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Vol. 30 - 15

May 18, 2022

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The Laval News Exclusive



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Lanvac senior management members Nick Georgoudes, Jerry Korogiannis, Jake Bosse and Stephanos Georgoudes were at the 2022 Security Canada trade show on April 20 in Laval. (Photo: Martin C. Barry, Newsfirst)

MATURE LIFE

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Elected officials join students for 'Next GEN' Assembly of Leaders

SWLSB and EMSB team up to help form the next generation of leaders



MARTIN C. BARRY
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Secondary school student leaders from the Laval, North Shore, Laurentian and Montreal regions were joined remotely by local federal and provincial elected officials at John F. Kennedy High School in Montreal on April 28 for the first annual Next GEN Assembly of Leaders, a leadership-building conference considered to be unique.

The students participating in the Sir Wilfrid Laurier School Board's Secondary Student Leadership Certificate program were from Laval Junior Academy and Laval Senior Academy in Laval, from Lake of Two Mountains High School in Deux-Montagnes and from Ste. Agathe Academy in the Laurentians.

Building connections

The English Montreal School Board students were all from John F. Kennedy High School in the Montreal borough of Villieray/St-Michel/Parc Extension.

According to Daniel Johnson, a spiritual animator with the SWLSB, who worked with Rocco Speranza, his counterpart at the English Montreal School Board to organize the event, the idea was simple: Connect young people with Canadian and Quebec leaders to discuss issues facing the country and province.

"We wanted the students to work in diverse groups on complex issues," Johnson said in an interview with Newsfirst Multimedia, adding that the event is believed to have been the first of its kind across Canada.

Learning from the leaders

He said the students' objective was to learn from their Senator, Member of Parliament or Member of the National Assembly and offer solutions to issues that their politicians relayed to them. Johnson said the student leaders worked hard as they were confronted with ideas and problems that they had never had the opportunity to explore before.

"It's ideal for our students to see government leadership in the process, even though the voice of the students is also important," said Speranza. "For the youths to be able to work with the government leaders who make decisions about things like education or health was a good thing for them to see how the process works and that their voices are valued."

Heard from MNAs and MPs

From the Senate of Canada, Senator Tony Loffreda spoke to the students remotely about the Senate Inquiry on Immigration.

Vimy MP Annie Koutrakis (who is Parliamentary Secretary to the Minister of Transport) spoke on Transportation issues. Alfred-Pellan MP Angelo Iacono spoke about High Frequency Rail service. Saint-Laurent MP Emmanuella Lambropoulos talked about the Notion of Gender Based Violence. And Saint-Léonard-Saint-Michel MP Patricia Lattanzio addressed the Gun Violence issue.

Among the members of the Quebec National Assembly, Viau MNA Frantz Benjamin talked about Education. Mille-Îles MNA Francine Charbonneau talked about Bill 9 (a piece of legislation that proposes replacing Quebec's National Student Ombudsman).

Chomedey MNA Guy Ouellette talked about



From the left, Next GEN program facilitator Vicky Kalitotakis, student participant Angelo Varuzza and student participant Alejandro Gutierrez. (Photo: Martin C. Barry, Newsfirst)

issues involving end-of-life care. Nina Segalowitz, an elder and leader within the Montreal Indigenous community, delivered the keynote address. She also spent time working with the student leaders as they grappled with the topic of gender-based violence.

Interacting with leaders

By the end of the day, the students were ready to deliver their feedback and they formulated ideas and responses directly to the political leaders. "Through interactions like these, we can build more compassionate communities and a better country for all," Johnson said, estimating the valuable lessons in leadership the students learned during the day.

He said the conference was unlike any other concept ever applied to develop leadership skills in students. "Because the students are working directly with the politicians on real issues and

offering real solutions, this is something that usually isn't done at this type of conference. This is tactile work where students have a voice and they have a seat at the table."

'Young but not powerless'

Several students we spoke to said they were already inclined to take on student leadership challenges, such as participating on student council or taking part in organized sports. But the Next GEN Assembly of Leaders was yet another option to develop their leadership skills, they said.

"We are young but we are not powerless," said Kassylia Bourque of Lake of Two Mountains High School. Alejandro Gutierrez, a grade eight student at Laval Junior Academy, said he came away impressed by Vimy MP Annie Koutrakis' message. "She was amazing and had a lot of things to say," he said, noting that she seemed very knowledgeable of her dossiers.



The students taking part in the Next GEN Assembly of Leaders got a chance to interact and speak virtually with MPs and MNAs from Laval and the greater Montreal region.

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E-mail: editor@the-news.ca

www.lavalnews.ca

Distributed in
Chomedey, Ste-Dorothée, Fabreville,
Laval-sur-le-Lac & Val des Brises
H7W-H7T-H7V-H7S-H7X
H7Y-H7P-H7R-H7E

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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

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Layout: Media Trek

Distribution: TC. Transcontinental/
DIFFUMAG

Printing: TC. TRANSCONTINENTAL

Project funded in part by

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OPINION & Editorial

Preston Manning brings clarity to our lockdown misery

Preston Manning already occupies a place of honour in our history books as the father of modern conservatism. His accomplishments are too numerous to recount in this short article, and his articles, essays and books are many.

With his many accomplishments and at his stage in life, one would think Preston would choose an easier path than to once again become embroiled in the fraught subject of pandemic politics.

But not so. Manning has again seen a need for his talents and rejoined the fray.

The Frontier Centre for Public Policy is honoured to present Manning's latest offering in what he calls a fictionalized story. It's about everything that has happened to this country since the COVID-19 virus first made it to Canadian shores.

We've experienced it all – the panic, fear and misinformation – all followed by a disastrously exaggerated (and highly political) government response. That exaggerated response – lockdowns – might go down in history as the single biggest mistake in public policy in human history.

We're only beginning to understand how big that mistake was. The huge economic costs are still unclear. How much of the alarming economic events now unfolding – uncontrolled inflation, supply chain chaos, looming recession, even war – are directly related to lockdown policies is still unclear.

And we're starting to see how deep the cost and societal division that excessive government regulation, government-decreed unemployment, forced economic dependence, and the unnecessary stoking of fear will have on us, our children and our grandchildren for decades to come.

But at least most of the world has managed to move on past these incredibly divisive – and just plain dumb – policies, like excessive regulation and vaccine mandates.

But not Canada.

