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Val-des-Arbres citizens demand removal of bike path... PAGE 5



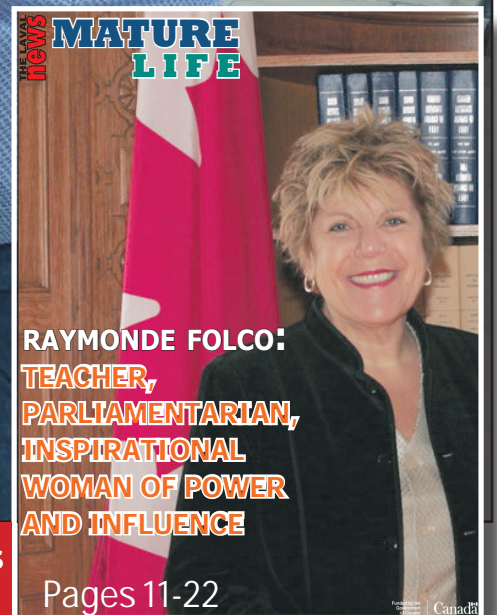
Costas Rodaros shows a petition with more than 65 signatures he helped to gather on de Blois Blvd. in Val-des-Arbres, calling for the elimination of a bike path in front of their homes. *Photo: Martin C. Barry*

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Pages 11-22

BREAKING NEWS: Starting June 22nd, small indoor gatherings and dining in restaurants will be allowed, with certain restrictions everywhere. Details at lavalnews.ca



Happy Father's Day
to all the fathers of Chomedey!
& a **Happy St-Jean-Baptiste Day** to all!



Guy Ouellette
MNA for Chomedey

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Activists want City of Laval to declare a 5G moratorium

City 'doesn't have the jurisdiction' over technology, says Mayor Marc Demers



In this screenshot from the webcast of the June 2 Laval city council meeting, Mayor Marc Demers answers questions. The meeting was presided by council president Christiane Yoakim. Citizens can follow in real time even on their smart phones City of Laval monthly council meetings.

With recent fires in cell phone towers – including one in Laval – being linked to growing opposition to the new 5G cell phone technology, a woman noted in her e-mailed question to Mayor Marc Demers during the June 2 webcast of Laval city council that an increasing number of experts are raising concerns about what they allege are the health hazards of 5G.

Noting that cities in Australia, Belgium, Italy and in other countries have issued statements calling for the deployment of 5G to be stopped, Nathalie Raymond asked whether Laval would agree to declaring a moratorium on the installation of 5G technology.



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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Seeking 5G moratorium

“Would the City of Laval be ready to set an example in Quebec and to follow along for the security and well-being of its citizens?” she said. “The communications industry is now pushing forward to deploy its 5G system, despite the impact of radio-frequency on the health of the population as recognized by several hundred scientific studies.

“The impact on future generations could be devastating, since all independent research says so,” she added. “Would the City of Laval be ready to declare a moratorium on the deployment of this network? And until unbiased scientific studies would demonstrate that our health and that of our children will not be affected by this technology.”

Will consult experts

Replying, Mayor Demers said that before taking a position on such issues, he and others in the administration ask consultants and other experts to write a summary report on the questions raised and to send it to them. “And if we judge that we should go further, we have effectively in the past hired independent expert firms to shed light on certain opinions.”

The mayor said that employees with the city have already started to look into the issue. However, he noted that Health Canada has come to conclusions about 5G that are different from those expressed by the technology’s critics. “They have essentially said that there are no indications leading to believe that the 5G network may be harmful to health,” said Demers.

No position on 5G, says Demers

While noting that the issue would be debated in council, the mayor said that the City of Laval “doesn’t have the jurisdiction. The implementation of 5G is the responsibility of the federal government and declaring a moratorium would be like trying to stop Canadian Pacific from passing on our territory. We are pursuing our reflection and our studies regarding this situation.

“For the time being, there are cell phone towers on our territory, but they aren’t necessarily 5G. These towers have multiple vocations. But we will be soliciting views from the federal government and Health Canada as we follow up this dossier.”

Work on Albert Murphy

On another topic, another questioner, Mr. Vézina from Chomedey, said to Mayor Demers that when work was being done to repair Albert Murphy Ave. in Chomedey several years ago, the City of Laval didn’t finish the work nor did it install sidewalks on the south portion near Saint Martin Blvd. West on the east side.

As well, he pointed out that flooding takes place there during heavy rains or when snow is melting. In a second question to the mayor, he asked whether following the relocation of the Multicultural Library several years from now, and taking into account that Chomedey is the most populous district in Laval, whether the city could reopen the old Alain Grandbois library branch on Samson Blvd. as it could serve as a second library branch and take pressure off the Multicultural Library.

Mayor Demers’ reply

Mayor Marc Demers said he had no immediate answers regarding the problems on Albert Murphy Ave., but that he would refer them to municipal employees who could furnish the answers. “But I can assure you that we have invested and we will continue to invest considerable sums to improve the streets and sidewalks,” he said. He said the city staffers would be able to explain the timeline for completing the work.

Regarding the library, Mayor Demers said, “We have invested a lot and we are still going to invest a lot in the libraries because they are appreciated by the residents more and more. And the possibility is already being considered for some time to reopen that library [Alain Grandbois], and even that it could become an interesting alternative.”

Ave. des Bois tree cutting

Answering questions about the recent contro-

versy involving the clear cutting of mature trees along Avenue des Bois in Laval-Ouest to make a reserved bus lane, as well as a question about the impending cutting of a large and old tree near the Île Bigras commuter rail station, Mayor Demers said the city has been pursuing an aggressive policy in recent years to preserve its trees.

Regarding the Avenue des Bois, he said, “There is a traffic problem there that is growing and that will not (unless we remain confined) go away. And, of course, there are all the other issues like greenhouse gases created every morning and night at rush hours. And that is one of the reasons why this enlargement of Avenue des Bois took place.”



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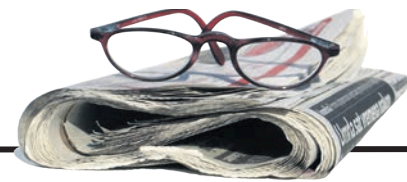


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Opinion & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Police injustice and violence. In Canada you say?

What are we Canadians to make of all this? My memory of the first US riots was Detroit 1967. The violence, looting, fires, and destruction lasted "one long hot summer". Most of us remember the Los Angeles riots of 1992 when four cops, 3 of them white, were found not guilty following the violent beating of African American Rodney King. It was the first time we all saw video of a beating on our TV screens. A man named George Holliday, with his brand new then cutting-edge Sony Handycam 8-millimeter video camera recorded the beating from his apartment balcony at around one in the morning. In today's terms, George's video went viral, and made history. Not the clearest video but it did pick up the sounds of the police batons repeatedly hitting Rodney King for eight minutes. Wait. EIGHT MINUTES? That's the SAME length of time Minneapolis cop Derek Chauvin knelt on George Floyd's neck and killed him. Is this just irony, or the Voice from above sending us a message? This time it was a 17 year-old Darnella Frazier, who was walking along the sidewalk with her nine year-old cousin. She bravely pulled out her smart phone and started recording this horrific scene unfolding in front of her. That's how we know in both cases that it lasted eight minutes. I saw a picket at one of the protests that read "How many have not been filmed". What the protestor is saying is there are hundreds of these cases with no police officer held accountable, and the 'victim' never believed. So if this latest brutal scene had not been recorded, there would have been no trial of the four and no riots. The same applies to the Rodney King beating of 1992. Thank technology, yes, but much more importantly, thank the brave souls who did the recording. George Holliday in 1992, and Darnella Frazier, thank you for your bravery. She and her Mom have had to move from their south Minneapolis home because of social media threats.

Canada has no stones to throw at our American neighbours. Some of the members of our RCMP, provincial and local police forces are equally as guilty. 99% of violent criminal police behavior are never recorded but some are. Like the black 20 year-old Laval man pulled by his Marley hair braids for allegedly asking "what investigation about me?". Disturbing video. It can be most influential in a court of law and the court of public opinion. What about the RCMP method of arrest in Nunavut where the cop drove up to the apparent suspect, opened his police pick-up truck door to slam the Inuk man to the ground. It's under investigation, by the RCMP. In New Brunswick, a 26 year-old indigenous woman allegedly wielding a knife, was shot and killed by a local Edmunston police officer. No video for this tragic loss of life, but social media, "citizen journalism" speaks very loudly and world-wide.

Justin Trudeau, feeling safe from usually powder puff questions from the national networks and newspapers, was stung by an excellent question from CBC reporter Tom Parry at his now well past 'best before' date daily briefings. Perry asked about Trump and the use of the army, then followed up with this. "I'd like to ask you what you think about that and if you don't want to comment, what message do you think you are sending?" Trudeau's advisors never prepared him for this, so the one-time drama teacher remained silent for...drama, or could he just not bring himself to criticize the US president. And the silence lasted 21 seconds. Again thanks to our recording technology. His experience as prime minister and drama instructor should have produced some response. Alright, let me answer the question for you Mr. Prime Minister.

"Some policemen in Canada are failing to discharge their duties in a compassionate and respectful way. They will not listen, much less read a plethora of recommendations that range from the National Inquiry Into Indigenous women, to court recommendations, to coroners' reports. The chorus protesting racism and injustice in the US is equally applicable in Canada. Time for me to end these daily hearings, and get back to full Parliament to work on major reforms of police handling of cases by different levels of law enforcement."

That's what a true Canadian leader should have answered. Not with 21 seconds of silence.

That's what's I'm thinking. I'm Robert Vairo.

Let's be realistic about physical distancing in schools

It's absurd to think that physical distancing in schools will look like it does in grocery stores

People wait patiently outside the store in long, spaced out, lineups. Direction arrows show customers where to move next. Customers stand at least six feet apart in the checkout lines. Cashiers carefully disinfect their terminals before the next customer arrives.

These measures are designed to prevent people from coming into close contact with each other. Whether we like it or not, physical distancing is the way of life in the COVID-19 era.

However, as important as physical distancing is in flattening the COVID-19 curve, let's not assume it will look the same in all settings. This is particularly true for physical distancing in schools.

Quebec Premier Francois Legault has reopened schools outside Montreal. Some in Montreal are reopening now, for special needs students.

Legault also said that it won't be business as usual in schools. To enforce physical distancing, class size will be capped at 15 students and school buses will transport children at half capacity.

No doubt, Legault thinks that smaller classes and emptier buses will make it easier to keep students apart. Space desks six feet apart, put direction arrows in the hallways, and make students stand in long, spaced-out, lineups before entering the building. By doing these things, Legault thinks COVID-19 won't spread in schools.

But more than 40 staff and students tested positive for COVID-19 in the first two weeks after elementary schools outside the Montreal area opened on May 11, the Education Department has confirmed.

Obviously, Legault has never been a teacher. Otherwise, he would know that schools aren't grocery stores and students are not mature adults. It's absurd to think that physical distancing in schools will look like it does in grocery stores.

Anyone who thinks it is possible to keep students – particularly young students – six feet apart all day has little understanding of what children are like. Even if you space desks six feet apart, there is no way to prevent rambunctious students from coming into contact with each other. Close contact is what kids do.

With older students, some will comply with the distancing policy but others will ignore the rules simply because they want to challenge school authority.

And, in high school, good luck keeping all the Romeos and Juliets away from each other!

Don't assume that a zero-tolerance approach to enforcement will work. In the past, draconian zero-tolerance policies have been disastrous because teachers and principals can't use their discretion when enforcing rules. How do you think it will look in the media when a principal expels a kindergarten child for hugging friends she hasn't seen for months?

This doesn't mean that schools cannot take precautions. Of course they can – and they must be cautious. Schools can temporarily suspend large gatherings such as assemblies, concerts and sporting events. While not ideal, learning can proceed without these activities.

Also, it would be sensible to install hand sanitizers at the entrance doors and in classrooms. It would also make sense for teachers to remind students to regularly wash their hands. But it makes no sense to assume that all students will wash their hands multiple times a day.

When schools reopen, parents and teachers must be realistic about what physical distancing will actually look like in busy school buildings.

Above all, let's remember that schools are not grocery stores and students are not adults.

Michael Zwaagstra

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

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Laval's on-street bike lanes a headache for Val-des-Arbres residents

City is re-evaluating situation after complaints, says Councillor Christiane Yoakim

More than 65 people living on de Blois Blvd. in Val-des-Arbres have signed a petition demanding the City of Laval make serious modifications to a bicycle path that runs past their homes, creating dangerous traffic situations, as well as a sanitation problem, they claim.



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Bike path complaint

"Since they have put the bicycle path and the cars are parked further away from our sidewalk, the city's work crew has not been able to clean the full width of the street," said de Blois resident Angie Simeone, noting that significant amounts of dead leaves and branches accumulate on the street next to the curb now because the street cleaner truck can't reach them.

The painted lane wending its way past the homes on de Blois Blvd. is part of the vast network of bicycle paths implemented all over Laval in recent years as the city ramped up its efforts to improve its strategy for bike and pedestrian-friendly transportation.

