.

In sentencing Jean-François Morrison, age 41, at the Laval courthouse on April 15, Quebec Court judge Sandra Blanchard followed a recommendation made by the prosecution that the accused be given a sentence that would be "severe" as well as "exemplary."

Morrison was found guilty in February of sexually assaulting 20 women between 2015 and 2018, most of whom were massage clients. According to evidence presented during his trial, he had also posted a compromising photo on Facebook of another woman without her permission.

In a pre-sentencing report, the judge called Morrison a "predator" who lied about his qualifications as a massage therapist and who manipulated his clients.

Prosecutor Stéphanie Gilbert said the Crown felt it was necessary to send out a warning message to anyone who might feel tempted to act as Morrison did towards his victims – at least one of which was under the influence of alcohol or drugs when assaulted.

Statements heard in sexual assault by woman on boy

Impact statements were heard last week at the Laval courthouse in a case involving a 43-year-old woman who pleaded guilty last year to sexually assaulting an eight-year-old boy she had been hired to improve his grade-school marks.

According to a statement taken from the boy, he now suffers from insomnia, nightmares, learning difficulties, and obsessive-compulsive disorders, as a result of the sexual abuse by the woman, identified as Josianne Lévesque.

After two years, the boy decided to tell his mother what was going on, even though, according to testimony, Lévesque warned him that she could go to jail if he were to tell anyone about their relationship.

Lévesque had been the boy's school teacher at a Montreal-area private school the year before the abuse started. She was later hired by the parents as an academic tutor for their son over a period of 17 months, according to evidence heard by Judge Serge Cimon.

Lévesque is scheduled to be sentenced in May. The prosecution is seeking a jail sentence of two years or more.

Woman dies after being hit by truck in le Corbusier/le Carrefour mall parking lot

A 48-year-old woman who was walking through the parking area of a strip mall at the corner of le Corbusier and le Carrefour boulevards on the morning of Friday April 8 died after being run over by a delivery truck.

The Laval Police responded to a 9-1-1 call about the accident around 8 am on Friday. The woman was found unconscious on the parking lot pavement by paramedical personnel who were also summoned.

She was declared dead on the scene. In the meantime, the driver of the truck was taken to hospital to be treated for shock. No charges have been made, although an accident scene investigation by the LPD is underway.

Professional Auto Body Repair & Painting

• Insurance Work Accepted • All Work Guaranteed • Expert Color Matching
• Factory Genuine Parts • Import Car Specialists • Major & Minor Repairs

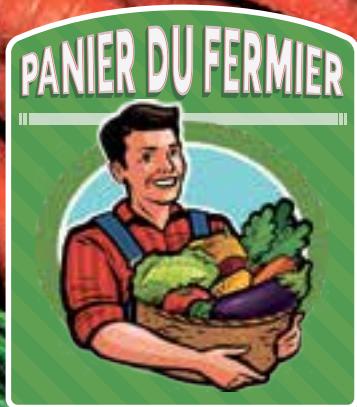
A2 AUTO
1385, Boul. des Laurentides local 103, Vimont, Laval
514 476-4565

SÉCURITÉ SPARTAN SECURITY
Burglar • Fire • Cameras • Intercoms
(514) 289-8585
20 years at your service!
24 HOUR MONITORING

ALARM SYSTEM INSTALLATION + 12 MONTHS MONITORING!

\$499.99 System Includes:

- 1 x Alexor 9155 main alarm unit
- 1 x WT5500 wireless 2 way keypad
- 1 x WS4904P wireless motion detector
- 2 x WS4945 wireless door/window sensors
- 1 x WT4989 wireless 2 way key chain remote with icon display
- 1 x battery backup, power supply, telephone jack
- Incl. 1 year monitoring



BASKET OF

Fruits and Vegetables

16 to 20 VARIETIES

THURSDAY ONLY from 10am to 7pm
In-Store with no reservations needed!

Fresh of the day at amazing prices!

Reserve yours today!

A value of
\$60+
at the supermarket
You pay only
\$35

*Fresh products!
Nice variety!
Excellent value!*

THIS WEEK'S BASKET:

- Strawberries
- Mushrooms
- Grapes or Pineapple
- Pepper
- Berries
- Green Beans
- Pears
- Zucchini
- Bananas
- Spinach or Lettuce
- Oranges
- Cucumber
- Apples
- Tomatoes
- Broccoli
- Red Onion

**Our weekly
customers
save
\$1,200
up to
per year**

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!



