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Laval's economic recovery plan... PAGE 3



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**A STORY OF
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AND LOTS OF
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Pages 11-22



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Optimism buoys City of Laval's economic recovery plan

City focuses on key industries and businesses in post-COVID-19 strategy

Local unemployment rose from 4.1 per cent before COVID-19 to 14.2 per cent in May after the pandemic struck

With a high wind of optimism blowing through its sails, the City of Laval is moving ahead this week with a sweeping new economic development strategy designed to give a badly needed boost to the city's waning economy in the uncertain aftermath of the COVID-19 pandemic.



MARTIN C. BARRY
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Dubbed 'Laval, capital of opportunities' by the Demers administration, the primary focus of the campaign is to provide support to entrepreneurs and business owners during the economically-challenged post-pandemic period.

COVID-19 fallout

In a statement issued by the City of Laval prior to Demers' official presentation of the policy during the monthly city council meeting on Tuesday, city officials acknowledged that Laval has been as impacted by the fallout from COVID-19 as any other municipality in Quebec or around the world.

According to the city, six out of 10 businesses in Laval find themselves currently in "precarious" financial circumstances, ranging from moderate to severe, based on an evaluation conducted by E&B Data and numerical information provided by Statistics Canada for the Montreal Metropolitan Community (CMM).

Non-residential tax affected

"This precariousness generates a significant risk, notably with regard to non-residential property tax," states an outline of the recovery strategy provided by the city. It further notes that Quebec is expected to be the most impacted province in the country, with a Gross Domestic Product falling by 8 per cent in 2020, compared to Ontario and Saskatchewan which are each expected to lose 7.5 per cent GDP.

More troubling, according to findings provided by the Institut de la statistique du Québec, is that unemployment in the City of Laval rose from 4.1 per cent – as measured this past

February when COVID-19 hadn't yet taken a hold in Canada – to 14.2 per cent in May when the pandemic was well underway.

Facing the consequences

"The government had to put the economy on pause in order to slow the spread of the novel coronavirus while trying to avoid over-burdening the health system," Mayor Marc Demers says in the preface to a document outlining the recovery plan.

"With an equal amount of courage, we must now face the consequences of the confinement on our economic health. We are currently going through a crisis without precedent, with effects that are devastating on employment and the Gross Domestic Product of the whole region.

A two-phase recovery

"Our corporate citizens, our workers and enterprises are terribly in need of support to get through this difficult period, while adapting to new realities and becoming confidently and audaciously part of the economy of tomorrow," adds Demers, noting that the new economic development strategy will be deployed by the city over the coming months and years.

The city is taking a two-phase approach to the recovery: first they want to stimulate Laval's economy to generate immediate results and wealth; and second they want to develop more sustainable projects which would become the basis for long-term economic progress.

Councillor Stéphane Boyer, vice-president of the City of Laval's executive-committee who is also responsible for economic development dossiers, suggests that significant support for businesses must be prioritized if there is to be an economic recovery.

Business a priority

"The City of Laval is working relentlessly to provide aid directly to those most affected by the current situation," he said in a statement. "While new paradigms are emerging, such as social distancing, ecological transition, food and medical security and automation, we must take a second in-depth look at ways of thinking in order to seize all the opportunities when they

become available."

According to the strategy outline, the Canadian and Quebec economies are only expected to begin improving sometime in 2021, with relaxation of confinement rules this year contributing to a rise in economic performance in the second half of 2020. But at the same time, it is expected that governments will gradually decrease their interventions.

Unemployment high

The city's outline notes that the federal deficit, which stood at \$24.9 billion in 2019-2020, will stand at \$252.1 billion by fiscal year 2020-2021. As well, it points out that the fallout from unemployment will be even more severe than it was during the three most recent economic crises in 1981-82, 1990-92 and 2008-2009.

Between February and May this year, unemployment in Laval rose from 4.1 per cent to 14.2 per cent. The City of Laval recently revealed that it anticipates an eventual \$60 million post-COVID-19 deficit. Officials at the City of Laval's economic development department analyzed the municipality's commercial and industrial sectors and came up with a list of sectors where growth or economic shrinkage are predicted.

Focusing on some sectors

On the positive side, computer software design, scientific research and food production

and distribution emerge as areas where gains are already being made. However, retailing, tourism, entertainment and aerospace have lost a lot, although two of the three were on the decline already.

Other areas of Laval's industrial sector seen as potentially productive going forward include pharmaceuticals, plastics (used in face mask and shield manufacturing), as well as engineering and architecture.

The City of Laval says it is budgeting up to \$20 million for the recovery plan, only around \$6.3 million of which will come out of the city's own coffers. The remainder would come from federal and provincial programs and subsidies. The strategy would be deployed over a period of 18 to 24 months.

City to use 'virtual currency'

A particularly fascinating aspect of the recovery plan is the city's decision to begin using a type of "virtual currency" – similar to Bitcoin and other emerging digital moneys – as a tool to promote local buying.

Whereas perks and points programs have been used in the past by credit card companies and retailers to encourage client support, a digital currency exists through computer "blockchain" technology, which allows them to operate independently from national currencies like the Canada or U.S. dollar or the EU Euro.

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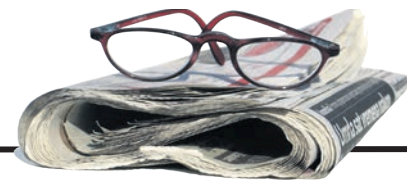
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THAT'S WHAT I'M THINKING

Robert Vairo

Irreconcilable differences. Canada China relations ruptured!

I am fed up with pandering to China. Truth be told, we do not have a relationship with China. A relationship implies "state of being connected". We are connected with this authoritarian, autocratic, dictatorial super power by grief, anxiety, and bullying. What the hell kind of relationship is that! Irreconcilable differences. Any couple in that kind of relation would be granted a divorce. Brian Mulroney agrees. It's time for "an immediate and urgent rethink of our relationship with China". They interfere with our justice system. They kidnap our people. They steal our intellectual property. They buy our companies, with an agenda. They just purchased TMAC Resources in Nunavut. Just for the gold mine? Don't kid yourself. They have just reinforced their foothold in Canada, in the Arctic. What's in the Arctic? It's a most desired, convenient, straight line Pacific connection to China, new trade routes with melting ice, and exploration for Arctic oil and gas. One estimate suggests the Arctic holds "nearly one-third of the world's natural gas and 13% of global oil reserves". Should Canada limit Chinese investment in Canada? Absolutely. Huawei is now openly spying in Canada under the guise of "lobbyists expanding AI research in Canada". I can't believe TELUS installed Huawei equipment for its 4G network. Huawei stole NORTEL data, once a Canadian world leader in wireless technology. It's a spy network. Huawei is an arm of the communist Chinese military. They continue to steal our technology. How clear can I be!

If China doesn't like something we do, they retaliate. They not only kidnap, but they cut off our canola seed exports because of the Huawei Meng arrest. And because of the latest extradition judgement, China has "found insects in our lumber" and charged the two Canadians they kidnapped. Now China wants a Covid waiver from Canadian lobster fishermen. I have two words for China!

China is also in a fight with Australia over the call for an independent investigation into the "origin and spread" of COVID-19. Good for Australia, and rightly so. This China originating virus (and now another swine flu) has ravaged the global economy, infected 11 million, and killed 525 thousand. These are not just numbers. They are human beings. China MUST be held accountable. China was predictable in its reaction. Threats of consumer boycott, and accusation that Australia is "a gum stuck on the sole of China's shoes". What disrespectful bullies! If China really had nothing to hide, it would not be defensive and engage in smear campaigns. There's more. The Chinese espionage machine is embedded in the Huawei 5G equipment for the wireless network they want in Canada. Why didn't Justin Trudeau just say no, long ago? Is it because China contributes to the P.E. Trudeau Foundation? "Cash for access and favours" suggests Rona Ambrose. By the way, contributions to the P.E. Trudeau Foundation from foreign governments, including China, have increased since Justin became PM. Harper handled them well, stopping China from buying our natural resources. A great start, but it all unraveled with the Trudeau regime. Trudeau says "they don't understand our system". What? They HATE our system. They'd like to destroy it, like trampling on democratic Hong Kong with a police state in defiance of the 1997 deal with England. Trudeau says "everything is being done" to get the two Michaels back. Not true. We can't do this alone. Canada and western democracies must stand together against China. Suspending the Canada-Hong Kong extradition treaty is a small first step. But may I suggest granting Hong Kongers asylum, sanctions, recalling ambassadors, tariffs on Chinese imports, withdrawal from the Asian Infrastructure Investment Bank. Arrest, charge, or deport Chinese pressuring Canadians critical of China. Revoke the visas of 140 thousand Chinese studying in Canada. Less trade. Hurtful at first but consider this. We import 75% of trade dollars from China. Mainly junk. Electrical components that work temporarily or not at all, furniture that's flimsy, often doesn't fit properly, toys loaded with lead, fertilized crops full of chemicals, and let's not talk about their car parts. What do we export? Quality stuff my friends. Lobster, wood pulp, oil seeds and grains, ores, mineral fuels and oil. They stopped canola imports from Canada, wheat and pork from the US, soybeans from Australia. Sooner or later they have to come back to Canada because we have what they want. We want the two Michaels back and not a dubious relationship. Stand up Canada! Get respect from this lying, cheating, evil beast. Divorce!

That's what I'm thinking.
Have a safe summer!

Media, Bias, and Politics

'Blame the media' is a frequent response to any problem of public image or perception, and it is certainly an element in discussing the present state of political engagement in Quebec. Relations between the media and politics, as institutions, have become increasingly poisonous in recent years, although it is important not to present too rosy a picture of how things used to be. Perhaps at one point between the servility of the 1950s and the cynicism of today there was an ideal situation, but it was a brief and unstable state of affairs.

The purpose of this piece is not to discuss the entirety of the relationship, but to make one or two points about how it affects the voters and public perception whether for federal/provincial elections, and, of course, the November school elections for the nine English school boards in Quebec under Bill 40. The discourse used in talking about politics is often baffling if not offensive to many citizens. It focuses on the aspect of politics which most voters, with good reason, care least about, particularly about school board elections where voter turnout is under 17%; who has won this or that argument, whose career is on the up, who is expected to do well or badly in this or that election.

Media coverage stresses the issues that matter to insiders, while often talking to the public in a mock-sophisticated tone of voice that purports to reveal the truth behind what the politicians say. Media presentation of politics and politicians (open to definition) is based to a large degree on a one-dimensional version of what motivates politicians and what they do. Yes, they do want power. Yes, they do use techniques to present things in the way most favorable to themselves. We know this. But they also represent different strands of public opinion, they have ideas and policies that may be good or bad for the country, province, city as a whole or for any given subsection of it. This is what often seems to be lost in political coverage. The press drives the news, rather than the news driving the press.

Journalists may choose not to cover a certain event such as the controversial legal challenge on the hearing of Bill 40 which took place at the Superior Court on June 26 under presiding Justice Sylvain Lussier. Because of lack of public interest in this matter, Gazette journalist stated to TLN that there would be no report on the event. Due to professional ethics, TLN chooses not to divulge the journalist's identity who was present at the hearing. TLN also contacted CJAD to inquire about the same subject, however, no response to date. Oddly, no talk show on this matter. We also attempted to call CBC, left a message, but no response; Global TV same song. Also called CTV, however,

the journalist who responded was not aware of the assignment, but assured that there will be coverage after the judge's decision on the injunction. Journalistic selection.

Furthermore, coverage of political social issues themselves reflects this bias towards conflict and narrative. They are seen through metaphors of battles, politicians and lobby groups lining up their ducks in every level with an ever increasing tendency to focus on insider strategy or the simple horse-race aspect of who is ahead. One cannot object to giving stakeholders information about how things stand locally, provincially, and nationally, but an obsessive focus on this alone denudes the process of meaning.

A step further than the understandable focus on the personal conflicts and ambitions inherent in politics is a deeply corrosive cynicism. This is something bordering on journalistic, let's say Fascism/Progressive Socialism/Marxism/Anarchism, in which all elected politicians are contemptible, all judges are disreputable and only journalists are capable of telling the truth, even though what passes for truth is sometimes little more than prejudice unsupported by facts. There are large proportions of the electorate/stakeholders who believe things which are demonstrably, factually untrue, or for which evidence is lacking.

