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**'OPERATION LASER':
The Canadian
Army to the
rescue... PAGE 3**

Photo: Canadian Armed Forces

Working on a vaccine

**Glycovax
Pharma**

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"ALWAYS DO YOUR BEST WITH WHAT YOU HAVE!"

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COVID-19

Stay informed on actions taken by the City

pandemic.laval.ca

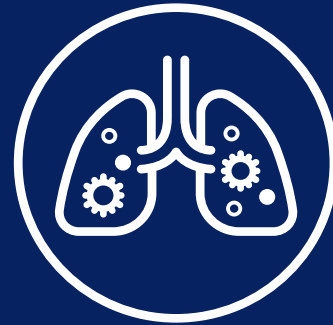
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble
Breathing

Protecting yourself saves lives.



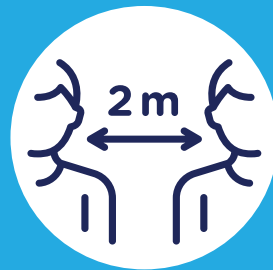
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your sleeves



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into the trash



Wash
your hands



Keep your
distance



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at home

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 1 877 644-4545

Canadian Armed Forces send medics to Laval seniors' residences

'We are proud that military personnel are helping to fight COVID-19' says Brigadier-General Gervais Carpentier.

MARTIN C. BARRY

In response to a request from the Quebec government, the Canadian Armed Forces' Joint Task Force East (JTFE) has dispatched medically-trained military personnel to the Montreal region to assist at nearly a half-dozen long-term care residences struggling with COVID-19 – including a CHSLD in the Laval area.

Answering a need

Following an agreement between the provincial and federal governments, JTFE personnel with medical experience were deployed to assist Quebec's Ministry of Health and Social Services (MSSS) with the COVID-19 crisis, said a spokesperson for CAF headquarters in Ottawa.

The MSSS had identified long-term care centres (CHSLDs) as institutions requiring the most assistance. CHSLD Villa Val des Arbres on Saint-Martin Blvd. East in Laval was among the care centres selected for assistance. The CAF said it worked closely with its government partners to identify priorities and the facilities where the greatest impact could be made, based on capabilities.

Helping civilian teams

Prior to deploying to selected long-term care facilities identified by the MSSS, the CAF's teams were liaising with the establishments to clearly assess the essential needs. The CAF says this critical planning process will ensure that military personnel subsequently sent to the facilities will effectively meet the support needs of the civilian teams already in place.

Five long-term care centres in the greater Montreal area are at the heart of the efforts in liaison with the on-site civilian teams. The CAF's deployed intervention teams are composed of up to 130 personnel, including two nurses and 12 medical technicians, all being assisted by support staff.

'Proud to serve'

The CAF says that as active members in their communities, the military personnel who are deployed "are proud to be able to help the people of Quebec." They have been assigned in small groups and have been mandated to "rigorously respect the standards and procedures established by the MSSS for the protection of patients, the public, and civilian and military

personnel to combat COVID-19," according to the CAF.

The tasks performed by the military personnel vary according to the needs identified by their civilian partners. Among other things, the military are supporting the civilian health professionals already in place by augmenting the strength of the resources available at each location.

They were in isolation

In order to be ready to answer the call, members of the 2nd Canadian Division/Joint Task Force (East) team were in voluntary isolation since March 13.

"We are proud that military personnel are helping to fight COVID-19 in the long-term care centres following a request from the Government of Quebec that was approved by federal authorities," Brigadier-General Gervais Carpentier, Commander 2nd Canadian Division and Joint Task Force East, said in a statement.

Ready for challenges

"Our military health care professionals are ready and equipped to meet the challenges ahead," said Colonel Manon Asselin, Commander of 4 Health Services Group. "They have the knowledge and skills to work in health care settings together with civilian agencies in order to support their fellow citizens during this difficult time."

Operation LASER is the name of the Canadian Armed Forces' overall response to the pandemic. It focuses on CAF preservation, the assessment of CAF activities at home and abroad, and the preparation of the CAF to support civil authorities, as requested by the federal government.

JTFE one of six regions

Joint Task Force East (JTFE) is one of six regional forces established by the Canadian Armed Forces across the country. The task forces are located in key locations across Canada, and they conduct CAF operations on a continental scale.

The CAF says that one of the cornerstones of military medicine is the management of infectious diseases in a military environment such as bases, camps, ships and air stations. As such, they add, preventive medicine focuses on the required skill sets to accomplish the task, and all its health professionals are equally well-trained in this area.

The closer, the fresher.



CAF Photo: Members of the CAF's 4 Health Services Group are seen here training in preparation for deployment to the region, including Laval.

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Opinion & Editorial



Pandemic has exposed our scandalous neglect of the elderly *Canada has shunted vulnerable people to nursing homes where staff slave in sometimes filthy, and now dangerous, conditions*

I hadn't really thought of moving to Norway until the last week, when I began to pay attention to how that country cares for its elderly citizens.

While North Americans warehouse aging people, who have spent lifetimes contributing to society, there are cultures around the world that take a completely different approach. And Norway, it turns out, is at the top of the list.

As a baby boomer entering that unsavoury age, I find the prospect of more thoughtful care for older people pretty appealing.

Of the many jarring social dysfunctions laid bare by the COVID-19 pandemic, one of the most scandalous is the way Canada has allowed old and vulnerable people to be cast aside – out of sight and out of mind. They're shunted to nursing homes where underpaid staff slave in sometimes filthy, and now dangerous, conditions trying to give whatever comfort they can to people who face the bleakest of prospects for their remaining days.

The extent of this negligence was laid bare in a recent CBC news report that found that only nine of 626 homes in Ontario received resident quality inspections (RQIs) in 2019. Because RQIs are random and unannounced,

they tend to get a truer picture of what's going on in a facility.

Instead, now most inspections in that province are driven by a complaint or a "critical incident" – in both cases, giving the homes a chance to clean up before inspectors arrive. As I write this, 114 long-term care facilities in Ontario have reported outbreaks of COVID-19.

There are equally concerning stories coming out of Quebec and other provinces, including my home province of Alberta. Across Canada, almost half of the more than 1,000-plus COVID-19-related deaths have occurred in nursing homes, including one just five kilometres from my home in Calgary.

By the time you read this, it will almost certainly be worse.

It truly doesn't have to be this way. There's research to back it up. In a study published in 2018, the Research Network on an Aging Society ranked 18 countries on the Aging Society Index. (Canada was not ranked in this study.) It ranked Norway tops, following closely by Sweden. Other high performers included the U.S., Netherlands, Japan, Ireland and Denmark.

Quality scores were determined by measuring productivity and engagement, well-being,

equality, social cohesion, and seniors' physical and financial security.

Of that list, perhaps the most surprising finding was the United States. John Rowe, a geriatrician and public policy expert at Columbia University and lead author of the paper, attributed the high score to the fact that many seniors in the U.S. still have to work, which raises their productivity and engagement score, and "Work is good for your brain and your body."

Many Americans work into their senior years because they have no choice. The paper found that more than 20 per cent of Americans older than 60 are at risk for poverty, compared to 12.5 per cent in the rest of the Organization for Economic Co-operation and Development (OECD) countries.

Not so in Norway. It leapt ahead of other countries in its care for seniors about eight years ago, when it began a series of reforms to the way it delivered health care. It introduced a policy that encouraged getting people out of hospital and nursing home beds as quickly as possible.

That meant it had to build the supports that would enable frail elderly people, including those with dementia, to live more independently. It's estimated that about half of the 70,000

Norwegians with dementia are living in their own homes.

That took a large up-front investment and, as we know, Norway has an abundance of cash thanks to its energy revenue-fuelled sovereign wealth fund. The country used some of its wealth to offer grants and low-interest loans to renovate houses and to build new facilities.

It also established a "housing bank" that subsidizes the purchase of electronic devices, such as an electronic mattress sensor that turns on a light when a person gets up, or calls an alarm if they don't get back to bed in a reasonable time. Such tools make it easier for the elderly and infirm to live at home.

The housing bank also supports the construction of "sheltered housing" for people with dementia. The concept, borrowed from Sweden, allows people who can't take care of themselves to live in small groups, with trained staff to support them.

But caring for our elderly is not just a matter of investing in the proper infrastructure. It's also a question of attitude. It seems that North Americans are inclined to think that old people are no longer useful, as though when they stopped working full time they no longer had much to contribute to society.

How wrong such an attitude is.

Consider attitudes of cultures in other parts of the world.

In East Asia, the Confucian principle of filial piety – a show of respect for the elderly, parents and ancestors – remains strong. Singapore and China both have laws mandating families to care for their oldest members.

In Greece, "old man" is considered a term of endearment.

And in India, there's a tradition in which young people are taught to touch the feet of elders as a show of respect.

People who have lived seven, eight or more decades have a lot of life experience. They have a sense of historical perspective the rest of us don't. And, yes, some have even developed their fair share of wisdom in those years.

An associate of mine recently said "the world is on pause" during the pandemic. Let's take this time to reflect on the way we treat our elderly citizens, ask ourselves if we can do better, and work on ways to make their lives – and, in turn, our own – richer as a result.

Doug Firby

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HELP REDUCE THE SPREAD OF COVID-19

TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (COVID-19):



Follow the advice of your local public health authority.



Wash your hands often with soap and water for at least 20 seconds.



Use alcohol-based hand sanitizer if soap and water are not available.



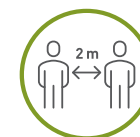
Try not to touch your eyes, nose or mouth.



Avoid close contact with people who are sick.



Cough and sneeze into your sleeve and not your hands.



Stay home as much as possible and if you need to leave the house practice physical distancing (approximately 2 m).

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus.



FEVER

(greater or equal to 38 °C)



COUGH



DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.

FOR INFORMATION ON COVID-19:

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Canada

City of Laval keeping watch over spring flood waters

Water levels lower than last year, but outlook still cautious



In order to assure the safety of residents, the City of Laval says it has installed a universally-accessible pedestrian overpass on the Comtois Ave. mini-bridge to maintain a link between the south-east portion of l'Île Verte and the Laval islands in the eventuality spring flooding should cause any car traffic disruptions as was the case in past years.

Floodwatch underway

Although water levels in the Laval-Les Îles area are lower than last year, the City of Laval says it is watching the situation carefully and public works teams stand ready to take action if that is deemed necessary.

The city has taken precautions and installed protective anti-flood barriers along certain

streets near the waterfront, including streets in Laval-les-Îles, Souvenir-Labelle, L'Abord-à-Plouffe, Saint-François and l'Orée-des-Bois.

Protecting property

The measures also include caution signs as well as anti-flood concrete blocks. Residents who are in areas where there are significant risks of flooding are asked to take measures on their own now to safeguard their property.

The city also urging those in affected areas to use all the necessary tools available to receive communication alerts, including social media such as Twitter or Facebook, should the waters rise. Registration for alerts can be done on the City of Laval web site.

Laval to give \$1 million subsidy to Cité de la Santé Foundation

'The health of our citizens is one of our big priorities,' says Mayor Demers

The City of Laval's executive-committee has sent a recommendation to city council to vote in favour of granting a \$1 million subsidy to the Cité de la Santé Foundation, which raises money for the hospital on René-Laennec Blvd., payable in installments of \$200,000 annually over the next five years.

According to a statement issued on April 23 by Mayor Marc Demers' office and the city administration, the money will be used by the Cité de la Santé Foundation to help fulfill its mandate,

which consists mostly of maintaining and improving services at the hospital as well as within the Centre intégré de santé et de services sociaux (CISSS) de Laval.

"The health of our citizens is one of our big priorities," said Demers. "We are delighted to participate in this collective effort by supporting the CISSS de Laval and all health professionals. In fact, we are very grateful to them for their commitment and we wish to acknowledge their courage."



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Laval bio-science companies involved in COVID-19 research

'Laval has been known as a leader in biotechnology for years,' says executive-committee v.p. Stéphane Boyer

MARTIN C. BARRY

While research is underway all over the world to find treatments and an eventual vaccine for the virus that causes COVID-19, the City of Laval is pointing out that more than a dozen companies located on its territory are actively involved in the global scientific efforts.



"In these difficult times, each of us is called upon to contribute in all ways possible to facing the challenges posed by the pandemic," said City of Laval executive-committee vice-president Stéphane Boyer who is responsible for economic development dossiers.

A biotech leader

"Laval has been known as a leader in biotechnology for years. Today more than ever, our scientists and entrepreneurs are exceeding themselves in research towards innovative and concrete solutions for safeguarding the health of people from here and elsewhere."

In all, according to the city, there are 13 businesses located in Laval's Cité de la Biotech scientific industrial park that stand to make contributions to the research towards eventually finding a solution to COVID-19.

Range of companies

The companies range from long-established multinationals, to much more recent "start-ups." In the latter category, some are just getting



underway under the roof of Laval's bio-science business "incubator" – the Centre québécois d'innovation en biotechnologie (CQIB). "We are especially proud that six businesses from our incubator are involved in the struggle against COVID-19," said CQIB executive-director Perry Niro. "And this thanks to support from the CQIB and the commitment of its employees."

The research firms

Here is a summary of the 13 bio-science businesses located in Laval that are working on COVID-19-related research:

NEXELIS is a highly-regarded laboratory with projects funded by the Bill and Melinda Gates Foundation. According to the city, the company is currently working collaboratively on anti-viral vaccines and treatments.

COREALIS PHARMA produces oral formulations for antivirals in anticipation of clinical trials for various clients located internationally.

On the cutting edge

ALTASCIENCES is pursuing research on behalf of Swiss-based Roivant Sciences (a company founded by U.S. bio-sciences venture entrepreneur Vivek Ramaswamy). The research is on Gimsilumab, a COVID-19 treatment, which could prevent or slow development of the disease's severe acute respiratory syndrome. Phase 1 of a clinical study has been completed.



Photo: Seen here from an eagle's-eye point of view, the City of Laval's Cité de la Biotech is home to more than a dozen science and research companies doing active work towards finding treatments and a vaccine for COVID-19.

BIODEXTRIS has been developing an exclusive technology under license from GlaxoSmithKline for the administration of a nasal vaccine that has shown promise against the coronavirus in pre-clinical trials.

Doing their part

ROCHE DIAGNOSTICS is furnishing scientific instruments and tests for tracking the COVID-19 coronavirus.

BAUSCH HEALTH (until recent years the most valuable company in Canada) is offering medications as well as other health-related products to international organizations as its contribution to the fight against COVID-19.

SERVIER CANADA is donating 100,000 facial masks to health professionals at the front line, in conjunction with **INNOVATIVE MEDICINES CANADA**.

ILS PHARMA will soon be offering a quick test for detecting the presence of the COVID-19 virus.

A cure for COVID-19

OVENSA is working on medications designed to slow viral infections as well as pulmonary lesions caused by hypoxia (lack of oxygen in tissues), a possible complication from COVID-19.

OLIGO MEDIC AND SMART MEDICINES GMP have adapted their production systems to make disinfectant gel.

