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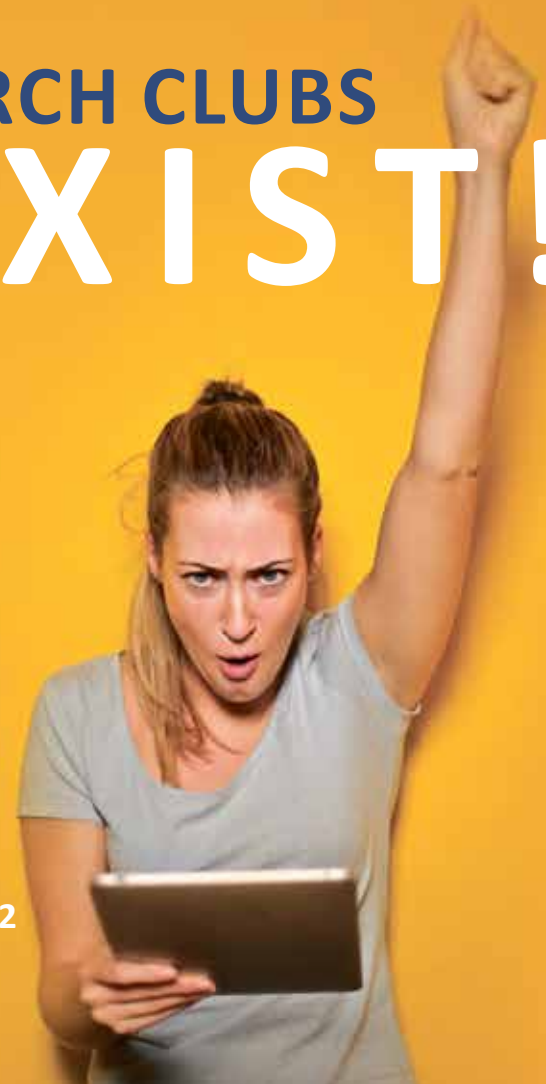


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# Laval English-speaking Senior Wellness Centre looking for Long Term Funding

(TLN) After a very successful two-year project with “Quebec ami des aînés” funding that finished on February 29th 2020, Agape’s English-speaking Senior Wellness Centre (SWC) is looking for long term sustainability and Chomedey MNA Guy Ouellette is trying to get the ball rolling.

On Friday, February 21st 2020, Guy Ouellette went to visit the SWC to present Agape with a \$5000 cheque to help them in their efforts to sustain the centre.

“This isn’t the first time that Mr. Ouellette has come through for us,” said Kevin McLeod, Agape’s Executive Director.” He (Ouellette) has always supported Agape and our initiatives and we are hoping that his gesture will catch on with other members of government. Although

many English-speakers are in Chomedey, we are a regional organization and there are lots of seniors coming from outside of Chomedey for services.”

In just two years, the SWC has developed a contact list of over 350 English-speaking senior citizens that receive monthly newsletters and calendars of activities through email, mail and pick-up at the centre.

There have been several thousands of visits to the centre for activities, presentations and referrals.

Activities include card/board games, social club, parties, field trips, support groups, iPad courses and more.

Health and wellness presentations vary between

heart health, blood pressure, stroke prevention, nutrition, loss, and fraud prevention to name a few. They have already organized and hosted over 30 health and wellness presentations.

“It’s been great,” said McLeod. “Our team wanted to prove that English-speaking seniors needed a place of belonging in the community and we have succeeded. It’s been so successful that now, we need to expand. We are refusing entrance at our presentations due to limited space. Our current place is small and we are hoping to acquire a bigger space. But we need funding to do that.” he said. “We are also working with other non-profit organizations in Laval, creating awareness of the needs of English-speaking seniors, presenting statistics and trying

to encourage them to expand their services. When you think about all these initiatives, activities and health presentations, as well as our efforts in reaching out to isolated seniors, we are improving the mental and physical well-being of our senior citizens. How much is that worth to our government?” he concluded.

The next free (RSVP) presentations will be on:

**March 11th and 13th from 10am-12pm,** “Canada Revenue Agency - Benefits and Tax Credits for Seniors/Retirees”

**March 18th from 10am-12pm,** “Understanding, Recognizing and Helping People with Mental Health Disorders”

The SWC is open Monday through Friday from 9am to 4:30pm.

## Give Lake of Two Mountains special status, say eco-advocates

### Enviro groups want lake recognized as crucial to the Laval region

(TLN) Representatives from a coalition of environmental organizations in Quebec have signed a declaration calling for the Lake of Two Mountains to be declared an ecologically-important zone in need of attention because of its importance as a water reservoir and its proximity to the greater Laval region.

Located at the mouth of the Outaouais River, Lake of Two Mountains is considered to be a critical natural reservoir because of the abundance of fresh water it contains, while serving the water needs of a large number of municipalities along its shores in the Laval and Montreal regions.

#### Water quality issue

The signers of the statement maintain that any measures to greater protect the quality of water

in the area would contribute to reducing risks and possible costs at water treatment stations located along the lake.

They cite the example of the State of New York. They say that exemplary forest and agricultural practices in the Catskill Mountains 200 kilometres from New York City have ensured over the years that the city has always had access to water of an excellent quality.

**Crucial to Laval and Montreal**

They also say that the City of Quebec since 2006 has implemented a strategy to safeguard water drawn from the Saint Charles River, which serves more than 300,000 Quebec City area residents.

The signatories believe that the Lake of Two Mountains area could in time become clean

water sanctuary for the Laval and Montreal regions, and that a new regulatory policy should be created that would include best practices for management of rain waters, flood plains, agriculture, protection of biodiversity and management of the shoreline.

**Backed by CRÉs**

They say such measures would be especially useful in view of climate change and the impact it is having on water management in the region. They also say their vision, which is backed by the Montreal, Laval and Laurentian chapters of the Conseil Régional en Environnement (CRÉ), depends on also protecting natural settings in the western part of the Montreal Metropolitan Community (CMM).

Making it a reality, they add, would allow

conservation goals established in the Plan métropolitain d’aménagement et de développement (PMAD) to be met, while encouraging access to nature for the benefit of the metropolitan population.

**Some of the signers**

Among the signatories are Anaïs Boutin, director for protection and conservation at the Parc de la Rivière-des-Mille-Îles, Anne Léger, executive-director of the CRÉ des Laurentides, Denise Cloutier, executive-director of the Centre d’interprétation de l’eau (CIEAU), Cloé Courteau-Vézina, president of Éco-Comité des médecins, dentistes et pharmaciens du CISSS de Laval, and Raphaël Goulet, executive-director of the Conseil des bassins versants des Mille-îles (COBAMIL).





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# Opinion & Editorial



## The English have not been robbed of their rights

*Bill 40 ushers in a new age of quality education driven by local leadership*

The problem of dysfunctional Quebec school boards is on a fast track to resolution following passage of Bill 40. The English community must ready itself for major reforms and modifications, in law, as the soon-to-be-introduced service centers take hold. The current CAQ government has been consistent in its intentions to reshape public education, fulfilling a campaign promise to abolish school boards and replace them with a new framework of form and reform.

Bill 40 is generously catering to the English community; it could have and should have awarded equal treatment for the English and French. The English boards got a royal sweet deal since they will still have elections. And, please let's not use the Constitution, English Minority Language Rights, or Bill 101 for these pitiful individuals who wish to retain power and control. Their tiresome tirades aren't about Education, they are about self-preservation, prestige, moneyable possibilities, and in some graphic cases a step up the ladder of political opportunism and a rise to higher levels of so-called public service, which is richly recompensed in money, perks, and juicy pension plans.

The English boards and their surrogates – the Quebec English School Boards Association

(QESBA), APPELLE, Quebec Community Groups Network (QCGN) are still whining in fruitless obstruction of the changes that are guaranteed in law by the provisions of Bill 40, threatening legal challenges and political reprisals because they did not get their way in their futile attempts to retain the status quo. Contrary to what they may believe, that the status quo (school boards) are instrumental, indispensable, and responsible for student success results, not so. Only teachers, parents, and students themselves are responsible for student success.

More so, it would be interesting to know exactly how many pedagogues/former teachers are Commissioners in the nine English boards that will soon fade into the sunset. Not many, we confidently assume, and yet school boards constantly claim, without substance, that student success rates are based on the board's performance.

In what ways does a council of commissioners and a professional corps of highly-paid administrators have any direct input into a student's success, operating from the usual ivory tower, remote from the front-lines of the day-to-day challenges faced by teachers and students in their quest for academic achievement and personal, social and cultural development.

Neither the politicians in the guise of commissioners, nor their usually hand-picked board administrators have any clue about the pedagogical/psychological/communication skills and knowledge needed and frequently possessed by teachers who face up to 150 young people a-day in a typical school setting as they optimistically ply their trade – that of leading children out of the darkness of ignorance and immaturity into the light of learning to be useful members of their families, schools, communities, cities, province, country, and world.

And, yet, these commissioners and administrators have boasted for too long that they represented our students, our schools. They may have represented various other interests, but they certainly did not represent the teachers and students who toiled against great odds in the classrooms physically maintained by school-board sanctioned budgets.

Most Commissioners rarely visited a school unless it was election period or they had been invited to attend a special event. But suddenly, they became more involved, to a level of crusading when drastic measures were proposed in Bill 40. Too little, too late. The die is cast, the school boards are gone, so instead of griping, bristling with contempt for the proposed reforms, and contemplating legal challenges to Bill 40,

the vested interests in the English community should marshal their forces to embrace the new age of putting education into the hands of local administrators (principals), parents, teachers, community leaders.

The handful of elected representatives should welcome the prospect of working closely, respectfully, and democratically with school governing boards (teachers, principal, students, community leaders) as these soon-to-be elevated on-site dimensions of caring for quality education are given appropriate power, under the law, to administer their schools.