We seem to be stuck in a time warp. I had occasion to enter a federal building the other day. While Manitoba has been free of the worst of features of the made-up lockdown world – useless paper masks, gallons of hand sanitizer and the like – not so the federal government. Entering the

building, one might as well have been in North Korea. There were lines on the floor telling us where to stand. A masked civil servant is employed only to squirt goop on your hands and ask if you had a cough and bars further entry until your hands are sufficiently doused with chemicals.

That's also the scene at airports where unvaccinated people can't even travel to another part of Canada – even if their relative is dying in another province. The whole thing is surreal.

We would do it without objection if it had anything to do with science, but it doesn't. It's all about politics. Our prime minister told us so.

When vaccine mandates were first proposed, Justin Trudeau said emphatically, "We're not a country that makes vaccinations mandatory." He was speaking the truth then. He knew how divisive such mandates would be. He knew that one part of the population would inevitably be set against the other and that deep division and a fractured society would be the long-lasting result.

But he did it anyway. The science didn't change, but politics entered the picture. And the rest is history. We now live in that fractured society.

Good people are fired from their jobs for not accepting a vaccination that doesn't stop transmission. Good people are prevented from travelling or even going into a bar without a vaccination certificate that has nothing to do with who gets or doesn't get sick with an ever-changing virus that will be with us forever. And good people are jailed and persecuted for honking horns and disrupting traffic.

That's the Canada we now live in, a Canada where half the population now regards civil liberties as a right-wing plot.

But I'm getting carried away. Let's let Manning tell his story. I hope you like it as much as I did.

Oh, and not to spoil the plot, but this is far more than just a story. Preston Manning has stepped up to the plate with a plan to get us out of our political pandemic prison.

And to ensure that we never find ourselves in one in the future.

Brian Giesbrecht, retired judge



#NewsMatters:

The National
Assembly Report

By Raquel Fletcher

For those still holding out hope that Quebec will not adopt Bill 96, time is running out

For the Coalition Avenir Quebec, the government is writing the next chapters of history with Bill 96. According to the minister, this reform is a modern iteration of Bill 101, adopted in 1977, and will ensure a balance between the collective rights of the Quebec nation and the rights and freedoms of the individual. The "legislative mechanisms" in the bill, the minister said, alluding to, among other things, the use of the notwithstanding clause, allows for the "justified, legitimate and necessary" protection of the French language.

At least, that is one way to look at it. The Liberal Party has decided to vote against Bill 96. Following Jolin-Barrette's final speech, Liberal house leader André Fortin began his own by explaining why he did not see eye with the minister.

"I love the French language," he started. "It's my mother tongue. It's the language my mother taught me, that which her mother taught her. It's the language my grandfather learned when he immigrated to Canada after a difficult childhood during a war ... in Indonesia."

Fortin stressed that his grandfather chose to learn French and was not forced to learn the language because the government denied him access to services in another language. The reference alludes to an article in Bill 96 which would deny access to services in English for immigrants who have resided in Quebec longer than six months, just one of the aspects of the reform the Liberal Party sees as heavy-handedness on the part of the government.

"He learnt it," Fortin continued, "because he fell in love with a young girl from Masham. He learned the French language out of love. (And) he learned it out of respect for his neigh-

bours, for his friends, and so he could be fully involved in the lives of his children."

According to Fortin Bill 96 would not foster this kind of love for French because it is too divisive. "I'm against this bill because it creates two classes of Quebecers: historic anglophones and everybody else. I'm against this bill because it does not foster unity," Fortin said in English.

He continued by saying it denies rights to certain Quebecers, both anglophones and francophones. The law, if adopted as is, would allow searches to be conducted of businesses without warrants.

It would also complicate access to higher education. Fortin told the National Assembly that he, himself, chose to study at the University of Ottawa, where he completed his first year of studies in French, while improving his English to the point he could take a full course load in English by his third year.

"That only increased my pride in being Quebecois," he said, adding that francophones who go to St. Lawrence, Heritage or Marianopolis, do not set foot in an "assimilation machine."

"They make the choice to go there to improve their English, like a lot of my colleagues have," he said, calling out CAQ MNA's who also studied at English post-secondary institutions in order to improve their English.

Fortin continued to speak to other concerns about how the new law would impact new immigrants, First Nations and small businesses, but the Liberal MNA was cut short because of time. Final speeches and the ultimate adoption of Bill 96 is expected to happen the week of May 23rd when the National Assembly reconvenes following the Victoria Day long weekend.

Trucking's 'heroes of the highway' wage a valiant fight human trafficking

Canadian trucking firm Day & Ross renews \$100K commitment to train drivers



MARTIN C. BARRY
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Day & Ross, one of Canada's oldest and largest trucking companies, has decided to extend a partnership with a non-profit organization that provides training to truck drivers so they know how to identify and combat human trafficking.

As those who have occasion to travel the trans-Canada highway system may be aware, Day & Ross' trucks are a constant presence along the long ribbons of highways and autoroutes throughout the country.

Warning signs

As this places Day & Ross's drivers in a position to be the eyes and ears on Canada's highways, the Hartland NB-based company believes that by training its drivers on what to watch for and by seeing the warning signs, they could be in a position to provide badly-needed assistance to those in need when it becomes a necessity.

Human trafficking is a form of modern-day slavery where people are bought and sold for forced labour or sex work. Although the problem is often overlooked, experts report that it is actually happening in Canada every day.

Victims of human trafficking are often targeted at truck stops and on highways. Day & Ross says that with the help of the non-profit Truckers Against Trafficking (TAT), reports from drivers have led to both arrests and victim recoveries across North America.

\$100k donation to cause

For the second year in a row, Day & Ross is donating \$100,000 to sponsor the organization. The sponsorship will not only be providing TAT with the funds to help educate drivers on identifying human trafficking scenarios, but will also allow them to harness the power of a large trucking fleet for an excellent cause.

The two organizations are working in tandem to provide

the training, resources and information the truckers will need to report suspicious activity. For the first time ever, the TAT mobile exhibit is coming to Canada and to the Day & Ross main terminal hub to help educate their employees.

Featuring a theatre station and actual artifacts from trafficking cases, the TAT mobile exhibit helps tell the stories of victims and showcases the important role drivers play in combating human trafficking. All Day & Ross employees and drivers across Canada and the US will have access to the online TAT training.

Many victims are minors

Human trafficking has become a concern around the globe, and Canada is no exception. The U.S.-based National Human Trafficking Hotline (NHTH) reports that in the last five years, more than 41 per cent of the cases truckers have reported to them involved victims who are minors.

According to Statistics Canada, "there are various forms of human trafficking, including trafficking for forced labour, for the purpose of exploitative begging or for organ removal; however, trafficking for sexual exploitation is the most detected." Day & Ross says its teams are trained to identify and report these incidents.