INIXIUM has decided to orient its research onto molecules that could inhibit viral replication.

And **GLYCOVAX PHARMA** is developing technology for inhibitors against the adhesion of bacteria and viruses. (See article on page 8)

A big heartfelt thanks to our out of the ordinary employees.

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Glycovax Pharma will know in three months if its COVID-19 vaccine works

Laval and Montreal-based firm is using research started three years ago

MARTIN C. BARRY

Glycovax Pharma, a biopharmaceutical company headquartered in Montreal with laboratories on Cartier Blvd. in Laval, is actively working on the development of a new vaccine approach to counter COVID-19 – with some important initial findings expected in three months.

Molecular research

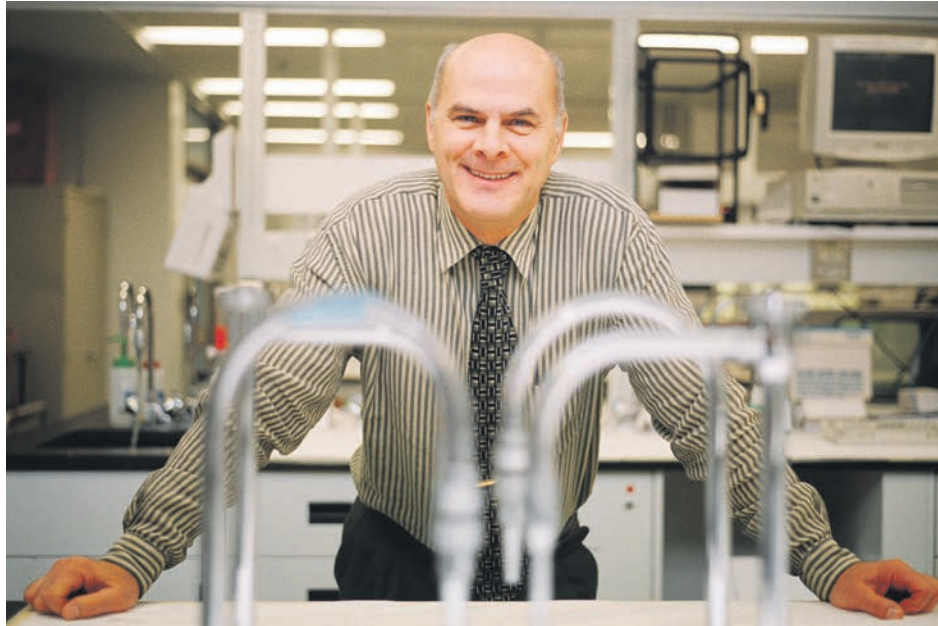
According to the company, whose research team is led by Montreal-based organic chemist Dr. René Roy, Glycovax Pharma's prototype glycoconjugate vaccine is currently in the preclinical phase. If all goes according to plan, Glycovax Pharma anticipates having a vaccine in as little as 12 to 15 months.

According to initial reports, the company had been working on a molecular research project involving breast cancer for the past three years when they found it had properties which could be used to develop a vaccine against COVID-19 and the coronavirus.

Since the start of the COVID-19 pandemic, the team of researchers and scientists at Glycovax Pharma has analyzed the specific biomarkers of the virus.

Biomarkers in library

The research made it possible to discover that several biomarkers identified on the virus are part of a library of glycoconjugate immunogens developed within the framework of the work of researchers at Glycovax Pharma.



'Analysis of the COVID-19 virus has shown us that it has properties that are directly related to the molecules we develop at Glycovax Pharma,' says company co-founder Dr. René Roy

In addition, according to the company, the structures of these carbohydrates are very similar to the structures on which Glycovax Pharma had focused its work since 2017.

The company says this discovery prompted Dr. Roy's scientific team to test its glycoconjugate

vaccine candidates with a view to developing a first prototype of a semi-synthetic vaccine to counter COVID-19. Such a vaccine could, after a successful phase of clinical trials, be manufactured quickly and on a large scale, according to Glycovax Pharma.

'Disruptive' strategy, says Roy

"Analysis of the COVID-19 virus has shown us that it has properties that are directly related to the molecules we develop at Glycovax Pharma," Dr. Roy, scientific director and vice-president of research at the company, said in a press release issued last week.

"This discovery allows us to envision a solution that could be deployed quickly enough to counter this virus. It is a disruptive scientific strategy that we have a duty to explore."

Vaccines for meningitis

Dr. Roy is considered to be a world expert and a pioneer in glycochemistry. He helped develop two vaccines to fight bacterial infections that cause meningitis in young children. In association with Cuban researchers, he also helped develop the world's first semi-synthetic vaccine that completely eradicated the disease in Cuba. The vaccine was subsequently administered to more than 65 million children worldwide.

As well as co-founding Glycovax Pharma, Dr. Roy is a professor emeritus at the Université du Québec à Montréal (UQÀM) and associate professor at the Armand Frappier Institute of the Institut national de la recherche scientifique (INRS), which is located in Laval. His research and development work since the creation of Glycovax Pharma in 2016 has also produced promising preclinical results on vaccines designed to treat various forms of cancer.

▶ Continued on page 9

Coronavirus COVID-19

Two designated assessment clinics are open in Laval, 7 days a week.

These clinics provide medical care to people wishing to see a family doctor and who present the following symptoms :

- Fever
- Cough
- Breathing difficulties
- Diarrhea
- Vomiting
- Sudden loss of smell

The clinics are also intended for people who think they may have contracted COVID-19 or who have tested positive for the virus. Only Laval residents who have an appointment can visit the clinics.

To make an appointment for a medical consultation, call the dedicated toll-free line at:

1 877 644-4545

Callers will be referred to the appropriate resource based on the results of the assessment.

Will know in three months

"In response to this pandemic that is causing death here and around the world, our researchers are fully engaged in this war against COVID-19," said Dany Valiquette, president of Glycovax Pharma.

"Their research on sugar chemistry has allowed us to develop a semi-synthetic vaccine for the population, whose goal is to prevent and destroy coronavirus in a safe and economical way to be produced on a large scale. Within three months, with the appropriate resources, we will be able to assess the effectiveness of our vaccine and whether it is able to destroy the COVID-19 virus."

A revolutionary approach



Glycovax Pharma says its team includes scientists who are considered to be among the world's elite in glycochemistry, glycobiology, immunology and nanotechnology. The company says they have designed a family of therapeutic tools based on glyco-nanomolecules that are revolutionizing the way to treat patients with cancer and other conditions involving bacteria and viruses.

An online encyclopedia defines glycobiology as the study of the structure, biosynthesis, and biology of saccharides (sugar chains or glycans) that are widely distributed in nature. Sugars or saccharides are considered to be essential components of all living things and aspects of the various roles they play in biology are researched in various medical, biochemical and biotechnological fields.

Report says CHSLD Ste-Dorothée acted late against COVID-19

But situation has improved since outbreak began, says CNESST

MARTIN C. BARRY

A provincial commission that oversees health and safety norms in the workplace says in a report leaked to the media that management at CHSLD Sainte-Dorothée was slow to implement special measures at the long-term care facility to prevent the spread of the COVID-19 virus.

According to the report, details of which were first made public by the Montreal daily La Presse, an inspector from the Commission des normes, de l'équité, de la santé et de la sécurité du travail visited CHSLD Sainte-Dorothée during the first week of April.

Were COVID-positive

The CNESST inspector had been asked to do so by medical staff union officials who were worried about inadequate prevention measures. The CNESST report confirmed that CHSLD Sainte-Dorothée workers who were experiencing symptoms indicative of COVID-19 were still working at least up to April 6.

The report also notes that staff at the CHSLD, who were working simultaneously at other retirement and long-term care establishments, continued to travel back and forth between locations as COVID-19 was actively spreading at CHSLD Sainte-Dorothée. This contradicted guidelines established at that point for safeguarding against the spread of COVID-19.

Unprotected tasks

As well, according to La Presse, the report states that nurses were forced to complete some complex high-risk tasks without the benefit of superior quality N95 facial masks, which were unavailable at the time in the CHSLD.

The inspector also pointed out that training



The CHSLD Sainte-Dorothée on Samson Blvd. in western Laval, where a high number of fatalities from COVID-19 took place following the initial outbreak of the neo-coronavirus more than a month ago. Photo: Martin C. Barry, Laval News

and availability of information at the establishment were inadequate during the same time period. However, at the same time the CNESST inspector noted that the initially chaotic situation at CHSLD Sainte-Dorothée has improved.

Situation improved

Since then, the CISSS de Laval, which oversees CHSLD Sainte-Dorothée, says that it has taken measures to ensure that adequate supplies of protective gear, including N95 masks, are available for all employees, and that the gear is being received up to twice a day at the CHSLD.

In the meantime, the Syndicat Des Infirmières, inhalothérapeutes et infirmiers auxiliaires de Laval (the union representing nurses and nursing assistants at the CHSLD) wants the protective measures implemented at CHSLD Sainte-Dorothée to be made the standard at

all other CHSLDs in Laval.

At least 250 dead in Laval from COVID-19

As of early afternoon on Monday April 27 when The Laval News was going to press, 250 people in Laval had died from COVID-19 since the beginning of the coronavirus pandemic, while there were 2,852 confirmed cases, and 101 persons were hospitalized with the illness.

According to figures released by the CISSS de Laval, 141 new COVID-19 cases were diagnosed since the previous day, 17 persons were in intensive care in hospital, 389 CISSS de Laval employees were diagnosed positive, and 836 people in Laval were confirmed to have recovered.

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Centre intégré de santé et de services sociaux de Laval



City of Laval marked Earth Day on April 22

(TLN) Officials with the City of Laval took the opportunity on the 50th anniversary of Earth Day this year (April 22) to note the various efforts by the city in the past few years to promote environmental sustainability while increasing its commitment to ecological values.

"Whether it's through the protection of our natural areas, the fight against climate change, planting of trees or the implementation of new environmental programs, Laval is proud to put the environment at the heart of its priorities, its actions and its strategic vision," said Laval executive-committee member and city councillor for Sainte-Rose Virginie Dufour, who is responsible for environmental dossiers.

Escalating eco-efforts

She pointed out that since 2011, Laval has managed to increase the tree canopy hanging over its territory to 23.6 per cent. She said the city plans to increase its shrub and tree planting efforts, including many more trees along the edges of the autoroutes.

As well, she noted, the city is escalating efforts to reduce asphalted surfaces throughout Laval in order to help eliminate heat islands which capture and retain large volumes of heat during the hot summer months. Several schools and health institutions in Laval will be benefiting from these efforts through the planting of new trees on their grounds and greening over of paved outdoor spaces.

Kitchen waste expansion

As well, according to Dufour, the City of Laval

plans to step up efforts to increase the amount of recyclable organic matter which ends up being repurposed, rather than in landfill. To achieve this aim, the city's kitchen waste collection will be expanded to residential buildings with eight or more units beginning this fall.

Laval is also a new member of an organization, sponsored by the David Suzuki Foundation, that brings together municipalities which hope to save monarch butterflies from extinction. One of the causes for the decline of the monarch in North America has been the disappearance of a certain plant it would normally feed on. Laval, in step with other municipalities, plans to cultivate this plant in public spaces where it is hoped monarch butterflies will begin to flourish once again.

Electric-heat conversion

The City of Laval is also encouraging home owners on its territory to take advantage of a subsidy being offered by the municipality to convert oil-fired heating systems to electricity. In so doing, residents will to reduce carbon emissions in the atmosphere, which are believed to be a leading cause of global warming.

And in its pursuit of eco-responsibility, the city has also been encouraging Laval residents to use active transportation more often, including bicycling or even just walking to destinations rather than driving the car. Laval has developed an extensive network of bicycling and walking paths throughout its territory, with plans for more in the coming years.

CISSS offers COVID-19 help to doctors, dentists, pharmacists

Guidance for professionals dealing with difficult decisions

(TLN) The CISSS de Laval's committee overseeing the health of staff doctors and other professionals has launched a new program to tend to the needs of MDs, dentists and pharmacists in Laval who may be finding they need personal support during the COVID-19 outbreak.

According to the CISSS, three levels of assistance are being offered: Group Peer Support (GPS), one-on-one counselling from a psychiatrist, and ethical guidance, given the difficult life-and-death decisions that many doctors

are finding themselves having to make as the coronavirus continues to generate so many fatalities.

A team put together by the CISSS de Laval is made up of doctors, psychologists and ethics specialists. The CISSS has set up several dedicated phone lines for each type of need. Detailed information is available at the following web address: <http://www.lavalensante.com/employes-professionnels-et-medecins/covid-19-coronavirus/soutien-aux-medecins>.

CHSLD Ste-Dorothée target of COVID-19 class-action

Pending negligence lawsuit also names CISSS de Laval

(TLN) The son of an elderly woman who was among the many people who have died of COVID-19 at CHSLD Sainte-Dorothée in Laval is seeking permission from a Quebec court to file a class action lawsuit against the long-term care residence.

Jean-Pierre Daubois, whose mother Anna José Marquet died at the age of 94 on April 3 after she contracted COVID-19 at the CHSLD, has filed initial paperwork in Quebec Superior Court for the suit against CHSLD Sainte-Dorothée. The suit also names CISSS de Laval, the regional

health authority that oversees the residence on Samson Blvd. in Laval's Sainte-Dorothée neighbourhood.

The application accuses CHSLD Sainte-Dorothée and CISSS de Laval of failing to provide employees with adequate protective equipment, while neglecting to quarantine residents who had symptoms of the virus. The pending class-action is claiming \$1 million in exemplary damages, as well as tens of thousands of dollars for deceased or living residents, whether they caught COVID-19 or not.

Health and safety guidelines must be clear for the reopening of schools

The Quebec English School Boards Association (QESBA), transmitted its recommendations to the Government of Québec yesterday for eventual school reopenings during the COVID-19 pandemic.

The Chairs of our school boards and their Councils of Commissioners are still legally responsible for the health and safety of more than 100,000 students and thousands of staff members across Québec. QESBA maintains that the health and safety of these individuals must be the guiding principle in making such significant decisions.

The QESBA urges the Government to use recognized national or international guidelines, including clear benchmarking, relating to the current and future situation of the pandemic in order to determine when and under what circumstances Québec schools can be reopened. As an example, the World Health Organization (WHO) recently issued these types of guidelines in a document entitled Considerations in adjusting public health and social measures in the context of COVID-19.

"The Government of Québec should use these WHO guidelines to determine when and where schools can be reopened. The decision on when to reopen schools must be made using best practices and the most reliable data possible. Given the absolute imperative to protect the health and safety of students, staff and their families, nothing less will do," said QESBA President Dan Lamoureux.

In the event that the application of these types of guidelines permit the gradual reopening of schools in some administrative regions this school year, the QESBA recommends that the following measures be taken:

- school attendance be voluntary for students;
- no student in the youth sector should be disadvantaged academically if they remain home or if their school remains closed;



-adaptations must be made for the adult education sector and for vocational training programs;

-clear guidelines be issued regarding physical distancing if necessary, and sanitary measures in schools and centres and for school transportation;

-special attention should be given to vulnerable student or those who are academically at risk based on evaluations already issued.