Undoubtedly, the service centers will be responsible for the distribution of funding services required for teachers to be able to perform their job effectively. And whose money is that? Well, there will be no more dispersing and squandering as they wish. They will not give away taxpayers'/ stakeholders' money to QESBA basically to support individuals who are benefitting six figure salaries without tax-payer consent. This is money that belongs to the children and not to a politically driven group.

The Commissioners are naturally worried and flustered that they will lose power and control, as they will now have to contend with appointed government officials to ensure that the arrow is shot straight. Clearly, it's the same body. A Commissioner is now called a Director and the School Board is an Educational Service Center. Why the fuss? The answer is obvious.

Commissioners do not have permanent positions or tenure. They are free to come and go with the universal suffrage system. They are not obliged to stay if they are not happy with Bill 40. They are not indispensable. Parents/stakeholders must be the directors put in place who have a direct connection to the schools through their children.

Let's not be fooled. The discontent isn't about English Language Minority Rights. The English have not been robbed of their rights. It is about retaining power and control, and the financial benefits. And if these school boards and their surrogate partners are foolish enough to go legal, they should be reminded that the Canadian Constitution does not, in the opinion of many legal experts, guarantee the existence of English school boards in Quebec, it simply guarantees the availability of English-language schools, where numbers allow.

*Renata Isopo*

The opinions on THIS PAGE reflect the consensus of Editorial Board.



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# Columnist and Anglo-rights firebrand William Johnson dies at 88

MARTIN C. BARRY

William Johnson, the often fiery political columnist, whose uncompromising stance on Canadian unity made him a reviled figure among Quebec separatists – but also a hero to many Quebec Anglo-rights activists – passed away in his home community of Gatineau near Ottawa last Sunday, his family confirmed to The Laval News.

Johnson, 88, was a long-time political columnist for The Globe and Mail and The Montreal Gazette, as well as the author of several books – some of which attacked Quebec nationalism with great gusto.

## Proud of his roots

While Johnson's mother was a Francophone and his father an Anglophone, he always claimed to be proud of his French-Canadian roots. Paradoxically, he accused many French Quebecers of suffering from a crippling narrow-mindedness that affected their political judgment.

Following studies at Montreal's Collège-Jean-de-Brébeuf, and after graduating with a B.A. from Montreal's Loyola College in 1949, Johnson, as he would later admit in a published interview, submitted to pressure from his fervently religious mother and joined the Jesuit priesthood, where he ended up spending 10 years.

## Abandoned the Jesuits

It was something he would end up regretting and turning against. Before completing his religious training, he left the Jesuits. He then embarked on a relatively short stint as an academic, teaching sociology at the University of Toronto, before beginning his long journalistic career.

His initial professional experiences in journalism during the early 1960s saw him freelancing feature articles for Weekend Magazine, a Saturday magazine supplement distributed as an insert in newspapers across Canada from the 1950s to the late 1970s.

In one of his most memorable pieces from that early time, Johnson wrote about taking part, along with members of his young family, in one of American black rights activist Martin Luther King's "freedom marches" through the south of the U.S.

## Worked at the Globe

His first full-time job as a journalist was in 1967 at the Toronto Globe and Mail, where he was taken on as a city reporter. By the early 1970s, he had become the Globe and Mail's political correspondent in Ottawa. He later also worked as a correspondent in Quebec City and Washington D.C.

In the latter part of his career, Johnson became a political columnist for the Montreal Gazette, although (according to a biography posted on his web site) his position as national affairs columnist was "terminated" by Gazette editor Joan Fraser.

This came, as Johnson would sometimes recount to those who knew him, following a dispute over what he deemed to be The Gazette's weak response to the Quebec sovereignty movement under Fraser, who would go on to be appointed to the Canadian Senate.

## Alliance Quebec period

In what was perhaps William Johnson's most high-profile undertaking, in 1998 (when he was still disturbed by the close results of Quebec's 1995 referendum) he ran for and won the presidency of the English-language lobby group Alliance Quebec, serving a controversial and turbulent term until the year 2000.

According to an online encyclopaedia's descrip-



Photo: William Johnson, right, is seen in this photo, taken in the mid-2000s, at a family gathering in Ottawa.

tion of the events back then, he refused to meet with government officials, held two demonstrations against the Charter of the French Language, added clauses to the group's constitution denouncing hypothetical declarations of independence by the Quebec government, and supported the election of members of the Equality Party to Alliance Quebec's board of directors.

In protest, 20 members of the Alliance Quebec board and most staff members resigned, while six affiliated groups severed their ties, calling his leadership style overly confrontational.

## Reaction in Laval

Martin Berman, a Chomedey resident who was on the board of Alliance Quebec while Johnson was president, credits Johnson with having greatly influenced his views on Anglophone rights in Quebec.

"I don't like to admit it, but he actually converted me," Berman said. "I became very, very vocal because of him. I sort of knew what was going on in Quebec. But after hearing him speak, I sort of thought to myself it's about time somebody was doing something about this."

"He woke us up to what was happening," Berman added. "The rights of English-speaking people in the province of Quebec were being eroded so quickly and we were just sitting around like a bunch of dummies. All of a sudden he was saying wake up."

Another Chomedey resident, Gail Campbell, who was also active with Alliance Quebec during that period, saw things from a somewhat different perspective.

"I felt that Alliance Quebec was succeeding with a diplomatic approach," she said. "There was a difference in styles in his approach. And did we gain from it, or did we lose from it? I think we'll leave that to the ages to be decided."

## Published works

Among William Johnson's published books were The Informer: Confessions of an Ex-Terrorist, which Johnson co-wrote with Carole de Vault, a police mole who infiltrated the FLQ; Anglophobia: Made in Québec (1991); A Canadian Myth, Quebec, between Canada and the Illusion of Utopia (1994); and Stephen Harper and the Future of Canada (2005).

William Johnson had also been working on a new book, in which he hoped to take aim at the credibility of wartime claims made by René Lévesque – the Quebec sovereignty movement's most sacred idol – regarding Lévesque's experiences at the end of World War II when he was a U.S. Army correspondent in Europe.



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## City signs new collective agreement with Laval Police

*Pact paves the way to security improvements, says mayor*

(TLN) Officials with the City of Laval have confirmed they have ratified a new collective agreement with the police force, which they say will lead to the improvement of services for citizens by allowing for better public security.

A restructuring of staff, creation of new policing units, construction of a new station in western Laval and a major increase in the number of patrol hours are just a few examples of new measures to be implemented following completion of the agreement.

### A key agreement

The agreement was signed at city hall during gathering attended by the city's director-general Jacques A. Ulysse, police chief Pierre Brochet, Police Brotherhood president André Potvin and Mayor Marc Demers.

"Signing the 2019-2023 collective agreement was part of an ongoing improvement process for services to citizens and goes together with work accomplished in efficient, transparent and responsive management," said Mayor Demers.

### Revised police plan

The city's plans for police and public security calls for Laval to be divided into two areas (east and west), in order to improve response times for emergency calls. The city hopes to save up to 20,000 hours of work time, which in turn are to be rescheduled for police patrols. The new police station is on schedule for completion in



Photo: (From the left, lower), Laval director-general Jacques A. Ulysse, Mayor Marc Demers, Laval Police Brotherhood president André Potvin, Laval Police Chief Pierre Brochet. (Upper, from the left), assistant police chief Michel Guillemette, Police Brotherhood vice-president Sylvain Tardif, assistant-director of investigations Manon Ouellet, Me Richard Gaudreault, Laval city councillor Sandra Desmeules, Geneviève Magnier with City of Laval, Marc-André Vigeant City of Laval, Laval executive-committee vice-president Stéphane Boyer, Lionel Dematos, Pascale Lessard, Pierre-Michel Desjardins, Sylvain Chevalier, Serge Gagnard and Jean-François Rousselle.

three years.

Following the redeployment of police staff, new dedicated policing units will be created to address specific needs. Azimut, a new proactive squadron dedicated to combating criminality and incivility while improving road security in neighborhoods, will use up to 40,000 hours of manpower for patrols.

### Innovative approach

Also, a new Prevention squad (to deal with fraud, thefts, violent acts, road safety, etc.) will use an innovative new approach in neighborhoods by working more closely and in conjunction with local communities. As well, the Laval Police Department's sexual assault squadron will investigate sexually-oriented incidents (assaults, sexual exploitation, child pornography).

Other significant measures that will be included in the revision include improvements in investigating morality/drug and gang-related incidents (which often involve organized crime), deployment of the force's new 24-hour CIVO operational surveillance centre, and new round-the-clock patrol units for quick response to emergencies.



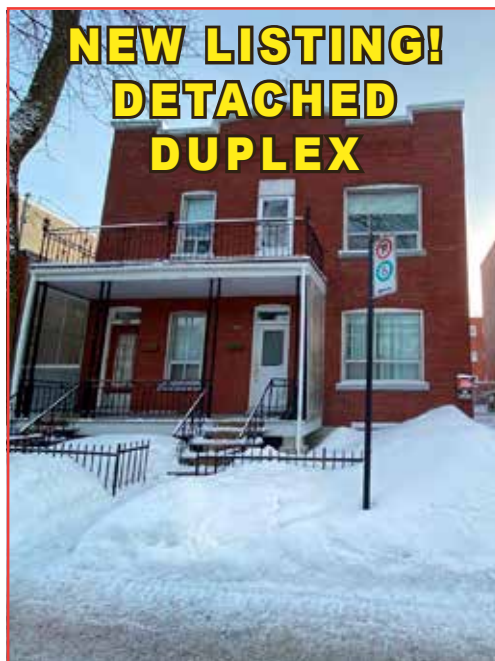
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# Quebec government allotting more than \$121 million in Laval for 2020-2022

(TLN) The Quebec government will be carrying out more than \$121 million in road maintenance and repair work in the Laval region over the next two years, CAQ Transport Minister François Bonnardel announced in conjunction with Finance Minister Eric Girard and Sainte-Rose CAQ MNA Christopher Skeete earlier this week.

