

A2 AUTO
PROFESSIONAL AUTO BODY REPAIR & PAINTING
 Insurance Work Accepted • All Work Guaranteed
 Expert Color Matching • Factory Genuine Parts
 Import Car Specialists • Major & Minor Repairs



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

THE LAVAL news

Laval's English Paper, Since 1993

For info regarding documents:
www.emsb.gc.ca/wagar

WAGAR
 ADULT EDUCATION CENTRE

Sign up for English or French Classes today!

A CENTRE FOR THE COMMUNITY



ONGOING REGISTRATION 5785 Ave Parkhaven,
 Cote St. Luc, H4W 1X8
 (514) 488-8203

Commission scolaire English-Montreal
 English Montreal School Board

Adult Education & Vocational Services

newsfirst
 MULTIMEDIA

Vol. 30-28

December 7, 2022

450-978-9999

www.lavalnews.ca

editor@newsfirst.ca

120,000 readers

Laval's Christmas Market

Page 2



Stéphane Boyer and city councillors on hand to express Christmas wishes to Laval residents at the 11th annual Marché de Noël in Centre de la Nature. (Photo: Martin C. Barry, Newsfirst Multimedia)

Filia's 40th anniversary

Pages 8-9



During Filia's 40th anniversary celebration on Nov. 20, Vimy MP Annie Koutrakis (left) and Saint-Laurent MP Emmanuella Lambropoulos (right) presented Filia founder and executive-director Joanna Tsoublekas with a Parliamentary certificate of recognition of Filia's work over the past four decades.

Laval limits property tax hike to 2.9%

Page 3



Laval English-speaking Senior Wellness Centre

WINTER 2022

CENTRE ACTIVITIES

Sign up today!

MEMBERSHIP FEES:
 Annual membership fee: \$15 per year




3860 blvd. Notre-Dame, Suite 204, Chomedey, Laval H7V 1S1 • 450.934.1122 • agapeassociationinc.com

One last chance to enjoy Laval's Christmas Market next weekend

Enjoy the Magic of the Holidays from Dec. 9 - 11 at the Centre de la Nature

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

If you're hoping to get into the holiday spirit with Christmas less than three weeks away, there's still time next weekend to get on over to Laval's *Centre de la Nature* in Duvernay for the 11th annual *Marché de Noël*.



The first of two weekends for the *Marché* took place from last Friday Dec. 2 to Sunday Dec. 4. There'll be a repeat beginning this Friday Dec. 9 until next Sunday Dec. 11.

A magical event



Some fifty exhibitors will be offering visitors their creations, including handmade crafts, jewellery, clothing, beauty products, decorations and delicacies. The exhibitors will be located in wooden huts, lending the event a European market style.

The magical atmosphere of the holiday season will be reigning supreme over a large area of the sprawling *Centre de la Nature* site, which will be dressed up with festive decor for the occasion. Christmas carollers and a few of Santa's helpers will also be making their way around entertaining the moms, dads and children who take part.



A Christmas tradition

"Laval is known for its tourist attractions, and its Christmas market is well worth the detour," Mayor Stéphane Boyer said during a visit last weekend, when he was accompanied by more than a half-dozen city councillors. "It has now become an essential part of Laval residents' holiday shopping habits," he continued. "It's the perfect opportunity to come and enjoy the warm and magical atmosphere of the *Centre de la nature*."

Activities for the whole family will be offered next weekend, including a visit from Santa Claus and the Star Fairy, a mini-Christmas tree-planting activity, and some lively storytelling. Holiday music, street food trucks and a very friendly atmosphere are all in store for visitors.

An old-fashioned Christmas

As well, a new tradition is beginning at the *Marché de Noël* this year: old-fashioned Sundays. On Dec. 11 starting at 2 p.m., the public is invited to come and enjoy a unique shopping experience in an atmosphere reminiscent of how Christmas was celebrated in the old days.

The afternoon will include musical performances, with Santa and his elves on site and candy handed out to children. Additional information is available online at marchedenoel.laval.ca. The schedule for next weekend:

Friday December 9, noon - 8 p.m.

Saturday December 10, 10 a.m. - 8 p.m.

Sunday December 11, 10 a.m. - 4:30 p.m.



JAGUAR LAND ROVER | LAVAL



You're invited!

HOLIDAY MARKET

MADDY K X POPUP2SHOP

SHERATON LAVAL

DECEMBER 11TH

10:00AM 6:00PM

MARCHEDENOEL.EVENTBRITE.CA

@MADDYKATELIER X @POPUP2SHOP

City of Laval limits 2023 property tax hike to 2.9%

Boyer says he is prioritizing public security, housing and environment

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Although the City of Laval's latest operating budget calls for the average property owner to pay a lower property tax increase next year than in some other Quebec cities, the city's total financial allotments for 2023 will exceed the \$1 billion mark for the first time in Laval's history.

The announced 2.9 per cent average residential property tax increase is significantly lower than the 4.1 per cent hike announced by the City of Montreal last week.

While Laval's mayor and councillors are planning to spend a total of \$1.05 billion over the next 12 months, this compares to the \$969.9 million that was allotted in the budget for 2022.

You'll pay \$155 more in 2023

For the average owner of a home worth \$440,742 in Laval, the 2.9 per cent increase translates into \$155 extra on a 2023 tax bill compared to 2022.

This year's tax bills will also include two specific additional amounts, to help pay the cost of regional public transit (\$19), as well as an ongoing schedule of upgrades and improvements to Laval's drinking water system.

In addition to these expenses, Laval is budgeting \$1.2 billion for capital works projects to be completed over the next few years (2023-2025) in its triennial spending program (PTI).

The entire roster of expenditures will be subject to approval at the next sitting of the 21-member city council, which is currently dominated by the 14-member Boyer administration caucus.

The capacity to pay

The seven councillors in opposition (two with the Parti Laval, five with Action Laval) will undoubtedly have much to say before voting for or against the 2023 fiscal exercise.

In a statement issued last week, the Boyer administration said that in capping the overall tax hike, the city "recognized the burden and the financial pressure with which the population of Laval was coping daily. In the course of the current exercise, the municipal administration made a considerable effort to rationalize its expenses."

Action Laval displeased with Laval's 2023 budget

Opposition party claims city is hiring 60 new employees

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Action Laval city councillors David De Cotis (Saint-Bruno) and Archie Cifelli (Val-des-Arbres) were highly critical of the 2023 budget table by Mayor Stéphane Boyer last week, calling the annual fiscal exercise "profoundly ideological" and disconnected from the realities currently being faced by the residents of Laval.