It is entirely possible for media outlets to cover publicly contentious topics in an informative and responsible manner. Every situation is different, but I am increasingly hesitant producing an opinion piece when individuals wish to keep their anonymity because it is not my job to provide false balance and thereby justify bad journalism. When the evidence is clear-cut, the assumption that good journalism requires mutually opposed views to be treated as equally valid simply doesn't hold. False balance arises when journalists present opposing view-points as being more equal than the evidence allows.

Impartiality lies at the very heart of good journalism – avoiding bias is something on which respectable media outlets pride themselves. This is laudable, as robust debate is vital for a healthy media and, by extension, an informed society. But when the evidence for a position is virtually incontrovertible, it is profoundly mistaken to treat a conflicting view as equal and opposite by default.

None of this is intended to pin the blame for these deleterious consequences on journalists and media outlets alone. The assumption that good journalism requires mutually opposed views to be treated as equally valid simply doesn't hold when the overwhelming weight of evidence points resolutely in one direction.

Renata Isopo

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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Opposition stirring in response to Île Gagnon development project

Luxury condos and resort would be built at former home of Céline Dion



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After several years of relative peace with its urban development dossiers, the City of Laval's administrators and elected officials are facing a possible public backlash over a developer's plans to convert a small island in the Rivière des Mille Îles – which was once the home of internationally-acclaimed singer Céline Dion – into a luxurious private resort.

Next to public park

While it's not the first time a developer has set its sights on transforming the island, the task of turning Île Gagnon into an exclusive luxury destination is made all the more challenging by the fact it is located directly across a small inlet from the Parc de la Rivière-des-Mille-Îles, a public wildlife reserve where access is open to everyone.

According to initial plans by property developer François Duplantie, 700 condos, a hotel, a spa, a gym and two restaurants would be built on Île Gagnon starting in 2022. A second phase of the project would take place later in nearby Sainte-Rose where development would include 970 apartments or condos, a retirement residence, a CHSLD and an entertainment auditorium.

Opposition gathering

Although the City of Laval is currently conducting a poll among residents of the area

to determine their support or opposition to the project, some members of the Laval city council opposition already are rejecting it outright.

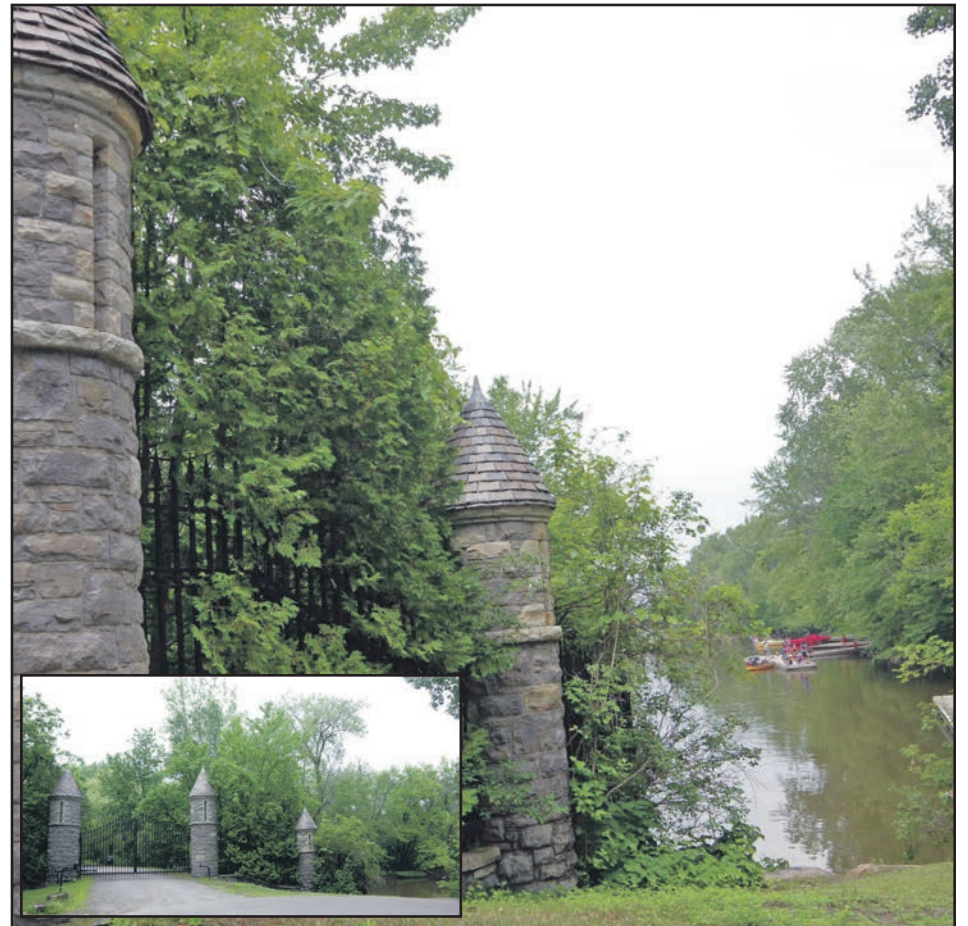
While acknowledging that the project will bring in massive investment and help improve services in Sainte-Rose, independent city councillor for Saint-Bruno David De Cotis launched an opposing petition last week, while also demanding that the city hold a full public consultation.

In an interview this week with *The Laval News*, Mayor Marc Demers said nothing has been decided at this point, although the developer has yet to formally apply to the city for permission to begin his project.

No commitment, says Demers

"We have insisted to the developer that he make a presentation on his own," said Demers. "There is no obligation on his part, although we wanted the presentation to be up to certain standards. And at one point residents of Sainte-Rose were even invited to take part. But there is nothing more we can do until the developer comes to us asking for construction permits."

Demers said the poll will help the city make a decision about the project. "Unfortunately, there is a lot of disinformation now taking place on social media," he said. "The course we decide to take will be guided by our surveys and by public opinion. But at this point there is no commitment on our part towards this developer one way or the other."



The luxury development on Île Gagnon would be located immediately next to the Parc de la Rivière-des-Mille Îles, which is a public outdoor recreation area accessible to everyone. Photo: Martin C. Barry



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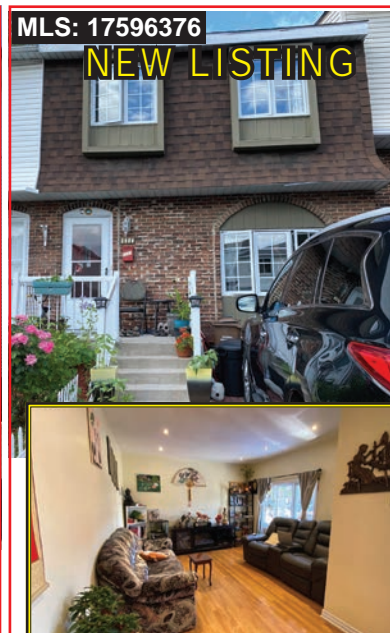


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Racial profiling in Laval

"The proposed measures will have to be implemented without delay!" - Michel Trottier



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A little more than two weeks after holding Mayor Demers to account for a video that went viral showing an arrest made by two agents of the Service de Police de Laval (SPL), representatives of the Official Opposition, Claude Larochelle and Michel Trottier, welcome the concrete measures announced to stop racial profiling on the Laval territory. "It is crucial that citizens have confidence in the municipal government and its representatives," says the leader of the Official Opposition and Councillor for Marc-Aurèle-Fortin, Michel Trottier.

Still a long way to go

Given the current context, the City of Laval is about to undertake essential steps in order to reinforce the confidence of the Laval residents in the Service de Police de Laval. This approach, which is intended to be a reaction to the latest events, is an unfortunate reminder that there is still room for improvement in social inclusion as well as visible and ethnic minorities representation in our society.

"As a municipal organization, I think it's healthy to have that kind of thinking and to



raise awareness on the matter. Now, we'll have to make sure we convert our words to action. I look forward to seeing the practical means that will be used to put into action the principles proposed today, in particular police officer recruitment procedures," said Mr. Trottier.

Investigation still pending

While the Official Opposition welcomes the various measures announced, the Councillor for Fabreville reiterated that an independent investigation is always necessary to shed light in the police intervention that occurred in Laval on

May 25: "If the City really wants to reinforce the principle of police accountability and improve its methods, this event must serve to help us progress! Not only must we evaluate in order to evolve, but we also need to be accountable to the residents who are questioning the events," added Claude Larochelle.

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All citizens should know that their Federal, Provincial and Municipal representatives are there to hear their concerns and try to solve their problems. They're just a phone call away.

FEDERAL MEMBERS OF PARLIAMENT



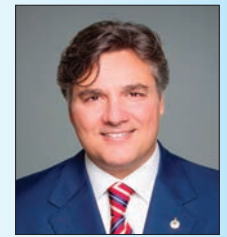
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LAVAL-DES-RAPIDES
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SAINTE-ROSE
Christopher Skeete
450 963-8272

A warm welcome to all our new neighbours in the district of Chomedey



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



MUNICIPAL BY-LAWS

Both new and established residents will benefit from a glance at this handy list of services and Bylaws. Please note that the following information does not replace the provisions found in the official Bylaws.

SEASONAL PARKING



In force from
October 1st to
April 30th

It is important to respect the parking signs and place your garbage and recycling bin on your property, so as not to interfere with maintenance on the public roadway.

Seasonal parking rules are in force throughout Laval territory, October 1 - April 30,

Monday - Friday, 8 a.m.

- 5 p.m., regardless of the weather.

During the day, residents will therefore have to make sure their vehicle is parked on the correct side of the street; however, during the evening, on week nights and on weekends, they will be able to park their vehicle on both sides of the street at all times (unless another parking restriction applies).

In its Policy on Parking, the City of Laval undertakes to eliminate alternate parking on all residential streets wide enough to permit it. In order to achieve this, Laval's municipal administration is implementing a pilot project that will see alternate parking prohibited, starting this winter, in three target zones

SNOW ON THE STREET

Under Bylaw-L-10837 it is strictly prohibited to pile or deposit snow on a public road, whether on the street, on the sidewalk or on the median strips.

All offenders, whether the owner and / or the person carrying out snow clearance operations, are liable to a fine.

TEMPORARY CAR SHELTER - BYLAW L-2000



Temporary car shelter structures can be set up anytime on or after October 15.

The covering may be installed on or after November 1.

Car shelters are allowed until April 15 of the following year.

However, the owner has to make sure that his temporary car shelter respects the prescribed standards by the zoning bylaws L-2000.

If the installation does not comply with the municipal regulation, Ville de Laval's Service de l'urbanisme could ask the owner to make the necessary modifications.

Violations are subject to fines, according to the bylaw

? Bylaw L-2000 and Bylaw L-9501

For more information on this bylaw, contact the Service de l'urbanisme at 450 680-5555 or 450 680-5500.

SNOW REMOVAL (BYLAW L-6070)



The City of Laval would like to remind snow removal contractors, store owners as well as residents that it is strictly prohibited to pile up or deposit snow on a public roadway, whether on the street, sidewalk or on a median strip.

Furthermore, the contractor is responsible for any damage incurred to private or public property during snow clearance operations.

Offenders - whether the owner and/or the person carrying out snow clearance operations - are liable to a fine

Notice to Snow Removal Contractors (Bylaw L-9975)

All snow removal contractors must obtain a registration at a cost of \$100 for the first vehicle and \$25 per additional vehicle, to indicate that they comply with the City's snow removal requirements, and place it on the upper right-hand corner of the windshield of each service vehicle.

The permits will be available starting mid-October.

Available at:

Multiservice Counter 1333 boul.Chomedey

Monday to Friday: 8:15 a.m.- 8:15 p.m.

Saturday and Sunday: 9 a.m. - 4 p.m.

Requirements:

Proof of \$1,000,000 in liability insurance, registration and insurance certificate for each service vehicle.

Offenders are liable to a fine.

? Bylaw L-6070

For more information, contact the Police Department at 450 662-4242.

OUTDOOR FIREPLACES COOKING APPLIANCES



Bylaws L-2000 et L-11465

Buying an outdoor fireplace or a cooking appli-

► Continued on page 9

WELCOME!

On behalf of myself and everyone in Laval, I wish to extend a warm welcome to our new residents. Make the most of the summer time by discovering your new city and by enjoying its various attractions and activities. Laval is a vibrant city with an extensive offer that will undoubtedly please everyone of you.

To learn more about your city, visit laval.ca



Marc Demers
Mayor of Laval



MUNICIPAL BY-LAWS

◀ Continued from page 8

ance grows in popularity .

Before you buy it's important to be aware of the installation restrictions and nuisance problems that it can cause, in order to avoid needless expense .