### Skeete pleased

The work is expected to generate significant economic spinoffs, according to the government.

“I am extremely pleased with the announced investments for the Laval region,” said Skeete. “This shows the importance that our government accords to the maintenance and improvement of our roads network.”

“Investing hugely in our infrastructures is our way of assuring traffic gets around more securely, more efficiently and more fluidly for all Quebecers,” said the Transport Minister.

### A priority, says Minister

“That’s why our government is devoting significant sums

## Waste Management opens refurbished facility in Laval

*Company states its commitment to pursue recycling efforts*

(TLN) Waste Management, North America’s largest waste management services provider, confirmed last week that it has invested more than \$10 million to rebuild a materials recovery facility in Laval.

### New Laval centre

On Feb. 24, the company inaugurated its new Laval facility, which can process up to 50,000 tons of recyclable materials annually, coming mainly from industries, businesses and institutions in greater Montreal and the surrounding areas. The new facility will help recover materials such as cardboard, paper, plastic and metal.

Following a major fire that heavily damaged its materials recovery facility on boulevard Saint-Elzéar in Laval in 2018, Waste Management chose to reinvest and decided to install state-of-the-art technology in a new 2,500 square meter building.

### Improvements made

According to the company, the configuration of the sorting line was revised, and new automated equipment was added to increase the efficiency of operations, to improve the quality and value of recovered materials and to substantially reduce the waste rate.

“At Waste Management, we strongly believe in the economical and environmental importance of recycling,” said Aaron Johnson, Waste Management’s area vice-president for eastern Canada.

### Major investment

“While several stakeholders are currently questioning the sustainability of this industry, we want to show our willingness to firmly contribute to efforts to maintain and develop a circular economy in Quebec,” he added.

“The investment we’re making in Laval helps improve the range of services offered to industries, businesses and institutions, and facilitates the key contribution these sectors make toward achieving the government objectives of recycling.”

### Upgrades implemented

According to Waste Management, various upgrades made to the Laval facility’s sorting line and the use of the latest technologies available, such as an optic sorter or screened sieves, help remove contaminants that have been reducing the quality of materials brought in recent years to recyclers.

“In this brand-new sorting centre in Laval, we have brought together some of the best technologies available in the sorting industry to achieve very high-quality standards,” said Guillaume Chevrette, the company’s director of collection operations in Quebec.

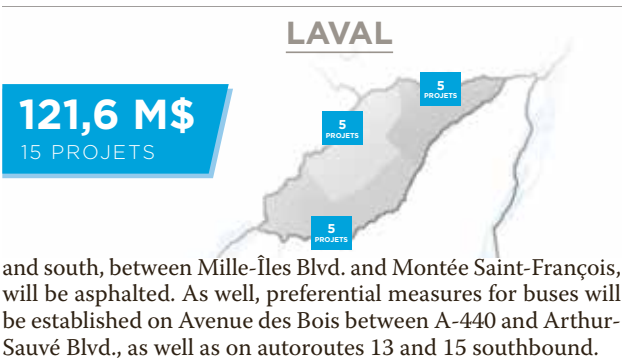
“It also allows us to ensure all the recycled materials stay in North America, mainly in the Quebec market,” he added.

in each region of Quebec in order to realize many projects. Maintaining and improving our infrastructures is a priority for our government.”

“The Laval region has a vast network of roads that is essential to our economic and social development,” said Eric Girard. “These investments allow us to improve road trips, while also contributing to the creation and maintenance of jobs.”

### How it will be spent

The money will be spent this way: \$24.7 million to maintain pavement; \$51.6 million for maintaining structures; \$45.3 million for efficiency and security; 44.8 million coming from partners. Among the announced projects, autoroutes 25 and 440 north



Mitigation Measures

### Partial service interruption on the exo6 Deux-Montagnes line

Effective March 30, 2020, a new itinerary will be rolled out for users of the exo6 Deux-Montagnes line as a result of the REM (Réseau express métropolitain) construction work.

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# Former Drummondville mayor seeks Quebec Liberal party leadership

*Would overhaul CAQ's 'religious symbols' law, while appealing to rural voters*

MARTIN C. BARRY

When you consider that Quebec Liberal Party leadership aspirant Alexandre Cusson devoted himself mostly until now to municipal politics and only recently decided to jump to the provincial level, it might be easy to dismiss him as an interloper seizing on an opportunity.

## Us and them

However, there are a few things that need to be known and understood about Cusson before passing judgment. Perhaps one of the first is his disdain for some of the policies of the current CAQ government.

"We have to put an end to the *us* and *them* outlook that is currently the practice of the Legault government," Cusson said in an interview with Newsfirst Multimedia, alluding to the CAQ's overall outlook as expressed in legislation such as Bill 21 banning religious symbols.

## Drummondville mayor

Prior to the announcement of his interest in seeking the PLQ leadership last November, Alexandre Cusson was probably best known as the mayor of Drummondville, the 15<sup>th</sup> largest municipality in Quebec.

After spending the first 25 years of his working life as a teacher and senior administrator at a private school and junior college in Drummondville, Cusson was elected mayor of Drummondville in 2013 with 70 per cent support from voters.

After winning a second term in 2017, he became the head of the Quebec Union of Municipalities. In that capacity, he signed an important new fiscal pact between the provinces and Quebec with the Legault government.

## Memories of Bourassa

What is perhaps not as well known about Alexandre Cusson is that his involvement with the Quebec Liberal Party actually goes way back. Cusson first signed on as a card-carrying PLQ member in the early 1980s.

The 51-year-old recalled a meeting of PLQ youth wing members who gathered at the Paul Sauvé Arena in Montreal in 1985 to welcome Robert Bourassa back following the former premier's decade-long absence from Quebec politics. This was a few weeks before the 1985 election that saw Bourassa come back into office. Alexandre Cusson is not the first and probably not the last politician who starts out defining himself politically through early

adhesion to a political party, then spending years (and sometimes decades) pursuing other goals, only to return to the original fold in the end.

## Return to the Liberals

Perhaps the most noteworthy alternate example of this phenomenon is former NDP leader Tom Mulcair. After first joining the NDP in 1974, Mulcair got into provincial politics, representing Chomedey for the PLQ from 1994 to 2007 and serving in the cabinet. After suddenly leaving the Jean Charest government, he became active again with the NDP, becoming the party's leader in 2012.

"Obviously when I became mayor, I was fully involved with that and I was no longer involved with the Liberals," said Cusson, noting that he renewed his PLQ membership only recently. "But I have always been Liberal," he added.

## Two-way leadership race

Whether it's a new face or simply one that hasn't been seen in a long time, Cusson's decision to toss his hat in for the Liberal leadership assures the party will indeed have a race, rather than a coronation, which would have been the case with the only other candidate, Saint-Henri/Sainte-Anne Liberal MNA Dominique Anglade, in the running.

Still, as someone renewing himself with the Liberals, the prospect of Cusson winning raises the possibility he might see his next task as a reform of the PLQ following decades during which the party has been dominated by insiders.

## Does PLQ need reforming

"As I am always repeating, we must give our party back to its activists," Cusson replied when the reform issue was put to him. "What we notice is that over the last few years we haven't been communication as much with our activists. We haven't been listening to them as much. And so we have to enhance our chances."

"The Liberal Party is one which has an interesting structure," he continued, referring to several of the party's committees that were set up to take a constant reading of the pulse of the membership.

"We have to listen to them. We have to take the time to meet them. And I have made the commitment not only to listen to our province-wide committees, but also to listen extremely carefully to the local riding committees. It's the best way to reconnect with Quebec as a whole."



## Seeking the rural vote

As things now stand in the seat layout at the Quebec National Assembly, two out of the four parties have a base of seats that is predominantly rural. For the Parti Québécois that has almost always been the case, while the current CAQ government also has virtually all its seats in rural areas. Conversely, the PLQ's voter base is now almost entirely in the metropolitan Montreal region, following the party's disastrous results in the last election.

With his distinctly rural roots, the prospect of Alexandre Cusson winning the PLQ leadership could provide the Liberals with a new lease on life by allowing the party to tap into this vast reservoir of rural votes – albeit possibly while further polarizing the provincial political spectrum and alienating the Montreal region even more.

And yet, Cusson seemed to suggest, it might be the best route to bring back voters. "If we want to see the Liberal Party of Quebec become the party that governs Quebec, it's impossible to think that it's only with Montreal and the region that it's going to happen," he said.

## Sees Quebec 'as a whole'

"When the Quebec Liberal Party was in power, it's because it had people from all over Quebec. For me it's not a question of whether we are party that takes care of the regions or one that pays more attention to the metropolitan region. Quebec has to be taken into account as a whole."

If there remain valuable votes to be won in rural Quebec, it might also be remembered that the CAQ won their landslide in late 2018 after promising and then passing Bill 21, which

appealed mostly to French-speaking Québécois rural voters who felt their values were threatened by the rising presence of immigrants.

## Would re-write Bill 21

Still, Cusson insisted, Bill 21 runs counter to fundamental Quebec Liberal Party principles. He said the PLQ, under his leadership, would replace the legislation with something that doesn't undermine individual freedoms.

On the question of PLQ reform, Cusson said he's not sure the word reform is appropriate to describe what he has in mind. "But at least it would be to have our party function as it is supposed to," he said.

"The National Policy Committee, which is the soul of our party and which sets our vision for Quebec, works very hard. But over the past few years, it hasn't been listening very carefully."