Complaints not new

However, complaints regarding certain elements of Laval's new transportation and traffic calming policies are not new. Among the measures that backfired on the administration in recent years were the infamous and (to many people) mysterious "blue lines" painted by the city on sidewalk curbs within a wide radius of schools, to alert drivers of the necessity to be on the lookout for children.

Following widespread objections to the blue line scheme several years ago, the Demers administration decided to cancel that part of the program. In addition to the street cleaning problem, the people on de Blois Blvd. complain that because of the extra space taken up by the bike lane, the recycling truck can no longer access their front driveways and yards to retrieve the recycling bins.

Backing out dangerous

The bike lane has been in place since late summer last year. At that time, according to Simeone, backing the car out of her home's driveway started to become dangerous because bicyclists arriving along the bike path couldn't be seen as they drove quickly by. The problem was made worse by inadequate street lighting, she added.



De Blois Blvd. residents Costas Rodaros, left, and Angie Simeone, on the bicycle, show how cars are now expected to park on their street so that a bike lane can pass right next to the sidewalk. They and others on the street want the bike lane removed. Photo: Martin C. Barry

"As the days grow shorter towards the end of summer, the lighting is not adequate to see bicycles," she said. "So when we are trying to get out of our driveway, we really have to look and have to go slowly. And then if there's also cars parked, you have to be extra careful to be sure you're not going to hit anybody. It's very, very dangerous. And a total mess."

The petition was presented to Mayor Marc Demers last October during a city council meeting. The petitioners are asking for the bike path in front of their homes to be removed, although they don't mind that the path on the other side of the street remains in place.

Taking action, says Yoakim

In an interview with The Laval News, Val-des-Arbres city councillor Christiane Yoakim said she has heard the petitioners' complaints and is now asking the administration to re-evaluate the situation in light of the residents' experiences and observations.

Initially, however, she said she was not aware of anything especially dangerous along that particular stretch of the bike path. "From what I've seen, everything conforms, everything is secure," she said, while noting that backing out from some driveways might present a hazard



A municipal water truck passing by on de Blois Blvd. during the interview by The Laval News demonstrated the claim by residents that the bike lane is preventing the street from being cleaned adequately. Photo: Martin C. Barry

for drivers unaccustomed to oncoming bicycle traffic.

"But to date there don't seem to be any major problems," added Yoakim. "But now in the second year of this project, we have the inten-

tion of redoing a re-evaluation of the situation. We always do this in the second year of a project to make sure that everyone's security has been taken into consideration."

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New highway interchange

During the June 2 public meeting of Laval city council, the council members gave the go-ahead for a \$25 million expenditure to carry out work for the construction of a new highway interchange overpass on Autoroute 440 in the district of Val-des-Brises.

Since the structure will be passing over a provincial highway, the work and its supervision will be done by the Quebec Ministry of Transport and its appointed sub-contractors. As such, the City of Laval has authorized the MTQ to proceed with the awarding of the contract as manager of the project.

Two years work

Once the contract is signed, according to the city, work on the new interchange over Autoroute 440, between Autoroute 19 and Pie-IX Blvd., will be able to start, probably this summer, and will take place over the next two years.

The work will include the construction of the new overpass, as well as the realigning of nearby streets and ramps to and from the A-440 East. When it's completed, Robert Bourassa Blvd. will join up with Gaumont St. via the new Michel-Ange Blvd.

"This is great news, especially for

the people of the Val-des-Brises sector," said Val-des-Brises city councillor Christiane Yoakim. "In addition to allowing them to travel about more easily, they will see traffic in their area diminish. As well, this link will facilitate transit on foot and on bicycles from either side of the autoroute, which is positive for the development of active transportation on the island."

Work on Ave. des Bois

During the same council meeting, the council members also approved a contract for the creation of preferential bus measures on Avenue des Bois in Laval-Ouest, on part of Autoroute 440 and on Chomedey Blvd. The work, which is scheduled to begin this month, is to be done by Roxboro Excavation.

The contractor has been mandated to carry out the following steps:

- Preferential measures for buses on the road shoulder;
- Priority measures for traffic lights;
- Geometrical modifications at intersections;
- Modifications to traffic lights;
- Creation of a temporary incentive parking lot (around 500 spaces);
- Redevelopment of urban infrastructure (street lighting, roadway

structure, surface drainage, bicycle path, landscaping, etc.);

Appropriate attenuation measures for natural surroundings in conformity with recommendations by the Quebec Ministry of the Environment; Planting of trees and shrubs in work areas, with the exception of agricultural lands, and restoration to its original state of a nature trail that passes through the area.

Attenuation measures

"I am extremely pleased that the attenuation measures which were asked for during the construction of the Réseau express métropolitain (REM) are taking shape," said Nicholas Borne, member of the executive-committee responsible for transit dossiers and councillor for Laval-les-Îles. "When finished, it will most certainly be an attractive solution for replacing the automobile."

It should be recalled that in February, the City of Laval announced that it had been mandated by the Autorité régionale de transport métropolitain (ARTM) to ensure the planning and realization of infrastructures needed for the implementation of preferential measures for buses (MPB) on a trajectory that included Avenue des Bois.

Laval adopts new measures to protect its threatened wetlands

City hopes to raise protected area from 12 to 14 per cent eventually

The City of Laval's executive-committee recently recommended to city council that it adopt an important new by-law aimed at protecting and conserving key wetlands located on Laval's territory. The new regulations would add 1,062 hectares of wetlands to those already recognized by the city.

Having seen several large wetlands on its territory disappear over the last few years, the city was determined to preserve its remaining wetlands, while becoming one of the first large cities in Quebec to take this approach.

A leadership role

"It is Laval's hope to take on a new role as a leader when it comes to protecting wetlands," says Laval city councillor for Sainte-Rose Virginie Dufour, who sits on the executive-committee with responsibilities for environmental issues. "This ambitious project will allow the city to raise by 12 per cent the amount of natural areas protected by by-laws and regulations on the territory, bringing us closer the level of 14 per cent protection."

In order to define wetlands of interest to be conserved, the city developed a matrix with criteria to be developed. It took into account several factors, including ecological value, perenity, diversity, ecological services, adaptation to climate changes, distribution of wetlands on the territory and planning.

'Urban by nature'

Recognizing the undeniable ecological importance of wetlands and the necessity of ensuring their conservation, Laval undertook a regional plan for wetlands and humid areas, with the theme of its guiding vision (Urban by nature) as the guiding principle. This aspect defines the City of Laval's overall orientations for future development.

"Congratulations to the City of Laval for its colossal work identifying the wetlands of interest on its territory," said Guy Garand, executive-director of the Conseil régional de l'environnement de Laval. "The CRE de Laval is proud to have contributed."



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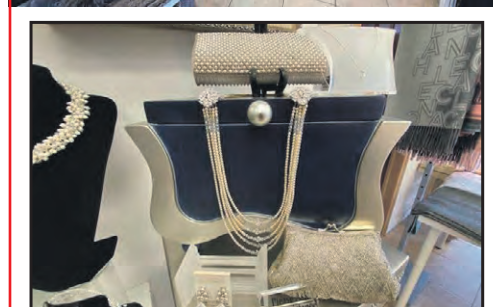
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City of Laval's Ombudsman tables seventh annual report

Snow removal ranked high in complaints during winter 2018-2019

In her seventh annual report released on June 3, City of Laval Ombudsman Nadine Mailloux says her office's activities are steadily increasing, as 24 per cent more Laval residents were using the service last year compared to the year before.



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Nearly 2,900 dossiers

Over the past seven years, the Laval Ombudsman's office has dealt with 2,894 dossiers, each representing an occasion when the Ombudsman was able to serve as a liaison between the municipal administration and residents to smooth things over when there were disputes, or to help redress an error or injustice when necessary.

According to the report for the year 2019, the Laval Ombudsman's office dealt with 58 per cent of dossiers received in less than 30 days. Fifty-seven per cent of the complaints received concerned the public works, engineering and urban planning departments.

Various types of complaint

The Ombudsman's office claims they were able to resolve 44 per cent of the cases by informing complainants of their rights, and by putting them in contact with the municipal administration or some other organization. The Ombudsman says 21 per cent of cases ended up being dealt with directly by the administration at Laval city hall, and that 35 per cent of these were serious enough to merit being looked into more thoroughly.

According to the Ombudsman, one of the most frequent types of complaint received concerns public works carried out in such a way as to compromise the integrity of private property by damaging or even destroying it. As well, there

are complaints regarding inadequately executed work by the city or by sub-contractors.

Guidelines were needed



Ombudsman Mailloux said her office concluded that it was becoming necessary for the city to clarify its position and the protocols to follow when public work is carried out in a way that overlaps onto private property. As such, her office recom-

mended the adoption of clear guidelines for when the city does work on or near private property.

The Ombudsman's office received an inordinately high number of complaints regarding snow removal during the winter of 2018-2019. Mailloux said her office took the matter up with the central administration. Following this, she added, the administration made a commitment to implement several new strategies in order to improve snow removal operations and efficiency.

Dangerous intersection

In another dossier Mailloux's office dealt with last year, she said a Laval resident came forward with a complaint about a particular street intersection that he found dangerous. On one of the converging streets there was a stop sign, while on the other (on which there was a bicycle path) there was no stop.

The problem was made worse by the fact a tall hedge impeded the view for those approaching the four-way intersection on one of the streets. The Ombudsman's office ended up recommending that the city enforce a rule concerning the height of hedges in locations such as this, while also carrying out some other modifications to make the intersection more secure.

Nadine Mailloux leaving

On a final note, Mailloux, who has served as the City of Laval's Ombudsman since 2013, announced along with her office's latest report that she is leaving the post to take up a similar position with the City of Montreal. "It was an honor and a privilege to create the office of the Ombudsman of Laval in 2013 and to direct it until today," she said. "I am very happy with the work accomplished over the past seven years."

Mailloux pointed out that the office was

created at a time when the City of Laval was under trusteeship. "Since then, with patience and determination, we set out to weave a link of confidence with Laval residents. The pertinence and the positive impact of our interventions can be seen daily. I sincerely thank the City of Laval, the citizens and, more particularly, Teresa Ciciotti, my valuable collaborator responsible for administrative support, for the confidence they all placed in me over these many years."



Councillor Tassoni seeks to preserve Trait Carré Woods

Action Laval city councillor for Laval-des-Rapides Isabella Tassoni tabled a motion during the June 2 council meeting calling on the city to provide funding for a public consultation and plans to be drawn up for the future preservation of the Trait-Carré Woods.



MARTIN C. BARRY
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Debate over future

The Boisé du Trait Carré (as it is known more commonly) is a 12-hectare wooded lot located in central Laval which has been the subject of extended debate on its future in the last few years.

The small forest was given a protected status by the City of Laval two years ago following a public outcry and through lobbying by Tassoni.

"I am proud that these woods were protected, which I believe was the main battle of my mandate for the citizens of Laval-des-Rapides, a true victory, but it's not over," Tassoni said in a statement.

Although the lot is now the property of the city and protected from private development, Tassoni wants a public consultation held on its future. Tassoni believes she should preside

the consultation.

Generational project

"More than 4,000 citizens have already expressed their wish to make this space an urban park, and environmental groups have even proposed to help us. I believe this is a project for an entire generation and our choices regarding these woods will have an impact on the territorial organization of our downtown forever."

Tassoni is calling upon her colleagues on city council to support her proposal during the next meeting of city council in July. "There has already been too much partisanship on this subject and we are faced with a consensus: the citizens want these woods to be cared for," she said. "It's their democratic choice. Let's do it together."

A key green space

The Trait-Carré Woods are regarded as the most important wooded green space in central Laval. The woods are located a relatively short distance from Laval's educational centre, where Collège Montmorency, the University of Montreal's Laval campus and other educational institutions are also situated. Tassoni's motion to initiate a consultation and planning would require an estimated \$125,000 - \$200,000 investment by the city.

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CISSS de Laval opens shelter for the homeless in Chomedey

COVID-19 has made things worse for those with no roof over their heads

Homeless people in Laval – who’ve been left largely without anywhere to stay overnight since the start of the COVID-19 pandemic – are gaining a measure of security with an announcement by the CISSS de Laval of the opening of a temporary shelter at the former Place des Aînés in Chomedey to accommodate up to 30 homeless.



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Caring for the homeless

The CISSS is sponsoring the shelter, which opened on June 3 in the senior citizens’ community centre on Curé Labelle Blvd., which remains closed during the COVID-19 pandemic. This new site replaces a homeless shelter that was being operated at the Centre Josée-Faucher in Laval-des-Rapides until June 1.

In keeping with provincial government directives to ensure that the needs of the homeless were being met during the pandemic, and to prevent COVID-19 from being spread unnecessarily, the CISSS de Laval worked in conjunction with the City of Laval and with Travail de rue de l’île de Laval (TRIL), which helps the homeless, to provide the homeless in Laval with meals,

medical help and wash-up facilities for their well-being and comfort.