Hirings criticized

The two maintain that on the eve of a period that is likely to be very challenging for Laval residents, and while interest rates are soaring and mortgages will probably go even higher, "Mayor Boyer sees nothing wrong with adding to it by increasing taxes," the two said in a statement.

"Rather than trying to control his administration and to limit hirings, the new budget contains additional expenses of 8.8 per cent, along with the



From the left: Pierre Beaudet, director of the city's finance services, Mayor Stéphane Boyer, and Jacques A. Ulysse, director-general, presented the City of Laval's 2023 budget last week. (Photo: Vincent Girard)

In keeping with this last thought, the city's administrators said they found it was necessary to reduce by three-quarters (78 per cent to be precise) the number of new hirings that had previously been planned, "in order to maintain the quality of services to the population, while maintaining the tax rate beneath the rate of inflation."

A sudden hiring freeze

This new approach represents a drastic turnaround from what the Boyer administration had in mind in its 2022 budget. At this time last year, the city announced that its payroll would be increasing by roughly \$29 million a year, representing not only salary increases written into unionized workers' contracts, but also the hiring of nearly 270 new employees to meet the demands of a steadily increasing population.

"I am proud of the budget that I am presenting today," Mayor Stéphane Boyer said as the latest budget was unveiled. "We did the maximum to limit new expenses, while avoiding cuts to public services. With a population that is struggling to make ends meet, I believe it was the thing to do: taking care of our people, while restraining taxation. Since the beginning of my mandate, taxes

have gone up twice at rates lower than inflation." "That is an 11 per cent increase in the number of employees, without improving infrastructures or services for Laval residents."

'Always more taxes'

"In the current economic context, the mayor didn't seek out solutions to ease the fiscal burden of the citizens," said De Cotis. "He continues with the philosophy of his predecessor, always more taxes. There are still no new investments for sports or cultural infrastructures in the districts. And yet that is what the residents are asking."

The two opposition councillors maintain that the tax hike in 2023 is a repeat of last year's budget, and that through a lack of imagination, various budget elements have simply been increased.

"We must review all of the city's expenses," said Cifelli. "We must return to a basis of good governance for a city so that it offers nearby services that are up to the expectations of its citizens."

while a major renovation of the police station in eastern Laval will be starting sometime this year.

"We know that there is no magic solution to fix crime on our territory," Mayor Boyer said regarding public safety issues. He said it was his hope that the new investments would reflect his administration's current vision for public safety, emphasizing prevention, improved investigations and a greater presence of police officers on the beat.

Some additional talking points:

- **Street and road improvements:**
 - \$216.5 million has been allotted in the PTI for road maintenance and new streets;
 - \$24.8 million is available for traffic calming and other traffic improvements.
- **Parks, sports facilities, cultural venues, etc.:**
 - \$263.1 million in the PTI.
- **Economic development:**
 - \$685,000 for a project to help stimulate the development of small and medium-size business startups in Laval);
 - \$750,000 to help develop new sources of labour, at a time when labour shortages are acute;
 - \$250,000 to help develop the social economy in Laval.
- **Water management** (sewers, aqueducts, pumping stations, drinking water filtration plants and waste water disposal):
 - \$222.5 million, an increase of 24 per cent over 2022.
- **Culture:**
 - \$1.4 million for public art projects;
 - \$300,000 in added funding for cultural projects in all neighbourhoods;
 - \$39.4 million in the PTI for cultural facilities.

have gone up twice at rates lower than inflation."

No hiring freeze at LPD

While new hirings in most city departments have been postponed at least for now, this is not the case with public security or the police department. According to municipal officials, public safety was prioritized when they were formulating the budget.

As such, \$2.5 million has been set aside for the hiring of new police officers, as well as for new resources at the 9-1-1 emergency call centre. In the meantime, the city is in the midst of building a new comprehensive police station in Chomedey to serve western Laval, at a cost of \$60 million,

Bijouterie
GÉMEAUX inc.
At your service since 1987!

Final Sale on Wenger watches all at 50%

- ♦ Jewellers and watchmakers on site
- ♦ Exclusive creations
- ♦ Free estimate on all repairs.
- ♦ Evaluation Certificate
- ♦ Necklace restringing
- ♦ Watch water-resistance testing
- ♦ Repair of watches and old clocks
- ♦ And Much more!

WE BUY GOLD, DIAMONDS, SILVER, COINS, CURRENCY AND WATCHES. BEST PRICE GUARANTEE!

SAVE up to 50%

199 C, boul. Labelle, Laval H7L 2Z9 450.625.4744

Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
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

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

Member of  Quebec Community
Newspapers Association
& Canadian Community
Newspapers Association

National Representation:

 RÉSEAU SÉLECT
PARTENAIRES PUBLICATIONS
info@reseausselect@tc.tc



Publishers' Liability for Error: The publishers shall not be liable for
slight changes or typographical errors that do not lessen the value of an adver-
tisement. The publishers' liability for other errors or omissions in connection
with any advertisement is strictly limited to publication of the advertisement in
any subsequent issues 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



U.S. plan to import oil from Venezuela will hurt Canadians

The Keystone XL pipeline could have started operating mere months from now

The U.S. decision to ease sanctions and allow it to resume oil imports from Venezuela will hurt Canada's oil sector, according to industry analysts.

It's another blow by the administration that cancelled the 830,000-barrel-per-day Keystone XL pipeline from Canada in January 2021. Now officials are seeking alternate supplies to replace imports from Russia and keep costs down for Americans.

"They should be talking to Canada instead of Venezuela," says Phil Skolnick, a New York-based analyst with Eight Capital.

In question is the massive market for "heavy oil" – which both countries produce – in the U.S. Gulf Coast refining cluster. Canada is now the largest supplier to the region, in recent years helping replace sinking imports from Venezuela amid what IHS Markit called "decades of decline and decay."

Imports from Venezuela stopped entirely in 2019 after the U.S. imposed additional sanctions to pressure authoritarian leader Nicolás Maduro to leave power.

The Biden administration says the move to ease the sanctions is a result of Venezuela's government taking steps to improve humanitarian conditions. But negotiations were, in fact, underway months ago as a potential solution to replace oil from Russia following its invasion of Ukraine.

More Venezuelan oil to the U.S. Gulf Coast could push out imports from Canada, causing Canadian producers to receive lower

prices because of a wider "differential" or discount compared to benchmark West Texas Intermediate.

This has a ripple effect on everyday Canadians because government royalties are paid on a sliding scale based on oil prices – the lower the price received, the lower the royalties.

"Politics aside, this is a significant negative to Canadian oil differentials," Dan Tsubouchi, chief market strategist with Canadian investment management firm SAF Group, wrote in a research note.