An outdoor cooking appliance or a fireplace is authorized only in a backyard .

It must be located at a minimum of 3.05 metres (10 feet) from all property lines and have a maximum height of 3.05 metres (10 feet) – Bylaw L-2000 .

Advice

-Evaluate the location and general direction of the winds .

- Install a fire screen .

- Use a metal container to remove the ashes .

- Install these appliances on a non-combustibles surface (concrete, gravel or grass) and not on a wooden surface .

? Bylaw L-2000 For more information on this bylaw, contact the Service de l'urbanisme at 450 680-5555 or 450 680-5500 .

CHIMNEY SWEEPING: A MATTER OF SAFETY

It's important to have your chimney swept every year .

The purpose of this operation is to remove the accumulation of creosote or soot in the heating appliances in order to prevent chimney fires, which may jeopardize lives .

Every year, an inspection must be carried out on chimneys, the chimney flue and the connector pipes .

In addition, this must be done each time an appliance is connected as well as after each chimney fire, in order to detect any hazardous conditions .

Ville de Laval recommends that you hire a chimney sweep recognized by the Association des professionnels du chauffage (APC) .

Look Out for Fraudulent

Companies Please note that no firm or professionals have been authorized by the City for chimney sweeping .

FENCES, RETAINING WALLS...

(Bylaws L-2000 & L-9501)



Ville de Laval has established bylaws on fences, low walls, retaining walls and hedges in order to promote some visual harmony in residential areas .

The rules and regulations in this regard are designed to promote some visual harmony in the residential areas and mainly deal with the authorized location, materials and height; they concern the whole territory of Laval .

There are also additional restrictions for the district of Laval-sur-le-Lac and areas of heritage interest and if your home is located on land running along more than one street .

NUISANCES (BYLAW L-11465)

Ville de Laval introduced a bylaw on nuisances in order to ensure a better quality environment and protect public health and safety .

This bylaw deals with overgrown grass, harmful weeds, odours, dust, smoke, light, wild animals, flyers and archery as well as with non-domestic and stray animals, and also deals with depositing or accumulating garbage, accumulating water, obstructing ditches and storing road vehicles .

Ville de Laval reminds its residents that open fires are prohibited .

RAGWEED - BYLAW L-5659

It is up to owners, lessees or occupants of a vacant or partly built lot or land to destroy and eliminate any ragweed before August 1, namely before the flowers reach maturity .

Pulling it out is the most environmentally- friendly method to get rid of ragweed .

It is also possible to cut ragweed twice during the summer:

1. At the end of July

2. Before August 20

A conclusive eradication technique Since 2006, Ville de Laval has been using a ragweed eradication technique: Vaporization with saline water .

This process is used on some severely infested roadsides and has proven highly successful as all plants were eradicated with the first spraying .

Ragweed pollen affects over 30, 000 Laval residents every year .

The main symptoms of hay fever include sinus congestion, itchy and runny nose, itchy and watery eyes, and sneezing .

If allowed to grow and bloom, each ragweed plant can release millions of pollen grains, causing the allergic reactions associated with hay fever .

This is the reason why it is important to eliminate ragweed .

If you notice any ragweed in a field or vacant lot, please notify the City by dialing 311 .

? 311 or 450 978-8000 (from outside Laval)

Don't Confuse Ragweed with Poison Ivy!

Ragweed and poison ivy are very different plants and must not be confused .

Unlike poison ivy, ragweed can be touched, and therefore pulled out, without causing skin rashes .

For more information, contact a medical clinic or CLSC .



Poison Ivy

GARAGE SALES



an additional use of the dwelling .

These sales may be held for one single two-day period per residential building during the same calendar year (Bylaw L-2000) .

Garage sales— placing various merchandise in public view to sell it elsewhere than at a public market or in a business establishment— are authorized as

▶ Continued on page 24



Annual Campaign

**July 10-12,
let's pull out the ragweed
together!**

To lessen the symptoms of all allergy-sufferers in Laval, let's help prevent these plants from releasing their pollen.

Laval is a proud supporter of the 14th provincial Ragweed Uprooting Campaign organized by the Quebec Lung Association

bylaws.laval.ca, under everyday life

311

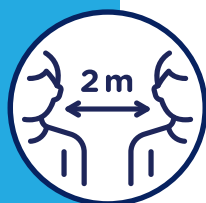


Enjoy summer, but continue to protect yourself!

Summer has just begun and like other vacationers, you are likely looking for things to do. To know what is allowed, click on this link: [Québec.ca/relevance](https://quebec.ca/relevance)

The success of reopening depends on everyone's commitment to rigorously implementing public health recommendations at all times.

If you have COVID-19 symptoms, **remain at home, call 1 877 644-4545** and take care of yourself.



Exploring/rediscovering Québec

To safely explore Québec, plan your trips and stays in advance and learn which public health measures have been put in place in the areas you intend to visit.

Check [BonjourQuebec.com](https://bonjourquebec.com) to learn about the attractions you can discover in the regions of the province and take advantage of 25% off package pricing for overnight getaways when you use Explore Québec on the road.

All that's left to do is to choose your destination, and off you go to explore a paradise that awaits you so close to home!

Finding lodging

Various types of tourist lodging are available for rent, such as chalets, ready-to-use campers, yurts and rustic shelters. If you prefer hotels, they are available throughout Québec. Those who wish to sleep under the stars can choose from a variety of camping grounds or outfitters.

Remember how important it is to always follow **all public health recommendations**, including the ones that apply to gatherings and physical distancing.



Votre
gouvernement

MATURE LIFE

**EVIE
AND
IRVING
APPLEBEE:**

**A STORY OF
LOVE, PURPOSE,
DETERMINATION,
AND LOTS OF
LAUGHTER**

•Asymptomatic or
presymptomatic?
PAGE 13

•The importance
of wearing a mask:
PAGE 14-15

Funded by the
Government
of Canada

Canada



SUPPORT FOR SENIORS AFFECTED BY COVID-19

YOU MAY BE ELIGIBLE FOR:

- A one-time tax-free automatic payment if you currently receive Old Age Security pension.
- An additional automatic payment for seniors eligible for the Guaranteed Income Supplement.
- Reduced minimum withdrawals for Registered Retirement Income Funds.

**SENIORS WHO LOST THEIR JOB MAY ALSO QUALIFY FOR
OTHER FINANCIAL RELIEF PROGRAMS.**

**VISIT [CANADA.CA/CORONAVIRUS](https://canada.ca/coronavirus) OR
CALL 1-800 O-CANADA (1-800-622-6232) TO LEARN MORE.**



MATURE LIFE

Asymptomatic or presymptomatic? That is the question! *Dr. Christos Karatzios* clarifies the WHO's statement that caused a stir.*

Through the great fortune we have of being able to have access to a specialized doctor like Dr. Karatzios we get the opportunity to ask all kind of questions and have an answer which helps dispel conspiracy theories, puts our minds at ease or informs us about when and how to be vigilant during this pandemic



DIMITRIS ILIAS
dimitri@newsfirst.ca

A lot of people have asked Dr. Karatzios about what exactly the WHO UN meant when its lead Infectious Disease expert Dr. Maria Van Kerkhove said and tweeted that "spread of SARS-CoV-2 from asymptomatic people is very rare".

Dr. Karatzios was kind enough to clarify for us. According to him, the WHO UN didn't express itself properly and it is unfortunate. Already they had to back-track on their perceived statement to clarify things.

It is unfortunate that they decided to differentiate between:

ASYMPTOMATIC people who carry the virus and never get sick – Yes, they won't spread it easily because they are not



coughing or sneezing and the amount of virus in their upper airways is low...and:

PRESYMPTOMATIC people who carry the virus but WILL get sick in the next few hours. They may have some scratchy throat and some mild congestion but not fever or other classic COVID-19 symptoms. Studies have shown that between 40-60% of the spread is from people who are about to get sick because they carry a large viral load in their upper respiratory airways and mouth even if they are not exhibiting (any or classic) symptoms yet.

Of course, once symptoms start, then spread continues until most symptoms resolve - most people will stop spreading infectious virus a week after they start being sick. Seriously ill and immune suppressed people may spread the virus longer. Clinical judgment is key because the nasal test can detect viral pieces for weeks in some people even after they finish their illness.

This definition of "asymptomatic and presymptomatic people" is RETROSPECTIVE. Doctors and people

can't tell who will go on to get sick and who will never get sick. Doctors aren't fortune tellers and neither are people.

Therefore, social distancing, wearing masks when we can't socially distance and washing our hands are still key to stopping spread to others. Also, quarantining people who are known to be positive and their close contacts is equally important.

The WHO UN should be clearer when they explain things to avoid confusion and prompting Infectious disease experts, to offer explanations publicly for what the WHO UN stated. So, looking forward... not retrospectively...asymptomatic people CAN transmit the virus.

Adding to Dr. Karatzio's assessment are a plethora of infectious disease experts like Dr. Fauci and Anne Rimoin, an epidemiology professor at UCLA's School of Public Health who gave us an idea of how asymptomatic carriers can spread the virus: "When you speak, sometimes you'll spit a little bit. You'll rub your nose. You'll touch your mouth. You'll rub your eyes. And then you'll touch other surfaces, and then you will be spreading virus if you are infected and shedding" the virus.

**Dr. Christos Karatzios is an Assistant Professor of Paediatrics/Infectious Diseases at the Montréal Children's Hospital*

Thinking of selling or downsizing?

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Voula Kottaridis
Real Estate Broker

514.993.5010
agentvk@gmail.com

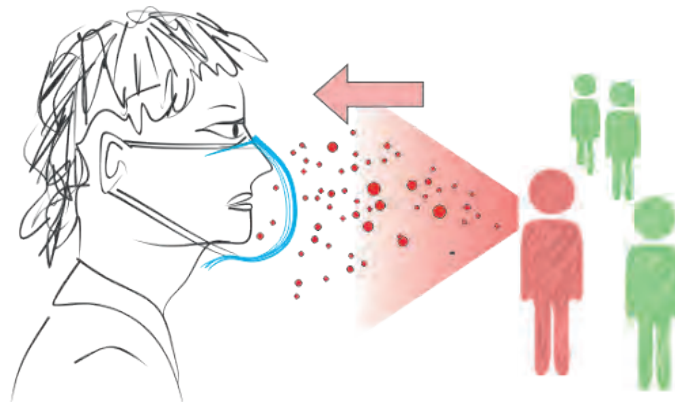
ROYAL LEPAGE
HUMANIA CENTRE
Agence immobilière



Masks are for COVID what condoms were at the start of HIV

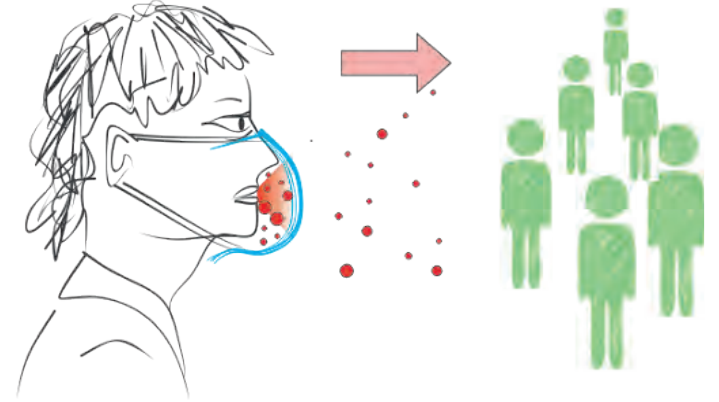
Retired surgeon, Sam Laucks destroys absurd claims in the US

protecting yourself
(inward protection)



particles leaked through mask	particles produced in environment
TEA CLOTH (home made) 33	100 (reference value)
SURGICAL MASK 25	
FFP2 (=N95 equivalent) 1	

protecting others
(outward protection)



particles produced by coughing	particles leaked into environment
100 (reference value)	90
	50
	30

TEA CLOTH (home made)
SURGICAL MASK
FFP2 (=N95 equivalent)



DIMITRIS ILIAS
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As Canada continues to get out of confinement and with recent news of cases, hospitalizations and deaths diminishing steadily, a lot of our fellow Canadians have begun to relax in terms of protecting themselves and others during the pandemic. Although it is encouraging to see the latest projections from health Canada, we have to remember that the virus has not been defeated.