"The probable timeline of this illness will change the way we do things in the education network for some time to come. We may not be able, even in the medium term, to return to full class sizes in crowded, bustling schools. In order to prepare for this eventuality, we as a system must look at developing quality education programs with more robust distance learning components. Other jurisdictions have already introduced changes in this regard. It is time for us to embrace that change as well," concluded the President.

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Protect your own health and the health of others

Decision Fact Sheet

If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family.

Always use proper hygienic and preventive measures to avoid contamination.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

Adults & children

No fever (less than 38 °C/100.4 °F) but the following symptoms:

- Sore throat
- Sniffles
- Blocked nose
- Cough

DECISION

I probably have a cold and need to rest.

Adults at risk of severe respiratory symptoms

- I have a fever higher than 38 °C/100.4 °F.
- I am in an at-risk category for severe respiratory complications (senior or person with chronic cardiac and/or pulmonary problems, immune deficiency or diabetes).

Adults

I have a fever and/or some of the following symptoms:

- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Cough
- Difficulty breathing
- Extreme fatigue

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

DECISION

I stay at home and call the 1 877 644-4545 coronavirus hotline. Between 8 a.m. and 6 p.m.*

Follow instructions.

* Opening hours are subject to change.

Adults or children

I have a fever higher than 38 °C/100.4 °F and one or more of the following:

- Persistent and/or increasing difficulty in breathing
- Somnolence, confusion, disorientation, difficulty staying awake
- Blue lips
- No urine for 12 hours
- Difficulty moving
- Fever (baby less than three months of age)

DECISION

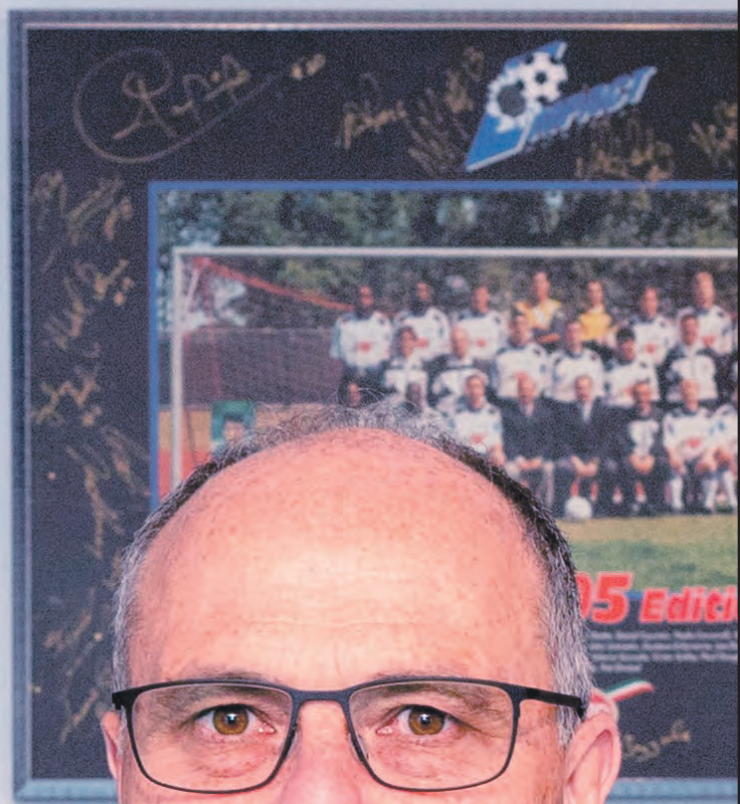
Go to the emergency room immediately.

If help is needed, call 911.

MATURE LIFE



Edition 1994 Edition



1995 Edition



Edition 1997 Edition

COACH VALERIO GAZZOLA:

"ALWAYS DO YOUR BEST WITH WHAT YOU HAVE!"





MATURE LIFE

3 tips for tackling debt as a senior



Debt among seniors is on the rise. If you or someone you know is struggling financially, these three tips can help.

Create a budget. Figure out precisely how much money you earn, spend and save every month. See where you can tighten your spending. Start by asking yourself which of your small, recurring expenses you can reduce or eliminate.

Prioritize debts. Determine the interest rate for each of your debts. Make the minimum payments for each debt, and then funnel whatever else you can afford towards the debt with the highest interest rate.

Renegotiate with creditors. Discuss your

financial situation with your creditors and determine if they might lower the interest rate on your debt, consolidate your debts into one loan or stretch out your payments over a longer timeframe. Reducing your minimum monthly payments can help you stay solvent while paying off your loans.

Finally, if you need extra help, be sure to get it. Contact an accredited not-for-profit credit counsellor, a financial adviser or a licensed insolvency trustee. These experts can help you evaluate your debt situation, make a budget and develop strategies to pay off your debt.

If you have financial problems, expert advice can be extremely helpful. However, be cautious about who you trust with your personal information, and be particularly wary of debt settlement companies. These organizations are usually for-profit businesses and many engage in high-pressure sales practices and make false claims. Only work with reputable debt settlement companies that are accredited and willing to provide you with references.

Are you afraid of growing old?

Aging: the one fate that no one can escape. Often it is marked by apprehension, a worry that old age means illness, loss of one's faculties, and independence. And, of course, we worry that aging means, inevitably, death. This fear tends to gain ground as people reach their fifties, which means that many baby boomers now have to learn to cope with it.

Aging has never been easy, but in today's society we also have to deal with the increasingly pervasive cult of youth and beauty, which implies slim and active bodies — bald heads, bulging waistlines, and wrinkles must be hidden away. And now, with supplements and surgeries, modern medicine is even offering to reduce the hold old age has on our bodies, at least for a short while.

Nevertheless, the reality is that we are living longer, healthier lives than before. As they say, 50 is the new 40! All the same, some people have the mistaken impression that our right to happiness decreases as the number of candles on our birthday cakes increases. In a society where everything occurs at breakneck speed, living



Aging is inevitable, but it's up to us to choose if we grow older with verve or by just fading away.

for the present and taking advantage of every moment of pleasure that life brings our way is still the best way to stop the clock. Enjoying a walk with your loved one, a supper with friends, or ice-cream with your grandchildren are great ways to stay young at heart.

Of course, time passes and growing older is unavoidable. Our bodies sag and energy fades. But at the end of the line, it's up to us to choose if we grow into our golden years joyfully or by just fading away.

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MATURE LIFE

AGAPE Senior Wellness Centre partners with FedEx

Through the COVID 19 pandemic, Agape has been keeping quite busy. Despite picking up, preparing and delivering the many food orders for families, Agape has also been preparing care packages for seniors.

Agape SWC coordinator, Varun Thurairatnam has been working hard, reaching out to most members of the SWC, and of the 300+ members contacted, over 150 seniors opted to receive the care package in the mail.

Senior care packages contained: The English version of the Quebec COVID-19 Self Care Guide with important phone numbers, the Senior Wellness Centre schedule of on-line and phone-in activities, word puzzles, sudoku puzzles, healthy recipes, hygiene products such as shampoos, conditioner, soap, tooth paste, tooth brushes and deodorants, a dark chocolate treat donated by "Chocolat Favoris" and there was even a reusable bingo card for their on-line "Virtual Bingo for Seniors" that has already begun.

The Senior Wellness Centre is closed to walk-in visits but they are still open and offering other services. "We are returning calls, sending emails, organizing online activities and working to make sure that English-speaking seniors are getting their information in English." said Kevin McLeod, Executive Director of Agape.

"It was great timing when our Agape-NPI partner and Sr Manager at FedEx, Denise Vourtzoumis reached out to Agape to offer a helping hand. A week later, FedEx was providing hygiene products and free shipping so that Agape could reach seniors, isolated by the COVID 19 pandemic. This is just another example of how the community is coming together to help those in need," he added.

"Seniors have paved the way for us and for future generations. The least we can do is reach out and send them a little care package during this difficult time. You should see the thank you notes and listen to the phone messages we received. It's so touching. There is something beautiful about seeing a community come together. FedEx has been amazing throughout this entire process and they even told us that



they would help us get another wave of packages out should more seniors come forward. One of the thank you letters we

received from a senior read: "...this certainly helps one to feel less isolated knowing that we are not forgotten."

"When we see this, we realize how blessed we are to be in a position to help others," he concluded.

AGAPE ENGLISH-SPEAKING SENIOR WELLNESS CENTRE

Offices are closed - But we are still offering services and activities during the COVID 19 pandemic:

- Resources and referrals with a social worker
- Virtual bingo
- Senior care packages
- Online and phone-in activities
- Online and phone-in health presentations
- Food bank



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MATURE LIFE

Boomers watched the world evolve



VIRTUAL MUSEUM TOURS

Stuck indoors? Follow the links below to tour museums from around the world!

BRITISH MUSEUM, LONDON



This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's [virtual tour](#).

GUGGENHEIM MUSEUM, NEW YORK



Google's [Street View](#) feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

NATIONAL GALLERY OF ART, WASHINGTON, D.C.



This famous American art museum features two [online exhibits](#) through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.

MUSÉE D'ORSAY, PARIS



You can [virtually walk through](#) this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.

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Boomers have adapted to a lot of new technologies: black and white TV, colour, and then flat screens; rotary telephones and handheld devices and now smart phones.



Today it seems like a ridiculous fantasy, but not so long ago we all thought we'd be flying in our cars by the twenty-first century. Not all of our predictions were so wild and premature, though. Baby boomers have had the good fortune to be witness to a continual parade of discoveries, inventions, and technological advances which have changed our daily lives forever. And it's not over yet!

Developments have changed the way we communicate, travel, and entertain ourselves. Progress in agriculture and food production, as well as in science and medicine, has given us a longer lifespan and made daily living easier and more comfortable. All of this has taken place under the guidance of the endlessly curious and high-performing baby boomer generation.

These pioneers learned how to use objects that are now an integral part of our daily

lives: microwave ovens, disposable razors, Velcro, scanners, bar codes, chip cards, fibre optics, computers, GPS, and the Internet. Boomers saw the conquest of space and the first human steps on the moon, the appearance of the contraceptive pill and in vitro fertilization, and the first successful heart transplant operation.

Baby boomers were there when television became a fixture of life; they watched it go from black and white to colour and from analogue to digital and from huge cabinets to small flat screens — and don't forget the advent of the now-ubiquitous remote control! Boomers saw film go to video recorders to digital recorders and they saw music go from radio to compact discs and then to MP3 players. They saw rotary telephones become smart phones. Who knows what they will witness next!

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MATURE LIFE

Desjardins Caisse de Chomedey donates \$10,000 in support Agape's English-speaking Senior Wellness Centre

On March 31st, 2020 Agape received a donation of \$10,000 for their English-speaking Senior Wellness Centre (SWC) from Caisse Desjardins de Chomedey.

"The donation could not have come at a better time," said Kevin McLeod, Executive Director of Agape. "Our 2-year funding with the Quebec ami des aînés program came to an end on February 29th 2020 and we promised our seniors that we would do everything we could to sustain our centre. We approached them (Desjardins Caisse de Chomedey) at the end of 2019 explaining our situation and they told us they would help us out. We were thrilled when we got the news about them contributing \$10,000 for our seniors. This is an amazing contribution and we are so grateful."

McLeod says the Senior Wellness Centre needs approximately \$36,000 a year to remain in its current location at 3860 bl. Notre-Dame. He also pointed out that they would love to expand into a larger local, but this would double their costs.

In their new budget the Quebec govern-

ment has recently announce money for senior wellness centres across Quebec and McLeod said that Agape will definitely be applying for some of those funds. "It is unknown how much money will be available to us," he said "but we do feel like Agape was one of the organizations that was promoting this idea to the government. Back in October 2019, when the Secretariat for Relations with Quebec English-speakers held a series of consultations with community organizations serving English-speakers, we (Agape) were very vocal in suggesting that the provincial government make long term funding available for English-speaking senior wellness centres across the province. The CHSSN (Community Health and Social Services Network) has been a huge part of this as well. We started our centre based on their models and the example of other organizations who had opened them up in their region."

"Now, we are victims of our own success," he laughs. "In two years we have welcomed over 1,000 senior citizens at our centre, we have a contact list of over 350 seniors and



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Valerio Gazzola: “Dream big, do the hard things, show up”

“I have the best of the two worlds I love most - coaching soccer and teaching high school” says nationally acclaimed Master Coach Facilitator of The Canadian Soccer Association

Renata Isopo

Global sports - millions of people, defiant of borders, ethnic origins, political differences and social/cultural/economic status, in celebration of local, national, and international athletics. Outstanding performances on fields, in pools, on courts make athletes special and influential all over the world.

All athletes dream of winning, but very few fulfill starry-eyed hopes of grasping brass rings. Hundreds of thousands, even millions, begin chasing dreams at young ages. Those who achieve gold don't do it just on talent, they reach podiums through dedication, hard work, sacrifice, and support from others.

Unfolding dreams

Laval's Valerio Gazzola knows plenty about dreams and what it takes to fulfill them. He's known it since childhood, kicking soccer balls in Laval parks. He's known it through adolescence, when all he could think of was soccer. He's grateful to his parents for encouraging his dream. A realist, even in young years, he concluded he also wanted to pursue academics.

He did both, eventually reaching the top of North American professional soccer. But not before earning a university degree, leading to a long and vibrant career in Education, a second labour of love he describes as rewarding as the distinct achievement of being named the youngest head coach in the American Professional Soccer League.

Their dreams, his dream

“I was barely out of my twenties, in the spring of 1994, when the newly created Montreal Impact named me head coach, the day before the team's American Professional Soccer League season was to start.”

He was thrilled, star-struck, but reality quickly surfaced as he realized that the dreams of players, management, ownership and fans all converged in him, mind, heart, and soul. “It all became tied to what I would do with this once-in-a-lifetime opportunity. Everyone's dreams rested on my shoulders, so I accepted responsibility, rolled up my sleeves, and went to work,” says TLN's newest Mature Life role model.

How did you manage? he's asked. “It was life-changing. We won the cup, in my first year of coaching at the highest level of professional soccer in North America” he says, proud but humble. “I couldn't dream of a better start, could you?”

Young, but not restless

At 56, still strong, Gazzola traces his roots, in part, to 1979-

1981, at Laval Catholic High School. On to Vanier College Business Administration, then to Accounting at McGill University (1983). Autumn 1985, realizing that crunching numbers wasn't for him, he switched to physical education, preferring to crunch soccer balls, showing others how to do it well. Putting studies on hold, pursuing them part time, he took on full-time work as Technical Agent, Quebec Soccer and Technical Director, Montreal Concordia Soccer Association.

“I was passionate for soccer, especially coaching, so a Physical Education teaching degree would be an asset, the best fit for me,” he says. He received his degree from McGill in 1991.