Trying to make a difference

"Truckers are the eyes and ears of our nation's highways and are in a unique position to make a difference," says Doug Tingley, Day & Ross's Chief Operating Officer in Canada.

"With our drivers travelling from coast to coast, they're able to make a difference in every province and every town along their route. To date, there are over 1.2 million truckers trained by Truckers Against Trafficking, making a significant difference in the fight against human trafficking."

Began hauling potatoes

With more than 8,000 employees, drivers and owner operators across Canada and the US today, Day & Ross got its start in 1950 by hauling potatoes out of New Brunswick. Today, the company's key services include Less Than



"Truckers are the eyes and ears of our nation's highways and are in a unique position to make a difference," says Day & Ross COO Doug Tingley.

Truckload (LTL) and Full Truckload (FTL), as well as cross-border transportation, logistics, dedicated fleets, and residential delivery.

The company offers a diversified portfolio of freight and delivery solutions to top companies across North America. For more than a decade, Day & Ross has also been consistently recognized as one of Canada's best managed companies and has been named a top company for women to work for in the transportation sector for the past four years.

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Action Laval resurrects its 'Centre de foire' idea

After first floating the notion in the municipal elections last November, two elected members of the Action Laval opposition party have apparently not given up on the idea.

Action Laval city councillors David De Cotis (Saint-Bruno) and Paolo Galati (Saint-Vincent-de-Paul) touched base recently with Laval Chamber of Commerce and Industry president/CEO Caroline De Guire to promote their concept for the Centre de foire.

Former Action Laval mayoralty candidate Sophie Trottier had unveiled preliminary plans and sketches for the proposed convention centre around two months before election day.

While some observers, such as Laval mayor Stéphane Boyer later dismissed the multimillion-dollar project as too extravagant to be feasible, and voters weren't swayed enough to elect an Action Laval administration, Galati and De Cotis seem to feel it's an idea that still has legs.

In a recent press release, they say the Centre de foire project holds the possibility of generating a significant number of business opportunities in Laval as well as throughout the Montreal region and across the province.

"For the moment, the entire region is losing because there is no international calibre convention centre in Montreal," says De Cotis, maintaining that the Palais des Congrès in Montreal isn't a true international convention centre and hasn't enough room in its present location to become one.

He says the Carré Laval sector here would be



the perfect location for such an undertaking and that the City of Laval should leap at the opportunity as it is going through its long-term "Repensons Laval" urban planning consultation.

Galati and De Cotis claim that major trade shows and conventions today are increasingly going to Toronto and New York City, while

Quebec is losing out.

"Laval could make this space available to Quebec's overall business community," said Galati, pointing out that local businesses including hotels, restaurants, entertainment venues, as well as providers of equipment and services, would benefit most.

City to celebrate Fête nationale on June 24

And also, after several years of scaling back the size of the celebration because of the Covid pandemic, the City of Laval is preparing to get back to normal this June 24 when it stages Fête nationale 2022 at the Centre de la nature.

Beginning at 8:30 pm that evening, a good number of renowned Québécois performers will be taking to the stage, including FouKi, High Klassified, Hubert Lenoir, Isabelle Boulay, Klô Pelgag, Les Louanges, Lisa Leblanc, Patrice Michaud, Samian and Sarahmée.

"What a joy it is this year to be able to rediscover our fête nationale at the Centre de la nature," says Mayor Stéphane Boyer. "More and more, the Fête nationale in Laval is a poorly-guarded secret, attracting tens of thousands of people from everywhere in Quebec."

After two years when there were virtually no Fête nationale celebrations in Laval, the time has come to celebrate, says Laval city councillor for L'Orée-des-Bois Yannick Langlois, who is responsible for overseeing the city's Fête nationale celebrations.

While the concert starts at 8:30 pm, the site will be open beginning at 5:30 pm. Food will be available from mobile kitchen trucks, and at the end of the evening there will be a large fireworks display.

A shuttle bus service will be available to bring those travelling by public transit from the Montmorency Metro station to the Centre de la nature at the beginning and at the end of the evening.



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Alouettes offer pointers to Laval Senior Academy Panthers and students

Christophe Normand and Geno Lewis emphasize education and mental health



MARTIN C. BARRY
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Montreal Alouettes wide receiver Eugene Lewis was up at 6 am for a vigorous physical workout on Monday last week as he prepared for a busy day, which included meeting high school students at Laval Senior Academy that morning.

Accompanied by Als fullback Christophe Normand, the two gave the students – including members of the Panthers football team – pointers on some of the basic principles the Alouettes share with LSA, such as pride, respect, discipline and hard work.

He walks the talk

“Geno,” as fans and friends call the 6-foot 1-inch 208-pound No. 87, is known as a hard worker who consistently follows through to match actions to his words.

In college, the Philadelphia, Penn.-raised Lewis played for the Penn State Nittany Lions from 2012 to 2015. He transferred to play for the Oklahoma Sooners in 2016. He played in 51 games, starting 19 during his college career, catching 122 passes for 1,569 yards and 10 touchdowns.

Even though he had a quiet start with the Als beginning in 2017, playing only two games while catching seven passes, in 2018 (his first full season with the team), Lewis led the Alouettes’ receivers with 827-yard wins and four touchdowns, in addition to two games with wins of 100 yards or more.

Speaking from the heart

During the following two seasons, the 29-year-old became one of the Als’ starting wide receivers, playing in all 36 regular season games, while catching a combined 116 passes for 1,960 yards and nine touchdowns to his credit, leading to his being named a CFL All-Star for the first time in his career.

Speaking from the heart during his talk, Lewis, who an impressive academic background including a degree in psychology and a soon-to-be-completed PhD, emphasized to the students, and especially the members of the Panthers football team, the importance of completing their education.

“When it comes to grades and to education, it’s key, man, it’s huge,” he said. “A lot of people don’t understand that when you get that education, when you get that paper, they can’t take that away from you.”

Education ‘key,’ says Lewis

“With football and sports, a lot of that stuff can be taken away from you because you’re working for somebody else. But when you get some education and you get some degrees, no matter what you can always go anywhere, it’s got your name on it.”

Christophe Normand has been with the Alouettes since February 2019 when he signed as a free agent with the team. He had signed with the Edmonton Eskimos in 2018, after being drafted 33rd overall by the Winnipeg Blue Bombers in the Canadian Football League’s 2015 draft.