@PANIERDUFERMIER

(514) 473-4591

3151-B boul. DAGENAIS OUEST
(near Curé-Labellé) Laval, Québec H7P 1T8

panierdufermier.ca | panierdufermier@gmail.com

2 EASY STEPS:

- 1** Book your basket online or by phone
from Monday to Thursday
- 2** Pickup Thursday, Friday or Saturday.
Delivery available



DIRECT? ANSWERS

From Wayne & Tamara

Upon Closer Examination

Q I have a problem plenty of people would love to have, but I simply don't know what to do. I met a man who is truly my soul mate, and he truly believes I am his. He is a professional guy in his 40s, I am a professional girl in my 30s.

When we met six months ago, we talked constantly about the miracle of finding each other. We were grateful we never married anyone else, and we felt no one in the world could have experienced such great love. It was a fairy tale come true.

He said things like, "Thanks to you, I can die knowing I was fortunate enough to experience true love once in my lifetime." We have each lived with other people before and decided not to go that route. We decided to wait until we get married. Because of our work schedules and distance, we only see each other from Saturday night to Sunday night.

Our love is like a fairy tale, but the ending is not turning out as I hoped. At the very beginning of our relationship we went on vacation for 10 days. It was heaven. We went away for another 10 days recently, and to be honest, I was expecting a marriage proposal. I didn't get one.

Six months may seem soon to you, but we are older and have been around the block. He still gushes about how much he loves me. I feel like, okay, we found each other, let's get on with it. He

is encouraging me to buy furniture for my own place, as if we will not soon be combining things.

My dad always preferred that his kids never grow up and get married, but even dad says he needs to put up or shut up. I feel bitterness coming on. How do I keep from getting so bitter it ruins our relationship? He tells me to have faith, and I do, but I don't want to run out of it.

Haley

A Haley, your bitterness has already burst the bubble that contained your dream. Each day on vacation you wondered, is today the day? Will the waiter bring the ring on a silver platter tonight? Will I find it wrapped in my beach towel tomorrow morning? During an afternoon walk, will he reach in his pocket and surprise me?

Not only was he not thinking engagement, he didn't even know you were! Our need for love is so strong, we often call perfect, what is not. Time reveals the difference between infatuation and love.

It's time to talk to this man from your heart, as people who genuinely belong together can talk. If you can't talk to him, you must admit you got ahead of yourself. While you wondered how to tell your dad, he was wondering, what's for dinner.

Wayne & Tamara

Holding Pattern

Q My husband, 60, has moved into our motor home to "find himself." He's had counseling, is on medication, and has the typical midlife crisis I've read about. It's his crisis, but it seems to be my problem.

I'm not really married, I'm not single, I'm not even legally separated. Do I wait to see if I'm discarded like an old snotty Kleenex? I can't get on with my life because I'm in limbo. Any advice?

Dolores

A Dolores, the term "midlife crisis" may be the most abused phrase in the dictionary. It is used to explain away almost every problem a woman can have with a man. As long as you wait for your husband

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

CONDO FOR RENT

RENTED IN 21 DAYS

Magnificent 4½ condo on the 15th floor overlooking the water. Newly renovated. Available nowww.

Call Voula 514.993.5010

CAREERS Classifieds

THE NORTH SHORE
News

Nouvelles
PARC-EXTENSION
News

THE LAVAL
news

Call 450 978.9999

Payment:



PART-TIME JOB OFFER

Daycare Teacher's Assistant & Shadow Teacher

Where:

Garderie
AGAPE
Daycare

AGAPE Daycare Inc.
3952 Notre-Dame Blvd
Laval, QC H7W 1S7

Starting Date:

Immediately

Hours:

20-30 hours / week (approx.)
Monday to Friday: 9am to 2pm (approx.)

Rate:

We pay to scale

Qualifications:

- Have excellent speaking and writing skills in both French and English,
- Have or willing to take first aid course,
- Valid police verifications,
- Experience with special needs children is a bonus.

Please send CV to:

info@agapeassociationinc.com

Note: We will not take in-person requests

WE BUY GOLD AND DIAMONDS

450-681-1363

- For over 38 years -



solutionrl.com

*No price by phone

Before selling
elsewhere,
come see us!

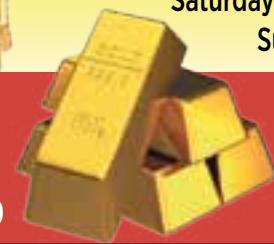
Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:00pm

Saturday - 9am to noon

Sunday - Closed

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)



In Memoriam & Obituaries

Dearly departed

MOURNING • REMEMBERING • COMMEMORATING

Dealing with grief: four tips for grappling with loss

Grief is something that needs to be actively worked through. Freud outlined this idea in his seminal essay "Mourning and Melancholia," and his theory of grief work remains at the core of modern approaches to handling loss. Here are four strategies for actively dealing with grief.

