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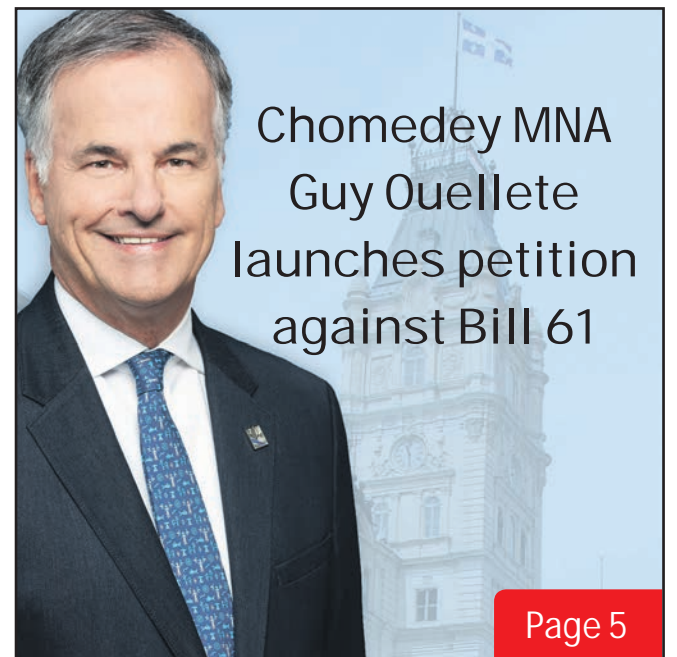
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Quebec sets new rules for COVID-19 back-to-school

Masks to be mandatory for grade five up, but not in classrooms



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Elementary school students in Quebec from the fifth grade up will be required to wear protective face masks, although they will be allowed to take them off in classrooms, Education Minister Jean-François Roberge announced on Monday.

In addition to the senior elementary school students, the mask requirement will also apply to high-schoolers, as well as older students enrolled in vocational or adult training programs, in hallways and while walking around commons areas in schools.

The announcement came after parents, teachers and others questioned the CAQ government for what many complained was a lack of clarity on COVID-19 and back-to-school, as well as concerns that the initial guidelines for protection against the virus didn't go far enough.

Schools must reopen

"Leaving the school closed would not be protecting children," Roberge said during a joint news conference held on Monday

with Health Minister Christian Dubé and public health director Dr. Horacio Arruda.

"It's crucial to reopen our schools not only for our children, but also for our adolescents. They need to get back to learning and seeing their teachers."

Under the new guidelines, all parents and school staff will have to be notified as soon as a student tests positive for COVID-19. An infected student will then have to be isolated at home before being readmitted at the school. Students in isolation will be expected to continue working from home.

The role of parents

As well, any student who has symptoms while in school will be removed by a member of the staff who will be wearing protective gear. Parents will be required to ensure that children at home who show symptoms remain isolated and that public health officials are contacted for followup.

"I know there are many parents who are looking upon the back-to-school with a certain amount of apprehension," said Roberge, who is himself a parent, while maintaining that new measures should provide some reassurance.



Quebec Education Minister Jean-François Roberge re-released his back-to-school plan for the fall term on Monday afternoon. 'I know there are many parents who are looking upon the back-to-school with a certain amount of apprehension,' Education Minister Jean-François Roberge said.

Laval MPs react to devastating explosion in Port of Beirut

El-Khoury, Koutrakis express support for the people of Lebanon



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Members of Parliament from Laval with significant numbers of constituents of Lebanese origin reacted with a mixture of shock and compassion to news of the catastrophic explosion in the Port of Beirut on Aug. 4 that killed more than 150 people, injured 6,000 and left more than 300,000 homeless in the largest city in Lebanon.

Deep wound, El-Khoury says



"Beirut has a deep and wide wound, Beirut is bleeding, but I'm sure with the will of the Lebanese and their friends from all over the world, Beirut will shine again," Laval-Les Îles MP Fayçal El-Khoury, who chairs the inter-

parliamentary Canada-Lebanon Friendship Group, told the *Hill Times* in Ottawa on Aug. 5.

"The Canadian people show generosity in every part of the world when catastrophe strikes, and I'm sure now they will do the same thing," he added. "My thoughts and my prayers go to the victims, to the wounded, to their families, to their loved ones, and to all Lebanese."

Assistance from Canada



In a statement issued on Aug. 7, Vimy MP Annie Koutrakis said she was committed to ensuring Canada's role in providing humanitarian aid to the people of Lebanon following the explosion that

***'Beirut is bleeding,'
says Laval-Les
Îles MP Fayçal
El-Khoury,
who chairs the
interparliamentary
Canada-Lebanon
Friendship Group***

occurred in the Port of Beirut.

"I would like to express my deepest condolences to those affected by this catastrophic disaster and tragic loss of life," said Koutrakis. "While our government has committed \$5 million in humanitarian assistance for the people of Lebanon, I know that Canadians are always ready to go above and beyond to help those in need. I will continue to advocate for the deployment of any other humanitarian resources that can assist the people of Beirut and Lebanon."

Priority saving lives

Of the \$5 million in aid committed by the federal government, Koutrakis said an initial \$1.5 million will be provided to humanitarian partners such as the Lebanese Red Cross. She said the aid will be used to provide safe shelter, clean water, medicine and other basic necessities to meet the immediate needs of those devastated by the explosion.

"Our government's immediate priority is to save lives and protect those who are most vulnerable," added Koutrakis. "We will continue to monitor the situation on the ground to understand the needs of those affected and to maximize Canada's response."

Local Lebanese impacted

"The Lebanese community of Laval is vibrant and incredibly valuable to all of us," said Koutrakis. "I stand alongside all Lebanese people in Laval, Canada and around the world during these challenging times."

"I know that many people in my community are deeply impacted by this tragedy and may be

mourning the loss of family or friends. Please know that Canadians are grieving with you. Canada has always played an important role in providing humanitarian support during times of crisis. I am confident in our country's capacity and willingness to support the people of Lebanon in any way possible."



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OPINION & Editorial



CAQ comes through on campaign promise: School taxes harmonized, drastically cut

While election campaign promises can be enticing, talk is cheap, and even leaders with the best intentions can have difficulty keeping them. What does it take to make campaign promises a reality? Candidates should make fewer promises, and only those they intend to keep. However, most promises, if not all, are often used as persuasive sound-bites rather than actual commitments. Three of the most common campaign promises revolve around tax cuts, job creation, and healthcare.

Campaign promises may change slightly from election to election, but they are almost always related to current concerns on the minds of voters. Some may be ideological in nature, like "implementing governmental fiscal responsibility," or more specific, like proposing precise income tax or school tax cuts. Regardless of how they are proposed, there are promises that are credible and reasonable, and those that are simply shots in the dark. In honoring campaign promises, it looks like Premier François Legault, in full view of the light of day, is proving to be credible, so far anyway.

Reforming and decentralizing the education system in Québec with the aim of reducing school taxes by 41 per cent was a major plank in the CAQ campaign platform. The first step was to remove the election of school commissioners, describing these elections as too expensive and not receiving enough interest from voters. In place of school boards, the CAQ proposed service centers, which would be responsible for the administration of local schools, overseen by a board of directors of parents, community representatives, and school staff members.

According to the campaign promises, the CAQ wished to give more money directly to schools, for the benefit of students, noting that too much money was lost on administration costs. From the CAQ's point of view, redundancy existed in too many aspects of public education. It was to be a huge housecleaning and with the CAQ's winning of the election, as many as 5,000 positions across the system were projected to be cut, mostly from retirements and reassignment of people to other positions.

Legault had long maintained that he wanted to lower and eventually eliminate school taxes as part of the CAQ plan to abolish school boards. He articulated these two intentions prior to and during the election campaign of 2018, and pledged, that if elected, he would act quickly on the matter. He promised as early as 2014 that he was committed to abolishing the school tax. At the time, he said he wanted to gradually reduce it, over four years, to 10 cents per \$100 of property assessment. As of the 2020-2021 assessment, a definitive end has been put to the inequities in school taxes by applying a single reduced rate across Québec.