Sam Laucks, a retired surgeon with 39 years

experience in the field of surgery describes the benefits of masks as our only protection apart from social distancing on his facebook page:

For a significant part of that time, I have worn a mask. I have worked with hundreds (probably thousands) of colleagues during those years, who have also worn masks. Not a single one of us became ill, passed out or died from lack of oxygen. Not a single one of us became ill, passed out or died from breathing too much carbon dioxide. Not a single one of us became ill, passed out or died from rebreathing a little of our own exhaled air. Let's begin here by putting those scare tactics to rest!

(It is true that some people, with advanced

lung diseases, may be so fragile that a mask could make their already-tenuous breathing more difficult. If your lungs are that bad, you probably shouldn't be going out in public at the present time anyway; the consequences if you are exposed to Covid-19 would likely be devastating.)

"But", you ask, "can't viruses go right through the mask, because they are so small?" ("Masks keep viruses out just as well as a chain link fence keeps mosquitoes out," some tell us.) It is true that individual virus particles can pass through the pores of a mask; however, viruses don't move on their own. They do not fly across the room like a mosquito, wiggle through your

mask like a worm, or fly up your nose like a gnat. The virus is essentially nothing more than a tiny blob of genetic material. Covid-19 travels in a CARRIER – the carrier is a fluid droplet- fluid droplets that you expel when you cough, sneeze, sing, laugh, talk or simply exhale. Most of your fluid droplets will be stopped from entering the air in the room if you are wearing a mask. Wearing a mask is a very efficient way to protect others if you are carrying the virus (even if you don't know that you are infected). In addition, if someone else's fluid droplets happen to land on your mask, many of them will not pass through. This gives the wearer some additional protec-

► Continued on page 15

AGAPE ENGLISH-SPEAKING SENIOR WELLNESS CENTRE

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

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

Call us. We will return your call.

450-934-1122

3860 blvd. Notre-Dame Suite 305 Laval, QC H7V 1S1

Stay home. Stay safe.
We will get through
this together.





MATURE LIFE

◀ Continued from page 14

tion, too. But, the main reason to wear a mask is to PROTECT OTHERS. Even if you don't care about yourself, wear your mask to protect your neighbors, co-workers and friends!

Mask protection

~ A mask is certainly not 100% protective. However, it appears that the severity of Covid-19 infection is at least partially "dose-dependent." In other words, the more virus particles that enter your body, the sicker you are likely to become. Why not decrease that volume if you can? "What have you got to lose?!"

~ "But doesn't a requirement or a request to wear a mask violate my constitutional rights?" You're also not allowed to go into the grocery store if you are not wearing pants. You can't yell "fire" in the Produce Department. You're not allowed to urinate on the floor in the Frozen Food Section. Do you object to those restrictions? Rules, established for the common good, are component of a civilized society.

~ "But aren't masks uncomfortable?" Some would say that underwear or shoes can be uncomfortable, but we still wear them. (Actually, being on a ventilator is pretty darned uncomfortable, too!) Are masks really so bad that you can't tolerate them, even if they will help keep others healthy?

~ "But won't people think I'm a snowflake or a wimp if I wear a mask?" I hope you have enough self-confidence to overcome that.

~ "But won't I look stupid if I wear a mask?" I've decided not to dignify that question with an answer!!

~ "But I never get sick; I'm not worried." Well, then, wear a mask for the sake of the rest of us



Retired surgeon Samuel S Laucks II, MD

who are not so perfect!

There is good evidence that masks make a real difference in diminishing the transmission of Covid-19. Please, for the sake of others (and for the sake of yourself), wear your mask when in public. It won't kill you!

P.S. - And, by the way, please be sure that BOTH your nose and mouth are covered!

Recommendations around mask usage are confusing. The science isn't. Evidence shows that masks are extremely effective to slow the coronavirus and may be the best tool available right now to fight it.



Foot pain? WE CAN HELP!

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- Foot, Ankle and Knee Pain
- Custom high quality plantar orthotics
- Ingrown Toenails
- **EFFECTIVE** treatments for Plantar Warts
- **LASER TECHNOLOGY** (discolored nails)
- Pediatric Foot Problems

24 Years Experience
New York College of Podiatric Medicine (1996)
Clinician at UQTR

Dr Martin Scutt,
PODIATRIST & Assoc.

podiatrerenord.com

450 979-0303

260 Grande Cote,
Rosemere
(near the train station)



VIRTUAL MUSEUM TOURS

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

BRITISH MUSEUM, LONDON

THE
BRITISH
MUSEUM

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

GUGGENHEIM MUSEUM, NEW YORK



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

NATIONAL GALLERY OF ART, WASHINGTON, D.C.



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

MUSÉE D'ORSAY, PARIS



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

[HTTPS://WWW.TRAVELANDLEISURE.COM/ATTRACTIONS/MUSEUMS-GALLERIES/MUSEUMS-WITH-VIRTUAL-TOURS](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

Evie: "Have confidence in yourself. Go after what you want. Never give up." • I

A large diverse group, our baby boomers, their needs and attitudes greatly impacting society. This proud generation of 70-year-olds has ideal standard-bearers in Chomedey's Evie and Irving Applebee, a loving couple resplendent in the vitality of trust, fidelity, and mutual admiration. These values have sustained their life-long love affair for 50 years, despite ups and downs that could have diminished them. Not the Applebees. They reflect graceful ageing, acknowledging how expectations and underlying beliefs directed and stimulated their lives.

On our visit to their home, social distancing in these pandemic times, we're warmly-received, no hugs. In conversation serious to sublime, funny in-between, the couple delved into private moments and poignant memories.

Their thinking is clear. "Mature but actively-involved people like us have always been interested in new forms of work, flexible creative lifestyles, supportive living arrangements. We valued work/life balance, choice, freedom and autonomy in decision-making," Irving asserts. They agree that boomers anticipated working and living longer, on their own terms, including fulfilling generational-care responsibilities. With clarity of purpose, the Applebees embrace their status as change agents.

RENATA ISOPO
renata@newsfirst.ca

The journey

Their journey is lessons learned, milestones reached, testifying to how clear and powerful voices can help attain what's needed most in life. Irving who is bilingual, graduated from Verdun High, late 1950s, Evie from Northmount High, remains unilingual, thoughtful, knowledgeable. Arriving from England, school proved challenging for Irving. "He failed Math, yet he's known as the human calculator," says Evie, eyes twinkling. "When my dad died in 1962, I became the bread-winner, tried continuing my studies at McGill, but fate had other plans."

In pharmaceuticals for 52 years, Irving eventually retired on his own terms, to be with his wife. The only Jewish person at Crane Plumbing for 10 years, Evie recounts suggesting Christmas donation-drives for the elderly and people in need. Donations came from all over, delivered to many places. She became highly involved in volunteering and fundraising. Her voice, clear and confident, exhibits powerful tools of organization and total involvement in community/charitable organizations. "It's her life, always giving and helping, from age 18," Irving says proudly.

Evie's community involvement at Crane led to membership on boards of Mount Sinai (Cote St. Luc), and Cummings Jewish Centre for Seniors in Montreal. "Someone approached me to start Hadassah when I was volunteering at Cummings as cafeteria server. I loved interacting with people, became involved with everything in the Centre, the only one in North America run by volunteers, numbering over 1000." Irving was very supportive, joining her at Cummings.

Daunted, daring, baring

The death of her mother and very close sister-in-law put things temporarily on hold for Evie. "Somehow, Hadassah reached me, we made a few phone calls, and from a gang of one (me), we blossomed. As founder 20 years ago and president since then, I've guided the Chapter through growth, and openness. Although a Jewish organization, it's open to everyone, including men. We're well-known here and beyond. One of many chapters worldwide, we're non-profit, raising funds for hospitals and projects in Montreal and Israel, where we support day centers, hotlines for abused



Evie as an 18-year-old young beauty in her modelling career

women, and children's health care. We're prominent in Laval/Montreal, close-knit in every way. Our members and supporters are very classy people."

When she came north from New York, after working in the music industry with the likes of Burt Bacharach, Dino Vale and Dionne Warwick, Evie thrived in modelling. It served her well, judging from recent pictures with Irving, posing in birthday suits (sort of), Mr. and Mrs. January in the Cummings Centre's 50th anniversary calendar. "When they asked, I went through the floor," says Evie. Irving didn't bat an eyelash. 'Do whatever you want, ok with me'. When the committee decided he should be in the photo too, 'No way in hell,' he said right away. But it was meant to be. Bingo! Irving, 72, was in. It was tasteful, good fun."

Wedding bells, loss, care-giving

EVIE

-Where were you born? Where were you raised?

I was born and raised in Montreal

- Have you lived anywhere else besides Chomedey, either as unmarried young people or as a couple?

As a married couple we always lived in Chomedey. As a single girl, I lived in New York for 3 years working for the music division (Famous Music) of Paramount Pictures. I worked for and with Burt Bacharach and artists such as Dino Vale, Diane Warwick.

- What were you doing before getting married? Before knowing each other?- Where, when, and why did you meet?

I came in to Montreal (from New York) for a weekend to spend some time with family. It was in the summer and I was sitting on the balcony of my cousins house on de la Peltrie.

When I saw Irving drive by in his convertible, I asked my



The smiling couple Evie and Irving enjoying each other

cousin if he knew him. I told my cousin that "that's the guy I was going to marry." My cousin stopped him and introduced us. And that's where it all started.

- How long was your courtship?

No joke ... 91/2 years

- Who proposed to whom? Where, When? Why?

Irving dropped me off at home one evening after a date and asked me for my ring size. I felt as though I went to heaven.

- Did your parents/families approve of your marriage?

My parents loved Irving from the moment they met him.

- Evie, did you have one of those wonderfully traditional religious weddings or did Irving convince you to elope?

My father had planned a big wedding for us and then they decided to go to New York to buy us a wedding present. That's where our lives changed. My father had a heart attack in New York and passed away. Irving and I flew to New York immediately to be with my mother. It was a nightmare. Irving promised my mother that we would never leave her alone and he kept his word.

- Where were you married? When, if we may ask, but you don't have to answer?

Naturally we cancelled the big wedding that was planned. Irving cancelled the music, most of the guests and we held the wedding on the original date which was April 5th, 1970 at the Shaare Zedek synagogue.

Honeymoon?

"Adventures in Mexico City and Acapulco. Clueless about voltage, wanted to iron an outfit, voltage blew, carpet and dress burnt. Acapulco, Holiday Inn, I was on the 18th floor, elevator blocked, hotel exploded, an electrical fire. Irving saved my life."

When did you come to Chomedey?

"After our honeymoon, we moved into my parents' home to look after mom. We noticed changes, she had Alzheimer's. Mom lived with us 25 years before entering hospital. Irving was my pillar. We couldn't have done it without each other. We joined support groups to learn how to handle things."

Irving: "It will get better. You can always be better. You can always do better."



her's company in their own paradise in Chomedey.

Eventually, they ran an Alzheimer's self-help group for six years.

IRVING

-When did you take up residence in Chomedey?

Born in Cardiff Wales, Irving says he lived in Liverpool, England, in Verdun, Cote des Neiges.

Before getting married I was working and dating. Evie and I met 100 yards up the street from where I lived as I drove by to speak to her cousin. Our courtship lasted 10 years and I proposed to her in Dunn's on Ste. Catherine Street in 1969 because I loved her

"The moment I saw my Irving, I knew he would be the man I would marry," Evie adds. "That was my moment of perfect happiness. He's the love of my life. We're still on our honeymoon, have a great time together, we're still good friends, and we're partners in life. I was happiest the day I married Irving. But that day was bittersweet because I lost my father two months before we were married. And the birth of our two sons completed our happiness."

Evie's greatest achievement:

"The Hadassah Chapter I formed this 20 years ago. We went from one person (me) to about 40 ladies today. Our girls are really nice and the best thing is we like each other. We have programming of lectures, presentations on a variety of topics - educational, social - and over the past few years have created a book club where our members do the reviewing.

-What single act of injustice towards them affected the rest of their lives the most?

"Being bullied as a youngster, Jewish, and living in England during WW2," says Irving. "Grief, because we were extremely close with my brother. When my brother's late second wife would not allow both my husband and me to see him after having bypass surgery and eventually breaking up our family. This caused us much pain," Evie sadly responds.

Certain of their views

What do you consider the greatest human injustice?

For Evie, people not being treated equally, systematic racism in the police force, rejection of people's right to wear religious articles or headgear at work. I believe it should be left to individuals to wear what they want. For Irving, the treatment of all Black, Brown and Indigenous peoples.

What single act of kindness towards you affected the rest of your lives the most? Evie hesitates, "I can't think of a single act, but throughout my lifetime I have come across many people who have shown me special acts of kindness." Irving, pensively reflecting, "too many to think of any at the moment."