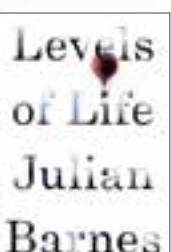
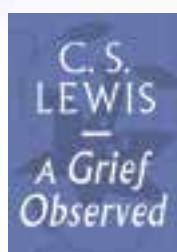


1. OPEN UP TO OTHERS

Grieving individuals need to express what they're feeling. Bottling up or ignoring one's emotions only causes them to fester. For most people, talking with friends and family members about what they're feeling is the most natural and easy way of unburdening themselves.

2. EXPRESS YOURSELF THROUGH ART OR JOURNALING

Not everyone is comfortable opening up to those around them. When this is the case, a person can express his or her feelings in a variety of other ways. Dancing, making music, and painting can all be effective means of expressing grief. Journaling is another method of releasing pent-up feelings, with the typical method being to write down everything felt and thereby identify and explore the full range of emotions.



3. READ BOOKS ON GRIEVING

Many mourners find solace, strength and wisdom in books in which novelists talk about their experience of loss. There are also books in which experts on grief and grieving provide tools for dealing with a loved one's passing. Here are some notable ones:

- *Levels of Life* by Julian Barnes (essay)
- *The Year of Magical Thinking* by Joan Didion (memoir)
- *It's OK That You're Not OK* by Megan Devine (self-help)
- *A Grief Observed* by C.S. Lewis (collection of reflections)

4. EAT WELL AND EXERCISE

Self-care is essential when grieving. Eating well, drinking lots of water and exercising regularly will help balance the griever's mood and improve their well-being. The exercise needn't be strenuous; stretching, brief yoga sessions and short walks can be a good start.

Actively working through one's grief tends to be very helpful. However, oftentimes individuals need additional support, guidance or simply a listening ear. In such cases, getting support from a grief counselor can be invaluable.



ENIA CONSTANTIN
1928 - 2022

It is with sadness that we announce the passing of Mr. Constantin Enia, who passed away on April 14, 2022, at the age of 93.

He is survived by his children Cézar (Isabelle), Didona-Roxana, Eusebiu-Eduard, as well as relatives and friends.



NEOPHYTOU COSTA
1953-2022

It is with great sadness that we announce the passing of Mr. Costa Neophytou, on April 11, 2022, at the age of 68. Beloved husband of Athena Neophytou, father of Elisabeth and Savvas, Christina and George, Georgia and Sylvain, grandfather of Gabrielle, Konstantinos, Sotiris, Athena, Iliana, Athena, Marina and Penelope. He will also be deeply missed by his brothers and sisters, as well as his nieces and nephews and many relatives and friends.



PARÉ (NÉE RENAUD), Jacqueline
1932 - 2022

It is with sadness that we announce the passing of Jacqueline Paré (née Renaud), who passed away on April 13, 2022, at the age of 89. She was the wife of the late Mr. Pierre Paul Paré. She is survived by her children Christiane (Daniel) and Estelle (Richard), her grandchildren Ysabelle, Sébastien (Véronique), Gabriel and Myleine (David), her great-grandchildren Anaïs, Alexe and Maxence. As well as Pierre (René), his nieces and nephews and relatives and friends.



VAILLANCOURT GINETTE
1954-2022

It is with deep sadness that we announce the passing of Mrs. Ginette Vaillancourt Lefebvre. Besides her husband Mr. André Lefebvre, she is survived by her children: Caroline (Jean-François Voyer), Marc-André (Marie-Lou Smith) and Alexandre (Nicole Jakus Lefebvre) and her grandchildren: Audrey, Anne-Sophie, Rosalie, Léane, Philippe, Juliet, William and Elliot. She is also survived by her sister France (Claude), her brothers: François (Danielle), Christian (Linda) and Daniel (Linda), her brothers-in-law and sisters-in-law as well as many relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
NO CHARGE Email: production@newsfirst.ca • Tel.: 450-978-9999



Our family...caring for yours

Banner Ad Goes Here

Complexe Funéraire

Στέφανος Σβουρένος

55 rue Gince, Montreal | 514 228-1888 | complexeaeterna.com

- Largest viewing room in Quebec
- Personalized service tailored to your needs
- Parking for 130 cars
- Reception Hall / Cafeteria
- Available 24 hours - 7 days
- High quality services at a much lower cost

Live for the moment

HOROSCOPE

Week of APRIL 24 TO 30, 2022

The luckiest signs this week:
TAURUS, GEMINI AND CANCER

ARIES

 You may have to fill in for a colleague who will be away indefinitely. This could cause a lot of stress in your life. Fortunately, you'll be rewarded with a promotion.