Western Canadian Select, Canada's primary blend of heavy oil, is already trading at the widest differential to WTI since early 2020. It's the result of increased production, insufficient pipeline capacity, and the U.S. government's decision to release similar quality oil from the Strategic Petroleum Reserve.

Skolnick says the impact of easing the sanctions on Venezuela will depend on how quickly Chevron – the company granted the license to proceed – can bring production online. The license entitles Chevron to restart production in existing fields but not start up new ones.

Tsubouchi said it could happen faster than many expect, as Chevron can now provide important equipment and supplies like diluent for pipeline blending and diesel for reliable power.

"An increase of even 100,000 or 200,000 barrels per day would be significant to Canadian oil," he wrote.

"Certain things will happen quickly."

Meanwhile, Venezuela remains one of the world's worst human-rights offenders, scoring 14 out of 100 on Freedom House's Global Freedom Index. Canada's score is 98.

The U.S. has refused to recognize Maduro's presidency since 2019, declaring that he was not re-elected democratically and fosters policies "marked by authoritarianism, intolerance for dissent, and violent and systematic repression of human rights and fundamental freedoms."

There's also evidence that Venezuela's heavy oil is worse for the environment than oil produced in Canada.

A 2018 study led by researchers at Stanford University found Venezuela's emissions per unit of oil to be higher than Canada's on average (20 grams of CO₂ equivalent per MJ of energy compared to about 18 gCO₂e/MJ).

Researchers noted that Canada was only one of a handful of countries with "higher quality data," meaning their estimate for Venezuela is likely incomplete.

The study also used data from 2015, and significant progress has since been made in Canada to reduce emissions intensity. Average oil sands emissions per barrel decreased by 21 per cent from 2009 to 2021, according to S&P Global.

If it had been allowed to proceed, the Keystone XL pipeline was expected to start operating mere months from now, in the first quarter of 2023.

Deborah Jaremko

ANGRY? FRUSTRATED? ANNOYED?

You've got a place to vent!

Send a letter to
the editor and get
your opinion heard
loud and clear.

editor@newsfirst.ca

Fifteen people died this year because of conjugal violence – including two in Laval

AFEAS observes 12 days of action against violence to women

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Since last year and up to November 30, 15 people from across Quebec spanning many age groups were killed as a direct result of acts of domestic violence, including two children recently in Laval.

Local domestic violence

The violent deaths of 13-year-old Angel Arora and her 11-year-old brother Aaron in Sainte-Dorothée made grim headlines across the country only recently.

They were just two individuals whose names appeared on a long list of fatalities that was read out during an annual gathering and panel discussion held by the Laval branch of the *Association féministe d'éducation et d'action sociale* (AFEAS) in Auteuil last week, in conjunction with several local women's shelters.

Impact of violence

Panelists Audrey Leclerc, Cassandra Gereghty and Joannie Miller, who are coordinators at Laval women's shelters, spoke of the impacts of domestic violence on mother-child relationships, as well as the overall climate of tension and fear in which children in these situations live and the impact it has on their behaviour and physical and mental well-being.

In terms of possible solutions to reach out and help mothers and children faced with the prospect of violence in their home, Leclerc, Gereghty and Miller unveiled the first copies of a new guide containing useful information and resources for dealing with the problem.

New guidebook

The handbook was designed especially for

families considered to be most vulnerable because they are unable to reach out to shelters, where information and resources are normally available. The creation of the guide was led by Leclerc who works for the Le Prélude women's shelter, and written by Gereghty with Leclerc, with assistance from several professional consultants in domestic violence.

From Nov. 25 until Dec. 6, AFEAS Laval held its 26th annual *Opération Tendre la main* campaign to raise awareness of violence committed against women. The last day of the campaign fell on the date of the 1989 mass shooting at the École Polytechnique de Montréal, in which 14 women were shot to death and 14 other women and men were injured.

White Ribbon campaign

Each year, an important component of the campaign is the White Ribbon, a symbol worn or displayed to raise awareness of the fact that violence manifests itself more than just physically, and can also be psychological, verbal, financial, systemic or sexual. The White Ribbon is worn as an inverted V, symbolizing a rejection of violence.

AFEAS has been using the White Ribbon symbol since the late 1990s. The organization recommends wearing it for three specific occasions: Whenever a woman dies violently as a result of domestic violence or a sexual assault; for a week around the third Friday in September, which is a day of solidarity against violence done to women; and during the 12 days of action against violence done to women from Nov. 25 to Dec. 6 each year.

Some useful resources

For those who may currently be impacted by domestic violence, here is a list of local resources available in the Laval region:



From the left, women's shelters coordinators Joannie Miller, Audrey Leclerc and Cassandra Gereghty. (Photo: Martin C. Barry, Newsfirst Multimedia)

- Maison Le Prélude: 450 682-3050;
 - Maison L'Esther: 450 963-6161;
 - Maison de Lina: 450 962-8085.
- As well, the following resources in Laval are

also recommended by AFEAS: SOS Violence conjugale: 1-800-363-9010; Shield of Athena: 450 688-6584; CPIVAS (for sexual assaults): 450 669-9053.



From the left (background), Laval-area women's shelters coordinators Joannie Miller, Audrey Leclerc and Cassandra Gereghty spoke during AFEAS Laval's gathering last week about various issues involving domestic violence. (Photo: Martin C. Barry, Newsfirst Multimedia)

NEW COST OF LIVING TAX CREDIT

WATCH OUT FOR FRAUDULENT TEXTS!

Revenu Québec will never text or email you about the new cost of living tax credit.

You will get the credit automatically by direct deposit or cheque as early as December.

To learn more, go to revenuquebec.ca



City installs 700 new speed bumps near schools and parks

On Nov. 24, officials with the City of Laval celebrated a milestone moment: a record 700th speed bump had finally been installed near schools and parks after a two-year campaign.

According to a statement issued by the city, speed bumps were installed near a total of 67 schools and 139 parks. At the same time, between 2020 and 2022, bike paths, elevated intersections and sidewalk protrusions were also added near five educational institutions to encourage active mobility.

Message to motorists

“Whether children in school zones are getting around near parks by foot, by bike or by car, the city hopes to get motorists to adopt the most secure types of behaviour to reduce their speed and to be more aware of their surroundings,” says city councillor for Sainte-Dorothée Ray Khalil, who is responsible for public works on the executive-committee. “It’s one of our priorities. Thanks to a much greater sense of security, families are being strongly encouraged to get around on foot or

by bike. Our wish is that parents and children prioritize getting around actively, although currently several are being driven to school by car.”