The Bromont, Quebec native was a leader on special teams with the Eskimos during the 2018

season, where he made seven special teams tackles, while helping the offensive line protect quarterback Mike Reilly, and also catching three passes for 21 yards.

Mental health’s importance

In 57-career games in the CFL, the 27-year-old former player for the Université Laval Rouge et Or made 15 special teams tackles, on top of making 13 catches for 74 yards and rushing the

ball 11 times for gains of 86 yards. For his part, Christophe spoke about the growing importance for young students and athletes of mental health issues, and the need to pay as much attention to emotional or psychological problems as to physical pains and injuries.

“Having a physical pain is easy to talk about,” he said. “But talking is harder – way harder. You need to be proactive: Find a buddy, find someone who needs to talk, ask them if they’re okay.”



Als wide receiver Eugene ‘Geno’ Lewis shares some laughs with Laval Senior Academy football team members during his presentation at LSA on May 9.
(Photo: Martin C. Barry, Newsfirst Multimedia)

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Lanvac Surveillance has room for growth, with its new NBG Telecom division

Canada's largest alarm monitoring wholesaler sees SpaceX's Starlink as future of the internet



Canada's largest alarm monitoring wholesaler has branched out into the sale of components to alarm service providers, while also advocating for what the company believes is the wave of the future – wireless satellite internet.

Lanvac Surveillance was among the nearly 70 security services companies from across eastern Canada that took part on April 20 in the Security Canada East trade show at the Laval Sheraton.

Back after Covid

This was the first Security Canada show to be held live and in-person since the onset of the Covid pandemic more than two years ago.

With Security Canada conventions also taking place in western and central Canada, the time was ripe to focus on building and renewing relationships with thousands of professionals deeply involved in Canada's security services sector.

Canada-wide monitoring

Although providing infrastructure for Canada's fire and intrusion alarm industries is Lanvac's main interest, other forms of surveillance are growing. Still, Lanvac's main business remains the wholesaling of alarm monitoring, and it provides service to more than 2,500 alarm companies across Canada.

"We don't necessarily install the alarm system, we simply monitor it across Canada," said Stephanos Georgoudes, Lanvac Surveillance's communications and technology manager. He is one of several members of the Georgoudes family who are involved with Lanvac.

New NBG Telecom spin-off

He noted that the company has multiple central stations across Canada, and increasingly in remote locations internationally, providing services in this country's two official languages.

As part of a diversification effort launched more than two years ago, Lanvac spun off a new commercial entity, NBG Telecom, which sells alarm equipment to consumer alarm services companies who are Lanvac customers.

"If you are a Lanvac dealer, you get the opportunity to have discounts and the equipment is sold by NBG Telecom," said Georgoudes, noting that Lanvac is able to offer better deals

by using Lanvac's client base as leverage to get equipment manufacturer discounts.

Now connected to 'Starlink'

In addition to its new division, Lanvac recently received authorization from global business magnate Elon Musk's SpaceX aerospace to activate all Lanvac central monitoring stations with wireless satellite internet, for the eventuality that conventional fiber optic internet networks should fail.

"Let's say Bell goes down, Videotron goes down, if for whatever the reason the internet providers locally crash, you can be sure that Lanvac's central stations will still have internet because of SpaceX's Starlink dish," said Georgoudes.

He said SpaceX Starlink technology has managed to overcome a long-time drawback of satellite service – transmission latency, also known as "lag" – after placing thousands of satellites into low earth orbit to ensure continuous coverage.

'SpaceX' the disrupter

Calling SpaceX Starlink the wave of the future for business- or home-based internet, Georgoudes said, "This disconnects your dependence on local internet providers." He speculated that the looming mass-market arrival of Starlink will probably force hardwired fiber-optic services like Bell and Videotron to drop their prices.

Raised in Montreal's Park Extension district – which was at one time home for most of the city's Greeks – brothers John and Bill Georgoudes, turned a small burglar alarm company they founded around 35 years ago into Lanvac.

A family business

Lanvac's first monitoring station was in Montreal's Park Extension neighbourhood, in the basement of a building at the corner of Durocher and Jean Talon. Bill got his elementary education at Barclay School on Wiseman Ave., while John attended Strathcona Academy in Outremont.

Bill received his secondary education at the former William Hingston High School, which has since become the area's most important community centre. John attended another legendary secondary school, Baron Byng High, which was made famous by novelist Mordecai Richler.



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Nearly 70 security industry professionals from eastern Canada gathered for the 2022 Security Canada trade show at the Laval Sheraton on April 20. (Photo: Martin C. Barry, Newsfirst Multimedia)

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MATURE LIFE

How seniors can deter thieves and prevent muggings

Some criminals target seniors. Even if your reflexes aren't as sharp as they used to be, the following tips can help limit your risk of being mugged.

1. MAINTAIN GOOD POSTURE

When you're running errands, make sure you exude self-confidence. Stand up straight, look forward and try to walk at the same pace as other people.

2. REMAIN AWARE OF YOUR SURROUNDINGS

To help you spot potential threats and avoid them, it's important to be mindful of your surroundings. It's a good idea to briefly make eye contact with the people you pass. This will prevent potential attackers from catching you off guard. Additionally, stick to well-lit and busy areas.

3. ENSURE YOUR VALUABLES ARE HIDDEN

Keep your bags, purse and wallet close to your body, and avoid wearing jewelry, expensive watches and high-end clothing. This will make you a less attractive target for thieves.



4. KEEP YOUR DISTANCE

If someone makes an aggressive move and demands that you give them your money, don't try to resist. If possible, throw the thief the requested object and stay far away to protect yourself.

If a physical confrontation is unavoidable, use whatever you can to defend yourself, like your car keys, purse or cane. Aim for weak points such as the eyes, nose and knees. Moreover, make as much noise as possible by shouting or screaming.

Are you interested in learning self-defense techniques? If so, look for senior friendly courses in your area.

3 tips for getting out of your comfort zone

Are you a homebody? Are you stuck in a monotonous routine? If so, here are three ways you can push yourself to step out of your comfort zone.

1. Challenge yourself

Don't let your everyday routine get stale. If you enjoy going for daily walks, see if you can go further or faster. If you love making art, experiment with a different style or technique to push the limits of your creativity.

2. Change up your routine

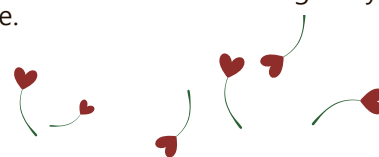
Do you mindlessly go through the motions of your day? To keep things fresh, try visiting a new place, signing up for a class or striking up a conversation with a friendly stranger.