TAURUS

 When speaking in front of a crowd or on social media, you'll feel slightly embarrassed as you receive applause or likes. However, some people may criticize you.

GEMINI

 You may find it difficult to find the perfect work-life balance. You'll have to rearrange your schedule to fulfill your family and professional obligations without disappointing your loved ones.

CANCER

 You may go on a spontaneous romantic getaway. You need to take a step back from a difficult decision to clear your mind and move forward.

LEO

 You may need to end some of your friendships. You've always been generous with those close to you. Therefore, some people may try to pay you back to keep you from cutting them out of your life.

VIRGO

 You'll need to fix an error on one of your bills. You may spend a good part of your week trying to get a refund. Sometimes you must take the law into your own hands.

LIBRA

 You'll get the care you need to improve your health or start a new diet that yields quick results. You're moving toward a better quality of life, both physically and mentally.

SCORPIO

 You'll be surprised by a sudden surge in popularity with your customers and on social media. If you're single, many people will be vying for your attention.

SAGITTARIUS

 Your family is your focus this week. Your loved ones may be more demanding than usual. Plans to move may be on the horizon.

CAPRICORN

 You may have a few travel headaches this week or experience a miscommunication. Your outspoken nature will have a powerful impact on your colleagues or social life.

AQUARIUS

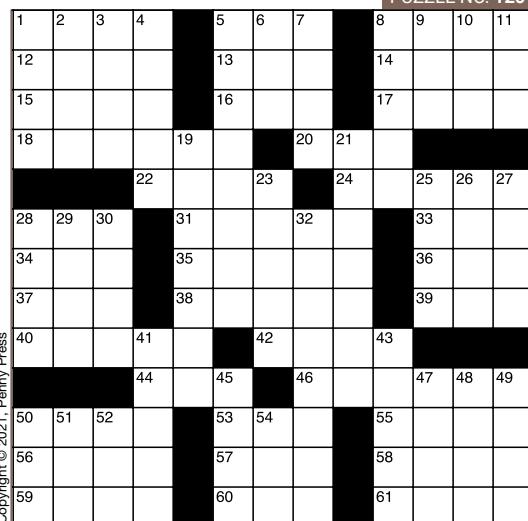
 Money may be a source of concern. Don't hesitate to take the bull by the horns and confront those involved to solve the problem once and for all. You can finally loosen your belt.

PISCES

 Things keep getting postponed at work. At times, you may not know where to start. It's a good idea to slow down before things get out of control. Rely on your strengths to be more efficient.