Over the past 17 years, under Liberal governments led by Jean Charest and Philippe Couillard, perpetuated by a brief interruption under Pauline Marois, school taxes had risen 113%, to about 1.2 billion dollars. Under Couillard alone, 2014-2018, the spike totalled 700 million dollars. To complicate matters, the Couillard Administration dangled an uneven drop in school taxes from one region to another. Throughout his tenure in opposition, Legault denounced the Liberal Policy on school taxes, arguing that

reform was urgent. The taxes were too high, the assessment was not standardized, and he voiced specific concerns over how the uneven assessments could be justified to citizens of La Mauricie or Saguenay-Lac-Saint-Jean who would pay rates higher than those of citizens of other regions. For Legault, the Liberal solution was haphazard, unbalanced and inexplicably discriminatory and needed extensive revamping.

To work the CAQ went, promising a reduction of the tax over a period of 4 years, to the lowest current rate, 10.54 cents per \$100 of property assessment, a cut of 700 million dollars for Québec families. In doing so, the CAQ would reduce school taxes to levels before 2003, said the CAQ leader during the 2018 campaign.

Unlike the Liberals, who were opening the door in Bill 166 to further increases in school taxes in the aftermath of elections, the CAQ decreed a reduction followed by a freeze of school taxes for the duration of their mandate, if elected. They were elected, with a majority government, no less, and so we have major reforms in school taxes, as provided in Bill 3 – Québec Bill To Establish A Single Tax Rate.

In other reforms of the Education system, the CAQ platform included several other measures: free optional pre-school for four year-olds; creation of Service Centers run by parents, community members, staff representatives, and school directors; abolishing the traditional school boards; increasing elementary school recess periods to a minimum of two 20-minute periods a day; increasing high school extra-curricular activities per day; encourage schools to build an engineering/architecture competition; and to increasing human resources such as speech therapists, psychologists, and teachers. Most of these changes have been enshrined in part or in whole in Bill 40.

But let's not get too far ahead of ourselves. Bill 40's provision for abolishing school boards is under threat from a court challenge lodged by the English Montreal School Board and QESBA, the lobby group that often speaks and advocates for Quebec's nine English School Boards.

As well, the proposed election of the boards of directors of the newly-created Service Centres, as applicable to the English school boards, slated for November 1, 2020 may well be jeopardized by the uncertainty of the Covid-19 Pandemic.

In both these scenarios, only time will tell where the educational reforms stipulated in Bill 40 will see the light of day as intended. For those opposed to Bill 40, this is a desired unfolding of the Québec public education universe. Those who view Bill 40 as a much-needed step forward, the fingers are crossed that the delay is only temporary.

But as of now, the good news is that the tax standardization and reduction have pleased tax payers, especially the long-suffering ones who have been paying through the proverbial nose because they remained loyal to financially supporting English school boards whose tax rates were far higher than those of tax payers in French boards. It was about time, wasn't it?

Renata Isopo

Petition opposes COVID-19 measures in CAQ government's Bill 61

Ouellette provides support after Groulx MNA Éric Girard ignores request



MARTIN C. BARRY
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Chomedey Independent MNA Guy Ouellette has decided to lend his support to a petition started by a woman from a neighbouring riding who opposes Bill 61 – a CAQ government COVID-19 emergency piece of legislation – after her own MNA, CAQ Finance Minister Éric Girard, wouldn't provide help.

Bill 61, an omnibus piece of legislation (meaning essentially it contains extra measures not necessarily related to the main purpose) was first tabled in the National Assembly on May 31.

Avoiding scrutiny

The most important element would essentially allow the CAQ government to take measures deemed necessary in the ongoing fight against COVID-19 without first having to subject Bill 61 to the scrutiny of the National Assembly.

"If the bill had been presented before May 15, the government wouldn't have needed to ask for unanimous permission of the opposition to move forward," Ouellette said in an interview with the *Laval News*, describing parliamentary protocol in the assembly. "But because it was presented on May 31, they need permission at every step."

'Free pass,' says Ouellette

Among other things, said Ouellette, Bill 61 will allow the government to enforce the measures continuously and without having to return to the National Assembly every 10 days. "The government wants to have a free pass, unlimited time to act," he said.

This would not only give the government almost unlimited power, but would also provide the government with the possibility of giving out optional contracts. "It means they won't be accountable to the National Assembly," Ouellette said. "Because it's a majority government, they want to do this fast."

None on Assembly website

The petition was started by Élisabeth Dufresne-Gagnon on the Change.org website

where it had garnered nearly 200,000 signatures by last week. However, to submit a petition to the National Assembly, it must have been signed on the Assembly's website.

Thus, according to Ouellette, the text of the original petition was reworked to make it conform. The sponsoring petitioner considered that Bill 61 infringed on fundamental freedoms. "Regardless of who is in government, Quebecers can't grant Mr. Legault or any other such power, without time constraint," Dufresne-Gagnon said in a statement issued by Ouellette's office.

No to dictatorship, Ouellette says

"You can't revive an economy by setting up a dictatorship for an indefinite period of time and procuring yourself additional judicial immunity," she added. "It is also undemocratic to want to pass a law that would allow the government to change any law."

According to the statement from Ouellette's office, Ouellette agreed to table Dufresne-Gagnon's petition "in order to clearly demonstrate to Prime Minister Legault the opposition of the population to his Bill 61. Last June, the bill failed to be adopted by the National Assembly." However, "Mr. Legault did not miss the opportunity to let everyone know that he would come back to the charge with Bill 61 in the fall," it added.

Sending a clear message

"Faced with the declaration of Prime Minister Legault, it is necessary to revive citizen mobilization against Bill 61," said Ouellette. "With this petition, we wish to send a clear message to the government regarding the opposition of citizens to Bill 61."

Although Élisabeth Dufresne-Gagnon lives in Sainte-Thérèse in the riding of Groulx, Ouellette said she approached him for help after being ignored by Groulx MNA Éric Girard's office. "She wrote to his office and didn't receive any answer," he said. "So she called me."

The petition opposing Bill 61 is available for signature on the National Assembly's website until September 13. It can be found here: <https://www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/Petition8457/index.html>.



'With this petition, we wish to send a clear message to the government regarding the opposition of citizens to Bill 61,' says Ouellette

QESBA applauds major win on Bill 40

CNW/ - The Quebec English School Boards Association (QESBA) is very pleased with the Québec Superior Court judgment in our favour on a stay of Bill 40: An Act to amend mainly the Education Act with regard to school organization and governance rendered by Justice Lussier today.

QESBA and its co-applicants filed for an interlocutory injunction or a stay in May of this year to suspend the application of Bill 40 to English school boards, arguing that the new governance model does not respect section 23 of the Canadian Charter of Rights and Freedoms to manage and control our minority language educational institutions. The Québec Superior Court found that the applicants had raised "very serious questions" pertaining to the Bill's constitutionality. Moreover, it found that the disappearance of English-language school boards (and their transformation into English-language school service centres) constituted irreparable harm.

"We are very pleased with the decision today which has the effect of suspending the application of Bill 40 to English school boards pending a decision on the merits of the case. Given the very limited amount of time our boards have to organize school elections, scheduled for November 1st, we are hopeful that the govern-

ment will not appeal this decision," said QESBA President Dan Lamoureux.



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CITYWATCH

By Martin C. Barry

Work to begin on new pool and chalet at Berthiaume-Du Tremblay Park

Despite lockdowns and a ban on public gatherings because of COVID-19, the City of Laval's executive-committee has been busy over the past few weeks making decisions on issues ranging from street reconstruction at the main entrance of Pont-Viau, subsidies to local families for back-to-school, and preliminary work for the reconstruction of the public pool at Chomedey's Berthiaume-Du Tremblay Park.

During their meeting on July 29, the executive-committee members recommended that city council approve a contract to a company that was the lowest bidder for reconstruction work on streets located near the main road entrance to the Pont-Viau district.

Gateway to Pont-Viau

The project is largely the result of extensive consultation the city conducted among residents, with an eye on renewing and embellishing the central entrance to Pont-Viau, including nearby streets such as Talbot Blvd. and Saint-Eusèbe. Green spaces are also being added or enhanced and the location of the Cartier Metro station is also being taken into account in the overall plan.