3. Stay curious

If you're interested in learning about another culture or have always wanted to take up a hobby, go for it. It's important to stay curious and continue to learn new things as you age.



Above all, have confidence in yourself and dare to step out of your comfort zone. Look for activities and outings in your area that will inspire you to be your best self.



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4 reasons why puzzles are great for seniors

Puzzles are a popular pastime for people of all ages, but for seniors, this activity has numerous health benefits. Here are four reasons to take up this hobby in your golden years.

1. MEMORY

Solving puzzles requires good mapping, dexterity and observation skills. Consequently, this hobby is excellent for improving and preserving memory by stimulating the brain.

2. FOCUS

Putting a puzzle together requires you to pay attention to the task at hand. This type of heightened concentration can improve your focus and help boost your short-term memory and other cognitive abilities.

3. DEXTERITY

Connecting puzzle pieces requires manual dexterity. Maintaining your fine motor skills and co-ordination as you age is important for performing a variety of daily activities that can help you remain independent.

4. RELAXATION

When solving a puzzle, you must focus. This allows you to escape your daily routine and can help you to relieve stress.

Just like the muscles in your body, you need to exercise your brain regularly to keep it fit. To stock up on puzzles, visit the stores in your area.

Bridge: a great pastime



Playing bridge has a host of benefits. It's an inexpensive pastime that can allow you to maintain a stimulating social life and meet new people. It also helps improve your memory and concentration.



Bridge is a card game that's played with four players divided into two teams.

Each team must try to find a contract that allows them to score the most points. This is determined by bidding, which consists of establishing the denomination, with or without a trump suit, and the bid or number of tricks for the contract.

The team with the highest bid then wins the number of tricks announced.

Bridge isn't a game of chance. It's a strategy game that requires reasoning, mental calculation, creativity and decision-making skills. It's a real mental exercise and may even help prevent Alzheimer's and Parkinson's disease.

If you want to give this card game a try, look for a bridge club in your area.



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Mayor Boyer cheers for the Laval Rocket, following a great season

AHL hockey club made it all the way to the playoffs this year



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

While things may change quickly in the world of minor league pro hockey, that wasn't stopping Laval mayor Stéphane Boyer last week from cheering on the Laval Rocket, as the local hockey club navigated its way through the American Hockey League's playoffs, leading towards the conclusion of the 2022 season.

The Rocket fell to the Syracuse Crunch last Saturday at Place Bell and were facing elimination in a winner-take-all final match on Tuesday night in Syracuse. Still, Mayor Boyer was doing all he could to encourage the home team, which came a long way this the 2017-18 season when

the club finished last overall in the AHL.

Elated at team's performance

After undergoing vast improvement since then, this year the Rocket made it into the playoffs for the first time – which apparently left Mayor Boyer feeling quite justifiably elated, as he related in social media posts – including this one on May 12 on his Facebook page:

"Tonight our team plays its first game in Laval, after two games played in Syracuse. Series is tied 1-1 I'm counting on you to be loud and give them the energy they need to leave with a beautiful victory at home!"

The mayor also praised the leadership the Laval Rocket received from head coach Jean-François Houle.



Laval Firemen's festival returns on June 4-5



Following a two-year absence, the City of Laval's firefighters are feeling especially enthusiastic lately as they prepare to hold their first Firemen's Festival and footrace on June 4-5 at the Centropolis. It would be the first time since the beginning of the Covid pandemic in 2020.

A big tradition will be resuming on the morning of Saturday June 4 when the parade of vintage fire trucks – some from other regions of Quebec and even from the U.S. – makes its way through Laval, ending at the Centropolis.

The Centropolis is the place where you'll want to be that day when the firefighters offer a range of fun and interesting activities for the whole family, including demonstrations in firefighting techniques, information kiosks and even firehall cooking.

On Sunday June 5 it'll be time for the Course des pompiers, with funds raised going towards the Fondation des pompiers du Québec for burn victims. More than 5,000 walkers and runners will be participating, from beginners to experts.

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CSA astronaut David Saint-Jacques says he 'never came back from space'

Tells Montreal planetarium audience lunar tourism is coming, but not telescopes on the moon



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

What was the most startling thing Canadian Space Agency astronaut David Saint-Jacques ever saw while on a mission?

For Saint-Jacques, who served as a flight engineer on the International Space Station in 2018 and 2019, the most striking recollection was the first time he saw Earth from space.

"Your mind is not ready for that," he told a gathering of children and parents on May 7 during a presentation on Canada's role in lunar exploration at the Rio Tinto Alcan Planetarium during its AstroFest.

Stunned by earth view

"You think you are, because you see it on posters all the time. But the blue of the atmosphere, in the middle of the darkness the pure blackness of space. It really took me like, I don't know, two weeks maybe for my mind to accept that I was looking at the whole world."

Although Saint-Jacques has a professional background in medicine and engineering, he said something in the back of his mind kept kicking in to give him doubts that what he was seeing was real.

"It must be in some studio, I don't know where this is, it doesn't make sense, this cannot be, this cannot be true," he recalled thinking half-seriously, while imagining that some special effects wizardry had been used to deceive him.

"I knew, because I was an engineer, what I was looking at. But it took weeks before it could sink in. That was very odd. And now, that sight: When I close my eyes that's what I see."

A sight he can't forget

"It cannot leave me and I know that I'm still there. You know, I never came back from space. Guess what? We are in space. Are we in Montreal? In Quebec? In Canada? In North America? On Earth? We're in space. All of the above. Space is around us."

According to a biography from the CSA, David Saint-Jacques was born on Jan. 6, 1970, in Quebec City and raised in Saint-Lambert on Montreal's South Shore. He is married and has three children and is a lifelong mountaineer, cyclist, skier, rower and avid sailor.

Saint-Jacques was selected in May 2009 by the Canadian Space Agency (CSA) and moved to Houston, Texas to be one of 14 members of the 20th NASA astronaut class.

Extensive space experience

In May 2016, the Canadian government announced that Saint-Jacques had been

assigned to Expedition 58/59. From August 2016 to December 2018, he trained in Canada, Russia, the United States, Europe and Japan, where he honed his skills and knowledge on the ISS, the Soyuz spacecraft, and a variety of mission-specific tasks.

On December 3 2018, he flew to the International Space Station for a 204-day mission, the longest Canadian space mission to date. Between December 3, 2018, and June 24, 2019, he circled the globe 3,264 times and covered a distance of 139,096,495 kilometres.