What do you consider the lowest depth of misery? When someone is in a very deep depression and doesn't know how to crawl out of that dark hole, Evie quickly answers. Irving adds "Depression (within one's self) Being Black, Brown or Indigenous."

What is the best mark, trait or quality you consider most important in a man? "

He should have empathy, be caring, be a good listener, be trustworthy, intelligent and have a great sense of humour," Evie generously specifies. Irving, more succinct, proffers "Honesty" Evie states the same traits as a man for a woman.

Changes, crises

What changes has Chomedey's Jewish community lived through?

"Many moved to Montreal. Chomedey became multi-cultural, a variety of different religions and cultures, Greek neighbors, Indian, wonderful and interesting, especially when they share their delicious foods. The 60s exodus to Cote St. Luc was for convenience, the West Island for status, young entrepreneurs who could afford it. The kids take bigger risks than we would take. They're smart, aggressive, talented, and have better education than we did."

What originally attracted Jewish people to Chomedey? "Families came, late 50s," says Evie, "because they needed affordable homes. As more came, six synagogues were built."

About the present U.S. Crisis, Covid-19, and racism in Canada, the couple agreed:

"People appear irrelevant to the government. Many Americans see Trump as irrational, think he doesn't care, others support him because he's a businessman, not a politician, they love the way he speaks. Covid hit America hard. There are huge differences in handling it. We have the same problem in Canada, especially Quebec where it's hit the hardest." Racism in Canada exists top-to-bottom including the RCMP, the police. "Live and let live, we all have something to contribute" says Irving, denouncing Bill 21 (banning religious symbols).

Evie, your work with Golda Meir Hadassah-WIZO is legendary. What keeps you going?

"I love what I do!"

Your Golden Wedding Anniversary?

"We celebrated April 5th, Netflix, no family, no friends. COVID! We're just happy to be together, the most important daily gift. Some people have what they want; we have everything we need, each other."

Love, happiness, dreams

Regrets?

"Not having travelled more," Evie bemoans. "Missing my father who was away after the war to support the family," Irving relates. *Talent you wish you had?* "Sing on key, play piano. I can only sing in key of Z, the only song, Happy Birthday." Evie jives. "To play a musical instrument," notes Irving.

Current state of mind?

"Contented, at peace, beautiful flowers, birds singing, sun



Mr. and Mrs. January Calendar pinup couple in their almost bares at 65. Age is just a number!



Volunteer Recognition party at Cummings Centre. Irving is sporting quite the hat!

shining. What more?" Evie asks. "Frustration over Covid-19, not being able to hug my son and his girlfriend," rues Irving.

What would you change about yourself?

"Be more optimistic," Evie concedes. "To be more patient," Irving blurts.

About family?

"For my son to marry his girlfriend," pleads Evie, with motherly love. "Bottle good things family has shown during Covid-19," *Your hero?* "My husband, best friend, fixer of things, makes breakfast, lunch and sometimes dinner. My go-to-person for advice, participates in my Hadassah group. We enjoy the same things,"

Nothing ventured, nothing gained

Is there life after death?

Evie says "I'm very spiritual, studied and practiced spirituality for many years. I believe in the after-life," Irving counters a resounding "No."

Motto you live by?

"Give and you will receive," from Evie, "Be honest," says Irving.

Motto you wish everyone would live by?

"Respect everyone, be honest," the couple emphasizes.

Your bottle half-full or half-empty?

Both, depending on the day," Evie equivocates. "Half full," answers Irving, in certitude.



MATURE LIFE

Canadian seniors to receive one time tax-free payment

Seniors across Canada continue to face health, economic, and social challenges due to COVID-19. Many seniors are facing higher costs for food and services due to physical distancing restrictions, while others are paying more in dispensing fees to get the same medication or paying a premium for deliveries.

On Monday, the Honourable Deb Schulte, Minister of Seniors, highlighted that seniors eligible for the Old Age Security (OAS) pension, the Guaranteed Income Supplement (GIS), or Allowances will receive their one-time, tax-free payment this week without needing to apply. Seniors who reside in Canada can expect to receive the payment by direct deposit or cheque this week, whereas seniors who reside outside Canada can expect this one-time payment in July for those on direct deposit, or by cheque with delays given international postal disruptions.

Through several measures, the Government is providing about \$900 for low-income single seniors and more than \$1,500 for low-income senior couples, in addition to their existing benefits, to help with extra costs during the pandemic.

Seniors eligible for the OAS pension will receive a payment of \$300, and those seniors 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 investment in financial support will help Canadian seniors cover increased costs caused by COVID-19.

As we carefully and gradually re-open the economy, the Government of Canada will continue to support seniors and respond to COVID-19 health, social, and economic impacts.

Quick facts

- The large majority of OAS pensioners, nearly 85%, have after-tax income below \$50,000. Seniors receiving the GIS live on incomes below \$18,600 a year for singles and below \$24,576 a year for couples.

- 6.7 million seniors who are eligible for the OAS pension and 2.2 million who are eligible for the GIS will benefit from this payment.

- The Government has taken a number of other actions to support seniors through the COVID-19 pandemic, such as:

- Providing a one-time top-up payment through the GST credit in April. More than 4 million low- and middle-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, 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 social 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 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 24 weeks to eligible workers, including seniors, who have stopped working due to COVID-19. Pension income does not affect eligibility to the CERB.

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Retirement homes for seniors

Les Jardins de Renoir

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

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

Manoir Céleste

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

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

Résidence Primavera

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

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

Résidence Sainte-Rose

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

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

Les Résidences Soleil Manoir Laval

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

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

Manoir de la Giraudière

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

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

Le Quatre Cent

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

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

Résidence La Luciole

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

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

Les Appartements de la Rive

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

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

Centre d'hébergement Bon-Pasteur

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

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

Sélection Laval

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

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

Résidence Domaine des Forges

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

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

Résidence Les Marronniers

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

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

Boisé Notre-Dame

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

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

Résidence Roi-du-Nord

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

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

Résidence Gingras

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

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

L'Oasis de Laval

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

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

Villa Murenne

**7325 rue du Plateau, Duvernay
Laval, QC, H7A2P2**

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

Résidence d'Auteuil

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

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

Habitation Le Bel Âge

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

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

Résidence du Plateau Ouimet

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

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

Résidence Les Doux Instants, Laval

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

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

CHSLD Vigi l'Orchidée blanche

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

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

Résidence Marie-Flore

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

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

Résidence La Présence

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

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

Résidence Le Duvernay

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

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

Oasis St-Martin

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

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

Habitation Louise-Beauchamp

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

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

SENIOR WELLNESS CENTER

For Laval English-speaking seniors 55+

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

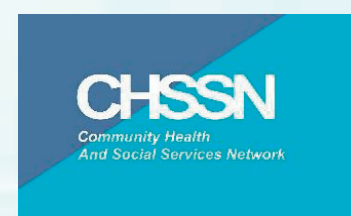
- Online virtual activities (chat groups),
- Distributing important COVID-19 updates,
- Returning all emails and phone messages,
- Possible food delivery for isolated seniors

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



Call us at: 450-934-1122

Famille
Québec





What's available this summer?

Enjoy the bounty of nature

If you feel the need to chill in the great outdoors, why not take the trail less travelled by hiking, canoeing or cycling? If you enjoy fishing, you can tease the beasts all day long, no problem. Check the list of Sépaq and other Québec trails and lakes—you won't regret it. For more details about available activities and public health recommendations visit sepaq.com/covid-19

Enjoy summer with your family

Are you looking for fun things to do with the family? Try discovering the wild and wonderful animal life at Québec zoos or walk among the plants and flowers in the fabulous public gardens of the province. Whether you are looking to discover the most popular attractions in Québec or little hidden treasures in your own region, don't miss out on savings of 20, 30 or even 40% with the Attractions Passport. Visit Quebecvacances.com to get one.

If your desire is to take a one-day cruise ship excursion, you can do this since July 1, 2020.

Are you a “culture vulture?”

Québec offers many museums and exhibitions for art lovers. Go to musees.qc.ca/en/museums/ to locate your ideal museum and visiting hours.

Enjoying the water

Are you looking for a great place for a tan and a dip in the water? The endless Québec beaches are now available to you—don't miss out! Fine sand, loungers and multi-coloured beach umbrellas combine to offer you so many paradise experiences for the great days of summer.

If exploring lakes and rivers is your thing, you can try paddleboards, kayaks or windsurfing. But always remember to be careful and abide by applicable safety measures. You don't want to risk drowning!

Staying active outdoors and indoors

Do you like to move your body and stay active? Both individual and group sports are now allowed whether they are practised indoors or outdoors. Just put on your sneakers and get moving!



Savouring local products

If you have a taste for discovering local products, you can visit craft food makers and tourism farms near you.

But you will be able to feast on local products on restaurant patios. In open restaurants, 2 metres physical distancing measures or physical barriers between customers (except for people who live under the same roof) have been put in place to limit contagion.



Spending time with friends and family

From now on you can invite guests to your home, on condition of abiding by all **public health recommendations**. Gatherings must be limited to no more than 10 people and a distance of at least 2 metres must be kept between people who are not from the same household. Furthermore, it is requested that they include people from no more than 3 households.

We are counting on everyone to find solutions that keep the danger of the virus spreading as low as possible. This could include writing the name of each guest on their personal glass and serving in plates or bowls that are unique to each household. Be creative!



Enjoy summer!

Being watchful will help the good times stay safe.

This fact sheet is based on information that was available on June 25, 2020. The situation can evolve quickly and changes may occur, so please visit the following website to be sure you have the latest available information: **[Québec.ca/reliance](https://Quebec.ca/reliance)**

[Québec.ca/coronavirus](https://Quebec.ca/coronavirus)

 **1 877 644-4545**

Québec 

MUNICIPAL BY-LAWS

◀ Continued from page 9

HEAT PUMPS AND AIR CONDITIONERS



Bylaws- L-2000 and L-8554

Before installing your heat pump, your central air conditioning system or your wallmounted air conditioning units or even a swimming pool heater, inquire about the municipal bylaw aimed at promoting a certain visual harmony as well as peace and quiet in residential areas .

The regulations particularly concern the location of this equipment .

The nuisances they cause are often related to noise .

It is important to provide for a certain distance between such equipment and the property line .

Noise

The installation of the heat pump must respect the noise bylaw .

? **Bylaw L-2000** For more information, contact the Service de l'urbanisme at 450 680-5555 or 450 680-5500 .

POOL AND SPAS



Pools and Spas In Laval, there are very specific rules—and even stricter than provincial ones—with regard to the installation of spas as well as above-ground or in-ground pools .

Ville de Laval's bylaw stipulates the standards relating to pools, their accessories, the fence that must surround them, the fence gate and the documents you will need in order to obtain a certificate of authorization, which is required before installing a pool or spa (\$50) .

A fence - it's a must!

An Enclosure Is A Must! Safety Access to all above-ground and in-ground pools or spas

filled with over 45 cm (18 in.) of water must be protected by an enclosure (fence, railing and part of a building wall) .

Enclosure specifications An enclosure must: prevent a spherical object of 10 cm in diameter from passing through the at least 1.2 metres high have no attachments, projections or openwork that could facilitate climbing the solid and rigid An enclosure may not consist of a hedge or shrubs. All gates to the enclosure must be equipped with a static security device installed on the inside of the enclosure, on the upper part of the gate, and allowing the gate to automatically close and lock after being opened .

Annual municipal tax (water tax)

Above-ground pool: \$35 In-ground pool: \$55 Prevent accidents! Hydro-Québec provides safety advice on the following website: www.hydroquebec.com/security

? **Bylaw L-2000, Bylaw L-9501**

When removing your pool

Above-ground: If you removed your aboveground pool and wish to receive a tax refund, please go to the Evaluation Counter, located on the ground floor at 1333 boulevard Chomedey .

Upon presentation of your tax bill, you will be asked to sign a document, and your assessment file will be adjusted accordingly .

In-ground: If you removed your in-ground pool and wish to receive a tax refund, please go to the Urban Planning Counter, located at 1333 boulevard Chomedey .

You will then be asked to fill out an application for a demolition permit, and pay a fee of \$25, and your assessment file will be adjusted accordingly .

For more information: 450 680-5555 or 450 680-5500 .

SMOKE DETECTORS - (BYLAW L-9000)



All properties must have a smoke detector (also called a smoke alarm) in working order .

In the case of a multi-family buildings, the landlord must install a smoke detector in each housing unit .

In a single-family home, each floor must have a smoke detector and the devices must be interconnected .