McGill helped fulfill both dreams, he explains. He played on the university's soccer teams, but the highlight was his move to the sidelines, first as assistant and then, head coach. “It was priceless preparation, great training for what would come later. Only a few years older than the young men he coached, it taught him to lead by example, hard work, and dedication.

Close to the players' ages, he couldn't pull the age card, so it had to be done otherwise, with leadership they would respect. The experience served him well. Recruited to coach the Impact in 1994, at 30, he was only a few years older than most of the players and younger than some. The experience of working with young people at Quebec Soccer and Montreal Concordia provided a solid foundation.

Forming young leaders

“As technical director, I coached and coordinated programs to develop and train coaches and players, in support of the Association's 2000 members. Hard work, but I loved the people-oriented philosophy, the instant feedback from players, coaches, administrators, and parents. The only way to grow - lacing on cleats, running to fields, taking charge of dressing rooms, and teaching.” Teach he did, he says, laughter resounding through the telephone, revealing that through all this, he also did full-time teaching at Dunton Academy in Montreal. He returned to Laval's Sacred Heart Middle School in 2004, where he taught Leadership for 13 years.

Leadership for kids 11-14? he's asked. “It's a multi-faceted project-based sports program, designed for strongly-motivated kids with lots of leadership spirit. Teachers help actualize potential, immersing students in the art and science of leadership, providing excellent opportunities to practice skills learned in class. Students engage in gym sports, outside



With family, and colleagues, Saputo Stadium, 2018, at 25th Ave. (left to right: daughter, Alessandro Gazzola (son), Valerio Gazzola, legends De Santis, Marc Dos Santos; and front row - the next generation Senior National Team, Andrew Olivieri is Head Coach Men's U17)

activities and, when possible, at ice rinks, tennis courts and whatever else can be arranged. They learn to lead, independent of teachers, applying organizational skills through sports.”

WOW? Sign me up! Why did he drop Leadership? “Merging Laval's English public high schools changed things. I had to choose Leadership or Math, one or the other. Insecure about the future, I chose Math,” he says, voice descending into sadness. “I love teaching Math, especially for kids who have a hard time with it, but I miss Leadership. Who knows, maybe one of these days ...” he trails off in mid-sentence.

Why full-time high-school teaching, not coaching permanency? “Stability, for me, for family. Professional coaching is risky, especially at higher levels. In many ways, I'm still doing what I love.”

Best of both worlds

Why soccer? “It's the world's most beautiful game, passion in action, chess-like challenges on the pitch. I loved everything about the sport and wanted to be around it, my whole life.” Fifty years, 40 in coaching, starting at 17, in Laval. “No regrets,” he confesses. “I have the best of both worlds, teaching and coaching, they're both people-driven, highly-meaningful, deeply-rewarding pursuits.”

The impressive vault of hands-on, feet-ready approaches, the meat and potatoes of a dazzling coaching career? “After 15 years coaching youth and university, I reached the pinnacle at Impact, pun intended, blessed with the once-in-a-lifetime opportunity to work with the best, brightest, cream of the crop of professional players from all over the world. Seven years (1994-2001), two stints, one Cup, three Championships, in rarified air of North American top-level competition.”

Hail to women

When did he go world-wide? “I was privileged, on several occasions, working with Canada's best, preparing for World Cup competition.” 1993, U16 World Cup, Japan; 2011, Women's U20 assistant coach; Francophonie Games, 2009 Beirut, 2017 Ivory Coast; 2013, technical assistant, National Women's Team, Cyprus Cup; 2014, assistant coach, U20 Women's National team, World Cup played in Canada.

As Master Coach Facilitator, Canadian Soccer Association, he helps develop and mentor nation-wide coaching programs. “We're always in flux. Programs evolve, so do the ways coaches are educated. I regularly update programs and content.”

Players, friends, soccer colleagues, Education co-workers describe him as energetic, passionate, optimistic, enthusiastic, supportive, focused, respectful, patient, hard-working. Perceived as an outstanding coach of deep background, he's a builder of ‘winning cultures’, deeply-grounded in beliefs that one learns as much from defeat as from victory. “True, there's agony in defeat, but there's also the healing experience of knowing you tried your best. That's all anyone can ask.”

Is there place for women in the beautiful game? “Assolutamente,” he says, with Italian mischief. “The future



We're No. 1: Valerio Gazzola addresses soccer fans at celebration of Montreal Impact's 1994 American Professional Soccer League (APSL) Cup Win.

...w courage, and always strive for faster, higher, stronger."



Anniversary of Montreal Impact. From left: Stephanie Gazzola, Patrice Ferri, Rudy Doliscat, owner Joey Saputo, coaches Nick De Santis and John Herdman is Head Coach Men's 7 National Team.

of Canadian Women's Soccer is bright. We're competitive, we've won medals, we're developing thousands of players and coaches from sea to sea. The National Women's Program is very successful, our FIFA ranking is fifth or sixth in the world. Girls and women are part of every youth club in Canada, accounting for 45 % of players. Well and good, he adds, "But we need to improve. We need more women coaches, youth-club leaders, role models for young players. Women will make the beautiful game even more beautiful."

The Book of Valerio

He knows such things, this soccer guru, first-class teacher who leaves you breathless, impressing on you that he would just as soon hug young players for having goofed than reprimand for screwing up. "I've always loved kids, privileged to be part of their growth and development. I'm not put off by mistakes, I try to ease the pain of messing up, through benefit of lessons learned," he says, citing I'm sure, from the Book of Valerio he uses with everyone in his care.

He has traveled - Africa, Asia, Europe - engaging at highest levels of soccer, in pursuit of wanting to improve. "I went to Italy in 2013 to sharpen my coaching skills with the Italian National team, guest of the Italian Soccer Federation. I was with the world's best coaches, thrilled to meet Andrea Pirlo and Gigi Buffon, and other players of great achievement in Italy's Serie A, celebrated world-wide, stars of international soccer.

"You remember, don't you?" he teases, recounting the Azzurri's 2006 World Cup, beating France in the Berlin shoot-out. At Club Auxerre, France, he interned in professional development. As Technical Director of Soccer Laval, he now develops coaches and players for the organization's six clubs.

Foundation never changes

His playing days were prelude to coaching: Laval youth soccer until 14; at Montreal Pompeii; 4 years on Quebec's provincial team, 5 years at McGill, 2 years in Canadian National Team Youth Program, and semi-pro action.

"It taught me discernment, what's realistic, what it takes to make pro. Experiences teach players and coaches that although the game is fluidly ever-changing, the foundation is immovable. Make accurate passes, follow the play, hold position, run unmarked, control the ball, be creative, shoot with purpose, precision and passion. Oh yeah, defend against your opponent when they do the same to you, end of discussion," mischief in his voice.

"It's simple. It's team chemistry, expectations, soccer culture, technique and strategy." Caring strongly about national and international soccer, he clearly communicates realistic expectations, on-field, off-field. Is 'winning' the test for success? "I don't buy it. Success is measured in maximization of potential. Was it your best, under circumstances that prevailed?"

Do coaches create strategies for success? "Absolutely. But it's determined by athletes available, caliber of opposition, weather, environment, location. Up against Congo's National team, you have to know they play in 40-degree weather; they're fast, strong, and resilient in the heat. We countered with control, discipline, patience and slowing the pace. We won 1-0."

Never-ending journey

Where in his life, is soccer now? "I never left. I love the game. It's at its most exciting time ever, is culturally-cool, immensely-popular. I'm part of what I've always wanted to do, passionate about it." He readily concedes to being flexibly-confident, confirming he'll go wherever the ball takes him, knowing what he's doing, very much a team player. "License A Coaching is tremendous work. Educational umbrellas of mentoring and molding youth are close to my heart."

"Lots of baggage, you might say, but a journey of marvelous destinations. I wouldn't change much. Cherishing my experiences, I'm proud of the knowledge I've acquired from leading teams and equipping coaches with tools for success."

Reluctant to accept credit for the 'goodness' he has brought to soccer here, there and everywhere, this modest 'man of the beautiful game' says he's truly humbled by his recent entry into Laval's Sports Hall of Fame, recognition given to select few. "I'm grateful, but I only qualify because of the hundreds of people who have accompanied me throughout my journey, starting with my parents, who kept me grounded, supporting me all the way. Countless others have helped me succeed, and I could fill a book with their names, but I must acknowledge that the trust put in me by Joey Saputo, owner of the Montreal Impact, paved the way for the rest of my life in soccer."

Gazzola understands the crucial role 'attitude' plays in human endeavours, including soccer, of which he can speak volumes. "Positivity is closely connected to understanding one's talent. Exceptional attitudes needed for self-actualization revolve around personal characteristics - courage, self-awareness, willingness to learn, receptivity to hard-work, unwavering dedication to always striving for Citius, Altius, Fortius - Faster, Higher, Stronger.

"That's my philosophy, but we fail unless we develop not only technical/tactical know-how, but also interpersonal skills that build successful teams. I have always worked hard to deliver highly organized coaching workshops, respecting the principle that within the framework of group-teaching, the instructor must give players individualized attention, constructive criticism, and specific suggestions for improvement, both for personal accomplishment and team success."

A hard, taxing, sometimes frustrating mission, he freely shares. "But make no mistake, you'll not lose if you embrace challenges, welcome opportunities, and do your best with what you have. Fight off complacency with all you've got. It's the demon of stagnation."

What of the Impact, when COVID-19 subsides? "Who knows?" he answers, wistful in reflection. "But I believe Thierry Henry knows what he's doing, what it takes to field a team to be proud of. I look forward to ringing the wonderful bell that fills Saputo Stadium for every Impact goal. I've been invited to share the honour, and will do it first chance I get.

In 2019, Montreal Impact Legends gather for pre-game celebration vs Brazil National Team Legends, left to right: star Patrice Bernier, Head Coach Valerio Gazzola, player, Head Coach, and Technical Director Nick De Santis, star Didier Drogba, trainers Mike Moretto, Aldo Ricciuti



Montreal Winners: Birds of a feather: Valerio Gazzola; Senator Jacques Demers, 1993 Stanley Cup winning coach of the Montreal Canadiens.



Double the pleasure: 1994 APSSL Cup Winner Valerio Gazzola, about to exchange jerseys with Expos Felipe Alou, 1994 Major League Baseball Manager of The Year.

The hard things

Growing to maturity in post-hippie society, Gazzola delicately filters his 2020 perceptions, when asked about today's Millennials. "When they're not happy they try something else. I worry about them. If you're not embracing challenges, you're looking for the easy way. Simple solutions are seldom the right answers. Bringing tasks to conclusion builds character. Declining responsibility for hard things generates disillusion and waste of God-given talent."

And the family, what do they think of Valerio? "Rosa, my wife of 31 years and I raised our children with shared dedication and responsibility, as a team, successfully, I might add, although most of the success is due more to Rosa's input, than mine. I am thankful that my involvement in soccer and teaching never became an issue in family life. We're very proud of Stephanie, 28, my Math colleague at Laval Junior Academy and of Alessandro, 29, working at Stornoway Diamond Mines, a great trade following his grandfather's footsteps in Val D'Or."

Rosa Spataro, Valerio's wife, is a frontline nurse. "We're all supportive of each other," Valerio Gazzola, in full bloom of Mature Life concludes, peace and hope softly drifting from his words.

Is it I, Lord...

THE AUTOBIOGRAPHY OF *ELIZABETH WILLIAMS MCLEOD*,

PART 3

I had joined the Board of Directors of Agape with Leo, Cliff's blessings and with their son Greg's approval who believed that I would be 'a good fit within the organization'.

My first years at Agape were more or less some kind of a disaster. WE (Agape) were kicked out of every place where we applied. No permanent local, no money, no support from all government levels, etc. We met the families in Kennedy Park, in the heart of Chomedey where the bulk of the needs were most present. We were homeless. But we managed to feed the needy, distributed clothes, consoled the afflicted, wept with the broken hearted and laughed with the other generous volunteers. When it rained, we held meetings in my car and often distributed supplies from the trunk of my old Pontiac.

God was preparing us for the REAL thing.

These were the good years. Growing in our faith, learning to lean, having nothing but found everything in God who guided us. We learned what it was like to be homeless and rejected, as Jesus was. We learned to feed the needy, cloth the poor, pray with prostitutes, encourage the drug addicts, the alcoholics, live in humility - (that was not easy for me). We learned to cope with the many needs of our English speaking community, we learned to fight (peacefully) for their rights, always respecting their situation. That is what we call training for a permanent job, a job that God chose for us, walking humbly before Him, learning to trust Him, to depend on Him alone. It was not easy but most rewarding in the long run.

In 1995, we decided to take our situation one step further. Tom Mulcair, the man, a beautiful spirit, a friend of us all in Laval, a community member at the time, came on board. He began to support Agape in whatever way he could. He accompanied us in various municipal, provincial and federal meetings. We got thrown out of every place where we applied for help for Agape but he, Tom, never gave up, never let us down.



Together with Cliff and Leo, we learned to laugh at our problems, accept rejection (or at least try) and keep focussed on our Lord.

At that point, Cliff and I started looking at locals for rent in the heart of Chomedey. One must remember that we had no money. We saw a closed, broken down fish store which resembled an abandoned house. You could see the homeless, the destitute, the addicts, sitting on the steps of the store at night.

Let's look at this place, Cliff said. Are you crazy, I replied? I guess I was still in my little princess mode. Cliff smiled and said: it only needs a little cleaning and I am sure that the rent will be cheap. YOU BET, I THOUGHT, IT'S A DIVE.



Through Cliff's perseverance, we met the landlord and soon found out that when you rent a commercial space, you are responsible for all cleaning, renovations, repairs, changes, etc.

"Cliff, we are not taking this place, it's a hole in the ground and besides, the smell of fish is disgusting; we could never make it go away." "Honey, she answered, smiling so sweetly did not God say I will make you fishers of men?" I had no answer to that but Cliff and I surely had a good laugh. We negotiated two weeks of free space to clean up the place and a rent of \$700.00 per month effective July 1st. 1995. A group of us started cleaning up and within two weeks, we held our first Press Conference with CTV, News, CBC News, Global News and our one and only English language Chomedey newspaper now called the Laval News (The News). They (George and George) fell in love with the idea of Agape serving the English speaking needy families of Laval. They became our greatest supporters to this day. We will be forever grateful for their support.

THE BIG QUESTION: - How are we going to pay the rent? Does anyone remem-

ber the wonderful Virgin Mary, Mother of Jesus, in Cana, when she said: "Son they have no wine." You know what happened after that. It turned out to be the best wedding reception ever.

Cliff called her son, Greg. "Son, we have no money but we found the ideal place for Agape." Greg generously gave us \$5,000.00 and said, show me what you can do with this. Well, PRAISE THE LORD!

Since Leo and Cliff made me the Treasurer of the organization, I WAS VERY CONCERNED AND INSECURE ABOUT THE FINANCIAL FUTURE OF AGAPE. But Agape is not about me, is it? This is when the Lord stepped in "Trust me, I will never forsake you, I love you."

So, putting our trust in the Almighty, knowing that we had at least 7 months of rent money, we went forward and never looked back.