## Touching base with activists

"So it's not a reform of the party's structure, so much as the attitude, presence on the field, being near the activists and hearing them, showing that we're interested in what they have to say. To me that's what's important."

Despite repeated accusations and tentative police investigations of alleged corruption within the Quebec Liberal Party, Cusson said he is confident the party has been operating honestly and on the level.

"I am convinced that at the Liberal Party of Quebec ethical behaviour is there and is exemplary," he said, although he acknowledged that a perception of corruption within the PLQ and other parties remains in the minds of many Quebecers.

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# Agape NPI Partners briefed on new and ongoing projects

*Members working together to improve local social services*

MARTIN C. BARRY

On Feb. 25 during a meeting of the Laval NPI Partners Committee at Laval Senior Academy, the partners and members heard presentations from several local organizations mandated to provide social assistance and services in the Laval region.

The Bright Beginnings project was explained by Agape Youth & Parents Family Association executive-director Kevin McLeod, who also welcomed Varun Thurairatnam as Agape's recently hired coordinator for Youth outreach and for the Enhancing Regional Community Capacity initiative.

## Bright Beginnings

The Bright Beginnings program is designed to mobilize partners and enhance the well-being and educational success of English-speaking children and youth in Quebec. Funding for this program is provided by the Lucie and André Chagnon Foundation and the project is managed by the CHSSN.

The Regroupement Lavallois pour la réussite scolaire/Wurd Up series was presented by Katrina Diver (Community Learning Centre). A special mention of Katrina's good work at Laval Senior Academy and on this project was noted by members present.

## Literacy through learning

Over the past three years LSA's Community Learning Centre in partnership with Agape has received funding from The Ministère de l'Éducation et de l'Enseignement supérieur (MEES) to develop a project promoting literacy through learning activities. This project targets youth 12-17 years of age from both Laval Junior and Senior Academy schools, their families as well as members of the greater Laval community.

Boys to Men/Girls to Women (Mentoring

Circles) was presented by David Cordes, executive-director of Boys to Men Canada. Testimonials as to the effectiveness of the programs were provided by students (Fad and Destiny) from Laval Senior Academy who attend the boy's and girl's mentor circles.

## Boys and girls mentoring

Boys to Men and Girls to Women Canada are intergenerational mentoring programs Laval Senior Academy has begun to offer its students. Supporters say the mentor circles provide a safe, non-judgmental and supportive environment for students to share their stories, recognize their authentic voice and limitless potential and help develop essential and valuable life skills.

Circle sessions work like this: each circle is composed of an intergenerational team of mentors (seniors, young adults, alumni, teachers, support staff) and is led by a group facilitator. Mentors commit to weekly sessions and hold space and provide support for participating students.

Sessions combine learning, fun, leadership opportunities, peer mentoring and self-esteem building exercises. Every session begins with a check-in for each member and is followed by a discussion/activity led by the group facilitator.

## Embracing diversity

The Healthy Early Years Program was introduced by Kevin McLeod and presented by new project coordinators Natalina Pace and Danielle Boisvert. Helen Morrison from the CISSS Laval invited the coordinators to attend the "Embracing Diversity" event in order to help promote this new project.

The *Got my info* youth web resource was presented by Kevin McLeod. The website (<https://gotmyinfo.com>) was presented to the partners. (A mobile app is available for Android



Agape's Ian Williams (far left) and Kevin McLeod (centre) led the Feb. 25 meeting of the NPI Partners Committee. Photo: Martin C. Barry

users, but some difficulties are being worked out with Apple for the ios version.) Agape is asking that this resource be shared to better allow it to be known to youth, parents and those who work with youth.

## Conversation Club

The McGill Retention of bilingual health professionals and Bursary program was presented by Agape's social worker and coordinator Ian Williams. A new addition was introduced with the Conversation Club which started in the fall of 2019 to help health professionals who have taken English courses to maintain their skills (a project from Montérégie-est NPI).

Representing the Sir Wilfrid Laurier School Board, Michael Quinn said the SWLSB is interested in the Special Targeted Bursary program, where students who are granted a bursary and promise to return to work in Laval or other identified regions can also fulfill their commitment by working as health professionals at the SWLSB. Occupational Therapists and Speech Language Pathologists are heavily lacking both at the SWLSB and at the CISSS Laval.

## Gardening project

The Intergenerational Gardening Project was presented by Kevin McLeod. This project between Agape Senior Wellness Centre seniors and grade two children at Twin Oaks Elementary was initially funded by the City of Laval and then by the Desjardins Foundation. Funding is no longer available and new partners are being sought.

A special announcement was made by Darlene Brown of The Learning Exchange. TLE is once again running a reading and storytelling project called *A 1000 books before Kindergarten*. Representatives of the TLE can go to your school or daycare to read and provide free books. Those interested can go to <https://tleliteracy.com/1000-books-before-kindergarten> on the web.

The Laval NPI Partners Committee is a "network partnership initiative" created in conjunction with the Community Health and Social Services Network (CHSSN). Agape, which provides charitable services from its storefront and offices on Notre Dame Blvd., is the sponsoring organization for the Laval network.

## AGAPE's (HEY) Program HEALTHY EARLY YEARS

### Did you know?

In Canada, among children and youth 5-17 years of age: an estimated 1 in 66 have been diagnosed with Autism Spectrum Disorder (ASD). More than half of children and youth had received their diagnosis by age 6.

Source: 2015 health, education and social services data collected from seven participating provincial and territorial governments (Newfoundland and Labrador, Nova Scotia, Prince Edward Island, New Brunswick, Quebec, British Columbia and the Yukon Territory), representing 40% of children and youth in Canada.

### Objective

Agape's HEY program is designed for English-speaking parents and caregivers whose child was recently diagnosed with Autism Spectrum Disorder (ASD) while waiting for services in the public health system. The HEY program aims to provide 4 workshops, with the following objectives:

- Inform parents.;
- Support parents.;
- Prepare and help organize parents.;
- Empower the parents regarding the journey of services for their child.;
- Meet and exchange with other parents..

Many families do not know where to turn to for information following the diagnosis of their child. Agape's HEY program will provide a guide for these parents and caregivers to better understand what lies ahead.

The 4 HEY workshops will be held once per week during the evening, for a duration of 2 hrs. The workshops will be given by a special care counselor and a parent of 2 children with ASD. A complete portfolio will be provided at the end of the HEY workshops.



### Content & Structure

Workshop 1:  
Understanding the CISSS of Laval and how to navigate the public health system.

Workshop 2:  
The roles and responsibilities of the various health professionals. (Special Care Counselor, Occupational Therapist, Speech Language Pathologist and Social Worker)

Workshop 3:  
Understanding existing subsidies (federal and provincial) and community resources.

Workshop 4:  
OPHQ (mandate); Integration in school, Individual Educational Plan (IEP)



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# Laval's own Domenic Di Rosa hits the big screen as mobster-soldier Toto Russo

RENATA ISOPO

An offer you can't refuse, a Sicilian/Calabrian message, cement shoes, or minced meat in the butcher's shop. One of Laval's finest actors on big and small screens is an integral part of the latest crime saga that has scored big with movie fans of all ages. Gritty or romantic, disturbingly silent or loaded with tough talk, the movie, Mafia Inc. is heavy on red sauce and makes plenty of room for Montreal's most notorious mobsters

Actor Domenic Di Rosa, strikingly embodies the rotten force of a fresh-faced gangster butcher. That's probably why what should be a simple act of murder ends up spiraling out of control.

The 41-year-old, born and raised in east end Montreal, from an Italian mother and French-Canadian father, came into the world with acting already in his blood. That's all he ever wanted to do since Hudson High School. In a candid interview, Domenic told TLN that Drama teacher Kevin Woodhouse was his inspiration and mentor. Woodhouse told him, "You got it in you," so "I pursued it," he stated. "I didn't go to acting school - just Drama from high school did it for me."

Domenic launched his career at an on-the-spot audition for the Model and Talent Bureau of Ontario. "Chosen out of 12,000 people, I've been very active in the industry since then, 1998 to be exact," he said with very warm smiles through beaming blue eyes. His resume boasts 24 films and TV series.

"I've done odd jobs in between, married with four children, live in Chomedey, Laval, and love everything I do." Oldest daughter Samantha, who accompanied Domenic at the interview, attends Laval Junior Academy and, as his greatest fan, expresses great admiration for him.

Asked what she thought about her dad being an actor, Samantha easily answered, unable to camouflage her immense pride, that "If he wants to follow his dream, he should. He's really good at it." But as for her, she has no interest in following in her father's footsteps for the moment, since she appears to be very shy.

Domenic's biggest break was the TV series Letterkenny, produced by Mark Montefiore, based on a Canadian story, filmed in Sudbury. "This was the first role I landed, a homegrown sleeper, it's become huge," he stated.

Mafia Inc., inspired by reporters Andre Cedilot and Andre Noelle of Montreal's La Presse newspaper, gives the script the delivery it deserves. "I play the Butcher. Basically, I'm one of the soldiers who disposes of people in the slaughterhouse, turning them into minced meat!" Let's say, I'm the right-hand man," he chuckled.

Notorious Montreal crime lords, the rise to prominence of widely-feared gangsters, the Mafia's fall from grace after settling of accounts. It's all part of a genre we're eternally fascinated



Domenic Di Rosa, portraying Toto "The Butcher" in one of the scenes of the latest movie Mafia Inc.

with, whether truth or fiction, reality or fantasy. The Sicilian Mafia, originating from the city of Cattolica Eraclea, exudes love, loyalty, hate, and division, fiction laced with truth.