Advices: Make sure you verify, at least twice a year, if your alarm is working properly .

Furthermore, change the battery once a year or more if need be .

Fines: Any person who contravene any provision of these regulations commits an offense and is liable:

First offense: minimum fine of \$50 - up to \$1,000

Recurrence: minimum fine of \$100 - up to \$2,000

Any corporation that contravenes any provision of these regulations commits an offense and is liable:

First offense: minimum fine of \$100 - up to \$2,000

Recurrence: minimum fine of \$200 - up to \$4,000

WATERING- BYLAW L-4340 IN EFFECT MAY 15 TO SEPTEMBER 15

Saving drinking water has long been at the heart of Ville de Laval's concern .

Aware of the importance of this precious resource that water truly is, Ville de Laval annually invests a lot of effort to preserve it .

Bylaw L-4340, which concerns the use and consumption of water, mainly aims to prevent wasting drinking water, and especially in the



summer .

The City bylaw on drinking water consumption for outdoor use is in effect May 15 – September 15 .

Since last year, it is prohibited to clean parking areas and sidewalks with a hose; moreover, all new automatic watering systems must be equipped with a rain sensor .

For buildings with an automatic watering system, watering is allowed 4:30 a.m. – 6 a.m. every other day, depending on your address* .

For buildings with a non-automatic watering system, watering is allowed 8 p.m. – midnight every other day, also depending on your address* .

Watering by hand is allowed at all times, provided that it is done with a watering can .

Watering with a hand-held hose, equipped with an automatic water shut-off nozzle, is allowed at any time, every second day, depending on your address* .

A pressure washer may be used at any time .

New lawn To water a new lawn at prohibited times, you must get a lawn watering permit, which costs \$25 and is valid for 15 consecutive days .

This permit may be obtained at the Tax counter .

Filling Pools Existing pools May 15 – September 15, you may fill and top up your pool every second day, depending on your address*, regardless of the time of day .

Newly installed pools May be filled at any time, regardless of your address, the day or the time * Even-numbered addresses on even-numbered dates, and odd-numbered addresses on odd-numbered dates

TREE CODE - PROGRAM



Bylaws L-2000, L-9501, L-10378 and L-10277 Ville de Laval's city council has adopted, during a special assembly held on June 19, 2002, a bylaw promoting tree planting and tree maintenance .

Laval residents are therefore eligible to a financial assistance when they plant or keep a tree in good shape .

Ville de Laval's Tree Code includes specific guidelines that everyone must follow, and particularly with regard to the types of eligible streets or to the location of trees .

And don't forget that homeowners must obtain a certificate of authorization before cutting down a tree .

Look Out for Fraudulent Companies

Please note that no firm or professionals have been authorized by the City for tree planting or maintenance .

▶ Continued on page 25

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BEFORE



BEFORE



AFTER



AFTER



CALL NATALE FOR A FREE ESTIMATION 514-777-3774

MUNICIPAL BY-LAWS

◀ Continued from page 24

? Bylaw L-2000 & Bylaw L-9501

For more information, contact the Service de l'urbanisme at 450 680-5555 or 450 680-5500.

CHILD CARE - BYLAW L-11015



The purpose of this bylaw is to ensure safety and security, well-being and sanitation in private child care on Ville de Laval territory and not coming under the jurisdiction of any other authority.

More specifically, this bylaw is aimed at all child care services from birth to eligibility for pre-school education, including nursery school, drop-in daycare centres and home child care services not recognized by a coordinator's office, that accommodate a maximum of 6 children (with a maximum of 2 infants), including those of the owner who are under 9 years of age and who are on hand.

? 311 or 450 978-8000, ext. 4357

Steps

All owners who operate such a service must obtain an operating licence from Ville de Laval.

To obtain this licence, you must first obtain an occupancy certificate delivered by the Service de l'urbanisme and available at the Urban Planning Counter.

OPERATING LICENCE Procedures A license is mandatory prior to being authorized to operate a child care facility.

Documents required when requesting a permit:

- Curriculum vitae
- Submit an example of a one-week menu consistent with Canada's Food Guide

- Provide two reference letters signed and dated, including the contact information of the persons signing the letter (phone number and address)

- An example of the registration form (to register a child for care services)

- A document outlining the operations of the child care service (cost, holidays, bylaws of the child care service, cancellation form)

- An example of an authorization form to administer medication and acetaminophen, apply lotion, administer nasal drops, apply sunscreen, and authorize outings and swimming activities.

- Copy of the registration with the Registre des entreprises individuelles ou des sociétés • An example of a typical day and an annual activities program.

- Apply for an occupancy permit and make a cheque payable to Ville de Laval • Apply for an Attestation establishing that no impediment exists (valid for 3 years). You will need to submit two pieces of identification, namely one with a photo and one with proof of residence. In addition, you will need to submit a citizenship card (if applicable)

Essential inspections

- An inspector from Ville de Laval's Service de sécurité incendie will come to make sure that the general fire safety requirements are being met;

- A representative from Ville de Laval's Service de l'urbanisme will come and look after enforcement of the regulations on zoning and construction;

- A representative from Ville de Laval's Service de la vie communautaire, de la culture et des communications will come and ensure safety, well-being and sanitation and will look after issuing an operating licence once all the requirements have been met.

Fees

Obtaining a permit for child care is free of charge
Attestation establishing that no impediment exists: \$67.21
Occupancy certificate: \$60

FOSTER CARE FOR ADULT (BYLAW L-11015)

The purpose of these rules and regulations is to ensure safety and security, well-being and sanitation in private foster care services for adults on Ville de Laval territory and not coming under the jurisdiction of any other authority.

More specifically, this bylaw is aimed at all private foster care services for 3 adults (or seniors) or more, on a full-time basis, whether temporary or permanent.

All owners who operate such a service must obtain an operating licence from Ville de Laval.

This licence is free of charge and is renewable every year.

? 311 or 450 978-6888, ext. 4343

Documents to obtain

- An attestation establishing that no impediment exists (verification of court record), at a cost of approximately \$66.22, valid for 3 years.

Consent forms for such verifications must be filled out at 1333 boul. Chomedey. You will have to present 2 pieces of identification, one of which must have a photo and one with proof of residence. In addition, you will have to present a citizenship card (if need be).

- A first aid course of a minimum of 8 hours (with references available on request);

- If you are the tenant, written authorization from the owner to operate this type of business;

- Any other documents that might be required, according to the type of service considered.

Essential inspections

- An inspector from Ville de Laval's Service de sécurité incendie will come to make sure that the general fire safety requirements are being met;

- A representative from Ville de Laval's Service de l'urbanisme will come and look after enforcement of the regulations on zoning and construction;

- A representative from Ville de Laval's Service de la vie communautaire, de la culture et des communications will come and ensure safety, well-being and sanitation and will look after issuing an operating licence once all the requirements have been met.

For seniors only

Private seniors' residences must register at the Registre des résidences pour personnes âgées.

Each owner must register to the Agence de santé des services sociaux de Laval which will deliver a certificate of conformity, renewable every two years.

? Agence de santé des services sociaux de Laval (in French) 450 978-2000

MUNICIPAL POUND



The Berger Blanc provides the pound service for Ville de Laval.

This service is free of charge for Laval residents. A proof of residence is required.

Le Berger Blanc

914, rue Cu nard Laval (Québec) H7S 2H6

Monday to Tuesday: Noon to 8 p.m.

Wednesday to Friday 10 a.m to 8 p.m.

(from noon for adoptions)

Saturday and Sunday: 10 a.m. to 4 p.m.

? 450 629-0075 Emergency call service, 24

hours, 7 days.

MUNICIPAL PARKS (BYLAW L-4510)



Ville de Laval has established a bylaw in order to give you the possibility to take advantage safely and completely of the many facilities at your disposal.

This bylaw deals mostly with park hours, offences and prohibitions.

Park Hours • October 1 - April 14, 7 a.m.

- 7 p.m., every day-except on sports grounds where there is lighting and a game is under way, in which case, that area may stay open until 11 p.m.

• April 15 - September 30, 7 a.m.

- 10 p.m., every day-except on sports grounds where there is lighting and a game is under way, in which case, that area may stay open until 11:30 p.m.

Prohibition Many activities are prohibited.



FAYÇAL EL-KHOURY
MP For Laval-Les Îles
Tel: 450 689-4594
faycal.el-khoury.c1@parl.gc.ca



Welcome

Your Members of Parliament wish you a warm welcome to all the newly arrived citizens of Laval.



ANNIE KOUTRAKIS
MP For Vimy
Tel: 450-973-5660
annie.koutrakis@parl.gc.ca

Direct? Answers

from • Wayne & Tamara

What Lies Beneath

About six weeks ago, I broke up with my boyfriend of three years. I am still struggling to find the truth.

There were several incidents which led me to believe he cheated on me, but he refuses to admit to anything. Two of the most obvious incidents were women telling me from their own mouth that they slept with him. These were isolated incidents about six months apart.

He says they are both lying, even though the first woman told me this early in our relationship. We are now not together, but I still want the truth from him. It eats at me every single day.

Recently we started seeing each other again. I know I shouldn't, but I still care about him and it's better, or so it seems, than the uncertain future of being single again. Why will he not tell me the truth? Is there any possibility he actually is telling the truth?

How do I move on?

Ginger

Ginger, you want to leave the door open by claiming you can't move on until you have the truth. But you don't want the truth. You wanted an extremely plausible lie, and you will search high and low until you find it.

You had three years to gauge what this man is like. Three years to record what his voice, manner, and posture tell you. Then your gut reported, "Yep, he's lying." In addition, you have testimony from two eyewitnesses and incidents you allude to without mentioning. In the law that's called a preponderance of evidence.

Still, you hold out for a confession, even though most criminals are convicted without a confession and most guilty people never confess.

In the movie *A Few Good Men*, Tom Cruise, as a Navy lawyer, relentlessly interrogates Jack Nicholson, a Marine colonel. Nicholson avoids answering the questions until finally, exasperated, he



blurts out, "You can't handle the truth!"

That's the problem. You can't handle the truth. It is too disconcerting. Even if he confessed, your mind would create another line of defense, such as, he promised to change.

This man has nothing to gain from telling the truth, but he does have something to lose. You. So the battle is not with him. The battle is in your interior world, a place where you cannot handle the truth.

You stayed with a man who cheated on you because of a weakness within you. That weakness, that foible in you, is the part that made up "I can't let go until I get the truth."

That's not love. It's the part in you which needs fixing. And a big part of what needs fixing is what his cheating did to you. It has lowered your confidence and your self-esteem. It has made you feel you cannot attract a good man. It has made you feel you don't deserve better.

It's a chicken and egg problem. He made you feel like no one else will want you, and now you act as if he is the only man in the world. But there are plenty of other men out there, and you have decades of life ahead of you.

When people write us, they almost always tell the truth, though they can't see it themselves. "I am staying because I don't think anyone else will want me." That's the truth you told us.

Your letter is about fear, and there is only one truth about fear. Living with fear is worse than facing fear. You've named your fear. Now face it

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

lavalnews.ca

What you may have missed from our website

COVID-19 death toll reaches 100 at CHSLD Sainte-Dorothée

A new milestone was reached in Quebec last week during the ongoing COVID-19 pandemic.

Provincial health authorities revealed that CHSLD Sainte-Dorothée in western Laval had reached 100 fatalities, making it the province's public long-term care residence that has been most impacted by COVID-19 since the beginning of the pandemic more than four months ago.

With a capacity for 285 residents, the news means that more than a third of the residents of CHSLD Sainte-Dorothée succumbed to COVID-19. The latest fatality count was published in a province-wide update of the COVID-19 toll issued by the Quebec Ministry of Health and Social Services on July 2.

Two other CHSLDs in Laval made the list, although with slightly more moderate numbers.

CHSLD Sainte-Jude on Saint-Martin Blvd. had recorded 71 fatalities up to July 1.

However, it wasn't all bad news. CHSLD Idola-Saint-Jean on Cartier Blvd. in Laval des Rapides has had only three fatalities since the start of the pandemic.

CHSLD Sainte-Dorothée's record is only slightly greater than the number of COVID-19 fatalities reached at two Montreal CHSLDs. The Centre d'Hébergement Notre-Dame-de-la-Merci on Gouin Blvd. has had 94 deaths, while CHSLD Laurendeau also on Gouin Blvd. has had 92 fatalities.

According to the figures released by the provincial health ministry, a total of 968 people have died in Quebec's CHSLDs since the beginning of the pandemic.