During his mission, Saint-Jacques conducted Canadian and international science experiments and technology demonstrations, and supported critical operations and maintenance activities. He became the fourth CSA astronaut to conduct a spacewalk and the first CSA astronaut to use Canadarm2 to catch a visiting spacecraft.

Lunar tourism coming

Among other things that came up during Saint-Jacques' planetarium presentation on the role Canada will be playing in future space missions was the question of whether "lunar tourism" could soon become a viable thing.

"I mean, people will go see the moon up close, yes," said Saint-Jacques, answering a question from a web-connected participant who was in Calgary.

"Live on the moon? I don't know about that. I think it will be a kind of a very austere place for while, like our base in Antarctica. We've been there for decades in Antarctica. And some people go over there – as tourists you can go there. But that's another step. But there will be tourists going near the moon. I think that will happen pretty soon."

Telescopes on the moon

Another interesting question that came up was why celestial observation telescopes have never been set up on the moon, in spite of six NASA lunar missions which succeeded in landing astronauts on the moon. According to Saint-Jacques, there were plans at one point to station telescopes on the moon.

However, "it's just not a very good place to put telescopes," he added. "You'd think it's good because there's no atmosphere, so there's no shimmering. But it's like one solid rock that's constantly vibrating because it's being hit by meteorites, so there's like a hum."

"It's like standing next to a highway," he continued. "And because of that, there's always a layer of dust floating everywhere. So, it's not a good place to put telescopes for that reason. But you could have telescopes in orbit around the moon."



CSA Astronaut David Saint-Jacques' presentation was part of the Rio Tinto Alcan Planetarium's recent Astrofest event.



CSA Astronaut David Saint-Jacques went on a mission to the International Space Station (pictured) in 2018 and 2019. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Three homes destroyed by fire on Dansereau St.

Three side-by-side residences on Dansereau St. in Chomedey were gutted by fire during the early morning hours of Sunday May 8. In all, six residents were forced out of their homes by the conflagration.

The blaze started around 2 am in the first house. The heat from that fire was so extreme that it caused flames to spread to a second house and then to a third.



Fire destroys multi-unit residence on Lévesque Blvd.

A residential building on Lévesque Blvd. West near 87th Ave. in Chomedey was destroyed by fire on Saturday May 7, leaving up to 20 people homeless.

Firefighters responded to the blaze around 4:50 am. The flames spread fast, necessitat-

ing a second and third alarm and additional firefighters.

There were no injuries, although one resident was attended to briefly by paramedics after complaining of smoke intoxication symptoms.

Fire destroys house on des Châtelets in Chomedey

A residence in Chomedey was decimated by a fire on the evening of Thursday May 12.

Around 4:25 pm, Laval Fire Dept. firefighters were notified of the blaze on des Châtelets St. According to reports, it was neighbours, concerned by the sight of black smoke coming from the residence, who called 9-1-1.

According to an LFD spokesperson, firefight-

ers saw thick smoke upon their arrival, but soon discovered that no one was home. A preliminary estimate of fire damage to the building suggested it was a complete write-off.

The cause remained unknown at deadline. Around forty firefighters were called out to deal with the blaze. They were forced to deal with unseasonably warm heat on the day of the fire.



Gosselin St. blaze destroys two-storey house

On May 2, Laval firefighters battled a blaze where flames shot through the roof, eventually destroying a residential dwelling.

The Laval Fire Dept. was alerted to the two-storey building fire on Gosselin St. in the Chomedey sector around 12:30 p.m.

Although the firefighters were able to quell

the blaze, it was not before the building was destroyed.

Streets closed off or temporarily affected by the concentration of firefighting trucks and equipment included Gonthier St., Gendreau St. and Louis-Payette Ave.



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28-year-old man shot to death in Chomedey

A 28-year-old Junior Lemoyne Printemps was killed in his vehicle on Sunday at around 1:30 a.m. when he had just left a family party in the Chomedey district.

The 28-year-old man who was in the car succumbed to his injuries after medical technicians tried several times to revive him, said a Laval Police Dept. spokesperson.

Three other people in the car were shot and wounded, including a 14-year-old boy Sandrick Jorcelin, visiting from Boston.

The occupants of the car were not known to the police, the police spokesperson said.

The Sûreté du Québec announced that it had taken responsibility for the investigation into the murder of a 28-year-old man committed last weekend in Laval because it would be linked to organized crime.

"Some information gathered by investigators suggests that this event could be linked to members of organized crime," the Sûreté du Québec said in a statement.

One arrest, two cars seized in crackdown on gun violence

At least one person was arrested and two vehicles were confiscated in Laval on Thursday May 12 when officers from the Laval Police Dept. executed searches related to recent episodes of gun violence.

Police sent out notices of the actions taken shortly after 11 a.m. The Laval region has been

undergoing a particularly violent period lately, with several shootings reported over the past few weeks.

The 25-year-old suspect in this particular case was said to be potentially linked to recent violence in the city, said police.

Man in hospital after drive-by shooting in Laval

Laval police were investigating after a shooting on the afternoon of Tuesday May 10 in a residential neighbourhood of Chomedey.

According to a Laval Police Dept. spokesperson, a 9-1-1 call was received, reporting gunshots on Normandin St. just after 1 p.m.

When officers arrived, they located a 33-year-old man with a gunshot wound to the leg. He was rushed to hospital, but there was no fear of his losing his life.

The police said the perpetrators were in a vehicle when they fired shots towards the victim, after which they fled. Police had no immediate description of the vehicle, and as of last week no arrests were made.

According to the LPD, the victim was known to the police and he was expected to meet with the investigators as soon as his health status would allow it.

LPD to hold Fraud Prevention Day on May 21

The Laval Police Dept. is inviting residents to come out to LPD headquarters at 2911 Chomedey Blvd. to take part in their annual Fraud Prevention Day, where advice will be offered in a wide range of measures to protect yourself and loved ones against fraud.

Experts with the LPD will have information on the types of fraud which have become common these days, including online phishing, fake e-mails, identity theft and fraudulent phone solicitation.

At the same time, it will be an opportunity to bring quantities of personal documents, bills and other papers containing sensitive information to be shred in industrial-size shredding machines the LPD will have on hand for that purpose.



There's no better way to protect yourself from having information like credit card or social insurance numbers stolen by criminals.

At the same time, officers will be on hand to provide guided tours of key pieces of equipment the LPD sometimes uses in the field, including its Mobile Command Centre.



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3 questions to ask in an interview

Interviews aren't only a chance for potential employers to get to know you better, they're also an opportunity to determine if the job is a good fit for you. Here are three insightful questions to ask the hiring manager during your next interview.