During the same meeting, the executive-committee recommended a contract worth \$2,444,000 be awarded to the street and sidewalk contracting firm Réhabilitation Du O for reconstruction work to be carried out before the year is over on Alton-Goldbloom Place, as well as Romain, Maisonneuve, 52nd, 49th and Edgar streets and Cléroux Blvd.

Subsidies to groups

During another executive-committee meeting held on July 22, the members decided to award a \$25,000 subsidy to the Centrale des artistes, and a \$5,000 subsidy to the Fondation ressources pour les enfants diabétiques (Fred).

The sums will help the two non-profit organizations provide entertainment and cultural programming to people in Laval

living in retirement residences, while also helping pay for a major event known as Quartier Découverte bringing together hundreds of Laval families.

COVID-19 impact

The executive-committee also decided to donate \$22,650 from the city's Fonds Place-du-Souvenir to the Société de Saint-Vincent de Paul de Laval as well as the Centre de bénévolat et Moisson Laval to help them deal with the fallout from the ongoing COVID-19 pandemic.

During their July 8 and July 15 meetings, the members of the executive-committee awarded \$20,550 in non-recurring subsidies to Loisirs Duvernay St-Vincent to help them with children's summer day camp. This additional support from the city is creating 30 more spaces for children at the day camp over a period of 10 weeks.

More subsidies

The executive-committee also decided to award a \$10,000 subsidy to the Fondation scolaire de Laval. The foundation will be using the money to help pay for several projects that are in line with its mandate, according to the city.

In response to requests made by some residents, the executive-committee has decided to replace a parking area on 81st Ave. in Chomedey previously reserved for taxis by an alternative parking. According to the city, the engineering department conducted an analysis of the situation, and a representative of Coop Taxi Laval confirmed to them that the taxi zone was no longer being used by their drivers.

No more taxi stand on 81st

As such, signage that previously read "Taxi Stand" is being replaced by a new sign that says "Parking forbidden from 8 am to 5 pm Tuesday and Thursday from Oct. 1 to Apr. 30" near 536 81st Ave.

Finally, the executive-committee recommended that a \$72,929 contract be awarded to Services EXP in order to carry out a

geotechnical study as well as a preliminary environmental character analysis of the ground in Berthiaume-Du Tremblay Park in Chomedey. This is being done prior to the anticipated construction of a new swimming pool, a chalet and a children's water games area at the park.

Maison André-Benjamin-Papineau to be recognized

The City of Laval's executive-committee is recommending to city council that it classify Maison André-Benjamin-Papineau at 5475 Saint-Martin Blvd. West as an officially recognized heritage building in Laval.

Formal recognition

Although the old house is recognized by the Quebec Ministry of Culture and Communications as historical, Laval has yet to formally register it in the city's database of historically-important places.

During the same executive-committee meeting on Aug. 5, the committee awarded a \$152,027 subsidy to the Centre communautaire Val-Martin for the realization of the Ça CLIQ 2020-2023 project. The funds are coming from the city's Fonds Place-du-Souvenir.

Water and sewer work

The executive-committee also recommended to city council that it award a \$5,378,749 contract to Duroking Construction for subterranean rehabilitation work in the Val-Martin neighbourhood. The contract involves the replacement of water pipes and sewers in an area around Notre Dame Blvd., Jarry Blvd. and 75th Ave.

The work will involve building a rain drainage sewer on Notre Dame Blvd., while also replacing the current sewer system there. The work will also involve replacing fire hydrants, sewer openings and service entrances.



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New overpass to fix deadly problem at busy A-15/A-440 interchange

Four people died in a fiery crash at local autoroute crossroads last year



MARTIN C. BARRY
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Nearly a year after a tragic collision in Laval at the intersection of Autoroutes 15 and 440 that saw four people killed and 15 others injured, the Quebec Ministry of Transport announced recently that a major restructuring of the busy crossroads will be taking place to make it safe regardless of the volume of traffic passing through.

The principal solution to the longstanding traffic management dilemma at the crossroads proposed by Transport Quebec is a flyover overpass to connect the A-440 westbound to the A-15 going north.

The strategy will also involve permanently closing the current Exit 22 (Montreal/St-Jérôme/Chomedey Blvd.) on the A-15 (which is where the accident took place), while creating a new on ramp on the A-15 just south of the A-440.

The junction in question, created around 50 years ago, is one of the busiest and most notorious in Quebec, with several hundred thousand drivers per day trying to navigate a layout that's known to create confusion. Over the years, it's been the site of crashes too numerous to calculate.

A real bottleneck

The problem up to now, as almost everyone in Laval who has been through the interchange knows, is that massive amounts of traffic heading for the A-15 come to a dead stop in the exit lane, and sometimes spill over into the passing lanes on the A-440 – especially during rush hours.

In the meantime, traffic headed westbound whizzes past at full speed, sometimes scarcely missing the stationary vehicles. As well, the hundreds of vehicles backed up while exiting from the A-440 have to negotiate their way through a wide section of the busy service road to get over to the A-15 entrance ramp.

On Aug. 5 last year, four people were killed and 15 others were injured in a fiery multi-vehicle pileup in that spot. The collision involved two tractor-trailers and seven cars. Although accidents were common at the intersection long before then, it took last year's catastrophic accident to finally motivate the provincial government into doing something.

Remembering the victims



"Despite this good news, my thoughts are with all the people who died or who were injured in this location and the members of their families,"



Quebec Transport Minister François Bonnardel points to Exit 22 on the A-440, which will be closing and replaced by a flyover overpass to allow motorists headed for the A-15 northbound safer and easier access. Photo: NEWSFIRST-Martin C. Barry

Mayor Marc Demers said during a press conference in Laval on July 17 that was attended by Quebec Transport Minister François Bonnardel, Finance Minister Éric Girard and Sainte-Rose MNA Christopher Skeete.

Demers said he was impressed with the government's steadfast determination to resolve the longstanding problem. "I'd like to thank you for taking action. For us, this is a major thing."

When we consider all the projects underway now, to be able to have taken on this one is remarkable."

"Laval is a magnet for families, but also for a good number of businesses and industries," Sainte-Rose MNA Christopher Skeete pointed out. "These improvements on the arteries that cross the heart of our city will not only ensure a better quality of life for the population, but also the continuing development of the region."

Improving security

"The new infrastructures will simultaneously allow for the improvement of the security of road users and the flow of traffic on one of the busiest exchanges in Quebec," said the transport minister, while adding that the measures will supplement stop-gap improvements Transport Quebec implemented immediately after the accident.

"By ensuring there is better traffic flow in that key area, the entire population of Laval will be benefiting from the positive effects, whether in terms of security or on the social and economic level," said Finance Minister Girard who is also the minister responsible for the Laval region.

Although the estimated cost for the work isn't yet known, but the bidding process is underway, the first phase of work is scheduled to begin in 2022, with delivery expected by late 2023. According to Transport Quebec, the A-15/A-440 interchange is used by 305,000 vehicles daily.



From the left, Laval mayor Marc Demers, Quebec Finance Minister Éric Girard who is Minister Responsible for Laval, Transport Minister François Bonnardel and Sainte-Rose MNA Christopher are seen here with a schematic drawing of the improvements the CAQ government plans to carry out at the intersection of Autoroutes 15 and 440 in Laval. Photo: NEWSFIRST-Martin C. Barry

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Canada well-positioned to continue COVID-19 recovery support, says Mélanie Joly

'We still have firepower in terms of fiscal capacity,' federal Economic Development Minister says



MARTIN C. BARRY
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While some of Canada's leading economists are suggesting Ottawa won't be able to deal with the second wave of COVID-19 with the same financial largesse it has had up to now, federal Economic Development Minister Melanie Joly says the Liberal government is well positioned to continue along the path it has been on since the beginning of the pandemic.

In a report issued by the C.D. Howe Institute last May shortly after the pandemic started, the Ottawa-based public policy research organization warned that Canada would not be capable of implementing another comprehensive shutdown of the economy if new cases of COVID-19 were to climb, while the federal government, the provinces and Canadian households were also taking on massive new amounts of debt.