According to the CISSS, the shelter will be offering its services to men and women with no fixed address from 4 pm to 8 am every day.

A collaborative effort

Other groups and organizations that contributed resources to making the shelter possible include the Commission scolaire de Laval, École Mont-de-Lasalle, Carrefour jeunesse Emploi, the Centre d’intégration libre de Laval, Diapason-Jeunesse, L’Aviron, Mesures alternatives jeunesse de Laval, the Oasis mobile intervention unit and SPHERE santé sexuelle globale.

Community groups in Laval, which normally provide support to the homeless, were forced to greatly curtail their services because of confinement issues. “Because of the economic damage linked to COVID-19, they told us that some people could find themselves without a fixed address,” said Jean Fallon, a community relations intervener with CISSS de Laval.

More homeless now?

A big question being asked now in the midst of the COVID-19 pandemic is whether the crisis has indeed driven the numbers of homeless in Laval higher. Over the last two years or so, the CISSS has estimated the number of chronically homeless in Laval to be fewer than 150. Still, Fallon acknowledged to journalists touring the new homeless shelter, some have been living



Michael Beaulieu, a street worker with TRIL Laval, is seen here explaining how homeless people’s basic needs for clothing and other items will be met through a distribution centre located at the new homeless centre at Place des Aînés (now known as Axion) in Chomedey. Photo: Martin C. Barry

in cars and in other ways just on the margin of homelessness.

TRIL had been operating the homeless shelter at the Centre sportif Josée-Faucher since March 13, allowing 86 people to receive shelter and nourishment in a safe environment. However, the CSDL was taking back the facility for its own purposes, making it necessary to set up the new shelter in Chomedey.

No other place to go

Michael Beaulieu, a street worker with TRIL, noted that with the forced closing of their usual overnight shelters, persons with no

fixed address would otherwise find themselves without access to washrooms and toilets, since restaurants and shopping centres, where they normally go, are closed during the pandemic.

While a safe and comfortable place to sleep at night is important to many homeless, others also appreciate being able to drop by the shelter during the hours it will be open during the day. The sleeping areas will be divided between men and women and there will be security personnel on hand. The shelter has the support of the Laval Police Department and it is expected to remain open for the duration of the COVID-19 pandemic.

Recruitment of workers for CHSLDs undermines home care, says PSW lobby group

Quebec forgetting home-based support workers, who are still earning \$23,000 a year

More than two months after the COVID-19 pandemic started, an organization representing the interests of home-based personal support workers says the PSWs are being taken for granted by the Quebec government, leaving elderly and handi-

capped home-bound patients helpless, they claim.

According to the réseau de coopération des entreprises d’économie sociale en aide à domicile EÉSAD, home services provided by the member PSWs are

currently on “life support” for several reasons. The federal government’s Canada Emergency Response Benefit (CERB) is motivating home-based PSWs to stay off the job because it pays more, the group says.

weeks to prepare meals. Now after more than 10 weeks, his home has become very untidy, and he also needs help doing his clothes washing. While he’s been an EÉSAD client for years, they have no workers available to tend to his needs.

Marthe and Jocelyn are parents in a family that is currently being supervised by the Quebec youth protection office. Marthe has mental health problems and suffers from depression. Jocelyn is confined to a motorized wheelchair and has to receive nourishment in liquid form through a straw. They have a four-year-old son who has an attention-deficit disorder. The youth protection office has ordered that their housekeeping should be done by a PSW once a week, and this is a condition for them to keep their child. However, according to Massicotte, this family hasn’t been able to receive help from an EÉSAD PSW through most of the COVID-19 pandemic.

Unable to get PSW help

Nicole lives in a subsidized low-rent housing project and has reduced autonomy. She tends not to do proper housekeeping in her apartment. Her sister who lives outside Montreal used to come help her, but can no longer do so because of COVID-19 travel restrictions. A worker at the housing project informed the EÉSAD that Nicole had become depressed and was no longer eating. As well, her apartment is now very untidy, garbage is accumulating and not being disposed of properly and the smell is getting out into the public hallway. The EÉSAD has almost no one to help her.

Finally, Rita is 96 years old and has had a leg amputated. Currently, she is receiving EÉSAD service at home. However, at the beginning of the pandemic she didn’t receive service for two weeks. Isolated and regarded as highly vulnerable, she has no family to provide help and no other other means other than EÉSAD support to receive food. According to the EÉSAD network, her usual PSW has been contemplating quitting to seek the better-remunerated work at CHSLDs.

Workers drawn away

As well, they say the provincial government’s new salary increases (up to \$49,000 annually) to personal assistants working at CHSLDs is also drawing away home-based PSWs (who are typically paid around \$23,000 annually). As well, the CHSLD personal assistants will be receiving new benefits as government workers, which their EÉSAD counterparts will not be entitled to.

“All these measures put into place are helping to decimate, from week to week, the EÉSAD network which is trying to serve elderly or vulnerable persons who have chosen to live in their own homes,” said Josée Massicotte, a spokesperson for the at-home PSWs.

Since the start of the pandemic, according to Massicotte, the PSW work force has dwindled from 550 PSWs to only 83 who are still working. The association is suggesting that home-based PSW’s salaries should be greatly increased, the work of the PSWs should be given more professional recognition, and the financial stability of the EÉSAD network should be increased.

Their clients are suffering

Massicotte provided several examples of EÉSAD clients and what they are going through now.

Jonathan is severely handicapped and quadriplegic. As such, he can’t do his own housekeeping nor can he prepare his own food. Before the COVID-19 pandemic started, a PSW went into his home once a week to clean and every two



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- ✓ **cancer;**
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MATURE LIFE

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MATURE LIFE

Say "no thanks" to osteoporosis



One in three women will suffer a fracture due to osteoporosis during her lifetime, especially after menopause, when bone tissue deteriorates much faster. Here are some tips to overcome this silent but challenging disease.

In the kitchen

The fight against osteoporosis begins with a calcium-rich diet. This includes dairy products, of course, but also sardines and salmon (with the bones, when it's canned),

dark green vegetables and legumes. Calcium-enriched orange juice, as well as fortified soy, rice and almond drinks are also good choices. Foods rich in vitamin D should also be part of a daily diet, including milk, fatty fish, eggs, chicken livers and margarine.

Fruits and vegetables help by reducing the acidity of the body, which promotes better bone health. Furthermore, it's important to include several servings of protein in the daily diet, as it plays an integral role in maintaining bone mass. Whole proteins are found mainly in meats, fish and seafood, plus there are also protein alternatives. It's advisable to avoid excess alcohol, salty foods and caffeine.

In the pharmacy

Our diets often don't provide us with the recommended daily allowance of calcium and vitamin D. Taking supplements is therefore essential. Ask your doctor or pharmacist about the recommended dosages for your age and your health.

The gym

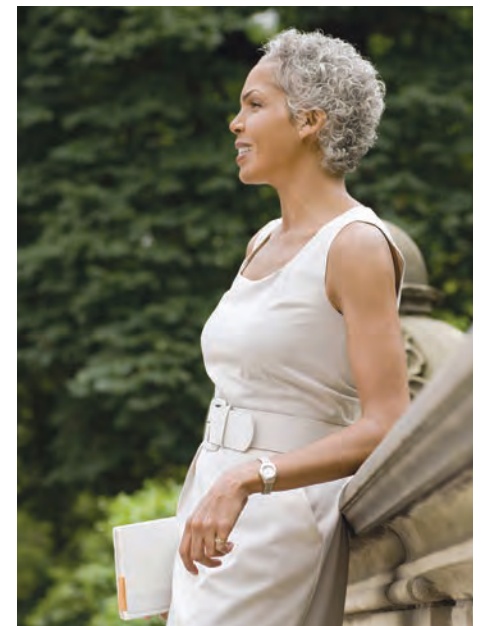
Exercise is a great way to strengthen bones and tone the muscles that support them. Choose an activity you enjoy; it will help you stay motivated.

10 fashion tips for baby boomers

Should you stop following fashion trends after the age of 50? Absolutely not! You can still adopt an up-to-date look inspired by the latest trends without dressing exactly the same as young people.

Here are 10 tips for success.

1. Opt for narrow rather than skinny pants, which are more suited to the younger crowd.
2. Go for knee-length skirts instead of very short ones.
3. Choose your clothing size with care. You can ruin your look with clothes that are too big or too tight.
4. Always have a classic black dress in your wardrobe. It's a multipurpose and timeless clothing item that's perfect for women over 50.
5. Don't give up wearing jeans. Just remember that jeans in dark, solid colours look better than worn or washed out ones.
6. Avoid plunging necklines as well. If you have a small bust, round necklines are your best option, while women with a fuller bust should opt for V-necks.
7. Rely on well-cut, quality fabrics and neutral colours for basic clothing items. Be more daring with colour for seasonal clothing. Don't blow your budget on these more transient wardrobe items.



8. Avoid large patterns on dresses as well as empire waistlines. Dresses can be worn shorter than skirts because their length isn't as eye-catching.
9. Complete your look with fashionable accessories, but don't go overboard.
10. Above all, your choice of clothes shouldn't be based on what you want to hide, but rather on what you want to highlight.

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'Increases of \$100, even \$200 on rents puts a burden on people,' says MNA Fontecilla

QS housing critic calls for creation of an apartment lease register



(TLN) While Quebec is facing an affordable housing crisis, the province should take action now to take decisive control of the rising costs of rents, says the Québec Solidaire official critic on housing issues Andrés Fontecilla.

Fontecilla, the MNA for Laurier-Dorion, tabled a motion last week for a draft provincial law to create a register for apartment leases. He is calling on the CAQ government to adopt it as soon as possible.

"We have a problem in Quebec: the Rental Board is unable to control the rise in costs for rents, which have increased at a staggering rate in the last few years, especially in the central neighbourhoods of cities," Fontecilla said.

Landlords favoured

"Landlords have the long end of the stick: increases of \$100, even \$200 on rents are seen more and more often in Montreal. Faced with this systemic problem, we cannot leave on the shoulders of tenants the responsibility of fixing a trend that is beyond them. Tenants deserve to be better protected."

Fontecilla says that placed under the responsibility of the Rental Board, the lease register proposed by Québec Solidaire would allow any tenant to consult a list of prices for rental apartments available over the past five years. He says it would become an indispensable tool that would prevent rents from being raised abusively.

Why not a lease register?

"How does one explain that tenants looking for an apartment have no way of knowing beforehand the price paid by the previous tenant?" Fontecilla asked. "When you know that it's a simple matter of getting in touch with Hydro Quebec to know the energy costs for a dwelling, it doesn't make sense. Anyone can have access to the transactions for a property thanks to the land ownership register or the municipal evaluation. Why should it be different for a rented dwelling?"

Fontecilla noted that public registers for apartment leases are common in some parts of the world, including Belgium, Ecuador and in Russia. While no Quebec government has seriously suggested creating such a register here up to now, there is a voluntary online register in Quebec (monloyer.quebec) on which several thousand tenants have listed their rent costs.

COVID-19 is putting older adults' mental health under additional stress, says Concordia researcher

Psychologist Jean-Philippe Gouin studies how the aging population is coping with the lockdown

Ask just about anyone how they are doing these days and chances are they will grumble about the ongoing confinement. In particular, older adults are experiencing unique stress during the current pandemic. In addition to the health threats associated with COVID-19, older adults often face more strict confinement measures that increase social isolation and can prevent them from using their usual coping strategies.

Jean-Philippe Gouin, associate professor of psychology in the Faculty of Arts and Science, is examining the impact of the confinement measures on older adults' mental health. As the Canada Research Chair in Chronic Stress and Health, Gouin is leading studies through the Centre for Clinical Research in Health at Concordia.

He and his team have received a grant from the Réseau québécois de recherche sur le vieillissement and the Institut universitaire de gériatrie de Montréal to examine changes in psychological distress, lifestyle behaviours and adherence to physical distancing among older adults during the COVID-19 pandemic.

Long-term consequences for older Quebecers

This study is looking specifically at how strict social isolation is affecting the elderly. Gouin and his team are conducting phone interviews with roughly 1,000 older adults in Quebec to assess the effects of the lockdown on their mental health.

"We know that older adults are at increased risk of complications and even death if they are infected with the novel coronavirus, so they may experience more fear and worries of COVID-19," he says. "When we are anxious, many of us will turn to others close to us for support. For older people, confinement can mean having a hard time receiving that support."

He notes it is normal for those experiencing

stress from the current circumstances to experience higher levels of negative emotions and lower levels of positive ones. But, he adds, once mandated confinement ends, most people will likely revert to old habits. However, older adults who were vulnerable prior to the pandemic are those more likely to experience longer-term psychological consequences of the confinement.

His study aims to identify factors that increase one's risk for psychological distress during and after the lockdown. "Many people find they are eating more when they are at home, whether out of boredom, anger at being confined or fear of the virus. Whatever the reason, it helps them manage their emotions," he says.