WHAT AN HONOUR IT'S BEEN SERVING HIM.



We contacted the Quebec government and were successful in obtaining 6 working contracts, all reimbursable by the government. This gave us an opportunity to create jobs for some of the women who were under our care.

With the collaboration of Cliff, Leo, Ginette Verner and Shirley Findlay from Fabreville, we managed to set up seasonal clothing displays, a food counter, services and support for our families in need and much more.

One evening, shortly before Christmas, I was alone with Shirley at Agape. We had some work to do and had decided to stay a little later than usual. The telephone rang:

Are you open? Yes, I replied but we will be closing in a few minutes. It was 6:45 P.M. "Wait for us" the voice said "we are on our way with a surprise for Agape's families." We waited and waited. By 9:50 P.M., feeling that we had been had, Shirley and I decided to leave. As I proceeded to lock the doors, a fourteen wheeler truck backed up in the Agape parking lot. A

Is it I, Lord...

THE AUTOBIOGRAPHY OF *ELIZABETH WILLIAMS MCLEOD*,

young Greek gentleman with three friends jumped out of the truck. Shirley and I were wondering if this was serious. "Who's Betty" one of the guys asked. "I'm Betty" I replied, still wondering what they were up to. The same fellow said "Open the store please, we have to unload the truck." Shirley and I did as they said, opened the store and watched these fine men form a chain and pile up 10 lbs. bags of potatoes in the kitchen, placing them up as if they were cording wood in a perfect four feet by four feet space. They had noticed that our space was limited.

Shirley and I were in shock. When they had completed their work, I asked them how many bags they had left us. 163 bags one of them replied. We had exactly 163 families to feed at that time.

Luke 9, 16 -We all remember Jesus' multiplication of the loaves and the fish, well we'll call this one the multiplication of potatoes.

Mark 8, 8: and they ate and were satisfied; and they picked up seven large baskets full of what was left over of the broken pieces.

Mark 11, 24 - "Therefore, I say to you, all things for which you pray and ask, believe that you have received them and they shall be granted you".

I must mention that a fantastic group of Senior Ladies from the Laval Women's group came on board and started an annual toy drive to support needy children in the Community.

I must mention Wilma Gumpert who was the key person involved in this great fundraiser. Wilma soon received the support of all the wonderful girls who are part of that great organization, buying toys for the children every Christmas.



Wilma also volunteered for years as a community Computer Course giver for our Seniors in Laval.

Then, came the crucial moments: approaching l'Agence de la Santé et des Services Sociaux de Laval in order to receive a recognition as an English speaking charitable organization in Laval. I don't recall how many times we were turned down but I surely recall the final approval when they accepted to give Agape \$7,500.00 per year to help us care for the needy of our Community. We were the least financed organization in Laval but we knew that, somehow, God would come through for us.

Matthew 19, 26 - With God, all things are possible.

IT'S ALL ABOUT FAITH, ISN'T IT?

1997: June 29th. We are out of money. Do I give the staff their 4% or keep them and lay them off in mid-July as they start their holidays. I called Father Cox: "I need a mass of thanksgiving Father, we're out of money, I have to let the staff go and, hopefully, a few of us volunteers will do our best to keep the place going." I'm on my way", he replied.

As I stepped out of Agape to greet Father, the mailman came rushing between us and handed me the mail. Here it was, a donation of \$5,000.00 for Agape. This is one of our episodes when Father Cox never recovered from the shock.

JESUS, I TRUST IN YOU

1999:- A group of us in the Community, including our great Italian friends, decided to offer Agape meals to the needy families on Wednesdays. One of our great supporters, Louisa was touched by the children who visited Agape. Through her ardent work and tireless efforts, Louisa obtained for Agape a pass for four children to visit Disneyworld under the Dreams Take Flight project. We were blessed to be included in this program for 15 years. Many of our children suffering from different mental and physical conditions were sent to the one day celebration with volunteer staff and administrators of Air Canada. We remain for ever grateful for our many supporters.



2002: We found out that the Federal Government was inviting different charitable organizations to apply for a grant which would give them the opportunity to become self owned. Wouldn't it be great if we no longer had the burden of paying a rent? By that time, our rent had been increased to \$900.00 per month.

Cliff, Leo and I spent a considerable amount of time together, exploring the possibilities of an application. Leo's health was failing and he was in need of his family's support. They asked me to submit the application and they would be praying for me. COME HOLY SPIRIT, COME!

We were originally told "You're a very small organization, you're not going to get our support."



We met with our member of Parliament (Ottawa) representing Laval-Les-Iles at the time, Raymonde Folco who believed in us and through the collaboration of her political representative, Danyelle Beaulieu and a devoted federal employee who remains anonymous to this day, Agape received a grant in the amount of \$325,000.00 to purchase the building, proceed with major renovations, and set up our daycare. Our Daycare furniture and contents were graciously paid for by a generous donation from La Caisse Desjardins de Chomedey, represented at that time by my dear friends, Laurent Caron and Daniel Rousseau. We thank God for these wonderful



Kevin McLeod, Agape's daycare director, Agape's co-founder Betty McLeod and Laurent Caron, director general of the Chomedey Caisse Desjardins hold appreciation poster to Caisse Desjardins, created by Agape's daycare children.

To be continued... 21

Retirement homes for seniors

Les Jardins de Renoir

1400, Boulevard Chomedey, Chomedey
Laval, QC, H7V 5C5

Located in Laval, at the heart of Chomedey, the private retirement home Les Jardins de Renoir of Cogir Group includes 739 units (1 ½ to 5 ½).

Manoir Céleste

1075, place Joseph-Tassé, Sainte-Dorothée,
Laval, QC, H7X 3L4

Located in Laval, the retirement home Manoir Céleste includes 9 units.

Résidence Primavera

1398, place Pagé, Chomedey
Laval, QC, H7W 4L8

Located in Laval, the private residence for seniors (RPA) Residence Primavera has 9 places in residence (private rooms). It welcomes autonomous, semi-autonomous and seniors in cognitive loss / Alzheimer's.

Résidence Sainte-Rose

105, boulevard Je-me-souviens, Sainte-Rose,
Laval, QC, H7L 3L8

The Residence Ste-Rose is a private residence for seniors (RPA) that welcomes retirees people, with loss of autonomy (semi-autonomous) and those with Alzheimer's and cognitive loss.

Les Résidences Soleil Manoir Laval

1455 Boulevard de l'Avenir, Laval-des-Rapides,
Laval, QC, H7N 0A1

Located in Laval, the retirement home Manoir Laval of Résidences Soleil includes 729 units (1 ½, 2 ½, 3 ½ & 4 ½). It is a private residence for the elderly (RPA), which welcomes autonomous, semi-autonomous retirees and those who need a short term stay for ...

Manoir de la Giraudière

211, 15e Rue, bureau 100, Laval-des-Rapides,
Laval, QC, H7N 6K9

The residence Manoir de la Giraudière is a private residence for seniors (RPA) which welcomes the retirees persons autonomous. This residence is located in Laval-des-Rapides near several points of service, such as shops, parks and restaurants.

Le Quatre Cent

400, place Juge Desnoyers, Pont-Viau
Laval, QC, H7G 4S2

You can't buy happiness, but you can rent it at the Residence Le Quatre Cent in beautiful Laval.

Résidence La Luciole

4476, Boulevard Dagenais O, Fabreville
Laval, QC, H7R 1L5

The retirement home The Residence La Luciole is an intermediate resource of 149 units and located in Laval. This retirement home welcomes seniors with cognitive deficits (Alzheimer's) and / or seniors with physical difficulties that affects their daily autonomy.

Les Appartements de la Rive

4605, boulevard Sainte-Rose, Fabreville
Laval, QC, H7R 5S9

Located in Laval, next to the Mille-Îles River, the seniors' residence Les Appartements de la Rive has 335 places in residence (from studio to 4 ½, as well as care rooms).

Centre d'hébergement Bon-Pasteur

12, rue Bon Pasteur, Laval-des-Rapides
Laval, QC, H7N 2P9

This residence is now closed, it was bought by a new owner, please consult the new residence page Villa des Roseaux. The Centre Bon-Pasteur is a private residence for seniors (RPA). It is located in the Laval-Des-Rapides neighborhood near a variety of services.

Sélection Laval

3300, boulevard Le Carrefour, Chomedey
Laval, QC, H7T 0A1

Between the excitement of a lively neighbourhood and the intimacy of an elegant apartment in the heart of a dynamic retirement residence

Résidence Domaine des Forges

271, boulevard Sainte-Rose, Sainte-Rose
Laval, QC, H7L 0A7

The Residence Domaine des Forges is a private residence for seniors (RPA) and an intermediate resource (RI). This residence is located in the Vieux Ste-Rose in Laval.

Résidence Les Marronniers

1500, montée Monette, Vimont
Laval, QC, H7M 5C9

NEW PHASE COMING IN 2020. Located in Laval, the retirement home Résidence Les Marronniers includes 1040 units and is intended for Retirees and Independent living.

Boisé Notre-Dame

3055, boul. Notre-Dame, Chomedey
Laval, QC, H7V4C6

The Boise Notre-Dame residence is the ideal place for people over 55 wishing to live a beautiful retreat.

Résidence Roi-du-Nord

285, boulevard Roi-du-Nord, Sainte-Rose
Laval, QC, H7L 1X6

The Residence Roi-du-Nord is located in the Ste-Rose district of Laval.

Résidence Gingras

67, avenue du Parc, Laval-des-Rapides
Laval, QC, H7N 3W9

The Résidence Gingras is located in the beautiful city of Laval, in the Pont-Viau sector. It is a beautiful, 36 places, small private residence for the elderly.

L'Oasis de Laval

300, place Juge-Desnoyers, Pont-Viau
Laval, QC, H7G 4R1

The residence L'Oasis de Laval is a private residence for seniors. This Laval residence welcomes autonomous seniors.

Villa Murenne

7325 rue du Plateau, Duvernay
Laval, QC, H7A2P2

Villa Murenne is a private residence for seniors in a quiet area of Laval, in Duvernay East. It welcomes semi-autonomous seniors including people with mild to moderate cognitive loss.

Résidence d'Auteuil

195, rue Sévigné, Auteuil, Laval, QC, H7H 1J9

The Residence d'Auteuil is a private residence for seniors (RPA) located in one of the peaceful neighborhoods of Laval.

Habitation Le Bel Âge

1775, rue d'Argenson, Duvernay
Laval, QC, H7G 2R3

The Habitation Le Bel Age residence is located in the Duvernay area of Laval. It is a private residence for seniors (RPA).

Résidence du Plateau Ouimet

1875, rue du Plateau Ouimet, Sainte-Rose,
Laval, QC, H7L 2X4

The Residence du Plateau Ouimet is a private residence for seniors (RPA) located in Laval, more precisely in the Ste-Rose district.

Résidence Les Doux Instants, Laval

4825 rue Cyrille Delage, Auteuil
Laval, QC, H7K 3P2

The Residence Les Doux Instants is a private residence for seniors (RPA). It is located in the Auteuil district of Laval.

CHSLD Vigi l'Orchidée blanche

2577 boulevard René-Laennec, Vimont
Laval, QC, H7K 3V4

CHSLD Vigi l'Orchidée blanche, of the Vigi Santé group, is a residential and long-term care center located in the city of Laval.

Résidence Marie-Flore

6658, rue Chouinard, Saint-François
Laval, QC, H7B 1E1

Located in Laval, Résidence Marie-Flore retirement home (RPA) has 9 residential places in residence (single and double room).

Résidence La Présence

1662, rue Trépanier, Chomedey
Laval, QC, H7W 3G7

The Residence La Présence is located in Laval-Des-Rapides, near the Parc Saint-Martin and close to several services.

Résidence Le Duvernay

1850, boulevard Lévesque Est, Duvernay
Laval, QC, H7G 4X4

Located in Laval, the retirement home Résidence Le Duvernay includes 144 units. The retirement home Résidence Le Duvernay offers several adapted services like : 1 meal per day. Health care staff can provide various type of care.

Oasis St-Martin

1446 boul. St-Martin O, Chomedey
Laval, QC, H7S 0A3

The residence Oasis St-Martin is a private residence for seniors (RPA). It welcomes pre-retirees and retirees people who are autonomous.

Habitation Louise-Beauchamp

3300, rue des Châteaux, Chomedey
Laval, QC, H7V 0B8

Located in Laval, l'Habitation Louise-Beauchamp of 86 units (3 ½, 4 ½) is a culmination of the Office municipal d'habitation de Laval, specifically within the Acces Logis Quebec program.

Les Loggias Villa Val des Arbres

3245, boulevard Saint-Martin Est, Duvernay
Laval, QC, H7E 4T6

CHSLD (private) located in the city of Laval, Villa Val des Arbres offers three retirement accommodation options. This residence welcomes autonomous seniors and / or semi-autonomous persons

Résidence Les Ficelles

3860, boul. Lévesque Ouest, Chomedey
Laval, QC, H7V1G7

The Résidence Les Ficelles located in Laval is a nursing home affiliated with the CISSS de Laval. It offers services of accommodation, support and assistance to people with loss of autonomy and to people with cognitive deficits.

Retirement homes for seniors

Résidence L'Angélus

**5855 Boulevard des Mille-Îles, Saint-François
Laval, QC, H7B 1A2**

The retirement home Résidence L'Angélus of the Lumain Group is an intermediate resource located in Laval. This nursing home for seniors is affiliated since 2006 with the CISSS de Laval.

Villa de Jouvence

**3717, boulevard Lévesque Ouest
Chomedey, Laval, QC, H7V 1G4**

The Villa de Jouvence residence is a private residence for seniors (RPA). It offers its services to autonomous, semi-autonomous retirees, people with Alzheimer's disease and cognitive loss. Quality care is offered at the Villa de Jouvence residence by attentive and competent staff. This private residence for ...

Erma Santé 2

2346, boulevard de la Renaissance, Sainte-Rose, Laval, QC, H7L 4K9

Erma Sante brings together two residences. The Erma Sante 2 residence is a private residence for seniors (RPA). It has a variety of units, some of which are an intermediate resource for people with intellectual disability. These units are supported by the CRDITED Laval.

Résidence Le Jardin des Saules

**Groupe Immobilier Globale
393, boulevard des Prairies, Laval-des-Rapides, Laval, QC, H7N 2W4**

The Residence Le Jardin des Saules is a private residence for seniors (RPA). It welcomes retired people who are autonomous and have lost autonomy (semi-autonomous).

Résidence Laval Ouest

**Groupe LRM
2855, 27^e Avenue, Laval-Ouest
Laval, QC, H7R 3K4**

Located in Laval, the retirement home Résidence Laval Ouest includes 100 units. The retirement home Résidence Laval Ouest offers several adapted services like : 1 meal per day, Food aid, Bath Help and more.

Villagia de l'Île Paton

**Horizon Gestion de Résidences
25, rue Promenade des Îles, Chomedey
Laval, QC, H7W 0A1**

Villagia de l'Île Paton is a seniors' residence designed for active retirees. This elegant residential complex is located on the beautiful Île Paton.