More targeted approach

"Placing the economy in a partial coma made sense during the first wave of the pandemic," stated the report. "But if there is a second wave, a second economy wide shutdown should be avoided in favour of more targeted approaches that are effective and avoid further erosion of public finances and the risk of hitting debt walls and loss of borrowing capacity."

During an interview with *Newsfirst Multimedia* last week at her Ahuntsic-Cartierville riding office, we asked Joly whether concerns have arisen within the Liberal government that at some point there may be a limit to the amount of financial assistance Ottawa can provide before reaching a cut-off point.

The only way, Joly says

"Well, you know, we've been generous," said Joly, who sits on the Trudeau inner cabinet committee dealing with COVID-19. "It is the only way to deal with this pandemic. Because if people lose their jobs, they go usually on unemployment. But who pays for unemployment but the federal government?"

"So, for us the most important thing is to make sure that businesses can keep their employees, and that's why we have a wage subsidy. But in some cases, like the hospitality sector, tourism and entertainment sectors, where it's not possible now to have large gatherings and not possible to travel, we are there for these people who have lost their jobs. And that's why we're providing the help that is required."

'We still have firepower,' she says

Joly noted that Canada is the only country along with Germany that has been able to rela-



'Economic development in times of pandemic is a challenge,' Mélanie Joly says to Newsfirst journalist Martin C. Barry. Photo: NEWSFIRST-

tively maintain its pre-COVID-19 credit rating, even though it was dropped from AAA to AA+ by Fitch Ratings in late June. "We're in the best position and we still have firepower in terms of fiscal capacity," she said.

"We've been really following what our experts have been saying," continued Joly. "We want to make sure to develop a vaccine soon and fast. We also want to make sure that we are prepared for the next wave, the second one."

"And so meanwhile, while we are dealing with everything that is related to health, well that uncertainty is creating a lot of disruption within the economy. So my job is to be there to support people in keeping their jobs and help businesses to survive."

As part of her ministerial role and as a member of the COVID-19 cabinet response team, Mélanie Joly has partial responsibility for overseeing Ottawa's highly-publicized Canada Emergency Response Benefit (CERB) program.

Challenge during pandemic

At the same time, she oversees a \$2 billion fund (\$500 million of which is allotted for Quebec), whose purpose is to make targeted investments in businesses, including those in the tourism sector, to keep them afloat through access to money until the end of the pandemic.

In one of the most notable COVID-19 recovery program developments, the CERB subsidy (which was established in early April and which pays \$2,000 per month to persons who became unemployed because of COVID-19) was extended recently by the Trudeau government until December. Businesses are also being offered additional support during the continuing crisis.

While emphasizing that in normal times her job as Economic Development Minister consists primarily of creating jobs as well as protecting

them, Joly acknowledged that "economic development in times of pandemic is a challenge. Which is why we are doing everything we can right now to help people and businesses just to survive."

Tourism sector impacted

Oversight of the federal tourism ministry is also one of Melanie Joly's mandates. Asked whether her department has been able to make a preliminary assessment of the damage done to the tourism sector by COVID-19, she responded:

"We're still in the midst of doing that evaluation. But one thing that's sure is that last year we had 22.1 million international visitors and that's clearly not the case this year. Based on that, obviously we know that billions of dollars have been lost. And that's why we have come up with support such as the wage subsidy and the CERB."

While noting that tourism this summer to destinations within Canada, such as Quebec's Gaspé region, has flourished in spite of the pandemic, she also pointed out that Montreal is undergoing an exceptionally drastic drop in tourism, largely because of the forced shutdown of normally-scheduled sporting events, public gatherings and entertainment festivals.

Tourism spreading the virus

Newsfirst Multimedia asked Joly whether her ministry is concerned that encouraging tourists this summer to visit regional attractions like Gaspésie may inadvertently cause COVID-19 to be spread by people from densely-populated cities into rural areas that were relatively unimpacted up to now by the pandemic.

"That's something that we are really, really focused on and that we are working with the Quebec government on," she said. "At the end

of the day, what we're trying to do is to protect the capacity of our public health system. And in certain regions, the health system is not as developed as Montreal. So that's why we are being extremely vigilant. And, yes we are very much aware."

Official languages in Quebec

Another of Melanie Joly's responsibilities is oversight of Canada's official languages policies. In recent years, successive Quebec governments have broached the possibility of amending Bill 101 so as to override the federal government's standing pledge to provide services at all times in English and French at federal government offices. Joly was asked how the Liberal government would respond to such a development.

"We'll always defend the constitutional rights of people," she said. "It's a bilingual country and so are our federal institutions. There has been jurisprudence from the Supreme Court of Canada regarding these issues. And it is now well established that official bilingualism is part of our constitution and a province cannot go against it."

On Gov.-Gen. Julie Payette

Finally, Melanie Joly waded into the recent controversy involving allegations of abusive conduct by Governor-General Julie Payette against employees at Rideau Hall in Ottawa. "I believe in the work that the Governor General is doing, that's not the question," she said.

"The issue is much more that we need to make sure that everybody has a right to be working in a place that is harassment-free. This is something that I take very, very seriously. And so therefore there needs to be work done. Because obviously these allegations are unacceptable."

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Federal Liberal MP Rodriguez hears COVID-19 concerns in Laval

Government's Quebec lieutenant makes local stop during fact-finding mission



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Honoré-Mercier MP Pablo Rodriguez – who is the Liberal government's lieutenant for Quebec – was in Ottawa on a fact-finding mission on July 29 to hear about pressing local needs which have arisen since the beginning of the COVID-19 pandemic more than four months ago.

"Families, workers and businesses in Laval are sticking together closely during this pandemic and this economic crisis," said Rodriguez, who was accompanied for part of the tour by Vimy Liberal MP Annie Koutrakis.

Here to help

"Since the very beginning, we are here to help them with the salary subsidy, the Canada Emergency Response Benefit (CERB) the intervention of the Armed Forces and now also the Red Cross. I am currently doing the lieutenant's tour across Quebec and today I am in Laval to take the pulse, to understand what is working well and what is not working as well."

In a statement following his visit, Rodriguez noted that working from home, as many parents now must during the COVID-19 lockdown, has become "quite a challenge. It is particularly true when you take care of a child who has an intellectual disability." He also noted the innovative methods that many businesses in Laval are not introducing to deal with COVID-19.

Concerns expressed

"In Laval, I heard many concerns, but also many good ideas and solutions," Rodriguez



added. "All of this will be helping us to adapt our programs in order to support more families and more businesses. Our government will continue to be there for you."

"It was great having the opportunity to tour my riding with Pablo Rodriguez, our government leader in the House of Commons, who makes everything happen in the parliament," said Koutrakis.

"As you know, our government has provided about \$250 billion of direct aid to Canadians, 90 per cent of all aid provided by all governments in Canada. I am very proud and it was very satisfying to see in person some of the tremendous amount of good that the over 70 programs that we rolled out have done in such a short time."

Pleased by visit: Koutrakis

"Our economy and employment are now growing very rapidly while we are controlling the virus," she added. "Our government has been very open to ideas and has been very flexible in

how we have structured the many aid programs and I think that our response represents the best of what government should be."

During the visit, Rodriguez made stops at several organizations and businesses in Laval. At the Halte de L'Orchidbleue on de la Concorde Blvd. West he met with the group's director Silvana Sousa. She explained to him the organization's activities, which consist primarily of providing assistance to intellectually disabled individuals 12 years of age and older, as well as their parents.

A stop at ALPA

Next on the agenda was a stop at the Association Lavalloise des personnes aidantes (ALPA) on le Corbusier Blvd. ALPA executive-director France Boisclair provided Rodriguez with information on subsidies ALPA has received from the federal government. Some of the aid has helped ALPA produce a video that persons with Alzheimer's and other types

of problems and their caregivers can access to learn more about the help they can receive.

New tech at ALCO

Rodriguez also made a stop at Alco Prévention Canada, a company that produces tools and equipment to detect the presence of alcohol in the body and that recently decided to also produce products and gear that will be useful in the ongoing efforts to combat COVID-19.