However, with people spending more time being sedentary and exercising less, Gouin is predicting an increase in unwanted weight gain that may elevate risk for chronic diseases later on.

"This is especially important for this age group because the older adults who are most at risk of complications from COVID-19 are also those who may suffer the most from this prolonged period of physical inactivity," he explains.

Quebec is inching toward easing physical distancing measures, but the province's older population remains a high-risk group. And with predictions of a second wave of infections accompanying the re-opening of the economy, Gouin believes now is the time to develop a strategy to help them cope both mentally and physically with a prolonged confinement.

Lastly, as many are starting to experience a certain "confinement fatigue," people are becoming more likely to break physical distancing directives. Gouin aims to understand which factors make someone less likely to adhere to governmental guidelines.

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MATURE LIFE



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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



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Legion joins chorus of anger over conditions in long-term care

Calls for improvements largely ignored by governments for years

The Royal Canadian Legion is demanding better and humane treatment for Veterans and Seniors in all long-term care centres in Canada. This comes after a damning report about conditions in some Ontario centres, as observed by the military's Joint Task Force (central). The Legion sent a letter to Prime Minister Trudeau this week, asking for immediate action not just in Ontario but across the country.

"Many of our Veterans are in long-term care, and to know that some of them are being mistreated and ignored is shameful," says Thomas D. Irvine, Dominion President. "The fact that our governments have known for a long time that some of our most vulnerable citizens are living in deplorable conditions during their final years of life, is disgraceful. We need a systemic overhaul – and now."

Previous governments have failed to address this ongoing issue adequately and Canada now finds itself in a deadly quagmire. It took a pandemic to truly expose this multi-faceted crisis. The Legion's letter, which was copied to all provincial and territorial leaders, follows its strongly worded statement released in the wake of the military's exposé:

The Royal Canadian Legion vehemently condemns the life-endangering and unethical actions in long-term care facilities in Ontario as reported through military Joint Task Force (central) observations. These homes are failing our most vulnerable citizens. We demand that today's acknowledgement by the Prime Minister and Premier of Ontario of this "disturbing" and "gut-wrenching" reality be followed by immediate actions to provide safe and humane care for our Veterans and Seniors – in Ontario and across the country. – The Royal Canadian Legion, May 26, 2020

The Legion has long been asking for an improvement in access to long-term care beds for Veterans, and for better conditions in care centres. There has been limited success when it comes to provision of beds, and some care centres may be doing well, but the overall living conditions for Veterans and Seniors in Canada are woefully inadequate.

Through the Legion's Ontario Command, evidence and opinions have been shared for over 20 years – with Prime Ministers, Ministers of Health, Premiers, local leaders, local Health Units and others. Letters to government leaders were written and ignored. Stories about problems with feeding, health care, cleanliness, unchanged undergarments and more, were provided. Outside groups have shared similar stories, and bountiful research about how to improve conditions, exists.

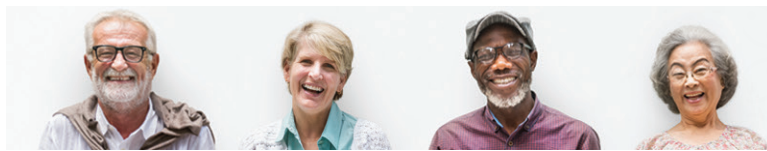
"We have been shouting from the rooftops for many years," says Dave Gordon, Chair, Veterans Services and Seniors Committee at Ontario Command. "In most cases if not all, many staff members at long-term care facilities are underpaid for the work they do."

In an effort to help, the Legion's Ontario Command itself has made millions of dollars in financial donations to Ontario long-term care homes over many years. Other Legion Commands and Branches have made contributions in many parts of the country as well.

"The time to act and end this intolerable situation, is now," says Irvine. "After what they have done to help build the foundation of the society we enjoy, our Veterans and our Seniors deserve much better in their later years."

The Legion thanks Canadians for their support of our Veterans and their families, and our communities during this challenging time!

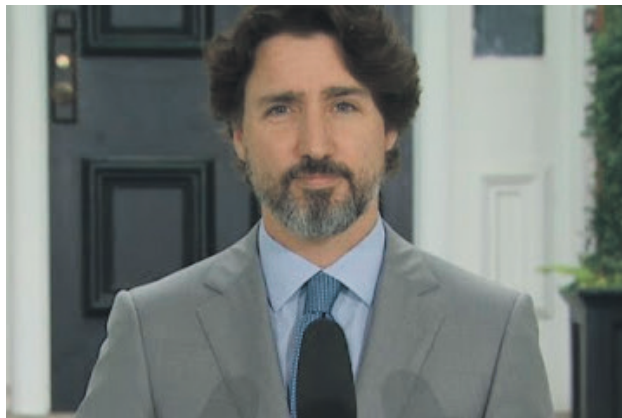
Those who might wish to join our nation-wide group of generous volunteers can become a member of the Legion and help support our efforts. Even if you cannot volunteer, your membership helps us help those in need. Join online at [Legion.ca/join-us](https://legion.ca/join-us). We look forward to welcoming you!



MATURE LIFE

Canadian seniors to receive special payment in early July

Good News! Canadian seniors across the country are facing significant health, economic, and social challenges due to COVID-19. Physical distancing is weighing heavily on those who are separated from their families, and rely on help to get groceries and other essential items. We need to support seniors and to be



there for them, as they have been for us.

Prime Minister, Justin Trudeau, announced last week that seniors eligible for the Old Age Security (OAS) pension and the Guaranteed Income Supplement (GIS) will receive their special one-time, tax-free payment during the week of July 6. Through this measure and others, the government is providing nearly \$900 more for single seniors and more than \$1,500 for senior couples, on top of their existing benefits, to help these vulnerable Canadians with extra costs during the pandemic.

Seniors eligible for the OAS pension will receive a payment of \$300, and those also eligible for the GIS will receive an additional \$200, for a total of \$500. Allowance recipients will also receive \$500. This \$2.5 billion in financial support will help Canadian seniors cover increased costs caused by COVID-19, and give them greater financial security in this time of crisis.

Since the start of the pandemic, the Government of Canada has introduced a number of measures to support seniors, including those most vulnerable. This includes a one-time special payment through the Goods and Services Tax (GST) credit in April, which provided an average of \$375 to single seniors and \$510 to senior couples, helping over 4 million low- and modest-income seniors. We are also investing an additional \$20 million in community organizations that offer services to seniors, and have

reduced minimum withdrawal requirements for all types of registered retirement income funds (RRIFs) by 25 per cent for the year 2020. In addition, we have taken steps to make sure seniors would continue to receive their GIS benefits if they were unable to submit their 2019 income information on time.

“As we gradually restart our economy, the Government of Canada will continue to support all Canadians, including seniors and those most vulnerable, and respond to the health, social, and economic impacts of COVID-19,” The Prime Minister said.

“Canada’s seniors have done so much for our country, and we need to be there for them during this challenging time. We know that the last few weeks have been difficult for seniors and their families across the country, especially those most vulnerable. That’s why we are continuing to support our seniors during this pandemic, with measures that will protect their health, and ensure their economic and social well-being,” he underlined.

Stay safe by staying at home

“As seniors stay safe by staying at home during COVID-19, their costs have gone up. Early on, we provided a special GST credit payment to help over 4 million seniors. Now we are providing a one-time, tax-free payment to all seniors eligible for Old Age Security, with extra support for the most vulnerable. Altogether, a low-income couple is receiving over \$1,500 in support for increased costs during the pandemic. As we go through this unprecedented challenge, the government will continue to be there for Canadian seniors,” said Deb Schulte, Minister of Seniors.

Quick Facts

Seniors do not need to apply for this one-time special payment. The payment will be issued automatically during the week of July 6, and seniors who reside in Canada can expect to receive the payment by direct deposit or cheque that week. For seniors who reside outside Canada, the one-time payment will also be received in July for those on direct deposit, but delays can be expected for cheques, given international postal disruptions.

There are currently 6.7 million seniors who are eligible for the OAS pension and 2.2 million who are eligible for the GIS.

The government has taken a number of actions to support

seniors through the outbreak of COVID-19, such as:

Providing a special top-up payment through the GST credit in April. More than 4 million low- and modest-income seniors benefitted from this top-up, receiving a total of \$1.3 billion in financial support. Close to 85 per cent of single seniors and almost half of senior couples benefitted from this payment.

Temporarily extending GIS and Allowance payments if seniors’ 2019 income information has not been received. This will ensure that the most vulnerable seniors continue to receive their benefits when they need them the most. To avoid an interruption in benefits, seniors are encouraged to submit their 2019 income information as soon as possible and no later than by October 1, 2020.

Providing seniors flexibility with their registered retirement income funds (RRIFs), by reducing minimum withdrawal requirements by 25 per cent for 2020. This will help preserve assets during a volatile market.

Investing an additional \$20 million to expand the New Horizons for Seniors Program to support organizations that offer community-based projects that reduce isolation, improve the quality of life of seniors, and help them maintain a social support network.

Contributing \$9 million through United Way Centraide Canada for local organizations to support practical services to Canadian seniors. These services could include the delivery of groceries, medications, or other needed items, or personal outreach to assess individuals’ needs and connect them to community supports.

Investing \$100 million to improve access to food for Canadians, including seniors, facing social, economic, and health impacts of the COVID-19 pandemic.

Creating a \$350 million Emergency Community Support Fund to support charities and non-profit organizations to adapt the services they provide to vulnerable groups, including seniors, in response to COVID-19.

Introducing the Canada Emergency Response Benefit (CERB), a taxable benefit of \$2,000 every 4 weeks for up to 16 weeks to eligible workers, including seniors, who have stopped working due to COVID-19. Pension income does not affect eligibility to the CERB. The government also extended the eligibility of this benefit to individuals who earn up to \$1,000 per month, as well as workers who have recently exhausted their EI regular benefits and are unable to find a job or return to work because of COVID-19.



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Former Laval MP Raymonde Folco: "I always welcomed new challenges regardless where they brought me."

"Women can step into leadership roles and develop personal styles in ways they may find surprising. I never feared taking risks, and would suggest same for young women seeking advance"

Shakespeare's Macbeth hints at powerful women, when they display male characteristics. The playwright saw men and women as equals in a world which declared them unequal. Women rarely circumvented limits imposed by laws, conventional practices, and gender-biased social/economic/cultural expectations which put most women 'in their place' – subservient to men.

RENATA ISOPO
renata@newsfirst.ca

Slowly, too slowly, times change. The third millennium sees many women leading gender-equality crusades. True, there's still much ground to cover but the present outshines the past, boding well for the future. Needles are moving closer to establishing equality of men and women in societies all over the planet, albeit not fast enough.

The struggle continues, front-line leaders are needed. The current crop of crusaders can take heart and inspiration from those who have gone before them, some still very active in the mission. Having paved the way, these pioneers wait and watch as this generation of women leaders accepts responsibility in advancing the cause.

Along the watchtower

Patiently and empathetically eying this movement of equality of the sexes in theory and practice, is Raymonde Folco, wizened, seasoned, battle-scarred warrior whose 50 years of public life testify to resilience and never-say-die attitudes of the human spirit.

Now a 70-ish frisky veteran of many campaigns to make a better place for women in public life, Folco's resumé rings with penetrating sounds of battles won, temporary stalemates, battles lost. A member of Canada's Parliament, winner of five consecutive elections, the first in 1997, she promoted human rights, including those of women, for 15 years, before leaving in 2011 after serving in Laval West, later renamed **Laval-les-Îles**.

"A Liberal by belief, I was proud to serve and work with prime ministers Jean Chretien and Paul Martin, and subsequent party leaders Stephane Dion and Michael Ignatief," Folco states, matter-of-factly, at the start of two candid conversations about her life and times.

Education and public service

Folco possesses extensive educational backgrounds: Bachelor of Arts, History, **Melbourne University**, Australia where she lived for four years; Baccalauréat Spécialisé in Linguistics, **Université du Québec à Montréal (UQAM)**; Master of Arts, Applied Linguistics, majoring in Socio-Linguistics, **Concordia University**; professor, Socio-Linguistics, UQAM; Chair, Intercultural Education, Vice-President, Inter-Cultural Association. Vice-President (1988), President (1990-95), - *Conseil des Communautés culturelles et de l'Immigration*, she spear-headed the agency's work, advising governments on immigration and integration of ethnic minorities.

In 1996-97 as Commissioner with Immigration and Refugee Board of Canada, an independent administrative tribunal, Folco contributed to well-reasoned decisions regarding persons seeking refugee status, in accordance with the law.

Recruited by the Liberal Party, she ran in Laval East in 1993, but lost, consequently moving to Laval West. "This is where I wanted to be, a multi-cultural area, the mixture of people I loved." She took the seat twice, 1997 and 2000, winning three more times (2004, 2006, 2008) in renamed **Laval-Les-Îles**. The people were clearly on her side.