1. WHAT DOES A TYPICAL DAY LOOK LIKE IN THIS POSITION?

This is a great question to ask in an interview as it will help you determine what you're going to be doing and what's expected of you. It can also help define which skills are required for the job.



2. DOES THIS POSITION OFFER OPPORTUNITIES FOR PROFESSIONAL DEVELOPMENT?

This question can help you determine if there are any opportunities for growth within the company. Additionally, it indicates to the hiring manager that you're serious about your career and interested in long-term employment.

3. WHERE DO YOU THINK THE COMPANY IS HEADED IN THE NEXT FIVE YEARS?

Asking this question can help you gain insight into the company's general plans for the future and determine if there's room to grow. It can also give you a sense of how stable the job might be in the coming years.

Asking a few questions at the end of an interview is a simple way to show your enthusiasm about the job and gather the facts you need to make an informed decision.

4 tips for working from home with kids

Juggling working from home with parenting young children comes with many challenges. Here are four tips to help you balance your work and personal life while remaining as productive as possible.

1. ADJUST YOUR WORK SCHEDULE

You may need to switch up your work schedule to accommodate taking care of your kids. If this is the case, communicate your needs to your boss and come prepared with a clear plan. Many employers are understanding and more than willing to work something out.

2. ESTABLISH A ROUTINE

Kids like knowing what lies ahead. Write out a daily schedule and pin it to the wall or refrigerator so they can refer to it and know what to expect throughout the day. This will help keep them on track, especially if they're attending virtual classes.

3. SET SPECIFIC WORKING HOURS

Sit down with your kids and set boundaries for the workday. For example, explain that when the door to your office



is closed, they have to knock before they come in. This will help minimize interruptions and ensure you get your work done.

4. TAKE BREAKS

It's important to take regular breaks throughout the day, especially when working from home with kids. In fact, it can boost your productivity and help prevent burnout. For example, you could work for 30 or 50 minutes and then take a 10-minute break to spend time with your kids.

Lastly, be kind to yourself and know that everything doesn't always go as planned, and that's all right.

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Up In The Air

Q I am a 21-year-old college senior looking forward to graduation in four months, pursuing a career and possibly my first love. So here's the question...

I've been in love with my first boyfriend, with whom I shared my first time, since I was 15. I knew I cared about him then, but I thought it was puppy love. Although the relationship didn't last long, we dated again sophomore year of college and began "hooking up" again five months ago. We both dated other people in the interim. I'm beginning to realize I am really in love and thinking about a future with him. The problem is we go to school four hours away from each other. I'm 21, he's 23. We also feel we deserve to "have fun" our last semester at college. The big problem is neither of us knows where we'll end up after graduation. Plus, I'm not sure he knows how very much in love with him I am. I'm scared he'll find somebody else if I don't tell him. But I'm also not sure how he'll take it if I do. He doesn't show his emotions much. Am I insane in thinking everything will work out if I tell him? We've talked about it, and he's never felt so "comfortable" with anyone before, but I'm not sure how he feels about a future with me. I think he feels the same or we wouldn't keep going back to each other. Either way, I don't want to scare him away by confessing my love and my hopes for a future, but I need to tell him how I feel!

Kira

A Kira, when we read your letter, we wondered what it was really about. Is it about nothing ventured, nothing gained? Is it about the power of first love? Or is it about something else?

Though we often tell people to be brave (ask the girl for a date, go for that job you want) we don't think that's your main

issue. Though the "first time" can leave an indelible mark, we don't think that's the issue either.

Look, you two are hooking up and "having fun" with multiple partners. By definition, that's not love. You say he's comfortable with you, but we'd bet he's comfortable with every woman he hooks up with. Comfortable enough to be having casual sex with them.

Near the end of the movie Up in the Air, a young woman is shown interviewing for a job in San Francisco. This will be her second job after college. When the interviewer asks why she took her first job, a dead-end job in Omaha, she answers candidly. "I followed a boy."

That's what your letter is about. "I graduate in four months; I don't know what job I'll have; I don't know where I'll be. Everything is unsettled and I'm scared."

You are moving on to a completely different stage of life, and of course you are scared.

But this man doesn't love you enough to say, "I'm not comfortable with you hooking up with other men." You don't love him enough to say, "I'm not comfortable with you hooking up with other women." Sex with no strings attached is the opposite of a genuine relationship.

But at 21 with a college degree, all the possibilities of life are open to you. Don't think about marriage and forever with a hookup.

Go on! Get your new life. Hightail it to your college placement office and schedule job interviews. Explore all the possibilities. Embrace this challenge.

Above all, don't become that young woman who has to explain a blunder in her life by saying, "I followed a boy."

Wayne & Tamara

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

LEGAL NOTICE

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The decision was accepted by the **Tribunal Administratif du logement** on January 28, 2022 by Anne-Marie Forget.

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In Memoriam & Obituaries

In loving memory

3 eco-friendly options for your funeral

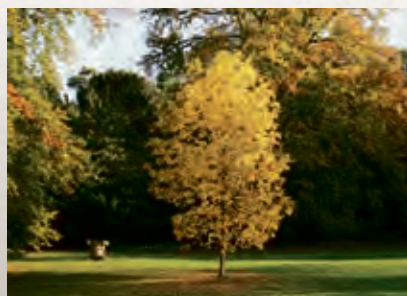
Conventional burials and cremations contribute to climate change. If you want your funeral proceedings to match your environmentally conscious lifestyle, here are three green options that might be available to you.

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.



FARHAT, Claude
1953 - 2022

In Laval, on Thursday, May 12, 2022 passed away, at the age of 69, Claude Farhat, husband of Lidween Zurek.

Besides his wife, he is survived by his son Georges, his cousins, and several other relatives and friends.



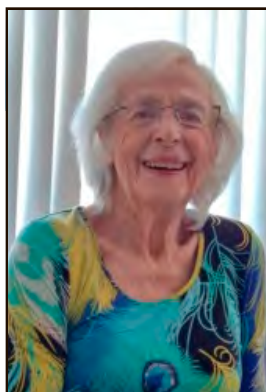
VIGEANT (NÉE LEDUC), Lucile
1922 - 2022

It is with regret that we announce the death of Mrs. Lucile Leduc Vigeant, wife of the late Roger Vigeant, on May 11, 2022. Three more months and she would have been 100 years old. She is survived by her daughter Louise and her spouse, Pierre Simard, her son Gilles as well as her three granddaughters, Marie-Hélène (Luc Soucy), Catherine (Serge Allard) and Marie-Pierre (Félix Tremblay), many great-grandchildren, a sister-in-law and nieces and nephews.