ALCO is now producing a tool which uses ultraviolet light to help destroy viruses and other germs that settle on surfaces that many people come into contact with such as cell phones, keys, jewellery and cosmetic containers.

In addition to helping sterilize such objects, ALCO's UV PLUS disinfecting unit can also be used to recharge cell phones wirelessly. As well, it includes an aromatherapy function to which aroma oils can be added. The unit has three different uses in all.

Laval well-positioned against COVID-19, says economic report

Region has 'resilience' and major construction projects are planned



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In a report on the state of Laval's economy released by the city late last month, Mayor Marc Demers says Laval is well-positioned to navigate the economic downturns from COVID-19 because of its excellent standing before the pandemic based largely on highly diversified business and economic sectors.

On the upward

According to the report, Laval's economic growth has taken place at a faster rate than in the rest of Quebec, with a gross domestic product here that was 3.5 per cent higher on average during the period 2007-2019. Employment in Laval continued to grow during the same period in areas of economic activity that include retail, production and public services.

As well, according to the report, the value of non-residential construction permits issued by the city increased in 2019 by 10.5 per cent over the previous year to reach \$471.3 million in construction projects.

Construction projects

Mayor Demers maintains that numerous more construction projects will help to rejuvenate the City of Laval's economy in the post-COVID-19 era. Downtown construction projects in Laval's rapidly emerging central core area are expected to become especially large sources of revenue for Laval.

The report also suggests that after years of allowing large amounts of agricultural land on the island to be redeveloped and urbanized, Laval appears to be waking up to the fact its territory includes vast agricultural lands. Up to 30 per cent of the City of Laval is farm land. A growing emphasis on producing domestically and "buy-local" policies are potentially increasing the strategic value of these territories.

Challenges to be met

"All these realizations are preparing us to face the challenges that await in order to succeed our economic renewal, while creating wealth that will benefit everyone all over our territory," Demers said in the preface to the report.

"Faced with the considerable economic challenges wrought by the pandemic, Laval can count on its resilience, which is a quality that has distinguished it for a long time," said executive-committee vice-president Stéphane Boyer who is responsible for economic development.

Diversification is key

"Thanks to our diversified economy, which is enriched by the presence of entrepreneurs and businesses from a large variety of sectors, we will know how to adapt ourselves to the new reality after COVID-19 and seize the opportunities that will come along," Boyer added.

"The strategic vision that the municipal administration has adopted, applied onto an advantageous geographic localization and adapted assistance services across all the territory, will allow businesses to reach their full potential in Laval."

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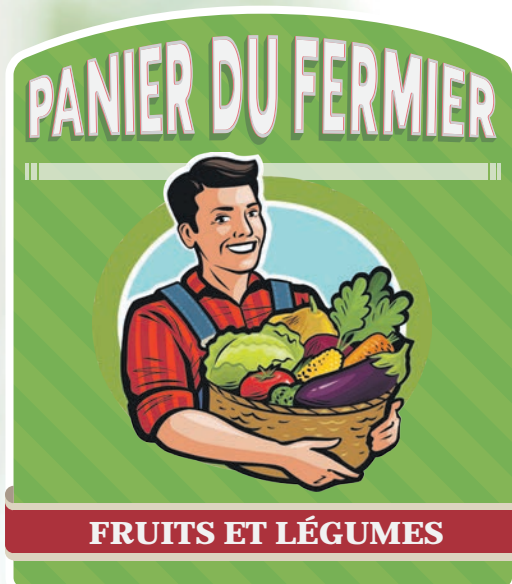
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MATURE LIFE

Ten water-rich fruits and vegetables to help you stay hydrated

Health professionals advise that you drink approximately eight glasses of water a day to prevent dehydration. Do you find it hard to consume the recommended amount? Or maybe you just plain forget? If so, you'll be happy to know that many fruits and veggies can provide you with the hydration you need. Here are ten types of produce that have a high water content:

1. Cantaloupe
2. Celery
3. Cabbage
4. Cucumber
5. Zucchini
6. Strawberry
7. Lettuce
8. Watermelon
9. Apple
10. Tomato

These foods are perfect to eat on their own as snacks but can also be added to soups and smoothies.

At the breakfast table

For breakfast, try oatmeal with berries, especially strawberries — 91 per cent of their weight comes from water.

If you add a splash of low-fat milk or unsweetened soy beverage, on top of staying hydrated, you'll also be packing in additional nutrients and protein.

But remember to drink

Though eating water-rich foods can help you stay hydrated, be sure to remember that 70 per cent of your water intake needs to be consumed in liquid form. If plain water bores you, try adding some lemon. Alternatively, choose carbonated water, tea or juice. Whatever your beverage of choice, be sure to drink enough of it to stay hydrated and healthy.





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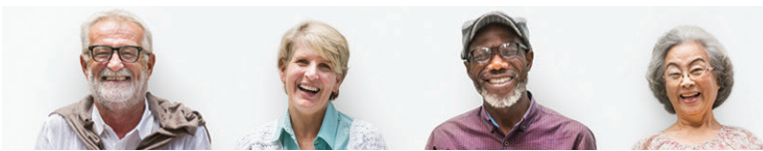
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MATURE LIFE

A practical guide to downsizing

Any move can be challenging, but downsizing in particular can be tricky. Here's a guide to help you navigate the process.

1. Choosing a new home

The first thing to do when downsizing is to choose where you'll live. This decision will help determine which belongings you should hold on to, and how many of them you can bring along.

Keep in mind that moving to a smaller house or a condo doesn't come with the same limitations as moving in with family, an assisted living facility or retirement community. It's therefore a good idea to weigh your options carefully.

When choosing your next residence, consider your current needs and how they might change as you age. Open and honest communication between you and family members is the key to ensuring that you get the support you need and that your new accommodations meet your requirements.

2. Planning for the move

Start planning your move well before you put your house up for sale or give notice at your rental. Write out a detailed plan and make a list of the tasks that need to be completed. Assign those tasks to

everyone involved in the move. If you need to hire professionals to assist you, be sure to do so ahead of time. Being organized is the best way to ensure that your move goes smoothly.

3. Decluttering and sorting belongings

This step can be trying, both on a practical level and on an emotional one. However, the simplest way to approach it is to deal with one room at a time.

Separate your belongings into five categories: keep, give away, donate, sell and throw out. To assess where a particular item should go, here are some helpful questions to ask:

- How necessary is it?
- How often is it used?
- Will it fit in the new space?
- Does it have sentimental value?
- Does it have monetary value?
- Are there multiples?

Don't worry if the sorting process needs to be repeated. Give yourself the time and space to go through items at a pace that's comfortable to you.

Finally, if you feel overwhelmed or need more help, know that some companies specialize in helping seniors downsize.



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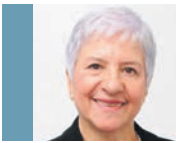


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Noémia Onofre De Lima: "I've never regretted anything. There are n

"When facing challenges, sometimes you have to think smarter, adjust course. It takes sheer determination and perseverance. It never hurts to be reminded that failure and rejection are minor speed-bumps on the road to success."

Chomedey's Noémia Onofre De Lima, is a woman of multiple varied experiences who tells it all, candidly and earnestly, pouring her heart out on all aspects of life and living.

RENATA ISOPO
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Now in her mid-sixties, at an age of quiet reflection, this seasoned businesswoman quickly gets to essence and substance of what it means to be human, to be woman, to be in business. At the start of several hours of soup to nuts conversation, by telephone, out of respect for Covid-19's social-distancing, De Lima cites innovation as a pillar of business success: "Failure's gotten big press lately, with good reason. There's strong correlation between failure and innovation. Innovation has always been a key to success, but increasingly-competitive and fast-moving global economies make it necessary for survival.

"It's as true in nature as in business. Chances for survival are best not among the strongest, but among the most-adaptable, most hard-working, most open to risk-taking." She knows of what she speaks, having had ample experience in the field, seemingly echoing Winston Churchill's "Success is stumbling from failure to failure with no loss of enthusiasm" and Sophia Loren's "Mistakes are part of the dues one pays for a full life." Insights which define Noémia's life as she's lived it, and continues to live it.