Life leads to politics

Before entering politics, Folco taught French at Chomedey



MP Raymonde Folco cutting the traditional Greek Easter lamb with Chomedey MNA Thomas Mulcair at the late Nick Roumbas residence. (Photo: Archives Newsfirst)

High School, early 70s, then joining Chateauguay School Board, academic advisor. Higher Education came next, teaching English and French at university levels in Québec, Newfoundland, Jamaica, and Australia. Make no mistake, there's much more to this fascinating humble, humorous, intellectually-stimulating lady. 'Lady' she certainly is.

Born in 1940, Paris, France, French parents from North-Eastern Paris, she came to Canada as an adult, a preferred choice for immigration. "Québec was particularly interesting, inviting - intellectually and artistically - because of French. Lots of French-speaking theatre, so much going on," she offered, voice crisp across the telephone, in this pandemic time of isolation and social-distancing. "I didn't mind the harsh cold weather," she chimes with a hearty laugh.

An experienced traveler, Folco is asked if she could live anywhere, where would it be? "Canada is my home, a great honor for me to live here." Highly involved in immigration issues in politics, she learned that "Canada is a major attraction for immigrants, offering benefits most countries can only dream of; our system is one of the best in the world."

Where did interest in politics originate? "At home, we always discussed politics around meals, daily events with parents, friends. It was always in my life, in my blood. I see things through political lens. I was very interested in studying History - forces that shaped my life."

Women and leadership

Where is the world heading, she's asked: "Economies continue to globalize, technology continues to change how we work, leadership is evolving into relational rather than hierarchical activity. Transitioning from command and control to facilitative and collaborative leadership that works across teams, time zones, cultures and disciplines is essential," she asserts, drawing on lessons from varied life/work experiences.

A leadership legend known by many in Laval and beyond, Folco waxes eloquently on women and leadership, in all walks of life: "Some women are natural leaders - sports captains, lead-roles in plays, class presidents from young ages, preparing the way for constructive, significant and successful leadership roles in community work, science, literature, arts, medicine, engineering, sociology, anthropology, law and more, including politics."

We all have personalities pre-disposing us for certain roles. For Folco, leadership is less about position, more about influence, creativity, relationships. "Women can step into leadership roles and develop personal styles in ways they may find surprising. When we think of leaders, we think of strong, powerful, assertive people who speak easily before crowds, generating attention and enthusiasm, and this applies not only to men."

Possessed of these innate and acquired qualities, unrivaled as a successful politician, the five-time winner easily concedes



June 10 2010: As Chairman of the Canadian Association of Parliamentarians, Raymonde Folco (front-center) hosted in Ottawa, The Parliamentary Association of Women. (Photo: Archives Newsfirst)

the reality of her role as a woman in politics: "I'm a pretty strong person. Once I got nominated, it was all good. They were looking for females, political parties are always looking for females to run."

Charisma is not enough

Too modest to boast, Folco underplays her charisma, an essential quality for excellence in public service. She readily admits charisma isn't enough. "You have to listen, collaborate, seek diverse opinions and encourage contributions if you want to make better decisions overall." Still deeply thoughtful, she sees "big pictures" and patterns within systems that others miss. There are societal and organizational/structural barriers to overcome in women's rise to leadership, and there are individual factors that come into play in making career decisions.

On females in leadership roles, she speaks from a wealth of experience: "There is no single or simple solution for women as a whole, but individual women can adopt mind-sets that increase opportunities to lead in any setting. Every woman can approach her life in phases and stages - making it possible to return to formal positions of leadership in the work force by cultivating networks, focusing continuously on learning and development. Experience is a huge factor, especially in politics."

Many young women believe in their potential, but although ambitious, they lack leadership models and sponsors who can put them into pipelines at critical points in their development. This is particularly true in science, technology, engineering, math, financial counseling, investment banking, law, and other fields, but there's risk. "I never feared taking risks. I would suggest same for young women seeking advancement," Folco recommends. "I always welcomed new challenges regardless where they brought me."

Inspiration and motivation

Young women need leadership visions and connections to women leaders with whom they can relate. They must learn to identify leaders in positions of power or influence who can help them. Folco remains one of these inspirational influences.

"Women are now cultivating core competencies that will increase their sense of viability (self-belief) putting them on track to leadership: empathy, ability to speak up and self-advocate, political and strategic savvy, ability to solicit, integrate and learn from feedback. These skills can help women make decisions and shape policies in ways that are ethical, sustainable and effective. This is how I have always conducted my life."

Folco concedes that this intellectual challenge is difficult. "It's critical thinking. Women must rise to the task. I encour-

ed new challenges regardless of where they brought me.”



mentarians on Population and Development (CAPPD), MP Ray-Summit of Europe, Africa, Asia-Pacific and Americas.

age those undertaking intellectual work in politics to adopt curious, investigative, probing, searching, restless attitudes toward local, national, and global issues, including religions and ethnic groups. Small steps, individual or collective, bring rich rewards. Critical-thinking exchanges in political circles is one of the things I miss most from my days in government.

“The critical intellectual ponders, asks, and addresses questions, looking for viable solutions. I miss people from all walks of life, multi-cultural groups, engaging them in intelligent discussions about important matters. I would go to all churches, however, the largest one was the Armenian community. I really enjoyed it.”

Unfazed, unafraid, Folco assigns importance to intellectual exploration. “Curiosity is intrinsic to vital experiences, it deepens and improves human existence. Disquieted by the world outside of self, curiosity wants to know, to unveil what is hidden, to seek an explanation for facts, to verify, to investigate in order to apprehend. It’s the engine for discovery, the ‘Intellectual Challenge’.

Life after politics

Why did she leave politics, a passion she truly enjoyed? “After my nomination in 1997, I won every election after that. Raising money, attending meetings, doing door to door is hard work. People knew me, of my experience and reputation, so they kept voting for me. But by 2011, I wanted to leave, didn’t like what was going, didn’t feel at home in my position anymore. Stephen Harper was Prime Minister. I chose the right moment, knowing my time was up. No regrets!”

Why did you stop teaching? “It was marijuana time; I couldn’t handle the drugs, the smoking and selling of dope. I had to be tough, I couldn’t do it anymore. I taught 10 years, paid my dues. I decided to become an academic advisor. I have lots of respect for today’s teachers. I believe things got worse.”

What of Barbara Mergl’s 2004 challenge? “The Mergls were very close to Mayor Gilles Vaillancourt. Barbara was put up by Vaillancourt’s family to get me out. She never lifted a finger in politics, knew nothing about politics. She got herself a \$6 membership card. Every member of the riding association has a vote. People voted for me. She had no platform, no experience, no nothing. She read notes which showed she had no knowledge of the issues. I was experienced, spoke English and French, everyone knew me. I lived in Montreal, 25 minutes from the riding. At the Federal level, you can live anywhere. I was very present in my riding no matter where I lived.”

Around the world

As an MP, any dangerous missions? “Lloyd Axworthy, Foreign Affairs Minister sent me to Timor, a colony of

Indonesia that was holding an independence referendum. The 1999 landmark vote chose independence. The United Nations oversaw an historic ballot. Canadian observers made sure things unfolded properly. We had protection. The day after the referendum, I told other members of the mission - ‘Let’s walk around, see everything.’ It was horrible. Towns and villages, decimated, vital infrastructures ruined. Starving people went to church for protection. We brought them rice.

“I was also in Chepas, Mexico. The mountain people rebelled, forcing an election. I led a group of MPs to ensure that things went well, and they did. Canada was a highly respected peace-keeper. We were asked to accompany the United Nations peace-keepers.”

International borders? No barriers to Folco, crossing them repeatedly, working in Africa and Haiti for an NGO (non-government organization). NGO activities include environmental, social-advocacy, and human rights work, supporting social or political change on broad scales or locally. NGOs play critical roles in developing society, improving communities, promoting citizen-advancement. “I worked for women in politics, to accept women and push laws to give women a voice, on contract six-days-a-week, expenses paid.”

Alfredo

Of late husband, Alfredo Folco, she speaks warmly, affectionately. “He led the National Congress of Italian-Canadians, a non-profit apolitical corporation founded in 1972, unifying groups of the Italian community. Born in Caserta, Italy, Alfredo worked tirelessly on behalf of Italian people. First generation need plenty of help. He was lucky, once winning an amazing prize, a car, from CIBPA, the Canadian Italian Business Professional Association. And he wasn’t even a member,” she says, laughing.

What did she cherish most about Alfredo? “His generosity, always helping people in need, traits I truly admire in men.” What does she admire in women? “Generosity, understanding, sincerity.” What does she dislike in people? “Hypocrisy, lying.”

What would she change about her appearance: “Tall, thin, and glamorous!” she laughs. Regrets? “Absolutely. I can’t read music or ride a bicycle. Not that I never tried, kept falling off, no one to pick me up, I had no sense of balance. I wish I could have been able to do both.”

Of life in Australia? “It’s not where I would make my home, although I appreciated the experience. Strangely, Australians appreciated and found value in physical work, not intellectual. Too distant, different lifestyle. Lots of Italians live in Melbourne, there was racism against them in the past. Let’s face it, being Italian is really ‘in’ now - everyone wants everything Italian, food, fashion, cars, travel.”

Her greatest extravaganza? “Nothing that readers are thinking. I bought land in Grenada, built a house on a hill. An island smaller than Montreal, surrounded by water on both sides. That’s where I spend six months of the year, no AC, since I have cross-currents. No need for it. I was introduced to the island by a good friend and colleague who invited me to visit. After 2-3 visits, I decided to build my nest there.”

Her greatest compliment? “Being referred to as a unifier of various communities, different cultures, different faiths, and different economic interests in one of the country’s most diversified constituencies. This is the greatest compliment I could ever receive. I am humbled and appreciative of these sentiments. They touched me immensely.”

Her favourite teacher?: “Mme Therrien, primary school, full of energy. When she taught Geography, the country came alive. She was so animated. At 7-8 years old, Geography was like a dream. She was so kind.”

What experiences contributed most to your independence? “I travelled throughout Europe, working in England, Scotland, and Wales. At the Commonwealth Institute in London, I lectured on various subjects, from Canadian History to weather. Sometimes my car would stop. I had to change the battery. No one was around, I was thrilled I was able to do it without anyone’s assistance.”



September 2007: Folco known to be a fighter for Human Rights and Justice is seen here with colleagues MPs John Cannis (third from left) and Eleni Bacopanos (second from right) in a massive demonstration in front of the Parliament, of Greek Canadians against the Harper Gvt for recognizing FYROM as Macedonia. (Photo: Archives Newsfirst)



April 2002: Seen here with Betty McLeod of the Agape Organisation which she helped to get funded by the Federal Government with \$327 000. (Photo: Archives Newsfirst)

You worked with Tom Mulcair? “We got along. Very intelligent man although he had a temper. I liked him. He’d get hot under the collar. He’d let the storm blow over!” Are you satisfied with your life? “I have a good life, very lucky, always had jobs I liked, always enjoyed what I was doing, and when I didn’t, I left. I’m interested in music and literature.”

The Liberal Party, after her departure? “I haven’t kept up. It’s normal that there’s change - different people, different ways. Trudeau is doing a good job. It’s the role of the government to help the country when people are in need.”

Legault? “He’s dealing very well with the pandemic. Strong man, solid reputation, he’s doing the right things. Quebec is welcoming immigrants to work in the health system for seniors’ residences (CHSLD), offering citizenship since there’s a huge personnel shortage. This is urgent, he’s doing it right. History repeats itself. I have a 1990 copy of Le Devoir in my hands, language and cultural communities are the same hot issues.” And what of aging? “No one to reminisce with - everyone you know is gone. It’s very sad.”

COVID-19; turmoil in America

Covid-19? “Nothing’s clear. If you’re smart, don’t go anywhere, follow rules, nothing is safe. I don’t advise anyone to travel unless you’re willing to risk your life. It’s very serious, it’s best to wait it out. The virus doesn’t discriminate.”

Of the current troubles in America: “The people are suffering. Outsiders, under pretense of peaceful protesters, are rioting and looting, tainting the memory of George Floyd, killed by brutal action of police officers. Racism is unacceptable, in any form, but criminal destruction of property and assaulting peace-officers who are trying to help and protect innocent law-abiding protesters must stop. I hope and pray that justice will be done. Racism has to be buried by the willingness of good men and women to do the right thing, to respect, accept, love, cherish, and support one another in building a better world for generations to come.”

Beautifully and lovingly put, Raymonde Folco, you are a credit to humanity - men, women, and children. Thank you.

Is it I, Lord...

THE AUTOBIOGRAPHY OF ELIZABETH WILLIAMS MCLEOD,

PART 6

Easter morning – Resurrection day: I woke up feeling normal again to hear the voice of one of my doctors saying Good morning Elizabeth, you're all good again. We will be releasing you from the hospital tomorrow if you continue improving. Well, **PRAISE THE LORD!** We must remember that my colon cancer surgeon had given Rod the good news and the bad news. "I took it all out she said, but your wife will need chemo therapy".

What did all this mean? Several lymph nodes were acting up and ready to produce cancer in other parts of my body...