CROSSWORDS

PUZZLE NO. 120



ACROSS

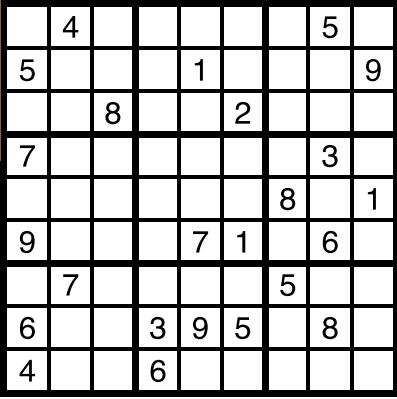
- 1. Buck
- 4. Deep-____ pie
- 5. Supportive
- 6. Nibble
- 8. Utter unhappiness
- 11. Elope
- 12. Kojak's lack
- 13. Captain's record
- 14. Strong cord
- 16. Piercing tool
- 17. Had creditors
- 18. Utter unhappiness
- 19. Utter unhappiness
- 20. Generation
- 21. Utter unhappiness
- 22. Utter unhappiness
- 23. Utter unhappiness
- 24. Utter unhappiness
- 25. Utter unhappiness
- 26. Utter unhappiness
- 27. Utter unhappiness
- 28. Colony insect
- 29. Cozy corner
- 30. Yellowfin or albacore
- 31. Utter unhappiness
- 32. Utter unhappiness
- 33. Utter unhappiness
- 34. Utter unhappiness
- 35. Utter unhappiness
- 36. Utter unhappiness
- 37. Utter unhappiness
- 38. Utter unhappiness
- 39. Utter unhappiness
- 40. Utter unhappiness
- 41. Utter unhappiness
- 42. Utter unhappiness
- 43. Utter unhappiness
- 44. Utter unhappiness
- 45. Utter unhappiness
- 46. Utter unhappiness
- 47. Utter unhappiness
- 48. Utter unhappiness
- 49. Utter unhappiness
- 50. Utter unhappiness
- 51. Utter unhappiness
- 52. Utter unhappiness
- 53. Utter unhappiness
- 54. Utter unhappiness
- 55. Utter unhappiness
- 56. Utter unhappiness
- 57. Utter unhappiness
- 58. Utter unhappiness
- 59. Utter unhappiness
- 60. Utter unhappiness
- 61. Utter unhappiness
- 62. Utter unhappiness
- 63. Utter unhappiness
- 64. Utter unhappiness
- 65. Utter unhappiness
- 66. Utter unhappiness
- 67. Utter unhappiness
- 68. Utter unhappiness
- 69. Utter unhappiness
- 70. Utter unhappiness
- 71. Utter unhappiness
- 72. Utter unhappiness
- 73. Utter unhappiness
- 74. Utter unhappiness
- 75. Utter unhappiness
- 76. Utter unhappiness
- 77. Utter unhappiness
- 78. Utter unhappiness
- 79. Utter unhappiness
- 80. Utter unhappiness
- 81. Utter unhappiness
- 82. Utter unhappiness
- 83. Utter unhappiness
- 84. Utter unhappiness
- 85. Utter unhappiness
- 86. Utter unhappiness
- 87. Utter unhappiness
- 88. Utter unhappiness
- 89. Utter unhappiness
- 90. Utter unhappiness
- 91. Utter unhappiness
- 92. Utter unhappiness
- 93. Utter unhappiness
- 94. Utter unhappiness
- 95. Utter unhappiness
- 96. Utter unhappiness
- 97. Utter unhappiness
- 98. Utter unhappiness
- 99. Utter unhappiness
- 100. Utter unhappiness
- 101. Utter unhappiness
- 102. Utter unhappiness
- 103. Utter unhappiness
- 104. Utter unhappiness
- 105. Utter unhappiness
- 106. Utter unhappiness
- 107. Utter unhappiness
- 108. Utter unhappiness
- 109. Utter unhappiness
- 110. Utter unhappiness
- 111. Utter unhappiness
- 112. Utter unhappiness
- 113. Utter unhappiness
- 114. Utter unhappiness
- 115. Utter unhappiness
- 116. Utter unhappiness
- 117. Utter unhappiness
- 118. Utter unhappiness
- 119. Utter unhappiness
- 120. Utter unhappiness

DOWN

- 1. Farce
- 2. Cab
- 3. Feels unwell
- 4. Envy's color
- 5. School recess
- 6. Scrap
- 7. Eye rudely
- 8. Creak
- 9. Here's partner
- 10. Glide
- 11. Narrow
- 12. African animal, shortly
- 13. Toothed tools
- 14. Pigeon—
- 15. Clothed
- 16. That woman's
- 17. 50. 100%
- 18. Hitch
- 19. —man band
- 20. Pigeon sound

Sudoku

PUZZLE NO. 845



HOW TO PLAY:

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

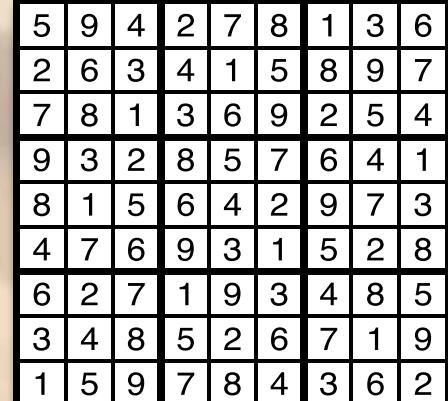
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



SAVE MONEY

Print your cheques
with us with confidence

MEDIA-TREK

Communications - Promotions - Marketing

Full Banking Security Features

Call us for more information 450.978.9999

GALERIE OASIS

50-70% OFF

ALL SOFAS, RUGS, ORIGINAL ART, DÉCOR & MORE

LIQUIDATION SALE

If you are looking for a sofa it's the time to **BUY.**
Over 80 living room settings, thousands of area Rug choices, Art and collectibles of genuine period.

**Wall to wall savings!
FIRST COME FIRST SERVED!**



**LARGEST SELECTION
OF AREA RUGS IN CANADA!**



1877 Boulevard du Curé-Labellle, Laval, QC
450. 973. 0000 • galerieoasis.ca

Financing available upon approval of credit