Domenic attributes the movie's success to spells mob movies exert as powerful influences over cinematic imaginations, showing dark sides, the underbelly of polite society, and codes practiced and broken. Some "mobs" are just glorified street gangs, while others have wormed their way into the very fabric

of societies they prey on, but they're all characterized by tribalism and archaic ethical rules, orbiting around magnetic pulls of the boss.

Domenic's interpretation of Toto Russo, the butcher is the perfect fit for the role – sweet-looking with an overpowering hulking body. Hitting screens on February 14<sup>th</sup>, Mafia Inc. has earned \$700,000 across Quebec on 86 screens. La Presse has given the movie a four-star rating.

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# March 8 International Women's Day

## Seven ways to be an advocate for women's rights

Every year on March 8, countries around the globe mark International Women's Day. It's a time to both recognize women's

achievements and acknowledge the challenges they continue to face in the pursuit of gender equality. Wondering how you

can help promote gender equality in your daily life? Here are seven ways to make a difference.

courage women to run for leadership roles and vote for them when they do.

### 5. EDUCATE YOUTH

Both boys and girls should learn about the status of women's rights and how they themselves can become advocates of gender parity.

### 6. ENSURE WOMEN KNOW THEIR RIGHTS

Women need to understand the legal and civil rights they have and how to protect them at home, at work and in their communities.

### 7. JOIN THE CONVERSATION

Social media platforms are increasingly becoming a place where advocates of women's rights can join forces to affect social change. For International Women's Day, join the conversation by using the hashtags #BalanceforBetter and #IWD2019.

This year for International Women's Day, look for ways you can become a champion of women's rights. No matter how small, every voice counts and every step forward matters.

### 1. RAISE YOUR VOICE

Whether it's in the workplace, among friends and family members or at a public event, speaking up on behalf of gender equality is an integral step in advancing women's rights and freedoms.

### 2. SUPPORT WOMEN

Supporting women can take many forms including listening to their stories, endorsing their businesses, offering counsel and providing resources that empower them to take charge of their own lives.

### 3. SHARE THE WORKLOAD

Women do as much as two-and-a-half times more unpaid care and domestic work than men. Divvying up these jobs equally between men and women allows everyone to pursue other types of meaningful work.

### 4. GET WOMEN INVOLVED IN POLITICS

Communities need women to assume leadership roles so that women's concerns and needs can be better addressed. En-



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## Gender equality: a global objective

In 2015, the United Nations (UN) adopted its *2030 Agenda for Sustainable Development*. This set of 17 goals aims to transform the world through economic growth, social inclusion and environmental protection. Among these 17 goals for a better future is Goal 5: Achieve gender equality and empower all women and girls.

This means that the 193 UN member nations recognize that gender equality is essential to the development of a peaceful, prosperous and sustainable world. The UN argues that the autonomy of women and girls is vital to economic growth and social development and that,

conversely, inequality is a universal barrier to progress.

All countries are therefore working to achieve gender equality, whether it's by investing in education, ensuring better access to health care for women and girls, or incentivizing parity on the job market.

### INEQUALITY IN NUMBERS

Women and girls in every region of the world continue to experience violence and discrimination.

- In North Africa, women hold less than 20% of salaried positions outside the agricultural sector.

- In sub-Saharan Africa and the South Pacific, girls face considerable hurdles when it comes to enrolling in primary and secondary school.

- On a global scale, women in the workforce earn 24% less on average than men.



## 5 ways to promote gender equality at home

The theme of International Women's Day 2020, Each for Equal, urges individuals to challenge biases and embrace gender equality in their daily lives — starting at home. Here are five ways for parents to promote gender equality among their children.

Don't use gender as an excuse for behaviour. Expressions like "boys will be boys" and "girly girls" imply that certain actions and attitudes are inherently masculine or feminine. These expectations can pressure children to behave accordingly and discourage them from authentically expressing themselves.

Make chores gender neutral. Boys can do laundry and girls can take out the trash. Rotate tasks and divide responsibilities evenly to teach your children that housework should be done by all.

Let kids play with what they want. Children learn best by playing with a variety of toys, including building blocks, dolls and toy cars. The freedom to explore different types of play allows children to develop their interests and talents.

Find diverse role models. Children internalize attitudes and behaviours they observe around them. Introduce your chil-



dren to books, TV shows and movies that feature characters in non-traditional gender roles. Point out real-life examples in your community as well.

Support expressions of emotion. Encourage children of all genders to discuss their feelings and express their emotions. Allow boys to develop empathy and compassion and teach girls to voice their anger and frustration.

Since children develop an understanding of gender norms, identities and stereotypes between the ages of three and seven, conversations about equality should begin early.

On **March 8<sup>th</sup>**, we are celebrating the current and future Achievements of all Women!

*To All Women in Laval,  
I wish you a Happy  
International  
Women's Day!*

**AGLAIA REVELAKIS**

Municipal Councillor  
For Chomedey

514-242-5761

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## We honour all passionate, determined women

Celebrating International Women's Day on March 8 allows us to appreciate the progress that has been made in women's issues, while we also look towards the future.

The origins of International Women's Day can be found in the context of the struggle by workers and suffragettes in North America and Europe at the beginning of the 20<sup>th</sup> century. What were the main issues then? Women worked hard in claiming their right to the vote (which men had long enjoyed), better working conditions and gender equality.

This special day has grown significantly on the international stage since the intervention of the United Nations in 1975. After that, it took very little time before the cause was taken up by women in both developed and developing countries. Now events are organized around the globe every year to promote the rights of women and facilitate their participation in political and economic life.

So let's congratulate all those passionate, determined women who, by fighting for

their convictions, make an important contribution to society every day of the year.

### DID YOU KNOW?

International Women's Day is a public holiday in several countries, such as Laos, Russia and Moldova. In several other countries, including China and Madagascar, women are entitled to a day off work.



## Recent advancements in women's rights around the globe

According to the United Nations, "no country in the world has successfully eliminated discrimination against women or achieved full equality." However, advancements are made each year that lend hope for a future in which women everywhere have the same rights as men.

### SOUTH ASIA

**India.** In the summer of 2017, the Supreme Court of India declared the custom of divorcing a wife by declaring "talaq" (I renounce you) three times to be illegal. This practice once left women without financial protection and many who were divorced in this manner became destitute. India also outlawed marital sex with minors in a bid to protect child brides in the same year.

### NEPAL.

The custom of banishing menstruating women to cattle sheds was outlawed in 2017.

### THE MIDDLE EAST

**Tunisia, Lebanon and Jordan.** In 2017 these countries repealed laws that permitted rapists to get away with their crimes if they married their victims.

### SAUDI ARABIA.

Women were given the legal right to drive in 2018.

### LATIN AMERICA

**Chile.** In 2017 the country decriminalized abortion in cases of rape, fetal impairment and when pregnancy is life threatening.

### AFRICA

**Rwanda.** A world leader in terms of female political representation, the country's parliament has 106 seats, 59 of which are held by women as of 2018.

### EUROPE

**Iceland.** At the beginning of 2018, the country made it illegal to pay men more than women, a measure with which the country intends to close the gender wage gap.

### NORTH AMERICA

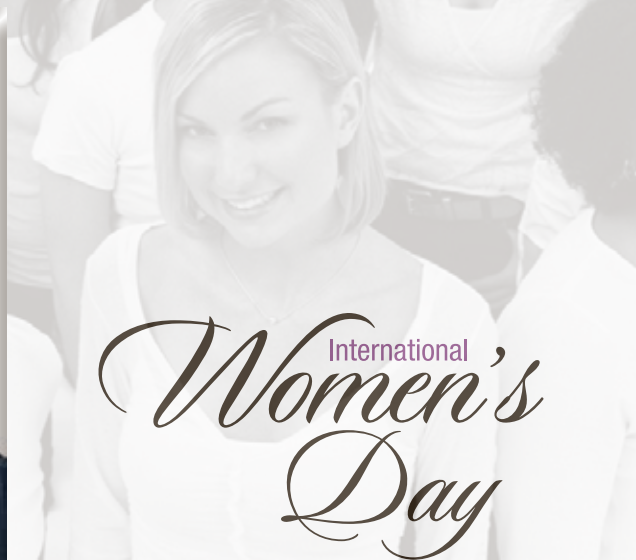
**United States.** A record number of women ran for Congress and won Democratic Party nominations in 2018.

**Canada.** Prince Edward Island joined the remaining nine provinces in offering women in-province abortion services in 2017.

*Nos vœux les plus chaleureux à l'occasion de la journée internationale des femmes !*  
*Our best wishes on the occasion of International Women's Day!*



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# MATURE living

## 4 tips for being an awesome grandparent

When it comes to becoming a grandparent for the first time, there's something of a learning curve involved. Here are four tips to help you thrive in your new role.

### 1. BE AVAILABLE

Though family dynamics differ greatly from household to household, the most important thing you can offer is to be available for your grandchildren. In some cases, all that will be requested is that you watch them from time to time. However, some parents need a little more help.

### 2. RESPECT PARENTAL RULES

It's important to talk to your grandchildren's parents to establish ground rules as



well as aspects of their routine that should be maintained when they spend time with you. Occasional changes are often welcome but try to avoid undermining their parental authority.

### 3. DON'T INTERFERE

Keep in mind that your grandchildren's parents may not raise their little ones the same way you would. Let them approach parenting in their own way and provide input only when asked.

### 4. BE A POSITIVE PRESENCE

Children are sometimes more comfortable opening up to their grandparents than their parents, and it's important that you make the effort to listen to them and take them seriously. This will lead them to feeling loved and cared for and help them develop their self-esteem.

Finally, do your best to find fun activities you can take part in together. While spoiling grandchildren with presents and sweets tends to be a part of the grandparenting gig, the most meaningful thing you can do is dote on them with your time, attention and love.