May 22nd 2017, first chemo treatment. "Is that all it is, I asked? The oncologist smiled faintly.

Rod and I made our way to St. Joseph Oratory on that rainy cold day to offer praises and thanksgiving to Our Lord. As I climbed the steps, I decided to hold on to the railing which was made of steel. A sharp electrical type of shock went through my whole being. I remembered being told not to touch metal or cold objects. This was my first reaction to the treatments. Rod and I still made it to the shrine and attended Holy Mass together. What a wonderful moment spent with God.

June 19, 2017

Second chemo treatment – A little more aggressive but acceptable. I left the hospital and following our usual visit with God, Rod and I returned to Laval. I went to work at Agape. I never felt so energetic, I felt that I was flying around the staff. I even mentioned that I found them very slow and that they should speed up the work a little.

I think that at that point, they wanted me in hell.

This 'high' lasted three days and by Friday night, I crashed and slept for the better part of the weekend. I was back to my old self on Sunday night and able to work on Monday (in a calmer state). Thank You Lord.

July 17, 2017

Third Chemo treatment – The chemo transfusion was getting more and more difficult. I had about one inch of the fluid left in the pouch when my system decided to break down. The pain was worsening and the burning sensation in my veins was intolerable. I asked my oncology nurse to please remove the needle but she informed me that she had to get the doctor's permission to proceed. At this point, I grasped



Rod's hand and whispered I am going to pull off the needle myself if I cannot get the help I need. Rod, the most patient, loving and understanding man that he is supported me through the process and helped me remain patient through it all.

A while later, the doctor authorized removal of the needle, at which point, I tried to get up and walk but could not manage. I could see my leg muscles moving as I desperately tried to get up and walk. The nurse took my blood pressure which was rising rapidly. She realized that I was having an allergic reaction to the chemo. They gave me an injection of Benadryl and told me not to move for a while, a while that lasted three hours.

I decided that I wanted to go home by then and told everyone that I was feeling fine. Things got better when we drove home but I insisted that Rod drop me off at the supermarket for groceries. Luckily, my legs felt much better and I managed to walk through the store without too much difficulty, thanking God every step of the way.

August 14, 2017 – fourth treatment.

I had a dream since the Spring of 2017, prior to finding out about my cancer. Rod and I wanted to go on a pilgrimage to Israel with my former pastor from Holy Name of Jesus parish, Father Peter Sabbath, and

community friends. I told my oncologist about it after my surgery. He asked me if I had lost my mind but my mind was set. With God's help I would make it. Then, the bell rang... did I not tell Him that I wanted to be in His will?

Let's wait until mid-August and we'll talk about it again. The doctor smiled and I agreed.

So, on August 14, following my last injected treatment, although I would continue with the chemo therapy through oral medication, I asked again and again. By August 28, 9 days prior to the group's departure for the Holy Land, (Top Photo) I received a blessing and yes, I could go to Israel, the land of my dreams.

I am happy to say that this was the most beautiful, spiritual, heart warming pilgrimage and voyage of my entire life. Despite my weight loss and the cancer treatments, I found myself almost flying to each destination.

I can now truly say that I walked where Jesus walked, visited Mary and Joseph's home, the place where Jesus lived as a Child without forgetting the exact spot where he was born together with the manger where he slept so peacefully.

We visited the Upper room where Jesus had his last supper with the apostles.

Is it I, Lord...

THE AUTOBIOGRAPHY OF *ELIZABETH WILLIAMS MCLEOD*,



The garden of olives is so real you could imagine Jesus praying there.

I was blessed to walk the “Way of the Cross, sad but so vivid in my mind... Jesus was there for sure.

Father Peter Sabbath and Father Deepak Jose who was assistant to our pastor of Holy Name of Jesus parish in Chomedey celebrated Holy Mass at the alter built over Jesus’ tomb. Again, what a blessing for Rod and I

God is good. God answers little girls’ dreams (and big girls’ dreams also).

So, life went on at Agape and, by the end of November 2017, I was informed that I was cancer free.

Well, bless the Lord my soul, another miracle in my life.

On April 6th. 2018, exactly one year to the day of my cancer operation, Rod, my spouse, was also diagnosed with colon cancer. Following numerous medical exams and procedures, he was operated on May 6th 2018. The operation was successful but we had to wait for the pathologist’s report.

June 21, 2018

Agape supporters and board members are seen (top photo) at the charitable organization’s headquarters on Notre Dame Blvd. in Chomedey at the annual general meeting. Among them Chomedey MNA Guy Ouellette and Graham Carpenter.

June 29th: The results are in, Rod is cancer free and will not have to undergo chemo therapy treatments.

Agape supporters and board members are seen here at the charitable organization’s headquarters on Notre Dame Blvd. in Chomedey on June 21 when they held their annual general meeting.

Well, PRAISE THE LORD AGAIN AND AGAIN AND AGAIN. IS THE LORD GOOD ?

We made our way to St. Joseph Oratory and offered our gratitude and thanksgiving to our beautiful awesome God.

“I did not guarantee an easy sailing, said the Lord, but I promised you a safe arrival.”

Of course, there will be many follow-ups and hospital visits for the next year or so but we will ask God’s Holy Spirit to join us.

November 4, 2018 – Sad News

I received a call from our President, Greg Young who announced that his mother, the Founder of Agape and my dearest spiritual friend passed away peacefully in Ottawa on Sunday morning. At the age of 95 and a half. We needed to continue her great works of charity and love, serving the poor and growing closer to Him every day.

Then, the miracles started pouring in. Agape was having a tough financial year to say the least and the accounts had to be reviewed monthly, knowing full well that we “would not make it past January 2019.

In mid-November, we received a call from the CISSS Laval informing us that our good works with the refugees and immigrants had been noted and that a cheque in the amount of \$20,000,00 would be issued to our organization within a month or so.

To be continued...

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 Boisé 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 Âge 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 Accés 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, 27e 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, 7e 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, 22ème 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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- Tomatoes (Prod. Qué)
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Consultation by telephone or in person



Often, consultations with a health or social services professional can be done over the telephone. Telephone consultations are being prioritized during the pandemic (depending on your condition).



If you have to go to your consultation in person, rest assured that the necessary measures have been taken to ensure your safety and staff safety. Anyone who goes to a health care facility, such as a hospital, a clinic, a doctor's office or a family medicine group (FMG), should wear a homemade mask (face covering) or procedure mask. This recommendation applies to both the patient and the person accompanying the patient. If you have COVID-19 symptoms, the staff might ask you to wear a procedure mask.

How do I consult a health professional?

You must first determine whether you have flu symptoms, gastroenteritis symptoms or COVID-19 symptoms.

If you have COVID-19 symptoms, regardless of the reason for your consultation in family medicine, call 418 644-4545, 450 644-4545, 514 644-4545, 819 644-4545 or 1 877 644-4545. For the hearing impaired (TTY), call 1 800 361-9596 (toll free).

Your health condition will be assessed and you will be referred, if necessary, to a designated assessment clinic or another resource where you can be seen safely during the pandemic.

If you do not have any of these symptoms and you need a consultation, proceed as follows:

→ If you have a family doctor

- Contact the clinic or family medicine group (FMG) that you usually go to to make an appointment. You can check whether your clinic or FMG offers medical and psychosocial consultations by searching your clinic or FMG's name on the Finding a Resource page: sante.gouv.qc.ca/en/repertoire-ressources
- If you are unable to reach your clinic or FMG, call Info-Santé or Info-Social by dialling 811.

→ If you do not have a family doctor

- Call Info-Santé or Info-Social at 811 for advice or to be referred to an appropriate resource.
- You can also contact a clinic that provides services to people who do not have a family doctor, such as a super clinic.

Québec.ca/coronavirus

1 877 644-4545

Québec 



HAPPY FATHER'S DAY

**JUNE
21**

Song and movie titles that pay tribute to Dad

Are you looking forward to thanking your dad for all he has done — and continues to do — for you come Father's Day? Would you like to tell him everything there is to love about him? Do you wish to remind him of some of your most heartfelt memories? A personalized card is always a touching gesture; however, if you have trouble finding the right words to express your deepest sentiments, dedicate a beautiful song to your daddy dearest instead! Here are a few heartfelt tunes to choose from.

- **My Father's Eyes**, by Eric Clapton
- **Dance With My Father**, by Luther Vandross



- **Daddy**, by Beyoncé
- **A Song For Dad**, by Keith Urban
- **He Didn't Have To Be**, by Brad Paisley
- **I Learned From You**, by Miley Cyrus
- **It's For My Dad**, by Nancy Sinatra

Is your dad a film buff? Why not organize a special movie night in the comfort of your very own home with films that honour the relationship between a father and his kids? Butter your popcorn, get comfy and put on one of these crowd pleasers.

- **Jersey Girl** (directed by Kevin Smith)
- **Life is Beautiful** (directed by Roberto Benigni)
- **Mrs. Doubtfire** (directed by Chris Columbus)
- **Finding Nemo** (directed by Andrew Stanton and Lee Unkrich)
- **The Pursuit of Happyness** (directed by Gabriele Muccino)
- **Taken** (directed by Pierre Morel)
- **I Am Sam** (directed by Jessie Nelson)
- **Evelyn** (directed by Bruce Beresford)

So, how will you celebrate your father on this special day?

Celebrating Dad with the whole family

Are you thinking of gathering the whole family together to celebrate this Father's Day? There's no better way to forge lasting memories than by spending time all together doing something Dad enjoys.

Does your father love the open air? A picnic, a fishing trip, a hike in the woods or a kayaking excursion would certainly put a smile on everyone's face! Why not test your family's sense of adventure with a round of geocaching, a modern-day treasure hunt that's fun for all ages? Better yet, why not go all out with a weekend camping trip?

If your father is more of the athletic type, a soccer game, bike ride, round of mini-golf or treetop obstacle course are all great ways to spoil him with memorable family time. If he loves water, then an outing to the local pool or a visit to the nearest waterpark would certainly brighten his day! Perhaps you have a pool? If so, you can always organize a series of games the whole family can enjoy (get out the water guns!) and top the day off with a good old barbecue. Fun and laughter guaranteed!

Finally, in case of bad weather, try your luck at the bowling alley, catch a movie on the big screen, cook up a storm in the kitchen or gather in the den for a round of video or board games. And why not have your father revisit his childhood with an exciting game of hide-and-seek in the dark? Get those flashlights ready!



Whether it's a picnic, a friendly soccer game or an outing to the nearest waterpark or cinema, choose an activity that Dad loves to do with his kids!



The changing face of fatherhood

The days of men "babysitting" their own children are a thing of the past. Today's fathers are more nurturing and more likely to contribute to child care and housework than ever before.

Starting when their kids are first born, modern dads are, in fact, more involved in rearing their children than their fathers and grandfathers were. As recently as the 1970s, it was rare for a man to be present when his child was born. Now it's uncommon for a dad to not be in the delivery room when his child comes into the world.

The trend of fathers playing active roles in their kids' lives continues throughout childhood, and today's fathers spend more time caring for their kids. One study found that fathers from 11 wealthy western countries spent about an hour a day on child care activities in 2012, but that dads in 1965 spent an average of just 16 minutes a day actively parenting.

Contemporary fathers are also more likely to contribute to household chores than previous generations were. On average, Canadian fathers do two-and-a-half hours of housework a day, compared to two hours a day in 1986.

One specific task in particular that men have embraced is preparing family meals. The amount of fathers who cook regularly has nearly doubled since 1986, rising from 29 to 59 per cent.

When men take on a more active role in parenting, their kids benefit. Studies show that children with involved dads perform better academically, have higher self-esteem and are less likely to have troubles with the law later in life.



**Happy Father's Day
to all our Fathers who
we honour
and love so much!**

*Happy
Father's
Day!*

AGLAIA REVELAKIS

Conseillère municipale
de Chomedey

1, place du Souvenir, C. P. 422

Succ. Saint-Martin, Laval H7V 3Z4

Téléphone: 450 978-6888 poste: 2340

Cellulaire: 514 242-5761

a.revelakis@laval.ca





HAPPY FATHER'S DAY

JUNE
21

Father's Day lineup: a day dedicated to Dad

Does your kids' dad deserve more than a tie and a hug for Father's Day? This year, help your children celebrate their old man by dedicating the whole day to him.

MORNING

Breakfast in bed is the perfect way to kick off Father's Day. Older kids can help prepare and serve the meal, and little ones can decorate the serving tray or table. Excellent service is mandatory on such an important day, so everyone will need to be on their best behaviour.

AFTERNOON

If he loves his car almost as much as he loves his kids, treat him to a car wash at home. Once the car is looking shiny and new, take a ride to the activity of Dad's choice. The whole family is sure to enjoy whatever he picks, whether it's mini-golf, the ice cream shop or the park.

NIGHT

End the day with a movie marathon at home. Let Dad decide what you watch and nosh on. If he loves Mexican food, make nachos. If he appreciates the classic movie snacks, you can't go wrong with

buttery popcorn. And don't forget to pick up his favourite candy so he can satisfy his sweet tooth.