GAGNON, Michel
1948 - 2022

It is with sadness that we announce the death of Mr. Michel Gagnon, which occurred on May 11, 2022, at the age of 73. He was the husband of Madame Rachel Barbe. He is survived by his children Annie (Martin Brunet) and Karine (Pascal Potvin), his grandchildren Megan, Brendon, Émilie, Ariane and Élodie, his brothers Richard (Nicole Bastien) and Robert (Diane Labrosse), his sisters Francine (Michel Groulx) and Lucille (René Dell'aniello), his brothers-in-law and sisters-in-law, his nephews and nieces, as well as several relatives and friends.



HENRY, Huguette
1932 - 2022

It is with sadness that we announce the death of Mrs. Huguette Henry, which occurred on May 10, 2022, at the age of 90. She was the wife of the late Jean Perriot.

She is survived by her children Carole and the late Patrice, her 2 grandchildren, her brother-in-law Roger, her nephews and nieces, as well as 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



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HOROSCOPE

Week of MAY 15 TO 21, 2022

The luckiest signs this week:
AQUARIUS, PISCES AND ARIES



ARIES

Someone will confide in you, or you'll discover a big secret. You may have to decipher a message in another language or decode a comment from your significant other.



TAURUS

Your emotions will run high. You may experience tears of joy. One of your children may be doing something special, like taking their first steps or receiving a degree.



GEMINI

If you want to reach a fair agreement, you must put your feelings aside during a negotiation. You must also closely follow the laws and regulations to avoid future problems.



CANCER

You'll have a heavy workload and won't have time to take a breather at work. If you're not at your best, take the time to rest and regain your energy to brave the storm.



LEO

You'll feel extremely proud after accomplishing a brilliant feat and discovering a hidden talent. Your family life may be a source of stress.



VIRGO

You may have to spend part of the week at home. You'll paint a wall or work on a home renovation project. You may spontaneously decide it's time to move.



LIBRA

You'll speak your mind. If you have a secret, you may find it hard to keep it to yourself. You could accidentally let it slip, leaving many people perplexed.



SCORPIO

Now is an excellent time to start thinking seriously about buying or selling a property. You'll surprise yourself by realizing you have the means to do so.



SAGITTARIUS

At times, you'll feel as though you're being pushed around. When you're up against the wall, you'll get a lot of things settled and manage to make contact quickly. You'll be surprised to finally get a return call.



CAPRICORN

You'll use your imagination to create a masterpiece. You'll also attend a show or exhibition that leaves a lasting impression on you.



AQUARIUS

You'll have a very active social life. All your friends will want to see you at the same time. You'll attend a few high-profile gatherings and will always have someone to talk to.



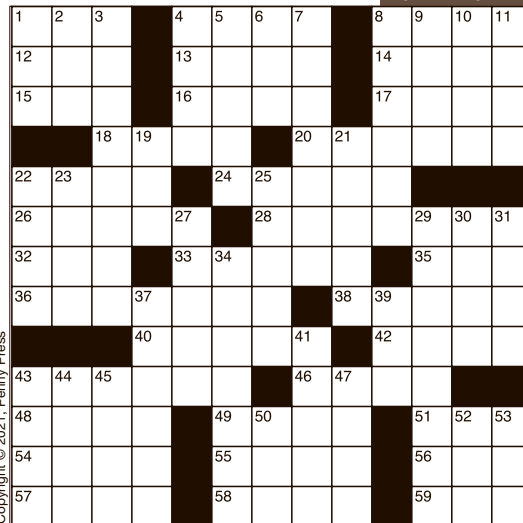
PISCES

You may start your own business. At the very least, you'll move towards a position of power at work. You'll happily settle into this new role until you retire.

Coffee Break

CROSSWORDS

PUZZLE NO. 124



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ACROSS

1. Ship defector
4. Herring's kin
8. Graceful bird
12. Past
13. Music system: hyph.
14. Evergreen
15. Hair cream
16. Carney et al.
17. Tiny pests
18. Border
20. Admission slip
22. Savior
24. Gravy
26. Portrayal
28. Brush part
32. Orchestra ____
33. Brick house
35. Balloon input
36. Navigated
38. More mature
40. Fend off
42. G's supper
43. Covered passageway

DOWN

1. Scrap of cloth
2. Iron or Stone
3. Put up with
4. Kind of carpet
5. Takes on
6. Fore-and-____
7. Bother
8. Gaps
9. Blink of one eye
10. Add a share
11. Robin's roost
19. Pug or collie
21. Frostier
22. Hula-Hoop's site
23. Release
25. Dwelling
27. Like a jug, e.g.
29. Wall hanging
30. Is situated
31. Botches
34. Relies
37. Rubbed out
39. Naughty child
41. Andean animal
43. Serpents
44. Gather
45. Sugar source
47. Sitting above
50. Long fish
52. Flirt with
53. Have title to

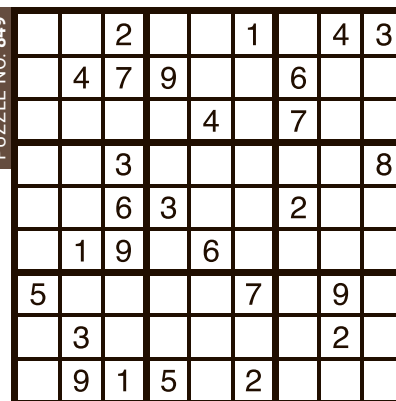
Sudoku

HOW TO PLAY:

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

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

PUZZLE NO. 849

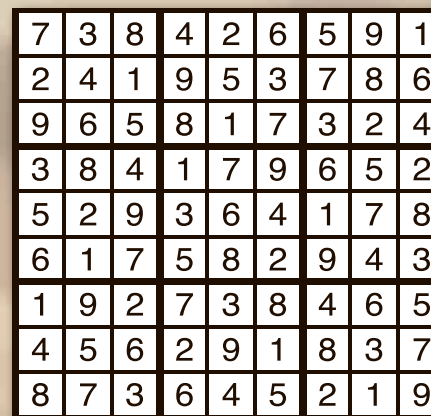


Last Issues' Answers

CROSSWORDS



Sudoku



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- o Lemons
- o Green beans
- o Spinach
- o Fine herbs
- o Carrots
- o Swiss chard or Kale
- o Zucchini
- o Cucumber
- o Tomatoes
- o Lettuce
- o Mystery Item

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