Yet more hand sanitizer warnings

Health Canada has issued yet another advisory to Canadians regarding hand sanitizers that may pose health risks.

The warning comes following previous notices issued by the federal agency on other hand sanitizer products.

The latest advisory concerns hand sanitizers made with industrial-grade ethanol, which is not authorized for use in hand sanitizers and may pose health risks.

This is the latest list of hand sanitizers on Health Canada's watch.

Product	Recalling Company	NPN or DIN	Lot Number(s)	Expiry Date	Date Added
Biogel	Groupe Savon Olympics, Inc.	80098684	0D991 0D992 0D963 0D964 0E998 0E997 0E994	April 2022	July 3, 2020
eSafe	Groupe Enov, Inc.	Unlicensed (no NPN or DIN on label)	20-115 20-120 20-121	April 2021	July 3, 2020
20-125 20-126 20-181	May 2021				
Hand Sanitizer Alco-San	Crown Chemical Products, Inc.	Unlicensed (no NPN or DIN on label)	51420-21 51520-20	Not printed on the label	July 3, 2020
Healthcare Plus Sanitizing Hand Gel	The Color Group, Division of Canadian Custom Packaging	80002430	024002 024012 024022 021032 024042 024072 024082 024092 024003	April 2022	July 3, 2020
Manogel	Constant America	80098846	04291 04292 04293 04295 04301 04321	March 2022	July 3, 2020
Sanitagel	Jefo Nutrition, Inc.	80098567	07820R414 08520R414 08720R414	March 2021	July 3, 2020

Health Canada says it maintains a list of hand sanitizers that may pose health risks, so that Canadians can easily identify products they may have purchased and take appropriate action. Canadians are encouraged to check the list regularly for updates.

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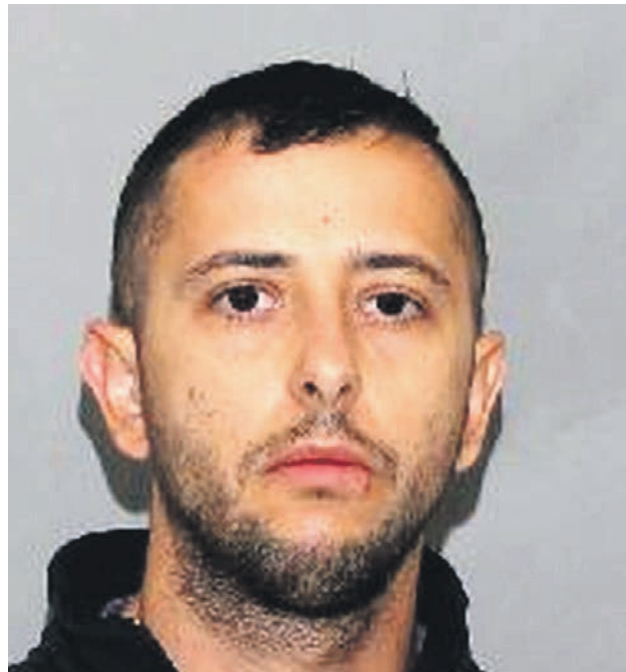
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Chirurgien dentiste / Dental Surgeon

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

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

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

Man arrested in Laval for Toronto-area 'distraction thefts'



Police in the Greater Toronto Area say that following a joint-forces fraud investigation of alleged "distraction thefts," they have two suspects in custody – one of whom was arrested in Laval.

The Toronto Police Service says that, between March 8 and June 11, Constantin Liteanu, 46, of Burlington ON, and Laurentiu Avram, 35, of Vaughan ON, were involved in a series of distraction thefts in the Toronto, Peel, Halton, Guelph, Niagara, Durham and Barrie regions. The police say Avram was arrested in Laval.

According to the allegations, the two men would approach other drivers while out on the road and claim they were having car trouble. While one would distract the victim, the other would steal debit and credit cards in the targeted vehicle. The cards would then be used fraudulently to make bank withdrawals and purchases.

Avram was scheduled to be arraigned later this week. The charges against him include:

- Three counts of Theft of a Credit Card
- 23 counts of Possession of Property Obtained by Crime Under \$5,000
- Four counts of Unauthorized Use of Credit Card Data
- 23 counts of Fraud Under \$5,000
- 13 counts of Possessing Proceeds of Crime Under \$5,000
- 11 counts of Theft Under \$5,000
- 12 counts of Possessing/Using Credit Card Obtained by Crime

The Toronto Police say the investigation continues and anyone with information is asked to contact them at 416-808-1400, Crime Stoppers anonymously at 416-222-TIPS (8477), online at www.222tips.com, online on their Facebook Leave a Tip page, or text TOR and your message to CRIMES (274637).

Laval Police arrest suspect following Chomedey/Notre Dame hit-and-run



Up to four Laval Police Department cars and at least one Urgences Santé ambulance converged in the parking lot of the Centre Commercial Saint-Martin near the corner of Curé Labelle and Notre Dame boulevards around 9:45 am on Tuesday June 30 shortly after a hit-and-run incident a few blocks east at the corner of Chomedey and Notre Dame.

Although the driver of one of the three vehicles involved in the crash fled the scene, he was found by the police shortly afterwards just a few blocks west where his car was surrounded by police.

While the suspect driver was placed under arrest, he and a passenger were transported by Urgences Santé to hospital where they were treated for minor and non-life-threatening injuries, said Constable Julie Marois, a spokesperson for the LPD.

"In all, three vehicles were involved," Cst. Marois told *The Laval News*. "We learned that one of the vehicles had fled the scene. With a description of the suspect who had fled, our officers proceeded to make the arrest of this individual."

Water patrols will be active throughout the summer



Laval is a city that is surrounded by two major bodies of water: one one side is the Rivière des Prairies, while on the other is the Rivière des Mille Îles.

In order to ensure the security of pleasure boating enthusiasts, a water patrol from the Laval Police Department will be present in the waters surrounding Laval from June to September.

Patrols on duty

In addition to responding to distress calls, the patrollers carry out prevention and surveillance operations throughout the summer. With the return of the warm period, there will be many pleasure boaters on the waters.

The LPD would nonetheless like to remind all boaters that the rivers around Laval can be tricky and caution is required. For

example, in some places there are narrow channels where water levels are shallow and temperatures can become quite cold.

Rules to follow

For this and other reasons, boat drivers should always be respectful and courteous and follow all applicable rules on the water. It is recommended they also follow water safety guidelines. Here are some of the guidelines:

Never drink before driving a boat; always have safety gear on board, including a sufficient number of flotation vests; always follow the rules of navigation; be respectful towards waterfront property owners by reducing speed when passing by and turning down your on-board music.



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À L’AFFICHE AU CINÉMA LE 3 JUILLET - IN THEATRES JULY 3RD

Cher(ère)s client(e)s,

Nous sommes heureux de pouvoir vous accueillir de nouveau dès le 3 juillet! Après le long confinement, nous faisons tout pour vous servir dans les meilleures conditions possibles afin que vous puissiez vous divertir en toute sécurité.

Comme il s’agit d’un local privé, nous avons mis en place des conditions d’accès et des règles d’hygiène pour votre sécurité ainsi que celle de notre personnel :

- Garder une distance de 2m dans les aires communes;
- Dans les salles de cinéma, laisser au moins 2 sièges libres entre chaque groupe/famille. Par contre, toutes les rangées peuvent être occupées;
- Jeter les verres usagés, les emballages de friandises et de mais soufflé dans les poubelles;
- Maximum de 50 personnes par salle de cinéma;
- Désinfectant disponible à l’entrée.

Lors de la réouverture, notre personnel qui aura été préalablement formé avec les nouvelles procédures sanitaires, assurera l’application de celles-ci. Dans un esprit de respect mutuel entre notre clientèle et le personnel et en tant que devoir collectif, nous vous demanderons de suivre attentivement les consignes lors de vos prochaines visites. C’est une question de respect. C’est une question de solidarité. Si vous présentez des symptômes grippaux, nous vous demandons de reporter votre visite.

Ensemble, nous ferons face à cette épreuve avec succès!

Vincenzo Guzzo I
VINCENZO GUZZO
Président et Chef de direction des Cinémas Guzzo

#AidezNousÀvousGarderEnSécuritéRamassezVosDéchets

Dear clients,

We are happy to welcome you again as of July 3! After the long confinement, we are doing everything to serve you in the best conditions so you can enjoy your time with us safely.

As this is a private establishment, we have put in place conditions of access, rules & regulations for your safety and for the safety of our staff:

- Keep a distance of 2m in the common areas;
- In cinema auditoriums, leave at least 2 seats free between each group/-family. However, all the rows may be occupied;
- Throw away used cups, candy wrappers and popcorn bags in the trash;
- Maximum of 50 people per cinema auditorium;
- Disinfectant is available at the entrance.

For the reopening, our staff has been trained on the new sanitary procedures and they will ensure that they are properly applied. As a matter of collective duty and mutual respect between our clientele & our staff, we will ask you to follow the instructions carefully upon your next visits. It is a matter of respect. It is a matter of solidarity.

If you have flu-like symptoms, we ask that you postpone your visit.

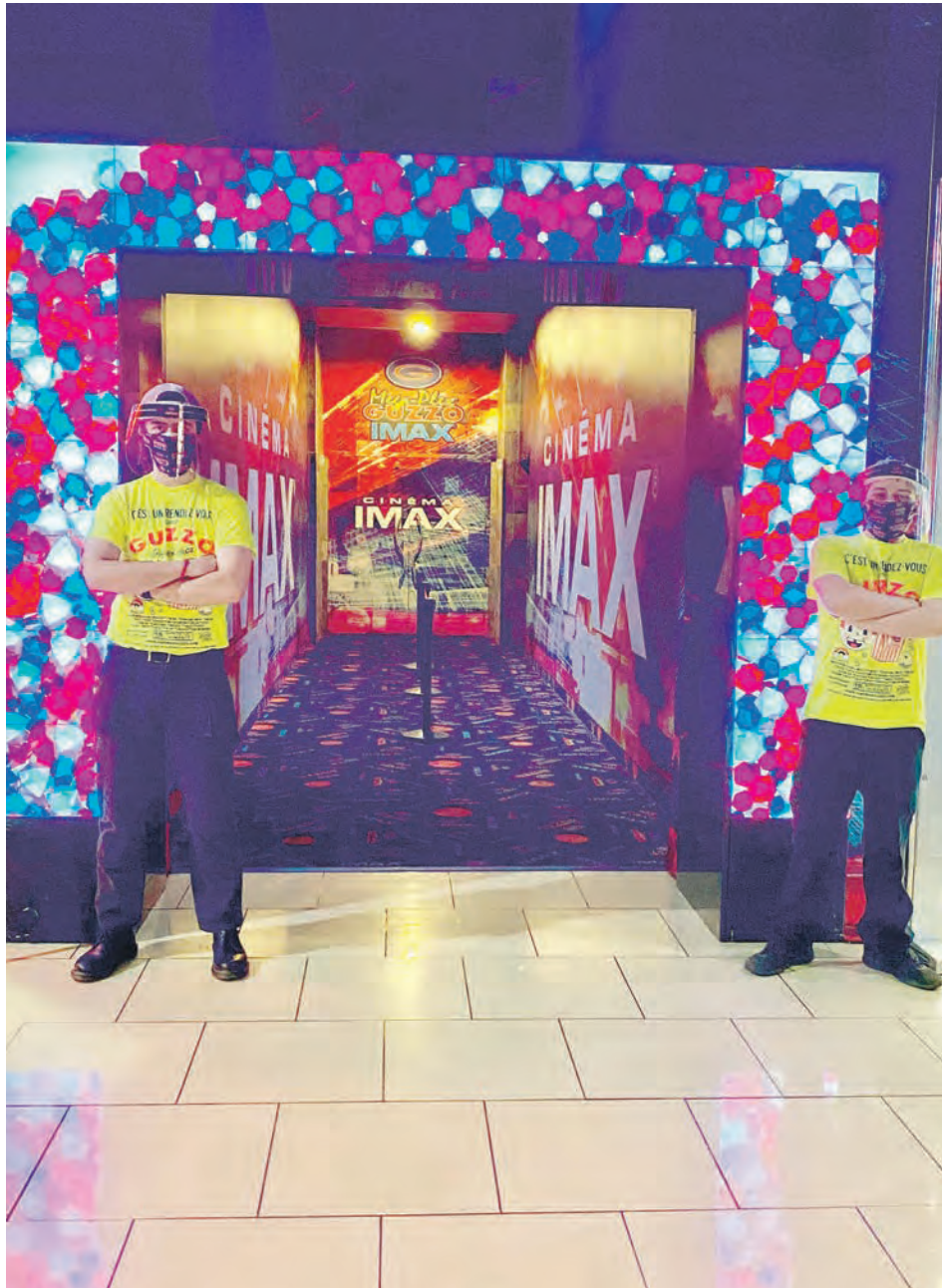
Together, we will get through this!