What are the origins of Father's Day?

Every year, on the third Sunday of June, dads are in the spotlight. This year, Father's Day will be celebrated on June 15. If you're wondering about the origins of the celebration, you might be interested to know that it was created at the request of a near-orphan!

Father's Day originated in the United States and was inaugurated in 1910. We owe the idea to Sonora Louise Smart Dodd. Sonora was motherless and grew up with her father, who raised his six children on a farm all by himself.

IN DAD'S HONOUR

After listening to a sermon in church on Mother's Day, Sonora had the idea of asking that a special day be established in honour of fathers. It was a way for her to pay homage to hers, whose birthday was June 19.

THE THIRD SUNDAY IN JUNE

The following year, Sonora's request was granted. The first celebration of Father's Day took place on June 19, 1910, in several states, including Washington, where Sonora lived. In 1924, the president of the

time, Calvin Coolidge, suggested turning it into a national celebration. However, it was only in 1966 that President Lyndon Johnson signed a declaration officially declaring the third Sunday in June as Father's Day.

Today, Father's Day is celebrated in many countries around the world.



Father's Day will be celebrated on
June 16 this year.



We would like to wish all fathers Happy Father's Day!



FAYÇAL

EL-KHOURY

MP FOR LAVAL-LES ÎLES

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ANNIE

KOUTRAKIS

MP FOR VIMY

annie.koutrakis@parl.gc.ca

CFIB-Quebec welcomes amendments to province's economic recovery law

Small/medium businesses will be protected from evictions and property seizures



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

The Quebec branch of the Canadian Federation for Independent Business says it is pleased with amendments the Legault government has decided to make to Bill 61, the law enshrining the re-launch of the post-COVID-19 economy, since the changes reflect suggestions the CFIB had made.

Amendments welcomed

Among the amendments, the Quebec CFIB said in a statement issued last week, were suggestions apparently taken up by the government with potential impact on small and medium enterprises facing eviction from leased premises, and regulations affecting liquor license owners making things a little easier for them during the COVID-19 recovery period. "Numerous SMEs, especially affected by the crisis, weren't seeing their preoccupations being taken into consideration by the proposed law that was tabled," François Vincent, vice-presi-

dent for Quebec of the CFIB, said last week.

No commercial evictions

"But today, things changed," he said a day later. "They are pleased to see that the amendments will make it possible to protect those who are in difficulty against evictions or seizure of property on leased premises, and they will also offer several restaurateurs new avenues to explore. In the name of these SMEs, I thank the government for improving on its proposed law."

According to the Quebec CFIB, the following measures will now be included:

Protection of commercial lease-holders against all forms of eviction or seizure of property on rented or leased premises (Article 35.1); Loosening of rules for liquor permit holders, allowing them to provide up to one-third of their business in the form of deliveries (Article 38.1); Permission to differentiate prices for alcoholic beverages sold for consumption on premises from those sold for take-out (Article 38.2).

A concerted effort

These CFIB suggestions were also included: A reduction in the cost of a seasonal alcohol permit in proportion to the prorated number of days it isn't used (Article 40.5); Permission to continue selling alcohol or bar service to certain clients even when food service is over (Articles 40.3 and 40.4); Loosening of rules surrounding promotion and publicity for alcoholic beverages (Article 40.5).

"To get through this crisis which is without precedent, the cooperation of all players as well as action by government are necessary," François Vincent added. "Today, we are taking another step forward to protect businesses in all the municipalities of Quebec. Now it's the turn of parliamentarians to make good these measures by adopting this draft law before the end of the session."

CMHC tightens mortgage insurance rules starting July 1

The government-backed Canada Mortgage and Housing Corp said on Thursday it would tighten rules for offering mortgage insurance from July 1, after forecasting declines of between 9 and 18 per cent in home prices over the next 12 months.

The move would make it harder for riskier borrowers, who offer downpayments of less than 20 per cent to access CMHC's default mortgage insurance.

CMHC is establishing a minimum credit score of 680 instead of the current 600, the group said in an emailed statement.

It will also limit total gross debt servicing ratios to its standard requirement of 35 per cent of annual income, compared with a threshold as high as 39 per cent currently, and total debt servicing to 42 per cent versus as much as 44 per cent now.

Under the current gross debt service ratio cap of 39 per cent, a family with an annual income of \$100,000 and a 10 per cent down payment would have qualified to buy a home valued at up to \$524,980, Laird calculates. Under the new rules, that same family can only get approved to buy a home worth \$462,860 — a reduction of 12 per cent.

The biggest news coming out of the announcement from the CMHC is that they did not increase the minimum down payment from 5 percent to 10 per cent.

1 in 3 mortgages in Canada

Some 35 per cent of Canadian banks' mortgages are insured, their financial statements show. CMHC is the top mortgage insurer, while Genworth MI Canada and other private companies also provide similar products.

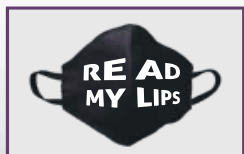
Despite evaporating activity in the housing market due to the COVID-19 pandemic, prices have continued to rise as listings have fallen off alongside demand.

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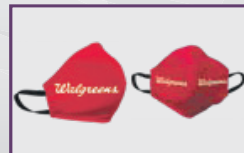
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MEDIA-TREK

LPD Blue

by Martin C. Barry

Police find missing young man

After first reporting him as a missing person, staff at the Laval Police Department said they found a 20-year-old man who went missing from his home in Laval around 8:30 am on May 22.

The LPD says there was concern about the safety of Francis Cl  roux, because on the morning when he was last seen he had made statements suggesting he might do harm to himself.

The LPD reported early on Friday afternoon May 29 that he was safely found.

LPD arrests Laval man, 74, for allegedly luring girl, 14



Jacques Savignac

The Laval Police Department says it arrested a retired Laval man who faces a charge of luring a 14-year-old girl with whom he was exchanging messages over the Microsoft Windows Messenger service.

According to the police, Jacques Savignac was allegedly in contact with the girl over the past few months and they exchanged messages over the course of several weeks. He was arraigned recently at the Laval courthouse through a

remote phone hookup and will be making another court appearance on Aug. 4.

The police allege that Savignac, who was using his real name in Messenger, asked the girl several times to have sexual relations with him. Investigators at the LPD say they have reason to believe Savignac engaged in similar behavior with other minors and they are encouraging anyone who might have been in contact with Savignac to report their experience to the LPD.

The LPD is inviting anyone who may have been a victim of Savignac to contact them confidentially at 450 662-INFO (4636), or at 9-1-1. The file number is RPR 190614 019.

Police break up narcotics ring

The Laval Police Department says a raid the force's anti-narcotics squad took part in on May 19 in Laval and the Montreal region resulted in the arrest of seven people who now face drug trafficking and possession for purposes of trafficking charges.

Raids conducted at four homes in Laval and Saint-Eustache, as well as in three vehicles, led to the arrests of the suspects whose ages range from 31 to 64 years. They were arraigned at the Laval courthouse, but were released with conditions to respect. Their next court appearances are on Aug. 18 and Aug. 25.

Here is a list of the substances and other materials seized during the raids:

Cannabis: 14,480.31 grams
Heroin: 7.32 grams
Crack: 13.79 grams
Cocaine: 108.11 grams
Amphetamines: 1565 tablets
Xanax: 1,458 tablets
Methamphetamine: 24,435 tablets
Hashish: 1216.6 grams

Total value: \$328,337

Three vehicles: a value of \$98,000

Cash: \$48,570

The Laval Police say anyone who thinks they have information about suspected drug trafficking in their area can call the LPD's Info Line at 450-662 INFO. All information received is treated confidentially.

Laval Police seek missing 16-year-old girl



The Laval Police Department is seeking the public's help in finding a 16-year-old female

Laval resident who hasn't been seen by her family since June 2.

According to the LPD, Jennifer Allard-Gould left her home that day to go to an appointment and never returned. Her family is concerned for her safety because she was seeing people they didn't approve of lately, they say.

She is described as white, French-speaking, 5'6" tall, and weighing around 120 lbs. She has blond hair and blue eyes and wears a ring in her nose. When last seen by her parents, she was wearing a York Zoo-brand hoodie, blue jogging pants and black Nike shoes.

Anyone with information is asked to call 450-662-INFO (4636) or 9-1-1. The file number is LVL 200602 044.

S  ret   du Qu  bec arrest two suspects linked to 2017 Laval murder

Quebec's provincial police force, the S  ret   du Qu  bec, said in a statement issued on May 27 that they had arrested two suspects linked to a murder committed in Laval in March 2017.

According to the SQ, Marc-Laflamme Berthelot, 36, who is currently being detained in Port-Cartier, and Manuel Savoie, 45, of Mascouche were arraigned through video-conference link-up on charges of involuntary homicide.

In March three years ago, police and medical emergency personnel were summoned to a spot along Autoroute 13 in Laval after the lifeless body of a man was found lying on the side of the autoroute.

A subsequent investigation revealed that the 34-year-old victim had been kidnapped from a parking lot outside a restaurant in Laval. Paramedics pronounced him dead on the scene.

Quebec issues reminder about backyard pool safety regulations

Upsurge in pool sales predicted, following COVID-19 pandemic

(TLN) In view of a drastic increase in backyard swimming pool sales anticipated this summer because of distancing rules made necessary by the COVID-19 pandemic, the Quebec Municipal Affairs Ministry has issued a reminder to potential new pool owners about the regulations regarding the installation of this type of equipment in Quebec.

Among other things, the rules state that all new swimming pools must be surrounded by a protective fence, unless it is an above-ground pool with a height of at least 1.2 metres, or at least 1.4 metres in the case of a pool that can be taken apart.

In the case of a protective fence, it must be 1.2 metres high, and must be able to prevent a spherical object measuring 10 centimetres from passing through. As well, it must be built in such

a way as to not facilitate anyone climbing on it.

Rules to be followed

In addition, any access gate to the pool must be equipped with a security mechanism that allows the gate to close and lock automatically. Any patio or terrace adjacent to the pool must be equipped with a surrounding fence and gate in order to restrict access.

A municipal permit is required to build, install or to replace a pool, or to erect any kind of structure giving access to or restricting access to a swimming pool. The ministry noted that municipalities may adopt stricter rules than those contained in the provincial regulations. Pool owners are invited to learn more from their respective municipal authorities about the local regulations governing swimming pools.





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Direct? Answers

from • Wayne & Tamara

Yakety-yak

I have been divorced two years and am now engaged. Recently my ex-husband calls me for everything. Did you take the kids to school on time? Do you have a sock that belongs to one of the kids? Et cetera, et cetera.

All these things I believe are for the best interest of my children. My fiancé says my ex calls all the time because he wants me back. I don't understand that because I only have conversations with my ex about the kids. Now he does call about 20 times a day, but all the conversations concern the children.

Am I doing wrong by not putting my ex in his place? I'm afraid if I tell him I don't want him calling all the time, he will take that as I don't care about my children.

Tess

Tess, in 1938 E.B. White wrote that "...I attended a television demonstration at which it was shown beyond reasonable doubt that a person sitting in one room could observe the nonsense taking place in another."

What White said about early television is far truer of mobile phones and texting. They give wings to impulsivity. Many think, "As soon as I have a thought, I need to share it." And most of what is expressed is trivial.

Your fiancé may be right that your ex doesn't want to let you go. Or it could just be impulsivity and boredom. It doesn't matter what his motivation is. It's not healthy for him to call 20 times a day.



On a really crazy day when one child is sick, soccer practice is cancelled and a teacher calls to conference about a problem, you might have multiple conversations with your ex. But most days why should there be even one?

Your ex-husband is like a salesman sticking his foot in your door 20 times a day. The welfare of the kids is one thing, but checking up on you is another. No man wants his new wife's daily activities micromanaged by her ex-husband.

Wean your ex off repeated phone calls by refusing some calls and cutting others short. Tell him you don't need to talk about a missing sock right now. Say it pleasantly. "I'm engaged, I'm getting married. I can't spend 20 times a day talking to you."

Phoning and texting have taken the place of genuine conversation. They reduce productivity. Limiting calls doesn't mean you don't care about the children. It means you don't need to concern yourself with "the nonsense taking place in another room."

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

From our news site

What you may have missed from our

L-D-R MNA Saul Polo outlines measures taken for COVID-19



Laval-des-Rapides Liberal MNA Saul Polo says that since the beginning of the COVID19 pandemic more than two months ago, he has seen to the implementation of several measures in his riding to help deal with the crisis.

Among other things, Polo says his office donated \$72,000 in emergency funding to charitable organizations in Laval-des-Rapides and in Pont-Viau for the purchase of additional food basics for especially vulnerable residents.

According to a statement issued by Polo's office, part of that sum was also used to purchase computer tablets to help keep confined senior citizens stimulated, as well as for the purchase of personal protective equipment (PPE) for the general population.