Résidence Boyer

**45, terrasse d'Auteuil, Auteuil
Laval, QC, H7J 1B1**

Located in Laval, the residence for seniors, Residence Boyer, has 12 places of accommodation. This residence for seniors Residence Boyer offers several adapted services like: Formula 3 meals a day, Help with food, Help with bath and others.

Manoir St-Claude

**171, 7^e Avenue, Laval-des-Rapides
Laval, QC, H7N 4J5**

The Manoir Bel Age de Laval (Manoir St-Claude) is a private residence for seniors (RPA) located in Laval-des-Rapides, near all services. This residence welcomes autonomous, semi-autonomous and short term stay/ convalescent people.

Domaine des Forges I

**Cogir
269, boul. Sainte-Rose, Sainte-Rose
Laval, QC, H7L 0A2**

In the heart of Old Sainte-Rose, Résidence Domaine des Forges offers a pleasant environment for independent seniors. Located along the Mille-Îles River, you will find plenty of services and activities to meet your needs.

Villa Suzie Vincent

**915, rue Suzanne, Saint-Vincent-de-Paul
Laval, QC, H7C 2H9**

The Villa Suzie Vincent residence is a seniors' private residence for autonomous, semi-autonomous seniors, with Alzheimer's and cognitive losses or for a short stay or convalescence. The Villa Suzie Vincent residence is located in Laval in Saint-Vincent-de-Paul near several services such as restaurants, shops, a bank, ...

Domaine des Forges III

**Cogir
263, boulevard Sainte-Rose, Sainte-Rose
Laval, QC, H7L 4Y6**

In the heart of Old Sainte-Rose, Résidence Domaine des Forges offers a pleasant environment for independent seniors. Located along the Mille-Îles River, you will find plenty of services and activities to meet your needs.

Résidence Mimosa

**90, rue Nadon, Sainte-Rose
Laval, QC, H7L 1T2**

The Residence Mimosa is a private residence for seniors (RPA). This residence welcomes retirees persons, autonomous, with loss of autonomy (semi-autonomous) as well as persons requiring a short term stay for convalescence.

Résidence Manoise 1

**953, 22^{ème} Avenue, Fabreville
Laval, QC, H7R 5G6**

Welcome to Résidences Manoise We are a family that has been working in the health field for two generations. Our mission is to offer quality care to autonomous or loss of autonomy.

Sélection Panorama

**Sélection Retraite
100 rue Étienne-Lavoie, Sainte-Dorothée,
Laval, QC, H7X 0B4**

For the Sélection Panorama retirement residence, the architects imagined the tallest retirees' tower in Canada, nothing less. It is a modernistic 30-storey building inspired by the most prestigious waterside complexes, proudly overlooking the Rivière des Prairies.

Résidence Bel-Lyne

**1887, rue Capitol, Vimont
Laval, QC, H7M2H7**

Located in Laval's Vimont sector, the Résidence Bel-Lyne retirement home has 3 residential accommodation spaces. This residence welcomes seniors who are autonomous and semi-autonomous

Centre d'hébergement

Champlain-de-Saint-François

**Groupe Champlain
4105, Montée Masson, Saint-François
Laval, QC, H7B 1B6**

Champlain-de-Saint-François's Accommodation Center (Groupe Champlain) is a long-term care and retirement home offering a family-friendly and friendly environment. For more than 45 years, it has been hosting elderly people who have lost their autonomy.

Erma Santé 1

**2225, boulevard de la Renaissance
Sainte-Rose, Laval, QC, H7L 4L5**

Erma Sante brings together two residences. The Erma Sante 1 residence is a private residence for seniors (RPA). It has a variety of units, some of which are an intermediate resource for people with intellectual disability.

Manoir du Vieux Sainte-Rose

**166, boul. Ste-Rose, Chomedey
Laval, QC, H7L 1L4**

The Manoir du Vieux Sainte-Rose residence is a private residence for seniors (RPA) and also an intermediate resource (RI). This residence is located in Laval, close to several services such as shops, restaurants, pharmacies and banking.

IVVI

**Groupe Maurice
1800-A, boul. Chomedey, Chomedey
Laval, QC, H7T 2W3**

OPENING : FALL 2020 Le Groupe Maurice is opening a residence in Laval! Located near the Saint-Martin West and Daniel-Johnson boulevards, the residence will be in the heart of downtown Laval, across from the Centropolis.

Société Alzheimer Laval - Maison

Francesco Bellini

**2525, boul. René-Laënnec, Vimont
Laval, QC, H7K 0B2**

The Maison Francesco Bellini belonging to the Alzheimer Society of Laval is a non-profit organization (NPO). It welcomes people with loss of autonomy (semi-autonomous), specifically those with Alzheimer's disease and cognitive loss.

Chartwell Les Écores

**Chartwell
1800, boulevard Cartier Est, Duvernay
Laval, QC, H7G 4R6**

Located in Laval, the retirement home Chartwell Les Écores includes 197 units and is intended for Short term stay, Assisted living, Alzheimer's and Cognitive Losses, Independent living, Convalescence and Retirees. The retirement home Chartwell Les Écores offers several adapted services like : Food aid, Bath Help, ...

Résidence le Patrimoine

**1120 Rue Liébert, Saint-Vincent-de-Paul
Laval, QC, H7C 2R9**

Located in Saint-Vincent-de-Paul, Laval, the retirement home Résidence le Patrimoine.

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The office is closed to the public during the COVID-19 pandemic, but we are still providing some services for our seniors:

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- Distributing important COVID-19 updates,
- Returning all emails and phone messages,
- Possible food delivery for isolated seniors

Call us and leave a message. We WILL call you back.



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Famille
Québec 





Precautions and care if you have COVID-19 symptoms

Rest

If you have coronavirus symptoms, feel weak and fatigued, rest will help you fight the disease. Limit your contact with others until you have no more symptoms. You can go back to your normal activities when your state of health allows you to.

Drink frequently

Frequent drinking is important because fever causes perspiration and major loss of liquids.

You should drink **at least 1.5 litres of liquids every day.**

You can drink cold or warm liquids, as you prefer. Avoid alcoholic beverages and liquids like coffee or tea that contain caffeine, as well as soft drinks.

Alcohol and caffeine will cause you to urinate more often and increase loss of liquids.

Watch out for these signs of dehydration:

- Extreme thirst
- Dry mouth and tongue
- Infrequent and/or dark urine
- Dizziness, confusion and headaches

Protect your entourage

Do the following to protect your entourage until you have no more symptoms (fever, cough, fatigue, sudden loss of sense of smell without nasal congestion, with or without loss of taste):

- Self-isolate in a bedroom to avoid contaminating others
- Sleep and eat meals alone in your bedroom
- Only use one bathroom
- Cover your nose and mouth when sneezing or coughing, ideally with a facial tissue. Wash your hands right after

- If you do not have any facial tissue, cough or sneeze into your elbow or upper arm, which are not in contact with people or objects
- Spit into a facial tissue
- Throw away facial tissues into a garbage bag in a trash can with a lid. Keep used tissues away from children
- Do not allow visitors in the house

Keep your environment clean

The coronavirus (COVID-19) can survive for the following lengths of time on objects and surfaces:

- 3 hours on dry surfaces
- 6 days on moist surfaces

Therefore, it is important that you clean counters, sinks, door handles and all other surfaces frequently touched by hands. Cleaning and disinfecting are very efficient ways of eliminating the virus.

Use soap and water or household cleaners to clean surfaces.

Use a 1/9 bleach-water solution or disinfectants. For example, this means 10 ml of bleach to 90 ml of water.

If you are sick, your sheets, towels, cloths and dishware can be washed with those of others in the home using normal detergents.

Seek help

While many of us have the necessary resources to deal with a COVID-19 situation, others may not. If you are concerned, do not hesitate to ask for or accept help. Talk about it with your close family members.

You can also dial 211 for help or ask your local CLSC to connect you with their home care and services resource.

Stay informed

Listen to the radio, watch TV, read the newspaper and/or go to the following government website often:

Québec.ca/coronavirus

The Ministère de la Santé et des Services sociaux will provide instructions for the population on health matters and to obtain care.

Always follow the government's current notices and instructions, since the situation can change.

General information

Services Québec

Coronavirus hotline

1 877 644-4545 (toll free)

Deaf or hard-of-hearing persons

1 800 361-9596 (toll free)

The Self-Care Guide is available at [Québec.ca/coronavirus](https://quebec.ca/coronavirus). You can order your English hard copy online.

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**Happy
Mother's
Day!**



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Laval-based Neptune Wellness scales up hand sanitizer production

*COVID-19 pandemic is fuelling demand
for company's natural products*

MARTIN C. BARRY

COVID-19 demand

Laval-based Neptune Wellness Solutions, which produces naturally-sourced health products, says it is accelerating production of its hand sanitizers to more than one million units per week, while responding to the ongoing COVID-19 pandemic crisis.

In a statement issued last week, Neptune said the production scale-up will allow the company to meet strong demand from its North American retail and government customers, and allow it to begin shipping products the following week, including fulfilling a purchase order from a large North American retailer.



Ahead of schedule



Neptune says it has scaled up hand sanitizer production ahead of schedule to rapidly increase critical supply and meet market demand driven by the COVID-19 pandemic. The company says this scale up will allow Neptune to meet strong demand.

Neptune Wellness Solutions specializes in the extraction, purification and formulation of health and wellness products. The company has in excess of 100 retail and distribution clients across several segments, including legal cannabis and hemp, nutraceutical and consumer packaged products.

Major facilities

A wholly-owned Neptune subsidiary is licensed by Health Canada to process cannabis at a 50,000-square-foot facility located in Sherbrooke, Quebec. The company also has a 24,000 square-foot facility in North Carolina to process hemp biomass into extracts.

Neptune says that by leveraging scientific and technological expertise, it sees applications for hemp-derived extracts in the U.S. beyond existing markets and product forms and into personal care and home care markets through its Forest Remedies brand and white label offerings.

"I could not be more proud of how our entire team has mobilized to leverage our collective expertise in procurement, manufacturing, product innovation, supply chain management and regulatory affairs to bring significant and continuous supply of hand sanitizer gel to market ahead of schedule during this critical stage in the battle against COVID-19," said Michael Cammarata, chief executive officer of the company whose headquarters are located at the Centropolis in Laval.

"We are rapidly responding to the needs of North Americans and playing a key role in meeting customer demand for safe and effective hand sanitizer to help prevent the spread of germs and protect consumer health," added Cammarata.

Another wave of fraudulent calls appearing to come from Hydro-Québec

CNW Telbec/ - Hydro-Québec encourages customers to be careful further to reports of fraudulent calls purporting to be from the company. The person calling demands immediate payment, threatening service interruption if their demand is not met.

We would like to remind customers that we recently announced that there will be no admin-

istration charges and no service interruptions for nonpayment, until further notice, due to the economic difficulties caused by the COVID-19 pandemic. For more information on the measures we announced:

To find out how to recognize a fraudulent message, go to <http://www.hydroquebec.com/fraud-prevention.html>.

THE LAVAL news Celebrations

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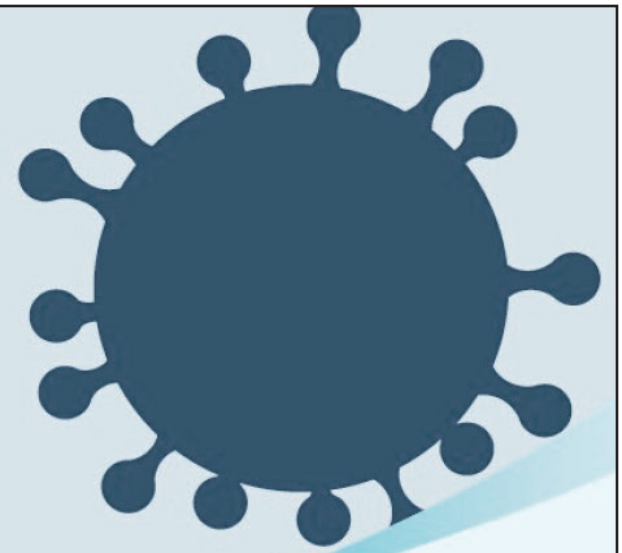


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Coronavirus COVID-19



We are going through an unprecedented crisis that is affecting our society's most vulnerable. To every one of our employees, doctors, managers and volunteers: thank you for your tremendous support and dedication.

We are all working hard to take care of Laval residents and stop the spread of the virus.

We care deeply about our community.
Together, we will overcome this pandemic!

Thank you!

President and CEO,

Christian Gagné

**Centre intégré
de santé
et de services sociaux
de Laval**

Québec 

Revenu Québec urges essential workers to register early for benefits

Province anticipates 600,000 will apply for COVID-19 work loss compensation

MARTIN C. BARRY

In view of the sheer number of workers displaced by COVID-19 who are expected to apply for government relief, Revenu Québec is asking candidates for an essential workers compensation program to start applying now before the lineup grows long and difficult to manage.

On April 3, the Quebec government announced a new financial assistance program, the Incentive Program to Retain Essential Workers (IPREW), for individuals working essential jobs during the COVID-19 pandemic. The assistance amount is meant to make up the difference between the Canada Emergency Response Benefit (CERB) and an eligible worker's wages.

How much does it pay?

Eligible workers can apply for benefits online beginning on May 19. The program provides \$100 for each week of qualifying work beginning March 15, extending for a maximum of 16 weeks. This means that, in addition to their wages, workers can receive a taxable benefit of \$400 per month, for a total of \$1,600 for the full 16-week period. Payments are made every two weeks starting on May 27.



"If everyone makes their registration on May 19 at the same time, it will be hard for us to provide an adequate service for everyone," says Revenu Québec spokesperson Martin Crotteau. "To be honest, we are concerned

there may be major waiting times if everyone turns up at the same time. So we are encouraging people to take the first step now."

Eligibility conditions

To be eligible under the program, workers must work part-time or full-time in one of the essential service sectors during the program period; receive gross wages of \$550 or less per week; have an annual employment income of at least \$5,000 for 2020; have a total annual income of no more than \$28,600 for 2020; be at least 15 years old when they apply for assistance under the IPREW; and have been resident in Quebec since last December 31, and plan to reside in Quebec throughout 2020.

As well, to receive assistance for a given week covered by the program, workers must not have received amounts under the federal CERB or the temporary aid for workers program for that same week. However, workers are eligible for the program even if their employer receives assistance through the Canada Emergency Wage Subsidy.

Register to be eligible

According to Croteau, more than 600,000 full and part-time workers in the province will be eligible to receive assistance from the IPREW program. But first, he pointed out, they must register for an account on the Revenu Québec web site. Registration requires disclosure of the following information: social insurance number, date of birth, and at least one recent notice of income tax assessment over the past five years.

Some individuals who cannot provide a notice of assessment number will still be able to register for My Account by getting a temporary access code by text or automated call.