In her view, something magical happens to failure that's openly acknowledged. Paradoxically, it becomes no big deal. Failure is the elephant in the room that needs attention. When acknowledged, it generates frank discussion, allowing for risk assessment, and moving on. "There are business culture that start around water coolers or at happy hours, and I'm all for those," she admits. "I tried to hire people who would contribute to organic business cultures rather than pre-determined ones. We've had some success in this area. But the road to turning failure into success starts with management admitting mistakes, sharing what they've learned, and allowing others to take risks that could lead to failure, but which could, by contrast, innovate, update, upgrade, and produce success. The key: take chances, don't be afraid to fail."

Origins

Noémia Onofre De Lima, mother of six, grandmother of four, is first-generation of Portuguese descent, from the Açores, St. Michael's Island, her family and that of husband João rooted there since 1400.

"I was born on a beautiful, enchanting island, fortunate because my life was spared. A baby, on my death bed in 1953, penicillin came from the Great America at great cost to my father, Manuel, who stopped at nothing, believing. When I was four, dad immigrated to Canada. Three years later the family of six children joined him, arriving a bright cold December 23, 1960, Dorval Airport. On landing, I believed I was on white clouds, but soon discovered it was snow, such cold air..."

"We went on to live in the Plateau's Prince Arthur Street. In 1964 dad bought a house in Chomedey, near uncles and aunts. The family grew, three more children, now we were nine. As an older female, my responsibilities multiplied. From age nine, I was already very responsible, helping my mom, Adelaide, with everything. Teenage years were difficult

for me, many restrictions and responsibilities. I went to Chomedey Catholic High School and Laval Catholic High. Eventually I married João, from the same town I'm from. Perhaps, against all odds, we were meant to be united.



Noemia's mom Adelaide Raposo Onofre, celebrating her 90th birthday at the Portuguese Center surrounded by her beloved family.

After high school, I worked in a prestigious dental office, as dental assistant-receptionist. Married in the late seventies, I left dentistry to begin a business/entrepreneurial career. During the eighties I was already reconciling career and family life, enjoying several years of successful partnership in the travel business.

When the Gulf War erupted, interest rates were high, the GST (tax) came in, affecting travel, mortgages, and business loans. At that time, I initiated and successfully processed two immigration cases. With 1991 came unexpected challenges. My husband became unemployed, no jobs available, creating much worry and anxiety regarding the future.

"We decided to invest in Dunkin' Donuts franchises, re-mortgaging our home, borrowing smaller amounts from family, the balance from a small-business loan, arranged by the bank. June 1993, financing in place, we did six-weeks-training in the US, preparing for this new life. Our Dunkin' Donuts partnership succeeded for nine years. João, handled operations, maintenance, occasional baking. We had three bakers, but João's donuts were the yummiest! I oversaw accounting, administration, human resources, finances. Year ten, darkness fell. We closed both stores, losing our investment. We joined a group of franchisees, seeking justice, legal battles lasting 12 years, reaching successful outcomes at Canada's Supreme Court.

Checks and balances

Adventures in success, failure, redemption. Throughout good times and bad, Noemi balanced motherhood and careers, making sacrifices at each stage.

"Being mother to four and running a business? Demanding, complicated, requiring cooperation from partner and family. We tried different approaches – grandparents looking after the children, baby sitters, full-time work, part-time work. Best years were with young kids, live-in nanny who did everything. Later it didn't work; with teenagers it became difficult. We hired cleaning help so I could manage.



Noemia at Metro Cartier Station

"My husband and I handled everything business-related. I did cooking/ groceries. We both participated in the children's activities - hockey, figure skating, soccer, piano. School and homework were my responsibility. We did family outings, but we both felt heavy loads, especially me.

"I struggled with depression for two years, functioned best I could. Lack of sleep, physically/mentally exhausted, not eating properly. I gave up further education, vacations, other things, which I don't regret. Although much less, I still suffer chronic body pain from burnout. I caution women to please remember that health is crucial. Step back, take care of yourself. Money doesn't buy health."

Surely, our organizational culture of 30 years ago, for women and working mothers, has improved.

"Yes, and no," De Lima cautions. "Improvements everywhere, but consequences are high. More of everything to make it easier, but we're losing the essence of life. It's not about more, it's about quality and love. The family's in danger, technology is addictive, can be destructive, parents must be vigilant.

"Thirty years ago, families had little financial assistance, larger families. Today there are subsidized daycares, child tax credits, other accessible subsidies. There's more help, but more consumption. Daycares have mushroomed, everything is over-structured, outdoor free-play almost gone. Children pressured to learn faster, measured by identical rules. It should never be one-size-fits-all. More complicated times are ahead. How can children be balanced and happy, the risk is high of losing many of them along the way. Do we want children to be robots?

Tradition and change

It's no mystery that tradition and change are not always compatible. Can expansion of women's rights complement traditional structures?

For Noémia, tradition and change can co-exist. "Healthy balances to traditional structures can be achieved through continued education and encouragement of women into leadership positions in any areas desired. "Not all women or men want leadership positions. Although God created man and woman different of body, they are equal in mind and spirit. Out of fear and greed, man created structured cultural models such as kingdoms, slavery, rich, poor, dictatorships,

no failures, only lessons. Love God with all your heart, all else will follow."



with Centre des Femmes Laval

who can and who cannot do. When fear and greed disappear, so will unequal treatment of men and women.

"When women are judged more harshly than men, they can respond with courage, resilience, and persistence. When women inspire and earn respect, these judgements fall away," she advises.

Advice for someone starting out? "Be sure of what you want, study the market, list positives and negatives, be conscious of consequences of potential failure, be confident, believe in yourself, be resilient. Be a leader, be assertive, be a team player,

Leadership

It's no secret, in the Portuguese community, that Noemi was a power player in launching Our Lady of Fatima Portuguese Parish and Community Centre. "We had a great leader in Father Antonio Araujo. He was greatly assisted by the Raposo, Botelho, Carvalho, Benfeito, and Correia families. I was involved in raising funds through different initiatives, among which was reaching out to businesses for support. We sold bricks, purchasing many ourselves."

Of strong religious conviction, Noémia believes that people of faith can move mountains, sometimes stone by stone. "I'm blessed for having been part of the Spirit of the rise of Our Lady of Fatima Parish and Community Center."

Historically, the vibrant people of Portuguese origin who call Laval home established strong ties with the island's English Catholic schools. Noemi offers two major reasons for the attraction: "We are Catholic. Catholic schooling was very important to us. It was also very important to keep English schools thriving. The English Catholic community always received us warmly. Even today I always feel welcome."

Apparently, according to De Lima, politics and the Portuguese community don't mix. Apart from the short-lived achievement of José Nunez-Melo, elected for the NDP in the riding of Laval (Vimy) in 2011, but lasting only one term, losing for the Greens in 2015, the Portuguese Community has had scant success vying for public office. Apart from Manuel Botelho's stint at city council and De Lima's attempts at seeking office at all three levels of government, the Portuguese community has not made its mark in local politics.

When asked what she thought of this, Noémia cited the community's lukewarm interest: "For Nunez-Melo, right

place, right moment, the 'orange-wave'. NDP leader Jack Layton, whom I was privileged to meet, was popular with voters. We're only 11,000, scattered in Laval/North Shore. Political interest is very weak."

Friendly rivals

On appearance, especially in commerce, the Laval Portuguese Community is rivaled by its Greek counterpart that has made its mark in business/finance/education/politics. Steve Bletas, Basile Angelopoulos, Savas Fortis, Aglaia Revelakis, Annie Koutrakis, of Greek origin, achieved success in education and politics. By contrast, concerted efforts like De Lima's and Botelho's have been unsuccessful. Steve Bletas and Jean de Carvalho started on the same footing in the nineties, the first rising to head Sir Wilfrid Laurier School Board, the other, equally capable, virtually dropping out of sight.

De Lima's explanation may surprise: "We are allies, enjoy our differences, our foods, our mixed marriages; Portuguese/Greek weddings are great fun. Children celebrate both languages and cultures, learning richness of faith, love, family. Politically, Greeks are more motivated, with a large concentrated population inclined to support their own. We had 30 years of mayor Vaillancourt, unopposed. His PRO des Lavallois incumbents enjoyed guaranteed results, there was little chance of breaking barriers. I've not been successful in being elected, maybe it wasn't my time. For me, success is enjoying the ride, living life to the fullest."