## How to stay happy and healthy as you age

Every year since 1991, the United Nations has recognized October 1 as International Day of Older Persons. It's an opportunity to both reflect on the impact our elders make on society and to raise awareness about the issues that affect them today.

Increasingly, seniors are striving to live healthy lives in order to more fully enjoy their later years. Here are some tips to stay sharp physically and mentally, no matter how old you are.

### EAT WELL

Choose nutrient-packed whole foods over those that are processed or refined. If you have trouble preparing meals, ask for help. There are many companies and organizations that can deliver meals to you.



### STAY CONNECTED

Studies show that seniors with active social lives have a decreased risk for dementia. Spend time with family, friends and acquaintances. Pets are also great companions.

### TAKE CARE OF YOUR BODY

Get plenty of exercise, don't smoke and only drink in moderation.

### LEARN SOMETHING NEW

Mentally stimulating activities help keep your brain healthy and may stave off dementia. Take a class, read a book or take up a new hobby.

### GET ENOUGH SLEEP

If you experience insomnia, there are ways to beat it. Go to bed and wake up at the same hour every morning, use your bed only for sleeping and avoid caffeine, alcohol and naps.

Above all, try to laugh every day, even if you have to fake it at first. Laughing lowers stress levels, decreases your risk of heart disease and may improve your memory.

## WELCOME TO ALL!

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# MATURE living

## Five ways to beat retirement boredom

Just a few years ago, you were dreaming of your retirement, but now that it's here, you're bored. If you're looking to fill your days, here are five ways to break the monotony.

### 1. GET MOVING

no matter the weather, go outside every day. Walk alone or in a group, join a yoga or tai chi class, play golf, dance — it doesn't matter which activity you're doing, as long as you're moving. Exercise increases serotonin, which contributes to your general happiness and well-being.

### 2. DISCOVER NEW THINGS

try new recipes, learn a language, take up knitting, study art history or sign up for a computer class. If you challenge yourself to discover one new thing every day, you won't have time to be bored.

### 3. VOLUNTEER

when you help others, you benefit as much as the people you're working with. You'll forget all about being bored. Check with your municipality for opportunities to volunteer in the community.

### 4. RESEARCH YOUR HERITAGE

find out about your ancestry. Exploring your family history is a great hobby, and you'll be able to pass the knowledge down to the next generation.

### 5. TRAVEL

whether it's a day trip to the next town over, or a big adventure abroad, there's no better way to break up your routine. If you're single, organized group trips are an easy and safe way to travel and will provide you with an opportunity to meet new people.

Don't let boredom bring you down. Instead, find activities you enjoy and make the most of your retirement.



## How retirees can make new friends

Has your social circle diminished over the years? If so, it can be difficult to make new friends as you get older. Here are some tips that might help.

### BE PROACTIVE

Go out and meet people. Libraries, cafes and neighbourhood gatherings are all ideal places to mingle. Alternatively, take a class that interests you, volunteer with a charity or join a club.

### SEIZE OPPORTUNITIES

If someone invites you to an event or on an outing, accept! Don't make excuses just because you're nervous. If you meet someone you like, make plans to see them again soon.

### BE INTERESTED

Listen to others and be interested in what they have to say. Smile, ask questions and don't monopolize the conversation.

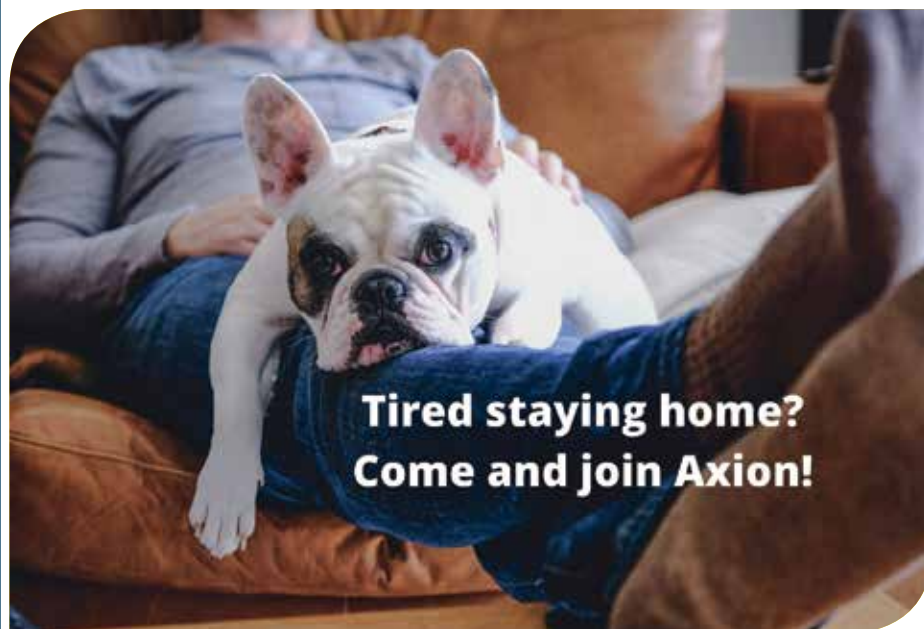
### KEEP IN TOUCH

Meeting new people isn't the only way to enrich your social life. It can be just as rewarding, if not more so, to get in touch with old friends. You may be surprised at how easily you're able to reconnect.

There's no shortage of ways to meet new people. Search the internet to find local groups and clubs that interest you. Alternatively, take regular walks around your neighbourhood. It'll keep you in shape and you'll get to know people in the area.



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# 440 LINCOLN LAVAL TAKES THE POLE POSITION IN LINCOLN SALES IN QUÉBEC



For a fifth year in a row, the 440 Lincoln Laval dealership has taken first place in sales volume for 2019 for the luxury Lincoln brand in Québec. The prestigious award was presented by Ford Canada during the Montréal International Auto Show in January and accepted by 440 Lincoln Laval sales representative Stéphane Breton. (photo above)

"Thanks to our team of professionals and our customers, 440 Lincoln Laval is holding on to its title of Lincoln brand leader in Québec," said Sylvain Hogue, President of 440 Lincoln Laval. He continued: "We are very proud of this distinction and will be making every effort to maintain our place at the sales summit. To succeed, we will continue to rely on our reputation for a friendly, personalized and relaxed customer experience.

Congratulations to our entire team!"

Reaping the benefits of an exceptional 2019 that marked a defining moment for Lincoln with its totally renewed, luxury product line, the Laval dealership was helped in its efforts to maintain its leadership position by the remarkable popularity of the Aviator Grand Touring, Lincoln's first plug-in hybrid SUV.

Management of 440 Lincoln Laval also takes this opportunity to highlight the new agreement with Carrefour Laval, during which the centre will display Lincoln vehicles inside the mall for four weeks a year, with sales representatives on site. This showcase complements 440 Lincoln Laval's Chomedey Boulevard facilities and strengthens the dealership's presence in the Laval market.

## Direct? Answers from • Wayne & Tamara

### Delayed Development

What do you do when you have been with a man 21 years, and he still finds excuses for not getting married? We have two children together, and I have two by my ex-husband. They were two and three when we got together, and they are now 23 and 24.

He was married when I first met him. He was separated from his wife for three years, then finally got a divorce. Every time I bring up marriage he says he is going to marry me. Lately he said, "Let's go and get married in September." But, as always, he never gives me a date.

I feel I've wasted my life. I was 19 when I met him and am about to turn 40. My birthday is next month. The children I had for him are 15 and 19. I feel so stupid and betrayed and taken advantage of, I don't know whether to go on or what to do. It's a long story. I could write a book.

Eugénie

*Eugénie, a familiar piece of advice for novelists is simple: to write an exciting story, put your heroine in the soup and keep her in the soup. In other words, begin with a main character in trouble and keep piling up her troubles until she figures out a way to overcome each of them.*

*Pregnant at 15, pregnant at 16, you were a child having children, making decisions no child should make. At 19, married and divorced with two kids, you became involved with a married man. An outsider might wonder, where were the adults in her life while all this was happening.*

*Now at 40, with your youngest children coming of age, you have come to a realization. A thing can happen in a way so late, so inelegantly done, so far below minimum expectations, it might as well not happen at all. It won't be an event to celebrate. It has been ruined.*

*Because it is too late to get the genuine affirmation you crave, the question becomes, "What can I do, on my own, to improve my life?"*



*Between now and September you can stop thinking about a wedding and start planning your future. You can begin life anew as an adult woman making her own decisions. You can have a whole other lifetime as an actualized person.*

*You were robbed of your childhood. What did you aspire to? What was dormant within you? Who did you want to be? Those are not simple questions, and the answers may or may not involve this man who won't marry you.*

*A wedding in September that you can't plan for or tell your friends about is a phantom. Without plans for your own life, your future is also a phantom. Instead, each day you must work for what you aspire to in life, whatever it is. You need to decide what will give you a sense of worth.*

*This man knows he doesn't have to marry you because he knows you have no other plans. He knows you have not plotted a course that you can achieve on your own.*

*"I wish this life was different," is a great wish, but wishes go nowhere. You are 40. You've spent 25 years without a strategy. It's time to face life as an adult woman, not as a woman who still thinks, "I need someone to take care of me." If you won't do anything to change your life, why write us?*

*You've spent life in the soup. The only way out of the soup is to answer the question, what can I aspire to? You said you could write a book. Great. Write that book about your new life.*

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of  
YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com)) • Send letters to: Direct Answers,  
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## “Be vigilant and leary of nefarious schemes with scammers,” warn Police from all sectors

*In 2019 losses from fraud were \$98 million*

Police officers from the Royal Canadian Mounted Police (RCMP), the Surete du Quebec (SQ), the Montreal Police Service (SPVM), the Quebec City Police Service (SPVQ), the Police Service de Laval (SPL), and the Longueuil Agglomeration Police Service (SPAL), in partnership with the Bank of Canada have joined forces for the 16<sup>th</sup> edition of various types of fraud awareness month.