The latest speed bump

According to the city, the 700th speed bump was installed on 15th Ave., near École de la source in the district of Fabreville, towards the close of an initial phase of speed bump implementation that began in the fall of 2020. A second speed bump implementation phase, currently in development, will be taking place on other residential streets. The measures are part of a series of traffic calming measures which Laval has been implementing since 2017. The city says that each speed bump is deployed while taking into account the specific needs of each street or neighbourhood in terms of modifying street signage, creating elevated intersections if necessary, or installing an electronic speed display should one be needed.



CHOMEDEY

SOLD

CHOMEDEY bungalow 3+1 bedrooms, huge lot, situated close to of everything. Easy to show. Call me for more info.

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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

HUMANIA CENTRE Agence immobilière
450.682.2121

PROTECTION ROYALE

- Delays and Withdrawals
- Special assessments for co-ownerships
- Legal Assistance
- Latent Defects

The little things that count.



1 Shovel or blow the snow on your own property and not on the road or the sidewalks.



2 Place bins on your own property, at the end of your driveway, not on the street or sidewalk.



3 Obey the signs or be prepared to follow the seasonal alternate parking rules when precipitation is announced at the locations concerned by the new signs.

Removable signs installed on parking signs or in the snow have priority over fixed signs.



4 If possible, park in your driveway on snow removal days.

On the street, park your car about 30 cm from the curb so that the snow removal equipment operators can pass easily, while ensuring that there is enough space on the street for an emergency vehicle or bus to pass.

Filia Association for Senior Citizens celebrates its 40th anniversary

Photos: Martin C. Barry, Newsfirst Multimedia

Seniors' group that began in Montreal has been active in Laval since 2006

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

Close to 200 guests gathered at the Château Royal in Chomedey on the afternoon of Nov. 20 for the kind of celebration that calls for

merriment, music and lively dancing – the 40th anniversary of the Filia Association for Senior Citizens.

Filia began providing assistance for Greek women of the Park Extension Hellenic community in the early 1980s.

Its mandate was later broadened to include senior citizens of every origin, while providing help to seniors in Laval since 2006. Some of the services Filia provides are home housekeeping and supervision, volunteer training and a healthcare clinic for the feet.

Gathering of dignitaries

Among the dignitaries who attended the celebration were Vimy Liberal MP Annie Koutrakis, Saint-Laurent Liberal MP Emmanuella Lambropoulos, the Consul General for Greece in Montreal Katerina Varvarigou and Montreal city councillor for Parc Extension Mary Deros.

Also present were Laval city councillor for Souvenir-Labelle Sandra El-Helou (responsible for seniors), Laval city councillor for l'Abord-à-Plouffe Vasilios Karidogiannis (representing Mayor Stéphane Boyer), former Liberal MP

Eleni Bakopanos, and Shield of Athena executive-director Melpa Kamateros.

El-Helou, one of several dignitaries who addressed the gathering, spoke without a prepared speech, saying she was there “to speak from the heart to my family. Because when I speak to Filia, I don’t feel that I’m coming as a politician. I feel like I’m coming here as a member of Filia.”

In praise of Filia

“I’ve witnessed all the work, all the sacrifice, all the time that they’ve been giving especially during the pandemic to make sure that our seniors didn’t miss anything,” El-Helou added. “They were there. They sacrificed their time, they provided their energy and care.”

In a brief forward-looking address, Joanna Tsoublekas, Filia’s founder and executive-director, said her wish for Filia is for it “to continue and fulfill my dream. This day is very important for Filia and very emotional for me. You should know that Filia is my baby, because I founded it and I was left to take care of it. My baby today is 40 years old.”



From the left, Montreal city councillor for Parc Extension Mary Deros, Laval city councillor Sandra El-Helou, Filia founder Joanna Tsoublekas, Laval city councillor Vasilios Karidogiannis and Vimy Liberal MP Annie Koutrakis. (



Laval city councillor Sandra El-Helou, left, and Filia founder Joanna Tsoublekas.



Consul General for Greece in Montreal Katerina Varvarigou (seen here with Filia executive-director Joanna Tsoublekas) spoke glowingly of Filia’s contributions to Montreal and Laval seniors.

To all my Jewish Friends,
wishing you that the Festival of Lights shines down upon you and your loved ones

HAPPY HANUKKAH

Aglaia Revelakis
Municipal councillor
District of Chomedey
514-242-5761
a.revelakis@laval.ca

Prime Minister Justin Trudeau, who is the Member of Parliament for the riding of Papineau where Filia's offices are located, sent a message restating his longstanding support for Filia and the work it has accomplished for seniors over the last four decades.

Justin Trudeau's message

"Occasions such as this which unite Canadians, and encourage them to celebrate their diversity, truly help make Canada strong," said Trudeau. "In a country built by immigrants, the contributions that seniors of Greek descent have made – and continue to make – to our shared nation are invaluable.

"Thank you for everything that you have done to help Canada become the greatest place to live in the world," the Prime Minister continued.

"And, the work that Filia does to support these wonderful seniors in living the best lives possible, deserves the utmost praise. To the entire team behind this amazing organization, thank you for forty years of service and impact. I wish you many more decades of continued growth and success."



The Troupe Syrtaki, a traditional Hellenic dance ensemble, gave a spectacular performance during Filia's 40th anniversary event at the Château Royal in Chomedey on Nov. 20.



Longtime Filia supporter Peter Deros, left, and Laval city councillor Sandra El-Helou were carried away by their enthusiasm and got down on the dance floor.


 CHAMBRE DES COMMUNES
 HOUSE OF COMMONS
 CANADA

HAPPY Hanukkah

Fayçal El-Khoury
 MP-Laval-Les Îles
 450 689-4594

Annie Koutrakis
 MP-VIMY
 450-973-5660

Quebec brings restructured youth and family protection program to Laval

A dozen local community groups are signing up for 'Ma famille, ma communauté'

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Quebec Social Services Minister Lionel Carmant, and Minister Responsible for the Laval Region Christopher Skeete, were joined by several other Laval CAQ MNAs on Nov. 22 for the launch of a new social services program in Laval, designed to minimize the impact on children when troubled family circumstances make it necessary to find new homes.

New to Laval

The Quebec Social Services' Ministry's new *Ma famille, ma communauté* (My family, my community) program, which is now being introduced here, brings together resources from several levels of the government (including youth protection and adult services) in order to allow vulnerable families to be followed more efficiently when an intervention is necessary.

According to a statement from the ministry, the program is expected to improve access to local social services by allowing service providers who are involved to more efficiently be made aware of the various health and social circumstances being experienced by children and adolescents requiring assistance.