Noemia actively campaigning for Federal election in 2019

About one particular world-level Greek-Portuguese rivalry, Noemi was asked where she was July 2004, when Portugal lost the Euro Cup to Greece, 1-0. "With João and friends, watching at home. We were crushed, disappointed, disbelieving, but we were genuinely happy for the Greeks," she chuckles.

Memories are made of this

By now, regular readers of Mature Life have become familiar with our light-hearted way of drawing out of featured guests answers to questions that may shock/surprise/entertain. We dedicate this segment of the Life and Times of Noémia Onofre De Lima to all good sports, of which she is assuredly one.

First conscious memory of a life event? My dad Manuel leaving for Canada, I was 4, engraved in memory forever. Perfect happiness: The gift of each of my children, a blessing. Favorite teacher? Yola Dubien Bagi. Greatest love? My husband João, my love, friend, confidant, partner, equal, the angel I can always count on, the one I most likely will be angry with, but not for long. Living person you most admire? My Mother. Historical figure you identify with? Abraham Lincoln, because of his Gettysburg Address proposition of 1863 "that all men are created equal"; his abolition of slavery. Most important human virtue? The Cardinal/Moral virtues, prudence, justice, fortitude, temperance, each one needs the others for complete balance. Kindnesses that affected the

rest of your life? Care and encouragement from teachers.

Encouraging words/phrases? I love you; tomorrow will be better; if you have health, you have everything. When were you happiest? Thirties to mid-forties, much energy, beautiful family, great health. Where have you been happiest? Here, where I live and grew up. Talent you wish you had? Singing, I would sing all the way to the rainbows. State of mind? Sanity, a healthy mind for my age. Choice of coming back as person or thing? I often joke about that, telling my husband I would come back as one of my dogs, if I would have loving home-care like I give them. Greatest achievement? My family, my greatest contribution to society.

A work in progress

Fears? Loss of parents, one or the other, while my siblings were still very young. Loss of one of my children or grandchildren. Greatest human injustice? People dying of hunger, when the world has enough food for all. Do you lie? For necessary reasons, like saving human lives from harm. Trait you most fear in teachers? Physical, emotional, mental, or verbal abuse toward students. What would you change about yourself? Nothing, I'm exactly as God wants me. What would you change about your family? Nothing, I love and accept them as they are. Greatest failure? None, there are no failures, only lessons. Deepest misery? Deep depression, the mind unbalanced.

Better cook, you or your husband? Me, in my kitchen, but João was the best cook at Dunkin' Donuts Kitchen. I miss his honey-dip donuts! Secret recipe for Portuguese chicken? It's no secret, we add love to the ingredients. Will Portugal ever win the World Cup of Soccer? Yes, the next one. Favorite Portuguese wine? Esporao. Best bread-makers, Greeks, Italians, Portuguese? Portuguese. How many angels can dance on the head of a pin? Who does their choreography? Many angels can dance on the head of a pin, room for everyone. With God's guidance, humans do their choreography.

The power of prayer

Greatest life journey? Closure of our two Dunkin' stores, 2003. On my bed, needing comfort, I reached for my Bible, landing on this verse, "When I sit in darkness, the Lord shall be a light onto me." Micah 7:8. All fear left me. With God's Grace and guidance, we began a 12-year journey, enduring immense mental, emotional, and financial difficulties. With faith and perseverance, we went to trial, appeals, and Canada's Supreme Court. After the trial, I had a dream, a white page in a white book, with the number 18. There it was in the Bible, Luke chapter 18:1-8, my answer, the Lord would render us justice. At last, a judgement that filled my heart with Joy.

If you could live anywhere on earth? Any unexplored South Pacific Island, lots of nature and fish. Choice of occupation? When I was a teenager/young adult, I would have chosen teaching, nursing, missionary work. Today, I see myself as mentor, speaker, natural healer. How are you perceived by those close to you? They've mentioned on numerous occasions that they love my kindness and service to others, but the fact that I give too much attention to small details and over-analyze drives them crazy."

Advice for your twenty-year-old self? Trust and love God above all. Accept being God's Temple. Serve only God, do His will. Who will miss you most when you pass? My husband, my children. How would you like to die? Quick, if it's God's will. Message on your burial marking? Here I am Lord, your servant. Is there after-life? Yes. Favorite dream in moments of need? Relaxing on my Island in the Sun. Motto/principle you live by? Love and serve God with all your heart, all else follows. Motto you wish everyone else would live by? Love and serve God with all your heart, all else follows. Your bottle: half full or half empty? The bottle is half full, there's always room for more.



MATURE LIFE

Are you afraid of growing old?



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)



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

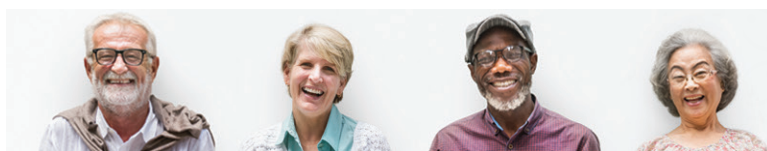
Aging: the one fate that no one can escape. Often it is marked by apprehension, a worry that old age means illness, loss of one's faculties, and independence. And, of course, we worry that aging means, inevitably, death. This fear tends to gain ground as people reach their fifties, which means that many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

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

Nevertheless, the reality is that we are

living longer, healthier lives than before. As they say, 50 is the new 40! All the same, some people have the mistaken impression that our right to happiness decreases as the number of candles on our birthday cakes increases. In a society where everything occurs at breakneck speed, living for the present and taking advantage of every moment of pleasure that life brings our way is still the best way to stop the clock. Enjoying a walk with your loved one, a supper with friends, or ice-cream with your grandchildren are great ways to stay young at heart.

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



Aging at home: what you should know

Are you a senior facing the challenges of aging? If so, retirement homes provide an assortment of services that can make them a sensible choice of residence later in life. However, living at home is possible if you make a few adjustments. Here's what you should know.

You may need to modify your home

As you age, living at home may begin to present a number of obstacles. This means you'll probably need to make some changes. Some modifications you may want to consider making include:

- Widening doorways to allow for the use of mobility aids like wheelchairs and walkers
- Lowering countertops for easier access, especially if you use a wheelchair
- Replacing existing showers and tubs with safer walk-in models

- Removing tripping hazards such as shaggy rugs
- Applying anti-slip products to hardwood and tile floors
- Installing wheelchair lifts and ramps.

You can get various kinds of assistance

Everyone's needs are different, but many seniors benefit from using home support services. If required, you can get in-home medical care. However, it's also possible to receive help with basic tasks such as household chores, meal preparation and bathing. Whatever your specific needs are, remember that some of these resources are available through government and community-based programs.

It can be expensive

The costs of modifying your place of residence and getting home support services can add up quickly. Fortunately, some provinces offer tax credits for seniors living at home. These will usually cover a portion of your expenses.



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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:

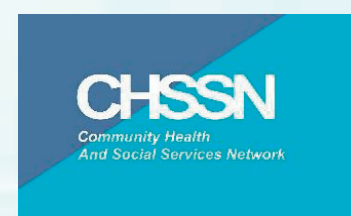
- Online virtual activities (chat groups),
- Distributing important COVID-19 updates,
- Returning all emails and phone messages,
- Possible food delivery for isolated seniors

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The ABCs of going back to school safely

From assigning **one classroom per group** and **handwashing** to solutions to ensure **all subjects are taught** and **increased support** for students, we've adopted measures for a safe and successful school year.

See the FAQs

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)

Most residents oppose Île Gagnon redevelopment, says survey

Developer has to modify rejected plan before city will consider it



In this photo can be seen the close proximity of Île Gagnon (entrance gates pictured on the left), and the waterfront area of the Parc de la Rivière des Mille Îles on the right.
Photo: NEWSFIRST-Martin C. Barry



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

With the preliminary results of a recent poll on the redevelopment of Laval's Île Gagnon suggesting a majority of nearby residents oppose the project, officials with the City of Laval say the city will not be dealing with the developer's current plans and will be refusing a zoning change the company had requested.