Vincenzo Guzzo I
VINCENZO GUZZO
Cinémas Guzzo President & CEO

#HelpUsKeepYouSafePickUpYourTrash

Going back to the movies?

Some new rules to follow in the COVID-19 era



(TLN) Four months after being forced to close because of the COVID-19 pandemic, the province's movie theatres are reopening – albeit with new rules that limit the number of viewers to 50 per screening room in multiplex cinemas for the time being.

It's no secret that the COVID-19 pandemic forced the shutdown of a good number of major film productions since the beginning of the year. As such, the selection of movies in theatres is expected to be much slimmer than it would normally be at this time of year.

However, some films whose screenings were interrupted earlier this year will resume, while some theatre chains say they will be prioritizing family-fare in their selection of movies in order to accommodate those who've been locked down and in need of wholesome entertainment during the upcoming recovery period.

"I prioritize films for the whole family because that's what always works best during the summer," says Vincent Guzzo, president of the Cinémas Guzzo film theatre chain. "We will also be bring back on the screen comedies and action films which were doing well before the lockdown."

Here are some of the rules and protocols that movie-goers will be asked to follow when they start turning up once again at movie theatres across the province.

After tickets have been purchased, an attendant attired in protective gear will greet you at the theatre's main entrance where you will be required to disinfect your hands. All attendants will be wearing protective face masks and

visors. They will also have to regularly disinfect their hands and carry out regular sanitation of contact surfaces throughout the theatres.

Theatre patrons will be required to follow safety protocols, which include maintaining a two-metre distance with other people in common areas. While the wearing of face masks in public places hasn't yet been made mandatory by the provincial government, at least one Montreal-area theatre chain plans to sell face masks at its multiplex theatres for clients who would feel safer that way.

As far as the food and snack concessions go, little is changing. The only rule that will apply in lineups will be the six-metre distancing requirement. Two-metre space markers are being made on the floor in front of snack concession areas to make it easier.

While movie customers will generally be required to sit while observing the two-metre distancing requirement, theatre owners are being allowed to seat small groups of people together as long as they are members of the same family residing in the same household. While the maximum number of people allowed into a screening room is 50 for now, it could increase to 250 by mid-July depending on the COVID-19 situation.

Screening rooms will be thoroughly cleaned and disinfected following each film screening. Customers will also be asked to their part by not leaving behind too much trash, thus making the cleanup job a little easier and safer for employees.

Deadline: WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries

THÉOTOL, Marcel

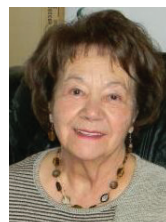
1959 - 2020



In Laval on June 29, 2020, at the age of 60 years, passed away Mr. Marcel Théotol, son of the late Marcel and Fleurette Théotol. He is survived by his brothers and sisters; Diane (Gaétan), Serge, Chantal (Sylvain) and Jean-Pierre (Chantal), his nephews and nieces; Sophie, Michel (Caroline), Jessica, Mathieu, Danie, Simon and Marjorie, his ex-spouse Hélène and her children Nadine, Patrick and Guylaine, his grandchildren, as well as other relatives and friends.

VILANDRÉ ST-PIERRE, Laurence

1924 - 2020



Surrounded by her family, on June 29, 2020, passed away at the age of 95, Mrs. Laurence Vilandr , wife of the late Edgar St-Pierre, residing in Laval. Ms. Laurence Vilandr  St-Pierre is survived by her children Jacques St-Pierre, spouse of Guylaine Morin, Michelle St-Pierre, Jean St-Pierre, spouse of Huifang Hao, Robert St-Pierre, husband of Marie-Jos e Boulay, Claude St-Pierre, her granddaughter Nathalie Bastien, her sisters Marcelle Vilandr , Doris Vilandr . Mrs. Laurence Vilandr  St-Pierre also leaves to mourn her nephews and nieces, as well as many other relatives and friends.

AUDETTE, Conrad

1949 - 2020



In Laval, on March 29, 2020, at the age of 71 years, passed away Mr. Conrad Audette. He is survived by his sisters (Yvette, Th r se and Jeannine), his brother (Serge), his goddaughter (Annick), his brothers-in-law (Nick and Michel), his nephews, his nieces, as well as other parents and friends.

DANSEREAU, Denis

1965 - 2020



In Laval, on June 23, 2020 at the age of 54 years passed away Mr. Denis Dansereau, father of the late Simon and husband of Mrs. Marie-Louise Verhaaf. Besides his wife, he leaves to mourn his son Vincent (Yasmine), his parents Liette Gigu re and Claude Dansereau (Nicole), his brother Jean-Luc (Diane), his sister-in-law Jos e (Normand), his brother-in-law Michel (Carole), his cousin Jean-Yves (Tina), his aunt Paulette, his nephews and nieces Genevi ve, Karl, Hans, Michael, Audrey, Philippe and Marilyne and other relatives and friends.

TRIPODI, Antonio

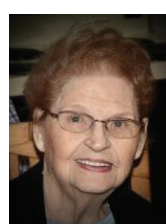
1948 - 2020



It is with deep sadness that the family announces the passing of Antonio Tripodi at the age of 71. He will be sadly missed by his loving sisters Rose (Tony) and Marie (Leo), his nephews Nick and Joseph, his nieces Jos e (Leo) and Sabrina, his aunt Benedetta, his cousins and many other relatives and friends.

 THIER, Marie-Claire

1925 - 2020



In Laval, on June 23, 2020, passed away Marie-Claire  thier at the age of 95. She leaves to join her husband, Mr. Lucien Asselin. She is survived by her children Robert (C line), Murielle (Ghyslaine), Louise (Marcel), Michel (Marie-France) and Sylvie (late Gordon), her grandchildren, her great grandchildren, her sister Fernande (late Roger) and his brother Claude (Claire), her nephews and nieces as well as several relatives and friends.

UNITED

— THROUGH DISTANCE —



ACCESSIBLE

Our team has adapted to the new reality so you can mourn without added worry. You can now safely interact with your loved ones using the new technology that we've implemented.

We're here to guide you when selecting these new options and we're committed to meeting your needs in a responsible manner.

SERVICES

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- Celebration with your family present (according to current recommendations)
- Live webcast of the ceremony (funeraweb.tv)



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HOROSCOPE

Week of July 12 to July 18, 2020

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

Preparation is key for an upcoming discussion or presentation. You won't be happy with the results if you improvise. Your ability to be polite and diplomatic will help you resolve a conflict.



TAURUS

You might feel like you're walking on eggshells around certain people. You'll need to be tactful to avoid offending anyone. You'll also be faced with an unexpected expense.



GEMINI

You'll start this week with a burst of energy. You have plenty of ideas, but you don't know where to start. Luckily, the fog will lift soon.



CANCER

You have a tendency to burn the candle at both ends. Take steps to channel your energy more efficiently. People will be relying on you, and you'll do whatever it takes to help them.



LEO

There are important things to do this week, but the way forward isn't clear. At home, make sure everyone knows their role to avoid confusion and discord. Remember, with patience comes success.



VIRGO

You'll find a suitable training program to help guide you toward a more prestigious job. Don't let the opportunity to achieve an important goal pass you by.



LIBRA

This is a great week for a vacation, as you would benefit from a change of scenery. Spend some time learning a new language, especially if you have a trip coming up.



SCORPIO

You need to work through some tough emotions, and you'll be tempted to isolate yourself. Luckily, your friends know how to lift you out of your funk.



SAGITTARIUS

You'll get to know people and surround yourself with positive relationships. Your work environment will greatly improve due to your good-natured spirit. If you experience any discomfort this week, consult your doctor.



CAPRICORN

A confusing situation will need to be sorted out at work before you go on vacation. Be careful while swimming. If you're single, meeting new people will be the highlight of your week.



AQUARIUS

You'll discover a passion for the performing arts. You might even be the star of the show this week. A huge output of creativity will put you in the spotlight.



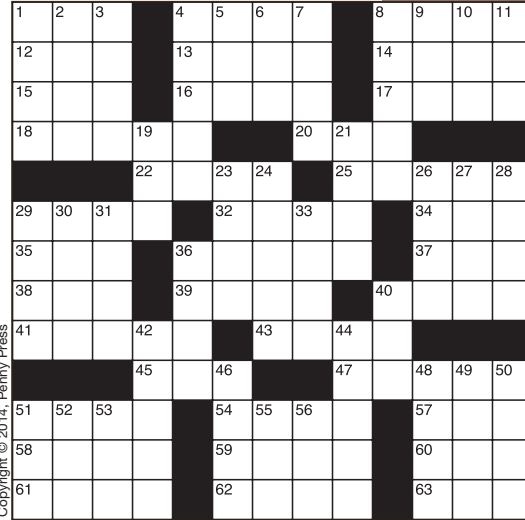
PISCES

You'll be on the go this week. When it comes time to relax, you'll find that you prefer the comfort of your own home. Your family will need more of your attention than usual.

Coffee Break

CROSSWORDS

PUZZLE NO. 989



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ACROSS

1. Resort hotel
4. Thunder noise
8. Happy
12. Beret, e.g.
13. Intense dislike
14. Portrayal
15. Tennis shot
16. Observer
17. Fit
18. Road sign
20. Kiddie pie ingredient
22. Uncover
25. Fellows
29. Choir singer
32. Lounge around
34. This bird gives a hoot
35. Payable
36. Literary composition
37. Contend

38. Sense organ
39. ____ off (angry)
40. Orchestra
41. Poison ____
43. Tinter
45. Old pronoun
47. Heroism
51. Poultry
54. ____ in a lifetime
57. Dumbfound
58. Notion
59. Thug
60. Sign of triumph
61. Spotlight colors
62. Says further
63. Question

DOWN

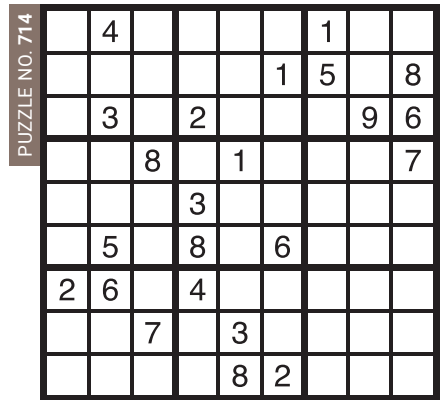
1. Swindle
2. Gait
3. Rich Little, e.g.
4. Baby bird's comment
5. Put
6. Feasted
7. Salon treatment
8. School division
9. Toss
10. Everyone
11. Letter after cee
19. Sticky material
21. "The ____ Duckling"
23. Differently
24. ____ around (snooped)
26. PBS science series
27. Duplicate
28. Winter slider
29. Cooling drinks
30. Hawaiian party
31. Expression
33. Woman
36. Clearly outline
40. Swimsuit top
42. Book of maps
44. Makes flush
46. Type of exercise
48. Molten rock
49. Is beholden to
50. Emit fumes
51. Kind of evergreen
52. Hymn of praise
53. Got hitched
55. Affirmative gesture
56. New England cape

Sudoku

HOW TO PLAY:

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

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

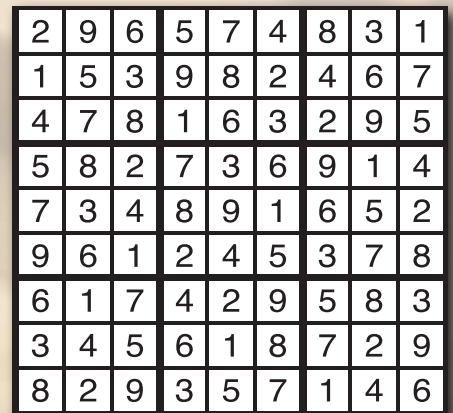


Last Issues' Answers

CROSSWORDS



Sudoku



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Suggested presentation.



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- Carrots (Prod.Québec)
- Spinach (Prod.Québec)
- Radishes (Prod.Québec)
- Cucumber (Prod.Québec)
- Lettuce (Prod.Québec)
- Mushrooms
- Lemons
- Bananas
- Potatoes (Prod.Québec)
- Grapes
- Pepper (Prod.Québec)
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