Children's needs

Although overseen by the Centre intégré de

santé et de services sociaux (CISSS) de Laval, the program is largely community-based, drawing together a number of partners to provide children, who may be at risk of needing placement, with services that include transportation and eventual reunification with their natural families.

"Thanks to this new intervention approach which has been redeveloped, the *Ma famille, ma communauté* program will be assuring better care for children and youths who are the most vulnerable," said Skeete, who is the CAQ MNA for Sainte-Rose.

"I feel very proud to welcome this initiative in our region, and I would like to congratulate the various partners who became involved in the realization of this project," he added.

A track record

"The *Ma famille, ma communauté* program has proven itself worthy everywhere it has been deployed," said Carmant. "I hope to extend it to the various regions of Quebec. I would like to thank all the players who are involved, all the committees and all the teams who pooled their efforts to create a larger circle to watch over the children in the region of Laval.

"Each child deserves to be able to develop and grow in an environment that is secure, caring and stable for the good of his or her development," he continued. "This program is part of a range of actions taken by our government in



From the left, Laval-area CAQ MNAs, as well as Quebec Social Services Minister Lionel Carmant (third from left) and Minister Responsible for the Laval Region Christopher Skeete (third from right), are seen here during an announcement of the new *Ma famille, ma communauté* program in Laval on Nov. 22.

order to bring children back to the centre of decisions that concern them."

Groups interested

To date, according to the social services ministry, a dozen community groups in the Laval region have signed letters of intent stating their willingness to participate in the program. In addition, several other groups, some of which are involved while others are not, expressed

their willingness to take part in a team-based decision-making process as interested parties.

In July 2020, the CAQ government, then in its first term in office, made the decision to allot \$90 million in order to upgrade and improve social services for troubled youths and their families. According to the ministry, a further \$3 million will be allotted annually for the implementation of the *Ma famille, ma communauté* program.

Missing ENVELOPES?



#10 envelopes – with or without window

Quantity	1000	3000
1 colour	\$174	\$432
2 colours	\$224	\$462
3 colours	\$254	\$672
4 colours	\$274	\$702

Pick up or flat delivery \$30

Design charge extra – Prices subject to change at any time

We also print other products;
letterheads
business cards
folders
etc.

Get all your
STATIONERY ITEMS
printed with us

GRAPHIC DESIGN
available on demand!

MEDIA-TREK®

Call us for more information **450-978-0070**



Professional Auto Body Repair & Painting

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

514 476-4565

1385, Boul. des
Laurentides, Local 103
Vimont, Laval





BEI clears LPD officers in car crash that left woman injured

The Quebec Director of Criminal and Penal Prosecutions (DPCP) has cleared several Laval Police Dept. officers of criminal responsibility in a car crash along Cartier Blvd. in October a year ago, when a female passenger in one of the vehicles was seriously injured.

The DPCP says in a statement issued last week that a report by the *Bureau des enquêtes indépendantes* (BEI), a provincial agency that investigates incidents involving the police, concluded the LPD officers didn't commit any criminal infractions while carrying out their duties.

At around 1:30 a.m. on Wednesday Oct. 20 in 2021, officers from the LPD believed they had located a vehicle that had been reported stolen from a parking lot on Curé-Labelle Blvd. the previous evening.

When the officers tried to stop the vehicle, the driver refused. Following a brief chase that lasted less than a minute, the driver of the fleeing car reportedly lost control and struck at least one parked vehicle followed by a lamppost.

An 18-year-old female passenger was seriously injured in the collision, according to the investigators. The injured woman was transported to hospital with non-life-threat-

ening injuries.

According to a detailed account of the incident by the BEI, the officers had initially managed to stop the suspect vehicle, although the vehicle's driver then decided to drive off at full-speed, forcing the officers into a pursuit.

The officers contacted their supervisor to obtain permission to engage the fleeing vehicle in a high-speed chase and were told to proceed – at speeds sometimes exceeding 150 km/h (more than 93 mph) on city streets.

At one point, the BEI says the driver of the fleeing car drove in the left-side lane against oncoming traffic, burning through a red traffic light, while being followed the whole time from around 150 metres behind by the police.

Around 30 seconds into the chase, at a speed estimated at 155 km/h, the fleeing car hit the sidewalk, went out of control and struck a parked vehicle. This sent the suspect car into a spin, after which it went bounding across the street, struck a street lamp, then finally came to a stop in badly damaged condition.

The BEI's report noted that the driver of the fleeing vehicle has since then received an unspecified sentence in Quebec Youth Court for several infractions related to the incident.



Seen here on the morning of Oct. 20 last year near the corner of 69th and 70th avenues, and Cartier Blvd. in Chomedey, are the remains of one of the vehicles damaged during the brief police chase that took place near there around 1:30 am. (Photo: Martin C. Barry, Newsfirst Multimedia)

LPD cruiser, stolen in Laval, located in Montreal

A Laval Police Dept. constable had some explaining to do to his superiors after the cruiser he had left momentarily parked near the corner of de la Concorde and des Laurentides boulevards, while attending to an emergency, was driven off by the person he had set out to help.

According to the LPD, around 10 a.m. on Nov. 21, the officer was responding to a "woman in need" call in the district of Pont-Viau. For

reasons the officer would perhaps know best, the woman in question was able to get into the police cruiser and drive off.

As the vehicle was equipped with a GPS tracking module, the LPD was able to recover the car across the Rivière des Prairies in Montreal near the Henri-Bourassa Metro station, where the woman was placed under arrest. There were no reports of injury or damage to the vehicle.

85-year-old pedestrian killed by car

An 85-year-old woman was killed while crossing the street in Laval Saturday afternoon.

The woman was hit on de la Concorde Boulevard by a car turning left on Chemin de Normandie around 5 p.m.

Laval police said the driver, an 80-year-old woman, and her passenger, an 88-year-old woman, did not see her crossing.

The pedestrian violently hit her head on concrete and was pronounced dead at the scene, police said.

LPD asks potential sex assault victims to come forth after Laval man charged

The Laval Police Dept. is asking for the public's assistance in a case involving a man from Laval who faces charges of committing a sexual assault and a robbery seven years ago.

Nabil Taher, 41, was arrested last March and released with several conditions to observe, according to the LPD. He was arraigned at the Palais de Justice de Laval in July. According to an account issued by the LPD, Taher is alleged to have met the victim on a dating website in September 2015.

It is alleged that he sexually assaulted the victim at a motel and also made threats while



demanding money.

As the LPD believes there could be other victims, they are asking anyone with potentially useful information to phone the police force's confidential hotline at (450) 662-4636, or 9-1-1. The file number is LVL 150912-002.