Scammers are constantly re-inventing themselves with new schemes. The Police are requesting that all Quebecers practice caution and to be vigilant by educating and informing themselves on how to protect their interests from these shysters.

As an aid to identify and to prevent fraud activity, the Surete du Quebec and its partners are posting messages on their social media sites covering the following areas:

- \*Identity theft and fraud
- \*Amorous or love scams
- \*Telephone payment scams
- \*Bank account and credit card scams
- \*Business fraud and Counterfeiting money

Police are warning and reminding citizens that scams are on the increase. Remain vigilant for suspected scams through social media, phone calls, emails, and any other correspondence from persons that attempt to obtain money, personal information, and other sensitive data.

Scammers are convincing and persuasive. If you have any doubt to the veracity of a social media post, text, email, or call, please discontinue contact and report it to the police immediately.

Love and Dating Scams are on the rise. The police are issuing advice to help those looking for love online to safeguard themselves from becoming a victim of “romance fraud”. Romance fraud is where someone creates a fake online profile and after gaining the trust of the individual, uses their relationship to request sums of money. Fake photos are featured. Monetary sums will be requested to pay for personal urgent matters, on the promise of it being repaid. Not so.

Beware of dating websites and apps. Avoid becoming the next victim.

Please be aware that Identity Theft has cost Canadians an estimated 5.3 million dollars in 2019, and 28 million victims affected by a breach of data protection.

The Love scam has cost victims 2.1 million dollars according to the Canadian Anti-Fraud Center. Beware of this Romeo. He wants your money, not your relationship.

Fraudsters feed on ignorance, vulnerability, feeling of urgency and sympathy to achieve their objectives.

The SQ, RCMP, SPVM, SPL, and SPAL invite the public to report any fraudulent activity to their local police service. Regardless of the fraudulent method used, please contact the Canadian Anti-Fraud Center at 1-888 495-8501.

Information: Twitter Feed; Facebook; Surete du Quebec and its partners. Montreal Headquarters: 514-4848.

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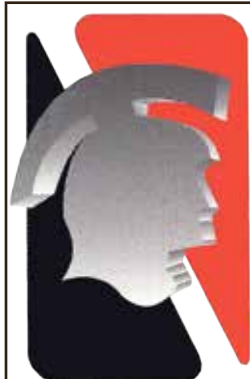
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# Letters to the **Editor**

## Not happy at all... about snow removal

Dear Editor,

This city's snow removal procedures are absolutely irrational at best. They place signs for snow removal, they do not remove the snow as specified. Then they ticket vehicles on the opposite side of the street to the snow removal signs, and they damaged a vehicle while towing and don't ticket vehicles parked in the no parking zone for snow removal with the signs in place. One vehicle was even parked half on the sidewalk and half on the street which at any time of the year would be an infraction, but the car next to it got the ticket (Volkswagen...see picture attached.)

This Monday morning Feb.17, 2020 they removed snow contrary to the signs they placed last week. A city of Laval parking agent and tow truck followed close behind a snow removal tractor parading down the side of the street where they were no snow removal signs or warning to the residents parked there.

It began at approximately 8 to 8.30am. Ticketing began in a (selective) manner and towing on the west side of the street.

An Audi A4 from Ontario was not ticketed, it was parked in front of the Volkswagen with ticket on windshield...see picture attached.

The first sign placed on the east side since Feb.12 or 13 2020. (black & orange souflage 19h-7h30) the second sign Feb15, 2020 (black & green souflage 8h-19h Dimanche) Leaving no parking on either side available to the residents.

Total insanity and disarray is this city's logic.  
Sending a follow up with the pictures.

Please see the pictures enclosed.

Regards  
Brenda Puga



# NAME THE PUPPY 2020

## Help the RCMP name their newest puppies

The Royal Canadian Mounted Police needs your help to name the next generation of police dogs. The chosen names will be given to 13 German Shepherd puppies born at the Police Dog Service Training Centre in Innisfail, Alberta. The 13 children whose names are selected will each receive a laminated 8x10-inch photo of the pup they named, a plush dog named Justice and an RCMP water bottle.

### Contest rules are simple

- Names must begin with the letter "N"
- Names must have no more than **9 letters**
  - Names must be **1 or 2 syllables**
  - Contestants must live in Canada
- Contestants must be **4 to 14 years old**
- Only **1 entry per child** will be eligible

- Entries must be received by **Wednesday, March 25, 2020**

Contest winners and the winning names will be announced on **Wednesday, April 29, 2020**, on the RCMP website and social media.



### There are 2 ways to enter

Enter online: <http://www.rcmp-grc.gc.ca/en/depot/name-the-puppy-contest>

Send a letter to the following address. Be sure to print the child's name, address, telephone number and the suggested name for a puppy.

Attn: **"Name the Puppy Contest"**  
Police Dog Service Training Centre  
Box 6120  
Innisfail, AB T4G 1S8

We love to receive drawings and paintings! If submitting by mail, children are invited to get creative with their entries.

Winning names will be chosen by the PDSTC staff. A draw will determine the winning entry in the event of multiple submissions of the same puppy name.

Although there can be only 13 winners, names not selected for the contest will be considered for other puppies born during the year.





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# In Memoriam & Obituaries

## CHABOT BORN GOYER, Jeannine

1934 - 2020



In Laval, on February 22, 2020, at the age of 85 years passed away Mrs. Jeannine Goyer, beloved wife of Mr. Roger Chabot. She is survived by her children, Marc (Diane Perreault), Carole (Daniel Guimont), Lyne (Jocelyn Bourassa and her son Samuel), and Liette (Jean-Lemaire). She also leaves her grandchildren, Anabel (Benjamin), Carolyne, Louis-Philippe (Martine), Jean-Pascal, Marc-Olivier (Amanda), Joannie (Christophe) and Corinne (Xavier), her great grandchildren, Olivier, Emy and Jamie and several other relatives and friends.

## BOUCHARD, Alain

1959 - 2020



In Saint-Hyacinthe, on February 25, 2020, at the age of 61 years, passed away Mr. Alain Bouchard. He is survived by his daughters Geneviève (Anthony) and Fany, his grandchildren Mia, Savannah, Halie and Maëlie, the mother of his children Suzanne Prud'homme, his brothers and sisters, his nephews, nieces and friends.

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## SIDE, Renée

1966 - 2020



In Laval, on February 25, 2020, at the age of 53 years passed away Mrs. Renée Côté, wife of Bruno Faucher. Besides her husband, she leaves to mourn many relatives and friends.

## MAISONNEUVE, Josée

1961 - 2020



In Laval, on February 24, 2020, at the age of 58 years passed away Mrs. Josée Maisonneuve, daughter of the late Émile Maisonneuve and daughter of Mrs. Pierrette Chalifoux. Preceded by her brother Benoit, in addition to her mother, she leaves to mourn her children Kevin (Jessica), Patrice and Rebecca (Patrick), her brother Serge (Josée), her sisters Paulette (Daniel), Denise, her nephews and nieces as well than other relatives and friends.

## FORTIN, Gérard

1930 - 2020



At CHSLD de St-Jérôme, on February 25, 2020, at the age of 89 years, passed away Mr. Gérard Fortin husband of the late Pierrette Mireault. He is survived by his children: Monique (François) and Pierre (Monique), his grandchildren: Emmanuel, Myriame, Christian, Maryse, Janika and Josiane, his great grandchildren, his sisters: Denise and the late Marie- Marthe, her brothers-in-law and sisters-in-law, her nephews and nieces, as well as several relatives and friends.

## SÉNÉCHAL, Louise

1967 - 2020



It is with deep sadness that we announce the death of Mrs. Louise Sénéchal, which occurred at Résidence Riviera de Laval, on February 24, 2020, at the age of 52 years. She leaves to mourn her brother Alain (Lina Moisan), her nephew Vincent and her niece Isabelle, her cousins, her aunts and uncles as well as her friend Jacques.

Contact us today to place an obituary or in memoriam in our next issue  
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# In Memoriam & Obituaries



## MARC, Bossé

1931 - 2020

In Laval, on February 23, 2020, at the age of 88 years, passed away Mr. Marc Bossé, beloved husband of Mrs. Éliane Michaud. Besides his wife, he leaves to mourn his children; Richard (Nicole) and Danielle (Guy), his grandchildren; Frédérick (Christine), Alexandre (Marie-Hélène), Maxime (Rachel), Stéphanie (Martin), Dominic, Geneviève, his great grandchildren, his brothers and sisters Marielle (Pierre), Jeanette, the late Yves (Denise), his nephews and nieces as well as several friends.



## VOCINO, Nunzio

1925 - 2020

It is with great sadness that the family announces the passing of NUNZIO VOCINO on the 24th of February 2020, at the age of 94, beloved husband of Concetta Vocino. He will be sadly missed by his loving children Nicandro and Lucia (Aldo), his cherished grandchildren Keven, Nathan, Mickael, Anthony and Gabriel, his brother as well as his brothers-in law, sisters-in-law and other relatives and friends.



## FORESE, Pietro

1935 - 2020

It is with deep sadness that the family announces the passing of Pietro Forese at the age of 84. He will be sadly missed by his beloved wife Maria Funaro, his loving son Pasquale, his daughter-in-law Patricia, his cherished grandchildren Kayla, Vanessa and Pietro his siblings Anna, Margherita, Giovanna and many other relatives and friends.