Avoid delays, do it now

To avoid an overload of calls to client services when the IPREW application period opens on May 19, Revenu Québec invites eligible workers to register for My Account and ensure that their direct deposit banking information is up to date right away. Doing this now will make the application process easier later.

Eligible workers will receive their payments quickly. A first payment of up to \$1,000 will be made on May 27. Individuals not registered for direct deposit will receive a single lump-sum payment by cheque once the program period ends in July.

Workers in the following essential services are eligible for the IPREW program:

- Priority health services and social services
- Institutions in the health and social services network, including 811 call centres
- Pre-hospital emergency services, including the Corporation d'Urgences santé, first responders, ambulance service operators and healthcare communication centres
- Private health consulting room or office, including dentists and optometrists (for emergency services only)
- Pharmacies
- Intermediate resources and family-type resources
- Private seniors' residences
- Individuals, enterprises and organizations providing services to the elderly, to the disabled and to the vulnerable, in particular as part of the direct allocation—service employment paycheque measure
- Specialized resources offering accommodation for vulnerable groups and their relatives (domestic violence, vagrancy, cancer, addicts housed in community or private resources, palliative and end-of-life care, the underprivileged, immigrants, the elderly, the mentally ill, mother and child, prenatal and postnatal groups, young people in difficulty and their families, people with an intellectual or physical deficiency or an autism spectrum disorder, victims of crime)
- Héma-Québec
- Transplant Québec
- Canadian Red Cross
- Institut national de santé publique du Québec
- Wholesalers and manufacturers of medication accredited by the Minister of Health and Social Services (including supply and distribution)
- Medical and pharmaceutical laboratories and research centres
- Enterprises manufacturing vaccines or by-products to produce vaccines
- Suppliers, distributors and co-contractors in the health and social services network
- Independent placement agencies in the field of health services and social services
- Private IV clinics
- Joint procurement groups
- Public security services
- Police departments and police forces, including emergency call dispatch centres (operated by a municipality or the Sûreté du Québec)
- Fire services
- Correctional services
- Special constables
- Highway controllers
- Wildlife protection officers
- Security agencies
- Forest firefighters and all types of professionals providing support for civil security

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- Communication services
- Enterprises involved in environmental emergencies
- Government services and other priority activities
- Childcare workers and support staff for emergency childcare services
- Online higher education
- Suppliers of goods and services for underprivileged citizens
- Food inspection and food quality
- Waste collection and residual materials management
- Government air services
- Suicide prevention centres
- Assistance services for victims of domestic violence
- Services deemed essential by municipal organizations (administration, public works, etc.)
- Food banks
- Veterinarian clinics and agronomists
- Care for live animals kept in captivity:
 - Production and distribution of medications, vaccines and medical equipment for veterinary medicine
 - Laboratories and animal health research centres
 - Inspection and monitoring of animal health and crops
- Courts of justice and administrative tribunals, for matters they deem urgent
- Legal services (lawyers, notaries, bailiffs, translators and other workers)
- Professional orders – public protection component
- Priority union activities
- Maintenance and operation of strategic infrastructure
- Energy production, supply, transmission, transportation and distribution (hydroelectricity, fossil fuels and wind energy, biomass energy)
- Maintenance of essential public infrastructures in proper working order (bridges, municipal buildings, etc.)
- Construction, maintenance and upkeep of essential activities in connection, in particular, with public and private infrastructures that may create a risk for public health and safety (private dams, management of hazardous and radioactive waste, etc.)
- Sanitary services and supply chains (for example water treatment plants)
- Computer resources (security, maintenance, urgent needs in the current situation)
- Data centres
- Priority manufacturing activities
- Food production (for example agricultural operations, food processing, drink production, slaughterhouses, market-garden vegetable and horticultural production, fisheries and commercial aquaculture)
- Production of inputs necessary for priority sectors
- Manufacture of medical instruments
- Manufacture of chemicals
- Manufacture of sanitary products
- Manufacture of micro-electronic components
- Manufacturing and maintenance in the defence sector
- Priority commercial enterprises
- Grocery stores and other food retailers
- Pharmacies
- Convenience stores

- Stores not in a mall (offering grocery, pharmacy or hardware products)
- Businesses supplying agricultural operations (machinery, fertilizer, etc.)
- Société des alcools du Québec and Société québécoise du cannabis
- Furniture and household appliances (online or telephone sales only)
- Funeral services business and cemetery
- Restaurants (drive-through, take-out and delivery only)
- Hotels to accommodate persons returning to Québec and not having a fixed residence
- Cleaners, laundries and laundromats
- Medical and orthopaedic supply firms
- Suppliers of pet food and supplies
- Moving firms
- Work equipment (safety and protection)
- Products, parts and other equipment necessary for transportation and logistics services
- Media and telecommunications services
- Telecommunications (network and equipment)
- Cable services
- Printing (only for newspaper printing)
- National media
- Local media
- Communications agencies (advertising, production, feedback)
- Banking, financial and other services
- Financial services (financial institutions, automatic teller machines and other payment methods)
- Insurance (telephone services)
- Payroll services
- Accounting services
- Financial market and stock exchange services
- Placement agencies
- Construction sector services
- Construction firms, for emergency repairs or to ensure safety
- Electricians, plumbers and other trades (emergency services only)
- Equipment rental firms
- Building maintenance and upkeep services
- Cleaning, upkeep and pest management
- Building maintenance (elevators, ventilation, alarm systems, etc.)
- Household appliance maintenance and repair
- Priority services in the field of transportation and logistics
- Public transit services and passenger services
- Ports and airports
- Maintenance of locomotives, aircraft and boats and essential air operations (air transportation)
- Supply and distribution of foodstuffs, grocery stores and convenience stores
- Transportation, storage and distribution of goods
- Snow removal and road maintenance
- Service stations, vehicle maintenance and repair, tow truck firms, trucks and specialized equipment, and roadside assistance
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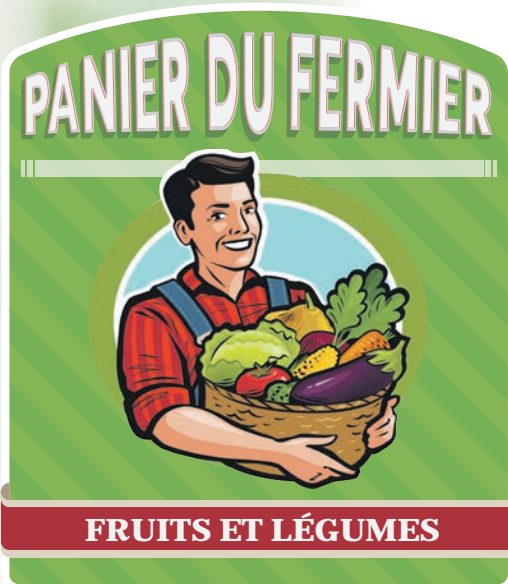
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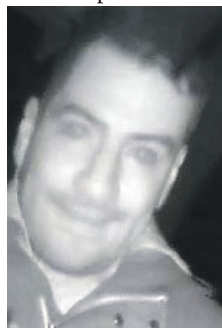
LPD seeks Laval-des-Rapides burglary suspect

The Laval Police have a pretty good idea what the suspect linked to a home burglary in Laval-des-Rapides last fall looks like, because they have a security camera image of him. Now all they need is some help from the public to identify the man believed to be in his 30s.

The Laval Police would like to know the identity of this burglary suspect whose image was taken by a security camera.

According to police, the incident took place around 7 pm one evening last fall at a home on McNamara Blvd. A window was broken and an alarm system was disabled, allowing someone to enter and search the house.

The suspect is described as a white male in his 30s with short dark hair. At the time of the burglary, he was wearing a beige coat and appeared also to have earphones on. Anyone with any information is urged to call Laval Police at 450-662-4636 or 9-1-1. The file number is LVL 191025 006.



LPD issuing tickets for breaking COVID-19 distancing rule

Officers with the Laval Police Department have been busy lately issuing tickets for at least \$1,000 each to individuals seen gathered while not obeying the mandatory two-metre distancing rule decreed by the province in the ongoing struggle against the COVID-19 virus.

Up to Monday April 6, according to Laval Police spokesperson Cst. Évelyne Boudreau, the force had handed out 56 such tickets, with an equal number at least expected to be issued during the following week as the COVID-19 situation continued to evolve.

Must be approved

But as she pointed out during an interview with The Laval News, those initial tickets were issued pending their analysis and confirmation by the office of the provincial director of criminal and penal prosecutions (DPCP).

All activities bringing together more than 250 persons are cancelled until further notice.

Keep your distance, or run the risk of catching this – as well as a costly ticket from the police.

“They will be the ones analyzing the information and figuring out if the tickets will be given out or not,” she said.

Since the first tickets were issued, however, the Laval Police Department received an unconfirmed directive from Quebec, effectively enabling the LPD to issue tickets in much

the same way that other types of citations (for speeding etc.) are handed out, Boudreau added.

FAILURE TO COMPLY BRINGS A FINE RANGING FROM \$1,000 TO \$6,000

According to Boudreau, the LPD’s patrol officers have been issued specific instructions on how to identify situations in which people are failing to comply with the distancing rule. The provincial government’s decree regarding gatherings and events states:

Gatherings forbidden

“In order to protect Quebecers, the Gouvernement du Québec is from now on prohibiting indoor and outdoor gatherings. The prohibition applies to all indoor and outdoor gatherings, except:

Those required in a workplace that is not subject to a Québec government suspension, provided that the employees maintain as far as possible a minimum distance of 2 metres between them;

In a public space in order to obtain a service or goods such as stores and government services and that is not subject to a Québec government suspension, provided that the customers maintain as far as possible a minimum distance of 2 metres between them;

In a means of transportation, provided that the users maintain as far as possible a minimum distance of 2 metres between them;

A gathering that assembles the occupants of a private home or a site that serves this purpose

and any other person who offers a service or whose support is required. Individuals who offer a service or support must maintain as far as possible a minimum distance of 2 metres between them and the occupants.

Minimum two metres

Outdoor gatherings are permitted in the case of the occupants of the same residence or a site that serves this purpose or when one person receives from another person a service or support. Individuals must maintain, as far as possible, a minimum distance of 2 metres from each other.”

Boudreau said the LPD’s officers have been advised to evaluate each situation after intervening and questioning those they suspect are not obeying the rules. She noted that some situations can be complex. For example, parents with shared custody of children with whom they are not currently living may have to provide an explanation if stopped by the police.

Non-compliant businesses

She said the force has also been turning up at businesses in Laval where the owners aren’t respecting the general shutdown decreed by Quebec, except for those businesses regarded as “essential services.” As well, she continued, more LPD officers than ever are now out on active patrols after being requisitioned from internal or administrative duties in response to the COVID-19 crisis.

Quebec market regulator says COVID-19 scams are increasing

MARTIN C. BARRY

The watchdog agency that regulates financial and investment services in Quebec has issued a warning about unfounded forward-looking statements based on COVID-19 speculation involving a British Columbia-based gold mining company.

‘Exaggerated claims’

In a statement issued on April 21, the Autorité des marchés financiers (AMF) said it is urging the public to exercise great caution with regard to the promotion of the activities of Crestview Exploration Inc.

As is often the case with other gold producers, Crestview’s fortunes are viewed as being on the short-term upswing, as buyers flee mainstream stocks and take shelter in gold investments.

According to the AMF, a mailing sent from a “stock analyst and geologist” to residents of B.C., Alberta, Manitoba and Saskatchewan “makes exaggerated claims about Crestview Exploration, predicting that its stock price will soar as the recession hits,” says the AMF.

Not responsible, says firm

The letter comes in an envelope, without a return address, that says in bold red letters, “CORONAVIRUS AFFECTING MARKETS: READ NOW!”

“The short-term upside potential for investors buying shares of Crestview Exploration today is around 500% while long-term shareholders (12+ months) could see gains exceeding 2,400%,” the letter states.

The AMF points out that Crestview Exploration, which is listed on the Canadian Securities Exchange and the Frankfurt Stock Exchange, issued a statement on April 8 stating that it was not responsible for the promotion, while further saying that the letter contained “unfounded forward-looking statements.”

‘Baseless projections’

Crestview Exploration strongly urged investors and potential investors to verify any statements, and the source of such statements, contained in buy recommendations they may have received.

While saying that no cases had been brought to its attention to date, the AMF reminded investors to exercise caution if they received the letter “containing false promises of large profits and baseless projections,” said the AMF.

According to AMF spokesperson Sylvain Thérberge, the agency has become aware lately of other investment scams that allude to potential gains from investments in schemes involving COVID-19.

Rise in COVID-19 fraud

The AMF says you should be wary if you’re invited to invest in companies claiming to offer products or services to prevent, detect or treat coronavirus infections (COVID-19), and that fraudsters are taking advantage of current events to lure potential investors with promises of very high returns.

The scams can take different forms, according to the AMF. For example, they may spread false

rumors on social media in hopes of causing the values of shares they hold to artificially increase, then sell them to others at a profit. Buyers may realize later that they paid inflated prices for shares that are actually almost worthless.

No such thing as ‘no risk’

Fraudsters might also push potential investors to make snap investments in order to take advantage of “once-in-a-lifetime” opportunities. But the AMF reminds investors that there is actually no such thing as a high-yield, no-risk investment.

The agency also warns that fraudsters are known to play on fears caused by current economic conditions to approach potential victims. As such, you may receive unsolicited e-mails or text messages warning about your investments or personal finances. The e-mails or text messages may direct you to click on a link or open an attachment.

Know who you can trust

But, as the AMF notes, the fraudsters’ goal is often to steal your personal information or install malware on your computer or cell phone. If you’re concerned about your investments or current financial situation, they suggest you contact the broker or investment firm you usually deal with.

Have you received what appears to be a legitimate e-mail or text message from a financial institution you do business with? The AMF recommends you don’t take any chances. Instead of clicking on a link or opening an attachment, go straight to the financial institution’s website. If



AMF spokesperson Sylvain Thérberge

in doubt, give the institution a call to be certain.

Employment fraud

And the AMF says it is hearing more and more lately about fraud involving promises of employment to people impacted by the massive job losses brought about by the COVID-19 crisis. The agency says fraudsters are soliciting job seekers on sites like LinkedIn, Facebook, Kijiji and Craigslist.

While they may seem on the surface to be realistic and come from both known and unknown companies, the truth is that employment offers are often used by fraudsters to steal personal information, while tricking you into wiring them money in cryptocurrency, after which they are nowhere to be found.



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Direct? Answers

from • Wayne & Tamara

Cheating the Rules

I met him on the internet. Wait, hold on a minute! I know you might be going, "Ah, man! Not another one of those letters." It's nothing like that.

I saw his ad on a matrimonial site, and I was hooked. The ad was organized, with a picture. In his ad he asked women to write to him as comprehensively as they could, and include a picture. I replied inquiring about his requirement, but I didn't include a picture or say anything about myself.

He didn't reply.

I sent another email from another address, and again, he didn't reply. I kept looking at his ad and noticed he has a unique website. I sent an email and this time asked about the site. He replied! He talked about the site, and I felt instantly attracted.