Three arrested in major seizure of contraband grass in Laval

Two illegal cannabis "grow ops" were raided in Laval last week as the Laval Police said they succeeded in dismantling a piece of a criminal narcotics operation of historically large proportions.

According to an LPD press release, the force seized over \$8 million of cannabis and equip-

ment on Nov. 30 from two plantations on Leman Boulevard in Laval's Duvernay district.

Although one of the two plantations had a permit from Health Canada, the LPD said its production capacity greatly exceeded the number of plants allocated by the federal ministry.

The following materials and equipment were seized during the police operation:

- 2,271 marijuana plants worth \$2,271,000;
- 69.8 kilos of cannabis resin worth \$279,000;
- 1,314 dried marijuana plants worth \$5,214,000;
- Production equipment worth \$500,000.

Three men arrested during the operation were released on a promise to make court appearances at a later date.



SÉCURITÉ SPARTAN SECURITY
Burglar • Fire • Cameras • Intercoms

(514) 289-8585

20 years at your service!

24 HOUR MONITORING

ALARM SYSTEM INSTALLATION + 12 MONTHS MONITORING!



\$499⁹⁹

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

Laval honours the athletes and organizers of the 55th Finale des Jeux du Québec

106 medals were awarded to athletes, coaches and officials during the 64th *Soirée du Mérite sportif lavallois*, during a special edition presented on November 22, to highlight the last Jeux du Québec. Geneviève Cossette, President of Sports Laval, and Nicholas Borne, member of the Executive Committee and responsible for leisure and sports files at the City of Laval, had the privilege of welcoming the winners on stage at the Théâtre Marcellin-Champagnat.

The contribution of the organizers and participants highlighted

The evening celebrated the contribution of the organizers of the 55th Finale des Jeux du Québec, which took place in Laval from July 22 to 30, 2022. To highlight their contribution to the success of the event, all members of the Board of Directors and the organizing committee received a personalized gift. In addition, the medallists and all the participants of the Laval delegation were honoured during a section of the gala entirely devoted to athletes.

A total of 22 sports disciplines, including athletics, judo, swimming, triathlon, mountain biking and boxing were highlighted during the evening. Of the 106 medals awarded, 9 were gold, 15 silver, and 82 bronze.



From left to right: Nicholas Borne, municipal councillor responsible for sports and recreation files at the City of Laval; triathlete Émile Pichette, recipient of the Pierre-Marchand Award; Pierre Marchand, and Geneviève Cossette, President of Sports Laval (Photo credit: Vincent Girard)

Pierre Marchand Award

In 2021, Émile Pichette tried triathlon for the first time to stay in shape for the alpine ski season in the midst of the pandemic. In the summer of 2021, he was competing in two triathlons, without achieving performances comparable to those he usually achieved in alpine skiing. Despite difficulties in racing, he remained motivated and his perseverance finally allowed him to qualify for the Quebec Games in 2022, after reaching the standards of the 3 triathlon disciplines. His evolution continued during these Games as he achieved a better result than what he had achieved at the Laval triathlon. Émile also participated in 4 competitions during the summer to get a second place in his last triathlon, in Valleyfield.

Alexandre-Despatie Bursary

Boxer Marie-Bathoul Al-Ahmadiéh received the Alexandre-Despatie scholarship. In addition to being provincial champion in 2022, the Laval native has been selected to represent the national junior boxing team several times. In recent months, she won a gold medal with Team Canada at the Brandenburg Box Cup in Germany and was named tournament boxer. Winner of the silver medal at the Golden Girl Boxing Championship in Sweden, she also repeated the feat at the Bornemissza Memorial Tournament, held in Hungary. In full rise, Marie-Bathoul Al-Ahmadiéh is currently ranked 1st in the provincial ranking and 1st in the Canadian ranking in the Jr. Women's category, 57 kg.



Centre Dentaire
Notre-Dame
Dental Center

4375, Notre-Dame, suite 7, Laval
(corner Elizabeth)

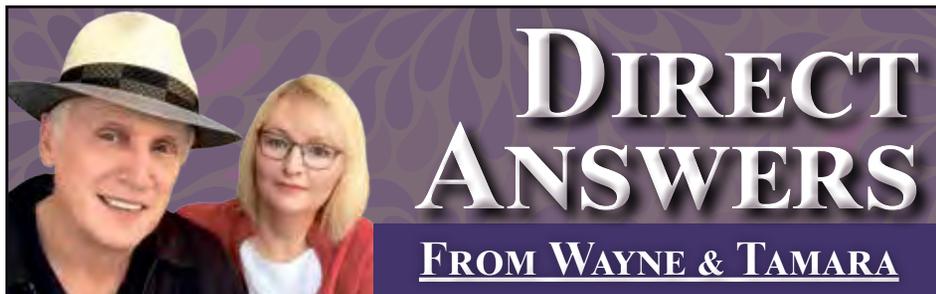
Serving the community for over 25 years...
Our priority is your **healthy smile...**

Dr. Savas Fortis, DDS
Chirurgien dentiste / Dental Surgeon

For your entire dental needs call :
450-682-3921



Monday to Friday 8:00 am to 7:00 pm
Saturday 8:00 am to 1:00 pm



DIRECT ANSWERS

FROM WAYNE & TAMARA

A SPOONFUL OF SUGAR

Q My husband and I have been married only 11 months. We always had problems, but our relationship was never this bad before. I am wondering if I should stay with him.

Since the beginning, we've had arguments almost every day. I admit I start most of them. I get mad at him so easily when he doesn't do what I want, or leaves me home to go with his friends to nightclubs.

Yesterday I found out he is posting saying he is not married. This is not the first time he has done this, and some of these women he's called. He says he does this because I hurt him, get mad so easily, and don't let him do what he wants.

Today he said, "I love you, but I'm not in love with you." I still love him and want to be with him. I want to repair our marriage, but I'm scared. Maybe we should separate since we've tried to make it work and failed so many times.

Courtney

A Courtney, learning the meaning of the word "but" can clarify your life. Everything which comes before the "but" is sugar to make the medicine go down, everything which comes after is the medicine. Too often we hear both parts of the statement and end up confused.

"I love you, but I'm not in love with you" means "I am not in love with you." That is the message your husband lacks the courage to say plainly. Whenever you hear "but", remember the second part is what the speaker means.

We tell people the word "but" should go off in their head like a gunshot. Pay close attention to what follows. It is the part which matters. You wanted to get married, but you had problems in your relationship from the beginning. You ignored the "buts" while you were dating, but it is not possible to ignore them now.

Wayne

SIMPLE ARITHMETIC

Q I am single, never married, have a good career, and hold four academic qualifications through a university. I enjoy working with people at a professional level.