Polo also intends to distribute 1,000 locally-made face masks for the clients of the Relais communautaire de Laval. In addition to these measures, staff and volunteers from his office have been providing telephone support to people confined at home by calling them on a regular basis to see that their needs are being met.

As well, Polo pointed out that he and his team recently created a new Facebook page encouraging people to "Buy local" in Laval-des-Rapides during the pandemic in order to help the economy. A daily update on the local evolution of the crisis and information on press conferences given by the governments on COVID-19 are also on Saul Polo's own Facebook page.

City gradually re-opening public libraries after COVID-19

The City of Laval says it has started to gradually re-open the nine branches of its public library network as life slowly begins to get back to normal following the COVID-19 pandemic.

The decision follows the recent provincial government decision to begin re-opening certain sectors, including cultural institutions such as libraries. The city says the process is taking place in accordance with guidelines issued by the provincial director of public health.

Since May 29, exterior return chutes at library branches have reopened for the return of books and other borrowed library materials. As of June 4, although only on a limited schedule, library users were also be able to pick up books or documents reserved ahead of time online, but only if they received a confirmation by e-mail or by phone.

However, no services inside library branches are available yet apart from these. In the meantime, the city says no late fees are being imposed for the period during which the libraries were forced to close because of COVID-19. According to the city, all loans of books and other materials have been extended to June 30. All materials being returned will be held in quarantine for 72 days.

To ensure the security of all, certain rules have been set up to follow:

Everyone is expected to keep a distance of two meters from others at all times, whether inside or outside library branches;

Hand-washing for a minimum 20 seconds with disinfectant provided at entrances is mandatory;

Library users must bring their own carrying bags and must avoid turning up in groups when claiming their loaned materials.

Finally, the city says any persons presenting symptoms of COVID-19 will be refused access to the libraries.





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Health Canada advises consumers stop using Akwaton International Multipurpose Wipes



Health Canada is advising Canadians to stop using Akwaton International Multipurpose Wipes. These disinfectant wipes are labelled to contain polyhexamethylene guanidine hydrochloride (PHMG) at a concentration of 0.05 per cent (500 ppm).

According to Health Canada, this ingredient is used as a biocidal disinfectant, but it is not approved for use in Canada. It can cause skin irritation or an allergic reaction, especially in vulnerable populations such as children.

Health Canada says this product has not been authorized, which means it has not been reviewed for its safety, efficacy or quality.

Since January 2019, Fosfaton-Akwaton International Ltd. has distributed an estimated 588 boxes (25 wipes per box) in Canada. In addition to not being authorized by Health Canada, the product expired in November 2015. As a result, says the health agency, the active ingredient may no longer be effective and the water in the product may have evaporated, raising the concentration of PHMG.

McDonald's shuts, reopens Samson location after COVID-19

McDonald's Canada announced last week that it temporarily shut its restaurant at 37 Samson Blvd. in Laval after an employee reported having tested positive for infection by the COVID-19 virus, but that the location was open again after a thorough cleanup and disinfection.

According to the company, the employee informed McDonald's Canada of the COVID-19 diagnosis towards the end of the evening on May 28.

The company said in a statement that as a measure of extreme caution given the current health risks, the decision was taken to immediately shut the location for a thorough cleaning and disinfection by experts.

"The restaurant was closed for the entire night, and has now re-opened," said a spokesperson for the company.

McDonald's says it asked all team members at the restaurant who had been in contact with the employee to voluntarily isolate until further information was made available to them. The company says the infected employee had last worked a shift on May 22 from 7 to 9 am.

The company is advising anyone who was at the restaurant on May 22 to follow advice from Quebec public health officials to be found on their web site.

Health Canada recalls certain hand sanitizers

Health Canada is advising people across the country that certain hand sanitizers are being recalled from the market because they contain industrial-grade ethanol that has not been authorized for use in hand sanitizers in Canada.



According to the federal ministry, industrial-grade ethanol contains impurities that are not found in the type of ethanol approved for use in manufacturing hand sanitizers, such as technical-grade, food-grade or pharmaceutical-grade ethanol. In addition, chemicals that may not be approved for use in hand sanitizers are added to industrial-grade ethanol.

Frequent use of these products may result in dry skin, causing irritation or cracking. Since industrial-grade ethanol has not been approved for use in hand sanitizers in Canada, the department says it has not reviewed it for safety or efficacy.

Here is a list of affected products:

Product	Recalling Company	NPN or DIN	Lot numbers	Expiry Date	Date Added
Eltraderm Hand Sanitizer – 70 % Ethyl Alcohol	Eltraderm Limited	80098540	0217	April 2022	June 6, 2020
Hand Sanitizer	Contract Packaging Distributions Inc.	80098453	8613026 8613042 8613048 8613055 8613057 8613058 8613061 8613064 8613066	April 2022	June 6, 2020
Gel 700 Hand Sanitizer	Nature's Own Cosmetic Company Inc.	80100166	8613026 8613042 8613048 8613055 8613057 8613058 8613061 8613064 8613066	May 2022	June 6, 2020
Sanilabs Hand Sanitizer 70% Ethanol	Sanilabs Inc.	80098769	6069	April 20, 2022	June 6, 2020
6075 Walker Emulsions Hand Sanitizer	Walker Emulsions Ltd.	80098678	209638	Not printed on the label	June 6, 2020
Hand Sanitizer Désinfectant pour les mains	Walker Emulsions Ltd.	80100040	210061	Not printed on the label	June 6, 2020

Classifieds

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In Memoriam & Obituaries

BERNARD, Claude

1934 - 2020



In Laval, at CHSLD de Sainte-Dorothée, on April 19, 2020, at the age of 85 years, passed away Mr. Claude Bernard, beloved husband of the late Céline Mignault. He is survived by his children, Alain and Marie-Josée, two brothers: Jean-Paul (late Irène St-Amand) and Roland (late Marie-Paule Bonin). He was preceded by his brothers and sisters: the late Adrien (late Fernande Gagnon), late Rita (late Rosaire Sansoucy), late Robert (late Rita Joannette), late Denise (Paul-Émile Arpin), his brothers-in-law and sisters, nephews and nieces, other relatives and friends.

GOULET GENDRON, Monique

1934 - 2020



In Laval, on May 28, at the age of 85, passed away Monique Goulet, beloved wife of the late Pierre Gendron. She is survived by her daughters Lynda (Richard Desjardins) and Isabelle, her sister Suzanne, her brothers Rosaire and Benoît, her nephews, her nieces as well as other relatives and friends. Her daughters would like to warmly thank the staff at Résidence Laval-Ouest.

BOIS, Clémence

1947 - 2020



In Laval, on June 4, 2020, passed away Mrs. Clémence Bois, daughter of Géraldine Morneau and Armand Bois. She leaves to mourn her daughter Danie Gamache (Sébastien Arbor) and her son Robin (Julie Trudel), her grandchildren (Félicia, Michaël, Loïk, Lukas, Laurie, Louis and Antoine), her brothers Réjean, Gaston (Lisette Charbonneau) and Raymond (Madeleine Jean), as well as his stepson Richard Montpetit.

MASSÉ BONNEVILLE, Noëlla

1917 - 2020



On May 27, 2020, Noëlla Bonneville (née Massé), wife of the late Bernard Bonneville, died peacefully at the age of 102. Eldest daughter of Armand Massé and Marie Séguin, she is survived by her six children, France (Robert), Paul (Louise), Jean (Christiane), Denise (Jacques), André (Lyne) and Luc (Gina), his many grandchildren and great-grandchildren, his brother-in-law Roland (nicknamed Bobby), his sister-in-law by marriage Gisèle, as well as several nieces and nephews.

BEGIN, Bernard

1935 - 2020



In Laval, at the dawn of June 1, 2020, at the age of 84, passed away peacefully Mr. Bernard Bégin, husband of Mrs. Pierrette Grimard. Besides his wife, he leaves to mourn his children, Jean-David (Valérie Gardner), Stéphane (Janik Lauzon), his grandchildren Alexis, Loriane and Amélie, his sister Suzanne, his brothers Jean-Charles (Claire Brien) and André (Lise Massé), his sister-in-law Dolorès Grimard (late Raymond Jacques), and his brothers-in-law Jean-Louis Grimard (Lise Dion) and André Grimard (Raymonde Giasson), as well as several relatives and friends.

DUGAS, Suzanne

1958 - 2020



On May 21, 2020, passed away at her home, Mrs. Suzanne Dugas at the age of 61 years following a very aggressive cancer. At the time of her departure, she was surrounded by her two daughters and her husband. She is survived by her darling daughters Sarah-Elizabeth (Guillaume), Marion (David), her daughters by marriage Laila (Cédric), Sonia (Christian), the love of her life Kaveh Danechi as well as her grandchildren Felix, William, Tristan and his two grandchildren to come. She also leaves to mourn her mother Lorraine, her brother Gaétan, a great family in addition to several close friends.

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HOROSCOPE

Week of June 14 to June 20, 2020

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

You'll need to reassess your budget in detail. A group trip that you helped plan will guarantee new discoveries and adventure.



TAURUS

You'll react impulsively to a particular situation. Remember that it's important to consult the people around you. Think carefully before you make a decision to avoid financial troubles.



GEMINI

If you're faced with a lot of unanswered questions about your life, you'll have some kind of revelation this week. A dream may reveal the solution to a professional problem.



CANCER

This week will be stressful, and you'll need time to rest and recuperate. You'll also have some ideas about changes you can make to your home decor or elsewhere around the house.



LEO

Despite some reservations, you'll be tasked with organizing a social event. Whether it's at your home or elsewhere, many of the people you love will come together.



VIRGO

Every big project begins with a dream, and you'll be inspired to put your ideas into action. You're seeking a more interesting personal and professional future.



LIBRA

You'll feel overwhelmed with emotion this week, but the experience will inspire profound change. This may prompt you to embark on a revelatory pilgrimage.



SCORPIO

You and your partner must learn to share your goals and move forward together. At times, it's necessary to take a step back so you can see the path ahead more clearly.



SAGITTARIUS

You'll be involved in important negotiations at work that'll cause a lot of stress. Even if you're not single, someone may declare their love and leave you confused.



CAPRICORN

A bruised ego may be what you need to strengthen your self-confidence. It's not always easy to find yourself in the spotlight.



AQUARIUS

One of your children will impress you with an accomplishment. You'll be filled with pride, even if it's a small achievement. Your outspoken nature will lead you to great success at work.



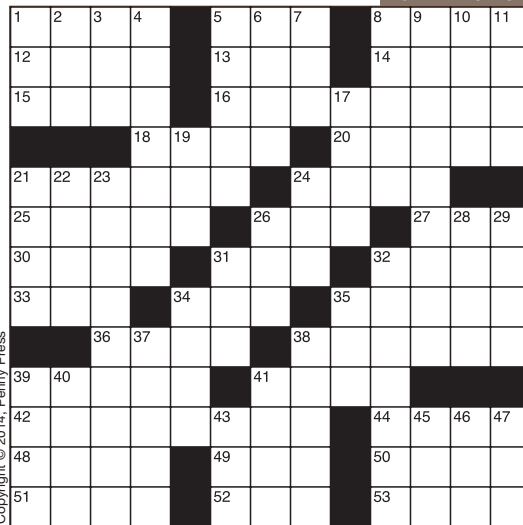
PISCES

You may decide to sell the family home, especially if your kids moved out a while ago. The time has come to live a more passionate life.

Coffee Break

CROSSWORDS

PUZZLE NO. 987



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ACROSS

1. Smear
5. Sleuth
8. Small carpets
12. Monster in a fairy tale
13. "___ Life to Live"
14. Milky gemstone
15. Lady's man
16. Ocean scene
18. Misfortunes
20. Hurler
21. Seeps out
24. Tidy
25. Aspired
26. Beret or beanie
27. Wet earth
30. Branding ___
31. Jimmy
32. Extremely
33. Permit

DOWN

34. Manta ___
35. Burn slightly
36. Cake froster
38. Colored
39. Swiped
41. Advanced, as money
42. Floor covering
44. Tooth pain
48. Abel's father
49. Breach
50. Hoodlum
51. Howl
52. Stomach
53. Viewed
1. Boxer or dachshund
2. Length of life
3. Coffee server
4. In the middle of
5. Medicinal portions
6. Lab suffixes
7. Herbal beverage
8. Frosting flavor
9. Rental housing
10. Package sealer
11. Large quantity
17. Footfall
19. Kooky
21. Scoop out water
22. Former Italian currency
23. Full of feeling
24. Thumbs-down vote
26. Bawl
28. Desire
29. Changed hue
31. Golf goal
32. Old
34. Angler's tool
35. Moral misdeed
37. Walk noisily
38. Lure
39. Do in, as a dragon
40. Ocean cycle
41. Hawaiian feast
43. Breakfast food
45. Shy
46. Tend the garden
47. "Howards ___"

Sudoku

HOW TO PLAY:

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

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

PUZZLE NO. 712

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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



Following the most recent requests from the provincial government regarding the spread of COVID-19, we wish to confirm that all Cinémas 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 Cinémas Guzzo Team

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