## JACQUELINE, Sauvageau

1933 - 2020

In CHSLD St-Joseph-de-la-Providence, on February 19, at the age of 86, passed away Mrs. Jacqueline Sauvageau wife of the late Pierre Brais. . She is survived by her children Martine and Daniel, her grandchildren Audrey, Frédéric, Laurence (Junior Giroux) and Anne-Sophie, her great-grandchildren Clara and Lucas, her sister-in-law Diane Brais, her nephews and nieces , relatives and friends.



## DESGROSEILLIERS, Denis

1941 - 2020

In Laval, on February 24, 2020, at the age of 78 years, passed away Mr. Denis Desgroseilliers, beloved husband of Mrs. Evelyne Drouin. Besides his wife, he leaves to mourn his two daughters: Josée (Eric Michel) and Mylène (Thomas Wenk), his eleven grandchildren: Gabriel (Daphnée Brisson), Félix (Syndie Huot), Emmanuelle (Maxime Bongard), Marie -Anne, Noémie, Jean-Simon, Sarah, Marc-Antoine, Matthias, Emy and Elias, his three great grandchildren: Abigaëlle, Béatrice and Rachel, his brothers and sisters: Clément (Cécile Dauphinais), Jean-Claude ( Louise Tardif), Marie-Paule (André Jean), Lucie (Réal Sénécal), Simone (Bertrand Côté), René (Hélène Faille) and Réal, his brothers-in-law and sisters-in-law, his nephews and nieces, his many cousin as well as several other relatives and friends.



## CHINIARA, Antoune

1930 - 2020

In Montreal, on Sunday February 23, 2020, passed away at the age of 89 years, Mr. ANTOUNE CHINIARA, beloved husband of Takla Mouassab. Besides his wife, he leaves to mourn his two sons Ghassan (Ghada Kallas) and Bachar (Villma Abou Abdo), his grandchildren Anthony, Jean-Claude and Sara-Maria, his brothers and sisters Marie-Rose, Elie, Edouard and Jeannette as well as the Chiniara, Mouassab, Kallas, Abou Abdo, Sioufi, Masri families and many other relatives and friends in Canada and abroad.



## PANNETON, Jean

1926 - 2020

From Laval, on February 23, 2020, at the age of 93 years, passed away Jean Panneton, beloved husband of the late Aline Corbeil. He is survived by his brothers Guy and Robert, his sisters-in-law, his numerous nephews and nieces as well as other relatives and friends.



## ANDRÉ, Layette

1940 - 2020

In Terrebonne, on February 20, 2020, at the age of 79 years, passed away Mr. André Layette husband of Mrs. Louise Gagné. Besides his wife, he leaves to mourn his childrens Sylvain Layette (step-daughter Sylvie Barsalou), Chantal Layette (step-son Jacques Pilon) and Marc-André Layette (step-daughter Martine Richer), his grandchildren Nathan Layette, Cédrik Layette, Karyann Pilon, Jadziah Pilon and Roxane Richer-Layette, as well as relatives and friends.



## CAVALIERE, Natale

1947 - 2020

It is with deep sadness that the family announces the passing of Natale Cavaliere at the age of 72. He will be sadly missed by his beloved wife Giuseppina Di Pasaquale, his loving children Joe (Leslie) and Antonio his cherished grandchildren Ender and Ella, his brother Giuseppe and many other relatives and friends.



## FARAH-LAJOIE, Sarto

1924 - 2020

In Laval, on Saturday February 22, 2020 passed away, at the age of 95 years, SARTO FARAH-LAJOIE husband Jacqueline Farah-Lajoie dit Beaudry. He is survived by his children Pierre (Michèle), Louise (Claude), Luc (Jacynthe), his grandchildren Genevieve, Yan, Karl, Émilie, Élyse, Jérémie, Éric, Véronique, Julien and Caroline, his great-grandchildren William, Mathis, Gabriel, Nellie, Maika, Geneva, Zackary, Cédrik, Lylie, Émile, Nolan, Raphaël, Rose, Charlotte, Léa, Béatrice, Dylan and Lilou, his beautiful sister Lorraine as well as his nieces and nephews, parents and friends.





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PG-13 | 1h 26min | Horror/Mystery/Thriller



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1h 48min | Drama/Sport



MAR. 6

A former HS basketball phenom, struggling with alcoholism, is offered a coaching job at his alma mater. As the team starts to win, he may have a reason to confront his old demons. But will it be enough to set him on the road to redemption?

## MY SPY

PG-13 | 1h 39min | Action/Comedy/Family



MAR. 13

A hardened CIA operative finds himself at the mercy of a precocious 9-year-old girl, having been sent undercover to surveil her family.

## BLOODSHOT

PG-13 | 1h 49min | Action/Drama/Sci-Fi



MAR. 13

Ray Garrison, a slain soldier, is re-animated with super-powers.

## THE CALL OF THE WILD

PG | 1h 40min | Adventure/Drama



NOW  
PLAYING

A sled dog struggles for survival in the wilds of the Yukon.

## ONWARD

Animation/Adventure/Comedy



MAR. 6

Set in a suburban fantasy world, two teenage elf brothers embark on a quest to discover if there is still magic out there.

## MULAN

Action/Adventure/Drama



MAR. 27

A young Chinese maiden disguises herself as a male warrior in order to save her father. A live-action feature film based on Disney's 'Mulan.'

## 14 JOURS, 12 NUITS

1h 39min | Drama



MAR. 6

Isabelle Brodeur embarks on a journey to Vietnam, her adopted daughter's birthplace. Her path leads her to the woman who was once her daughter's nanny. Doing so, Isabelle learns the existence and whereabouts of her daughter's biological mother.



# HOROSCOPE

Week of March 8 to 14, 2020

The luckiest signs this week:  
SCORPIO, SAGITTARIUS AND CAPRICORN



## ARIES

You'll get the green light at work to take a course that could lead to new career opportunities. Abundance will follow. Your relationship could benefit from a break in the same old routine.



## TAURUS

You'll save someone from an unfortunate situation by simply listening for a few minutes. This person will be forever grateful to you.



## GEMINI

You'll probably hear about a birth in the family. Also, you'll be faced with an opportunity to acquire a home that perfectly suits your needs and budget.



## CANCER

You'll be motivated to get a new car. Or, you may be invited to join someone on an adventure. At work, you might have to negotiate with people who don't speak your language.



## LEO

You'll find the solution to all your financial troubles. At work, you'll have the opportunity to advance to a better position and benefit from the salary increase that comes with it.



## VIRGO

Sometimes you get the feeling that life is moving too fast. Also, you'll want to treat yourself at the mall. Take the opportunity to revamp your wardrobe and your style.



## LIBRA

You'll put aside your worries and fears and plunge head first into your passion. You'll be inspired to create, which sets you on the right track to build your masterpiece.



## SCORPIO

People will ask a lot of you. At work and within your circle of friends, you'll be very popular this week. Professionally, you'll increase your client base.



## SAGITTARIUS

After lengthy negotiations, the bank director will give you the green light to acquire a property or to finance a project that's close to your heart. Your future will be all that you hope for.



## CAPRICORN

You'll plan a last-minute romantic getaway. You need to recharge your batteries and take the time to think about a situation that's worrying you.



## AQUARIUS

By changing your direction or objective, you'll finally reach your full potential. No matter what your goals are, you'll put everything you have into achieving them.



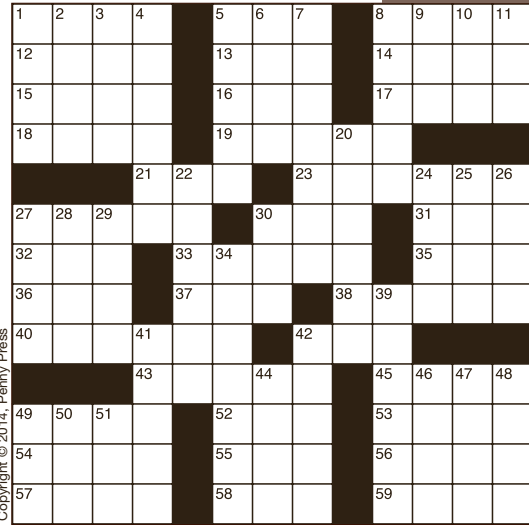
## PISCES

In your love life, you may consider marriage, if only to make you feel more secure. At work, you'll negotiate more effectively if you're not too emotionally involved.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 980



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### ACROSS

1. Stuck-up person
5. Gorilla
8. Thunder sound
12. Volcanic output
13. Lived
14. Wolf's cry
15. Final word in prayer
16. Curve
17. Hideous
18. Ice mass
19. Respond
21. Conducted
23. Indian village
27. Captured
30. \_\_\_\_ room (family room)
31. Not cooked
32. Apply
33. Part of the face
35. Top flier
36. Stinging insect

37. Clumsy one
38. Made a choice
40. Pay
42. Deer's mother
43. Less
45. Art \_\_\_\_
49. Smooth
52. Great rage
53. Berserk
54. Perform a longshoreman's job
55. Cloth remnant
56. Certain bean
57. Blood\_hound's enticer
58. Snaky letter
59. Don't go

### DOWN

1. Thick piece of stone
2. Calling-card info
3. In excess of
4. Bracelet
5. Academy \_\_\_\_
6. Peel, as an apple
7. Fugitive from prison
8. Slide
9. Campfire need
10. Leather-worker's instrument
11. Fabric layer
20. Loony
22. Audience's shout
24. Bothersome child
25. Frilly trim
26. Had bills
27. Bathers' locales
28. Uncertain
29. Ship bottom
30. Ump's relative
34. Out of control
39. Foot levers
41. In pursuit of
42. Residue
44. Historical epochs
46. Give forth
47. Michael Douglas movie
48. Approval
49. Producer Ziegfeld
50. Young fellow
51. Turmoil

# 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. 705

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

### Last Issues' Answers

## CROSSWORDS

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

## Sudoku

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

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