Five years ago, I met Mr. X while traveling to work, and we became friends. At first, he did not tell me he was married. A friend told me. When I questioned him, he admitted it, saying they were separated. I was also told the wife keeps coming and going in his life.

After about a year, I had no more calls from Mr. X. When I investigated, I found the wife was back again. I decided to move on, and when I was fine, received a call from Mr. X saying she moved out. He promised not to take her back, so again we got together.

However, he refused to go out in public. All he wanted to do was book a room and chat about his situation. After much complaining by me, we went to a movie. He would not walk alongside me, and even in the cinema, he sat as if being watched.

He forgets my birthday, and when I am writing exams he does not even inquire about the result. In May, he stopped calling. Now he wants to come back to me as his wife is moving out again. I am tired of this situation, but I do not know what to do.

Serena

A Serena, some things in relationships are as clear as the multiplication tables. You say three things about Mr. X. He won't take you out in public, he won't introduce you to friends, another woman keeps appearing in his life.

Any number multiplied by zero is still zero. Three times zero is zero. If this was a question on an exam, you would have the answer. Wasting time trying to revise the multiplication tables prevents you from finding the correct answer and the correct man.

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

WAYNEANDTAMARA.COM

WE BUY GOLD AND DIAMONDS

450-681-1363

- For over 38 years -

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

achatorlaval.ca

Same address since 1989

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



CLASSIFIEDS • CAREERS • JOBS

News THE NORTH SHORE PARC-EXTENSION THE LAVAL news Call 450 978.9999 Payment:



We are hiring!

Customer Sales (Service) Representative

If you are looking for a permanent position with full benefits, higher-than-average salary, a respectful working environment and additional performance-based compensation, Rose Hill Foods may be the ideal workplace place for you.

Our most valuable asset is our employees!

Located in Ville Saint-Laurent (Montreal), with nearly 40 years of continuous evolution since its founding in 1983, Rose Hill Foods has become a leader in the Canadian food industry.



Want to know more? Contact: Vasileios Bourmpounis
E-mail: vbourmpounis@rosehillfoods.training
Tel.: (514) 745-1153 ext.: 228

Les Aliments ROSE HILL Foods Inc.

7171 Thimens Blvd., St-Laurent, Qc Canada H4S 2A2 • www.rosehillfoods.com

DOUBLE A TILE INC

Your flooring specialist with over 15 years of experience in tile installation.

We deliver exceptional service and high-quality craftsmanship at competitive prices

OUR PROMISE

Your project will be done within 2 weeks*

*From the moment we have all the materials for your project

WE SPEAK **ENGLISH, GREEK, ITALIAN, PORTUGUESE AND SPANISH**

Call now and get your free estimate!

514 513 0355

In Memoriam & Obituaries

Coping with loss and grief

Grieving the loss of a loved one can take months and even years.

The loss of a loved one triggers physical, psychological and emotional reactions that can be difficult to overcome. It's an inevitable part of life that will forever be a source of suffering and anxiety for each and every one of us. And although unbearable at first, pain is a sign that the healing process has begun.

Mourning will vary greatly from person to person, but we all tend to experience common stages of grief. There's an immediate sense of shock and denial upon first losing a loved one. Once this disbelief subsides, feelings of anger and sadness surface as we slowly recognize the magnitude of the loss. These emotions are ultimately replaced by a sense of acceptance as we begin to move forward and deal with the reality of our situation.

There are no set rules or guidelines when it comes to mourning because we all go about it in our own way. It's important to be patient with yourself and allow yourself to experience and express the full range of your emotions. There's no set timetable for when you should start feeling better.

Some days will be more difficult than others; the pain you experience might even intensify or subside from one hour to the next. According to specialists, a period of mourning can sometimes last for months or even years, and under no circumstances should it be hurried or forced. If the pain becomes too overwhelming, talking with someone, writing or even drawing can help you cope with your emotions.

Sometimes, overcoming the loss of someone dear to us seems next to impossible. And even though grief tends to make you feel isolated, it's important to know that you're not alone. Most neighbourhoods have support groups that can help with the mourning process. Members will listen to you and share their personal experiences, which can be a great comfort during the initial period of bereavement. There's also a wealth of online forums, chat rooms and resources that provide similar services. However, it's important to recognize when your pain becomes more than just grief. Consult a doctor if you begin to have symptoms of severe insomnia, anxiety or depression.



CÔTÉ-LORTIE, Michèle
1943 — 2022

It is with sadness that we announce the death of Mrs. Michèle Côté-Lortie, which occurred on December 1, 2022, at the age of 79.

She leaves to mourn her dear friend and invaluable caregiver Paul André Bibeau, as well as relatives and friends.



ULYSSE, Marc-André
1930 — 2022

It is with sadness that we announce the death of Dr Marc-André Ulysse, on December 1, 2022, at the age of 91 years, 11 months, 23 days. He is survived by his wife Solanges Saint-Surin, his children Jacques A Ulysse (Johanne), Marie-Andrée (Bernard) and Stéphane (Nadia), the children of his spouse Joëlle and Patrice (Linda), his grandchildren Régine Léïticia (Maxence), Gaëlle Agnès, Carl-André (Douglas), Eve-Maud, Paris, Chloé, Léila, Alexia, Lucian-André and Leiny-André, his great-grandchildren Maéva, Mark-Andrew and Jo-Akim.



GAUVIN, Laurette
1933 — 2022

Sister Laurette Gauvin, m.i.c. (Sr André-du-Cénacle), daughter of the late André Gauvin and the late Maria Beaumont, passed away on December 1, 2022, at the Délia Tétreault Pavilion of the Missionary Sisters of the Immaculate Conception in Laval.

Besides her religious family, she is survived by her sister-in-law Monique Drolet (late Laurent); she was predeceased by her sister Sr Rachel, S.B.P. of Quebec, and her late brother Léopold (late Cécile Drolet).



ROSARION, Marjorie
1969 — 2022

In Laval, on December 1, 2022, at the age of 53, Mrs. Marjorie Rosarion passed away.

She is survived by her children Jeffrey, Marly and Bradley, her father Serge, her brothers and sisters Guy, Henriot, Reina, Doumic, Romann, Gino, Danielo, Magda, Vanessa and Saïna, her brothers-in-law and sisters-in-law, her nephews and nieces, and all her family 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

Live for the moment

ÆTERNA
Complexe Funéraire

Our family...caring for yours

Στέφανος Σβουρένος | 55 rue Gince, Montreal | 514 228-1888 | complexeeterna.com

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

HOROSCOPE

Week of **DECEMBER 11 to 17, 2022**

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO

ARIES
Your loved ones are expecting you to prepare everything for the holiday season. Don't forget to delegate certain tasks to other family members to make things fairer.