His emails were always serious and formal, unlike most males on the internet. He is very intelligent, and for the first time I thought this could be the one. I began writing him about the site, but still never mentioned anything about myself.

Then one day I made the mistake of my life. We both were serious and formal, and I ruined it all. I sent him an email revealing my feelings to him. I told him it was impossible for me to love him because I don't know him, but I care about him a lot.

Since then he stopped writing back quickly. When I realized I made a mistake, I wrote him three emails in the same day. One apologizing, another telling him I had a dream about him, and the third about something I thought of. I was turning into a freak. I didn't know what I was doing.

I think I gave the impression I was desperate. He replied and said I put too much emphasis on looks. He said, "I thank you for your kind words, though I'm not the greatest person on earth."

I was embarrassed, but I decided not to give up.

For some reason, I never look good in a picture. I know I'm really pretty, even beautiful, but I don't know how to show it in a picture. That's mainly why I avoid cameras, but I took a picture and sent it to him.

He replied saying he's sorry, his heart isn't in it. He said his decision wasn't based solely on the picture. He felt it wasn't going to work even before the picture.

I knew it had something to do with the way



I wrote, but it was too late. I am so clumsy with my writing it made me feel like a child.

I sent an email telling him I'm sorry he feels that way and how about if we talk on the phone? He'd see how I sound instead of reading my words.

It's been a week and a half, and he hasn't written back.

I just feel so sad. I ruined everything by telling him I loved him. How can I fix it? Should I think of this as a lesson learned, or should I try again? I'm afraid I'll look like a psycho, a stalker, or someone really desperate.

Amelia

Amelia, at one point in medieval Ireland, the English crown controlled only a few shires. The English marked their boundaries with stakes, called pales, to protect themselves from the raiding Irish. Eventually the pales became a wall surrounded by a ditch.

One ancient document remarked that beyond the pales lived "wild Irishmen." To this day the expression "beyond the pale" refers to acts that are uncivilized or rude.

You did not make one mistake with this man. You outright ignored his instructions because you thought, if you followed them, you would not win first place. That was more than rude. It was sneaky and conniving. It was beyond the pale.

You approached, got rejected, approached again, got rejected again, and then tried a third ploy. What you did is similar to the boy who gets turned down for a date, then asks the girl's mother if he can mow their lawn.

Just as a woman always has a right to say no, so do men. He said no repeatedly. He was polite and considerate. Now he needs protection from what lies beyond the pale: you.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of

YOUR OTHER HALF (www.yourotherhalf.com) • Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@echowork.com

Mondou comes through for family pets during COVID-19

Moisson Laval among the beneficiaries from \$110,000 donation

MARTIN C. BARRY

The Laval region's largest central food bank is one of the many organizations across the province that will be receiving a share of \$110,000 worth of pet foods and gift cards during the ongoing COVID-19 crisis thanks to a donation by the Mondou retail pet food chain.

While many families and pet owners are going through particularly trying times in the wake of the COVID-19 crisis, Mondou issued a statement last week saying it decided to do its part by providing more than a hundred thousand dollars worth of help to Moisson Montréal (which works closely with Moisson Laval), as well as to animal shelters.

Helping pet owners in need

"Through this initiative, Mondou wants to help pet owners in need, so as to prevent them from having to abandon their pet because of financial hardship," the company, whose headquarters are in the Montreal suburb of Anjou, said in a press release.

"Given the current context, it was only natural for Mondou to continue to be socially involved and to play an active role in a mutual aid movement aimed at helping those most in need," said Martin Deschênes, Mondou's CEO and general manager.

Mondou a family business

"Mondou is a Quebec family-owned company



Several generations of the Legault family are seen here with the company CEO. From the left (top row): Jean-Philippe Legault (Living Environment and Wellness Agent), Marc-Antoine Legault (Content Strategy Specialist), Marie-France Legault (Special projects analyst), Marie-Josée Legault (Financial Analyst) and Martin Deschênes (CEO). Bottom row: Philippe Legault (co-owner), Câlïn (mascot), Nicolas Legault (Business Development Director) and his dog Fusain.

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that has been caring for the well-being of animals as well as that of its customers and community for more than 80 years. Thanks to our collective effort and – especially to the dedicated work of the wonderful volunteers at Moisson Montréal and at animal shelters – we are convinced that soon it's going to be OK.”

In an effort to help pet owners directly affected by the current situation, says the company, Mondou will be donating canned cat and dog food, as well as cat litter, to Moisson Montréal. Moisson Montréal will then distribute the products in several Quebec food banks, including Moisson Laval. The company says 5,000 families will have benefited from this assistance by the time the distribution is completed.

Cards worth \$30 each

Given that many families currently have no other choice but to turn to various alternatives in order to feed their pets, Mondou said it wanted to help prevent an increase in the number of abandoned animals by giving away 2,100 gift cards valued at \$30 each to a dozen animal shelters that in turn will help families in need. The gift cards can be used at any of

Mondou's 67 retail outlets all over Quebec.

Since it was founded in 1938, Mondou has supported a number of causes dedicated to animal welfare. In addition to its popular Mondou Mondou campaign for the MIRA Foundation which has raised \$1.6 million in five years, the company, which is owned by the Legault family, has been holding a fundraising campaign to assist animal shelters for the past two years.

Major donations

To date, according to the company, the campaign has raised more than \$281,000. Each year, they add, Mondou also donates \$1 million dollars' worth of food to a number of shelters across the province, for a total of 12,000 kilograms per month, the company says.

Mondou, which has a longstanding policy of not selling pets, launched adoption zones for cats from rescue shelters at its Saint-Jérôme and Anjou stores last year. However, these are temporarily closed as a result of health and safety measures currently in place to help prevent the spread of COVID-19.

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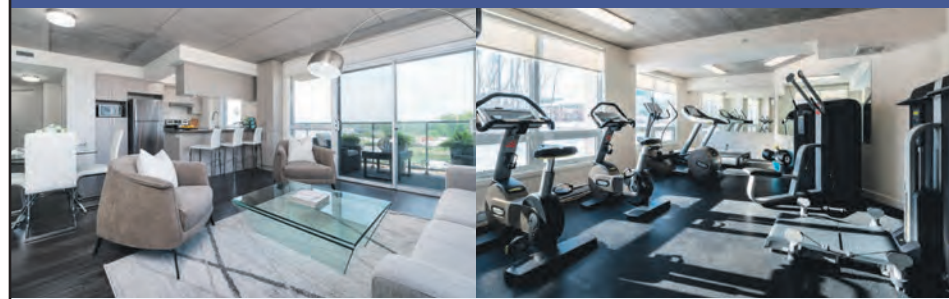
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In Memoriam & Obituaries

GAGNON CHAMBEROT, Laurette

1931 - 2020



It is with great sadness that we announce the death of Laurette "Lolo" Gagnon, wife of the late Leopold "Foam" Chamberot, occurred at the Hospital of the Sacred - Heart of Montreal (HSCM), April 17, 2020, at the age 88 years and 10 months. Unfortunately, the Covid-19 won. She is survived by her sisters Jeannette, Cécile, Claudette, Aline (René Gagnon) and Suzanne (Michel Laurendeau), nephews and nieces, cousins and neighbors and friends.

ALBERT, Morley

1936 - 2020



It is with great sadness that we announce the passing of Albert Morley, on April 23, 2020, at the age of 83. Beloved husband of the late Catherine Morley (Douglas), cherished father of Debbie, David, Janet, devoted grandfather of Bradley (Anh), Jamie-Leigh (Andy), Bryan (Sarah), Corey, BJ, Miranda, Spencer. He will also be deeply missed by his 5 great-grandchildren, and many relatives and friends.

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MARSAN, André

1937 - 2020



In Montreal, on April 20, passed away André Marsan, husband of the late Ginette Pelletier, spouse of Nicole Durand, and father of Geneviève (Jean-François Beauregard), Marie-Josée, Nathalie (Pierre Lafon) and Jean-Philippe. He also leaves to mourn his grandchildren Guillaume and Xavier Beauregard, Olivier and Maxime Lafon, his brother Gérard (Dyane Piché), as well as many brothers-in-law, sisters-in-law, nephews, nieces and friends.

LEONG, When Son

1931 - 2020



In Laval, on April 14, 2020, at the age of 89 years, passed away Mr. When Son Leong, beloved husband of Mrs. Nieng Ah. Besides his wife, he leaves to mourn his 3 children, his 7 grandchildren, his sister, his 3 brothers, as well as several relatives and friends. The family would like to sincerely thank the nurses and his wife's assistant for their support and all the care provided at home.

PAIEMENT, Noëlla

1935 - 2020



In Laval, Monday April 20, 2020, at the age of 84 years, passed away Noëlla Paiement, widow of Bruno Gervais. She is survived by her children Francine (Bich), Diane (Mario), Michel (Nathalie) and Manon (Benoît), her eleven grandchildren, her five great-grandchildren, her brothers-in-law and sisters-in-law, nephews, nieces and other relatives.

RACICOT GIRARD, Gertrude

1927 - 2020



From Ste-Dorothée (Laval), on April 20, 2020, at the dawn of her 93 years (May 8), passed away Mrs. Gertrude Racicot, wife of the late Rolland Girard, sister of the late Gilles Racicot. She is survived by her daughters, Carole and Line (Luc), her grandchildren, Alexandre (Cynthia), Catherine (Alexandre), Florence and Sandrine, as well as her godson Stéphane Racicot, her nieces and nephews as well as several parents and friends.

Contact us today to place an obituary or in memoriam in our next issue
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HOROSCOPE

Week of April 26 to May 2, 2020

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO

ARIES
You'll concentrate on your fa-mily this week. Those closest to you will place demands on your time. A new home may be on the horizon.

TAURUS
Travel might be difficult this week or your communications with others may not always be clear. Your outspokenness will have an impact on those around you.

GEMINI
Money is a cause for concern this week. Don't hesitate to take matters into your own hands and negotiate with those invol-ved. You may be able to resolve your financial troubles once and for all.

CANCER
Work is piling up and you don't know where to start to get it all done. Pace yourself so you don't get overwhelmed. If you manage your time and energy efficien-tly, you'll get through it.

LEO
Don't be surprised if you find yourself replacing a colleague who's going away indefinitely. This will cause some stress but will benefit you greatly in the end.

VIRGO
When you speak in front of a large crowd, you'll feel a thrill when you hear the audience applaud. However, one or more people may offer up some criticism you weren't expecting

LIBRA
It's often hard to balance the demands of your job with your responsibilities at home. It'll take some effort to juggle your job and your family's busy schedule without disappointing anyone.

SCORPIO
You may take an unexpected va-cation. You need some time away to clear your head before making a difficult decision and moving forward with conviction.

SAGITTARIUS
There's a good chance you'll have to tighten your circle of friends. Fortunately, some will pay you what they owe you be-fore you have to remove them from your life.

CAPRICORN
You'll find a billing error. It may take most of the week, but you'll track down the problem and will be reimbursed in full.

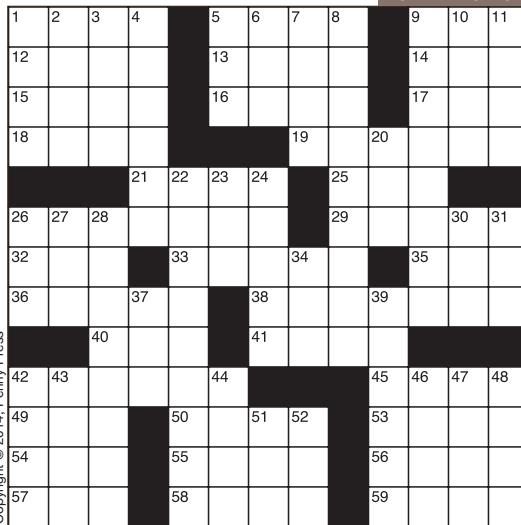
AQUARIUS
A new medical treatment or diet will quickly prove to be effective. One thing's for sure, you're definitely moving toward living a healthier lifestyle.

PISCES
You'll be surprised to find out just how popular you are in your circle of friends. If you're single, you'll be equally sho-cked to realize that more than a few people are vying for your affections.



CROSSWORDS

PUZZLE NO. 984



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ACROSS

1. Wineglass part
5. Equal
9. Resort for dieters
12. Bubbly beverage
13. Old stringed instrument
14. Road diagram
15. Tentacles
16. Slangy assent
17. Perfect serve
18. Better than better
19. Closed, as an envelope
21. Decreases
25. Cobbler's punch
26. Refuge
29. Marsh grasses
32. Paddle's cousin

33. Residue
35. Baltic or Red
36. Doodles
38. Made into law
40. Janitor's implement
41. Dilly
42. Slender candles
45. Break sharply
49. House shape
50. Side of New York
53. Nero's garment
54. Breakfasted
55. Off yonder
56. Wallet fillers
57. In fashion
58. Wet with morning droplets
59. Forest-floor plant

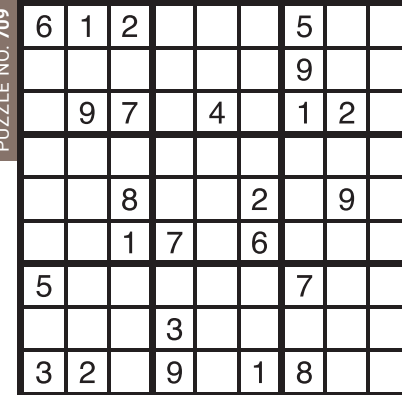
DOWN

1. Wound cover
2. Rushed
3. "Desire Under the ____"
4. Learn well
5. Tissue layer
6. Needle's hole
7. Memorable periods
8. Play practice
9. Littlest
10. Swiftiness
11. Acted like
20. Fear
22. Comforter
23. Piece of soap
24. Pittsburgh product
26. Reel holder
27. Cauliflower
28. Crushed
30. Cee's follower

31. Heartbreaking
34. Large antelope
37. Unhappiness
39. Habit
42. Atlanta Braves, e.g.
43. Low female voice
44. Out of danger
46. "____, Nanette": 2 wds.
47. Gets older
48. Lapse
51. Cutting tool
52. Go for it

Sudoku

PUZZLE NO. 709



HOW TO PLAY:

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

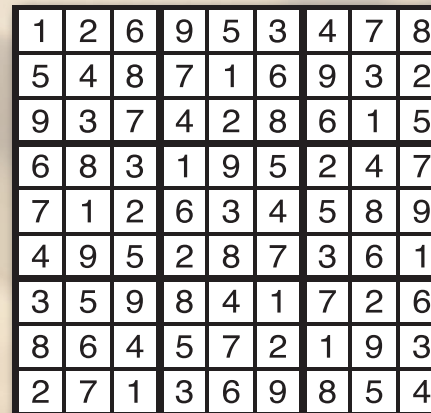
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



Following the most recent requests from the provincial government regarding the spread of COVID-19, we wish to confirm that all Cinemas Guzzo will be closed till further notice.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinemas Guzzo Team



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