TAURUS
You'll have a lot to talk about this week. You'll also start wrapping your Christmas presents. It may take you a long time to add your own magical touch to them to impress your loved ones or kids.

GEMINI
You'll be in the limelight this week because of a special project. You may bring your family together for a spontaneous trip or large-scale holiday event.

CANCER
You'll be invited to participate in many activities but will decline most. Fortunately, you'll change your mind at the last minute, especially if it's a party.

LEO
You may find it hard to stay within your Christmas gift budget. You'll end up giving your loved ones more expensive gifts than you bargained for. You may also show a few loved ones preferential treatment.

VIRGO
Your credit card will be an important asset this week. You'll have to choose whether to buy expensive Christmas gifts, go out with friends or take a family trip. You may need to reflect on your decision for a few days.

LIBRA
Even though the festivities haven't started yet, your house is buzzing with the Christmas spirit. Your young children have already started arranging play dates with their friends.

SCORPIO
Although you may feel like you're missing out, you'll get caught up in the magic of Christmas. You'll make time to volunteer and bring happiness to many people in need.

SAGITTARIUS
You'll get wrapped up in the joy of the Christmas season. You can't wait to celebrate with friends and family. You'll be rushing around busy malls this week. Take every opportunity to have fun and enjoy yourself.

CAPRICORN
You may think about going on a trip or getaway. You crave adventure and new experiences. You may consider working abroad for a change of scenery.

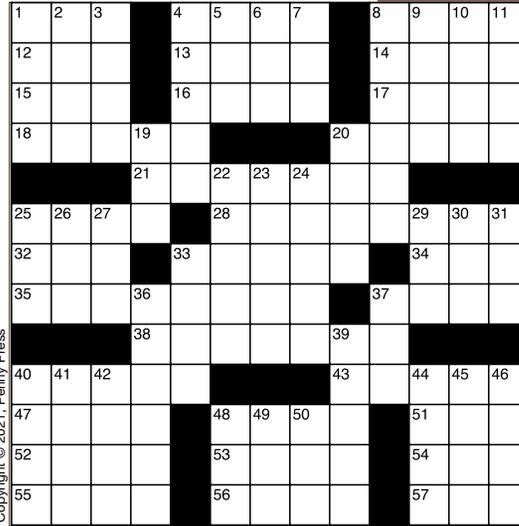
AQUARIUS
Depending on your situation, you may return to school. You'll be presented with an excellent opportunity to ease your financial stress.

PISCES
It's time to get rid of friends and social connections that no longer serve you. You don't need negative people interfering with your quality of life or causing drama.

Coffee Break

CROSSWORDS

PUZZLE NO. 138



Copyright © 2021, Penny Press

ACROSS

- King topper
- Casual restaurant
- Third letters
- Wand
- Singles
- Authentic
- Machine's tooth
- Farewells
- Word in a threat
- Throwing weapon
- Founded
- Pancakes' cousins
- Inform
- Loafed
- Mine shipment
- Kinds
- "___ Only Live Twice"
- Ponder
- Resist
- Food supplier
- More skillful
- Clothing fabric
- Tower

DOWN

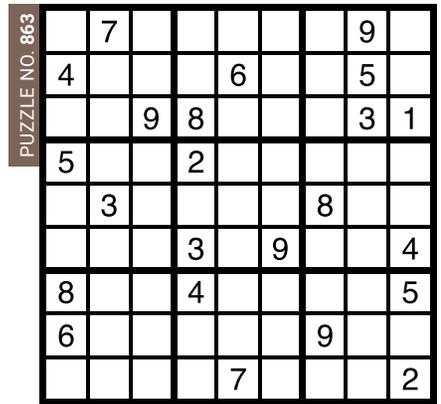
- Crescents
- Chickens' home
- On the cutting ___
- Venomous snake
- Some
- Service cost
- Superman's logo
- Ironed fold
- Wiggly swimmers
- "___ on Down the Road"
- Dog-team's vehicle
- Hole puncher
- Puts money on a horse
- Raft
- Specialty
- Liquid measure
- Hanks of "Apollo 13"
- Prior to, in verse
- Directed
- Bread variety
- Vast timespan
- Flop
- Film celebrity
- "The ___ Cometh"
- Cook in oil
- Jot down
- Likewise
- Thunder
- Metallic vein
- Volcanic output
- Cattle
- Want
- Fade away
- Mommy deer
- Ill temper

Sudoku

HOW TO PLAY:

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

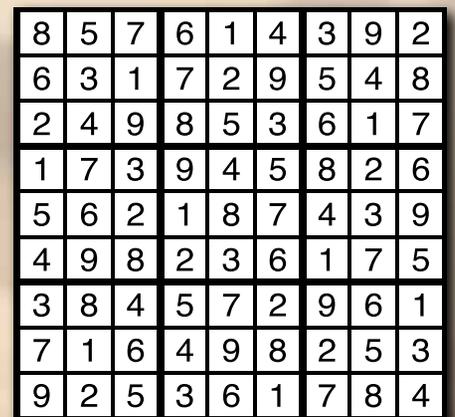
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**



Last Issues' Answers



Sudoku



SAVE MONEY

Print your cheques with us with confidence

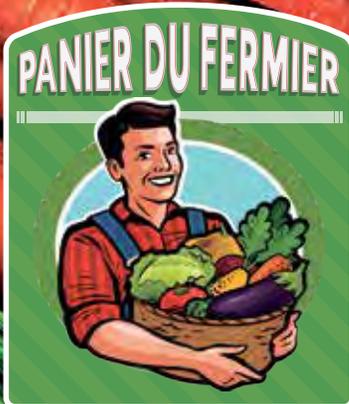
We print all kinds of cheques:
Business, Canada or USA
Fast Delivery!

Amazing Prices!
200 for \$84
400 for \$134
1000 for \$204

MEDIA-TREK
Communications - Promotions - Marketing

Full Banking Security Features

Call us for more information **450.978.9999**



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:

- Mystery Item (Fruit)
- Pineapple
- Bananas
- Raspberries or Blackberries or Blueberries (2)
- Apples
- Oranges
- Mango
- Limes
- Green Beans
- Zucchini
- Carrots
- Spinach
- Arugula Lettuce
- Cucumber
- Tomatoes
- Garlic
- Mystery Item (Vegetable)

Our weekly customers

save
\$1,400
up to
per year

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!



@PANIERDUFERMIER

(514) 473-4591

3151-B boul. DAGENAIS OUEST
(near Curé-Labelle) 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