"The position of the city has not changed since the beginning: the developer's project must have the requisite social accessibility in order for it to be implemented," Mayor Marc Demers said this week in a statement. "Therefore the developer will have to modify his projects and

obtain the support of the community in order to move forward."

Not going ahead: Dufour

Sainte-Rose city councillor and executive-committee member Virginie Dufour said that in as much as she needed to stay neutral while the survey was underway, she hadn't commented up to now, but was finally ready to make a statement.

"Now that we know that the projects do not have the support of the citizens, I want to assure them that we are not moving ahead with the projects in their current form," she said. "I understand that the citizens have at heart the protection of their environment, a value that I share and that I defend at every opportunity."

"Finally, I would like to assure the citizens of my district of the fact that the present zoning of Île Gagnon only allows limited development, which is somewhat similar to what would be allowed with a protected status," she added.

Initial plans rejected

According to the initial plans by property developer François Duplantie which have now essentially been rejected, 700 condos, a hotel, a spa, a gym and two restaurants would have been 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.

Although it's not the first time a developer has set its sights on transforming Île Gagnon, the task of turning the island into an exclusive luxury destination seemed challenging due to the fact it is located immediately adjacent to the Parc de la Rivière-des-Mille-Îles, a public wild-life reserve where access is open to everyone.

Developer's statement

In a statement issued by property developer François Duplantie, he said the survey outcome had been expected. "We hear the citizens affected by the projects and we are willing to work with them and with the city to make the projects more socially acceptable," Duplantie said.

Duplantie said it was his company's hope to work with the city and local residents on a "co-design" approach to the projects in order to make them acceptable to everyone. "Our primary motivation is the preservation and the protection of the environment and we are determined to demonstrate that we can achieve this here in Laval in 2020," he said.

CRE de Laval's position

The Conseil régional de l'environnement (CRE) de Laval also issued a statement. In it, they asked the City of Laval to maintain the current zoning of Île Gagnon, in accordance with the revised land use and development plan, as adopted by City of Laval in August 2017 and the Quebec government in December 2017.

"We would also like to highlight the fact that notwithstanding its new urban designation, Île Gagnon is still included in a peculiar ecological planning area for which the city is committed to create living environments that promote the well-being of Laval citizens and the protection of biodiversity and to limit tree felling," the CRE said.

Heritage issue, CRE says

"Moreover, still according to the revised land use and development plan, the archipelago of the Rivière-des-Mille-Îles that includes Île Gagnon remains an integral part of heritage places of metropolitan interest," they added.

"Even though City of Laval has modified the designation status of Île Gagnon, we are asking that the existing guidelines of the revised land use and development plan are respected and that regulations resulting from these guidelines get elaborated."

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Laval C of C forum contemplates the post-COVID-19 economy

CAQ finance minister sees balanced budgets and stable taxes in five years



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

While everyone at the federal, provincial or municipal levels seems to be talking about economic recovery during the ongoing COVID-19 pandemic, the Laval Chamber of Commerce and Industry believes the local business community needs to understand what help is available in order to seize the opportunities offered by the three levels of government.

That at least was a leading point offered by the LCCI prior to an online Zoom video forum they sponsored last month on post-COVID-19 recovery. Among the many elected officials who took part were Quebec Finance Minister Éric Girard who is also Minister Responsible for Laval.

Buy-local policy

LCCI president Michel Rousseau said buy-local policies that have been emerging almost everywhere as one of the efforts to reverse the economic downturn is the way to go if businesses and individuals in Laval also want to dig ourselves out.

While China used to get failing grades for eco-responsibility, Rousseau suggested the rest of the world will have to wake up and realize that the world's largest economy has become competitive even in this respect, adding to all other advantages that favour China now.

Finance Minister Girard was asked what he thought Quebec's economy and the public

finance situation might look like five years from now when presumably the pandemic is over. "In five years we will have returned to a balanced budget," he responded.

"Taxes will not have been increased because we already have a fiscal standing that is significant. In the normal course of events, we would have preferred to keep on reducing the fiscal burden by \$2 billion a year if we remained elected. There's no question of heading down that road."

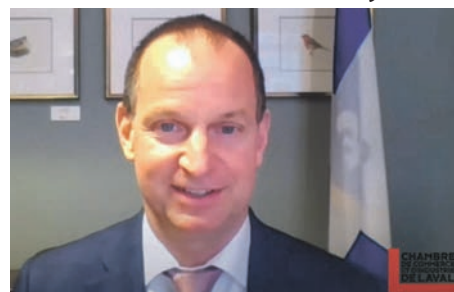
'According to means'

On a more somber note, the finance minister added that "we will have to live according to our means, that is with a level of expenses in conjunction with the revenues of the government."

Girard was asked how he had been viewing the relaunch of the economy since the beginning of the COVID-19 crisis. "It's important to say at the outset that what has been going on is first of all a pandemic which has brought about a global recession of the greatest magnitude since the Second World War, and there is a risk of the recession lasting longer than the pandemic," he said.

He pointed out that recessions in turn create "important challenges in public finance" that last even longer than the recessions themselves. "At the economic level, Quebec had to confine itself, that is we had to shut 40 per cent of the economy for two months. And the impact of this is that our unemployment rate has dropped up to 17 per cent. We lost 800,000 jobs. And then began the period of deconfinement.

Jobs recovered, Girard says



Quebec Finance Minister Eric Girard (seen during the LCCI's online forum) says the CAQ government sees balanced budgets and doesn't foresee higher taxes five years from now as a result of the impact of the COVID-19 pandemic on the province's economy.

"We were closed for March, April and to mid-May, and we recovered 30 per cent of the jobs – 230,000 jobs in May – March and April being the heart of the crisis," he continued, suggesting that additional recovery of employment also took place in June, while the trend probably also continued through July so that Quebec effectively recovered up to 50 per cent of all jobs lost during the pandemic.

However, Girard warned that by September when it becomes more obvious that a significant number of businesses across Quebec haven't recovered, the challenge will be greater. He said it was important during the first wave of the pandemic that governments, including Quebec's, provide significant amounts of

financial assistance to workers and businesses in order to ensure that the economy would continue to flow as usual and that it wouldn't stagnate.

He acknowledged that the CAQ government's decision to postpone payment of income tax amounts due for 2019 has proven to be one of Quebec's most popular measures during the crisis, while support provided by Investissement Québec (the government's targeted business development branch) has also been effective.

Trends to accelerate

"The economy is going to change, but the crisis is mostly going to accelerate trends which were already there," Girard said. "Family/work conciliation, being at home, online retail: these are trends that were there before the pandemic and will be accentuated by it." As for how the CAQ government sees the relaunch of the economy unfolding, the finance minister said they see it happening along certain key axes.

He suggested renewal of public infrastructure could prove to be important because the private sector tends to withdraw during recessions. "The government has a role to play by increasing public investments temporarily," said Girard, noting for example that construction workers need to be kept busy.

Also taking part in the forum were Laval mayor Marc Demers, Sainte-Rose MNA Christopher Skeete, Vimont MNA Jean Rousselle, Laval-des-Rapides MNA Saul Polo, Vimy MP Annie Koutrakis, and Laval executive-committee vice-president Stéphane Boyer (who is in charge of economic development dossiers with the city).

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DIRECT? ANSWERS

From Wayne & Tamara

Changing Sleds

Last night my boyfriend of three years dropped a bombshell on me. He is concerned about how comfortable we have become. He expressed doubts about our relationship and where it is going.

I'm only 29 and he is 31. We have been living together for a year, and recently our sex life slowed down to maybe once a week. I too noticed this. Lately I have been the one to initiate lovemaking, which I chalked up to his busy schedule.

I've also gained some weight and was not feeling comfortable in my own body. I do not walk around the house or sleep in the most flattering clothes. My boyfriend basically said he has not been attracted to me lately, which is why he stopped initiating.

He said he is afraid it's only going to get worse. He wondered if he should have dated more before he settled down, which crushed me.

I am well aware that we have come to a plateau in our relationship, but I saw this as a minor issue. I can honestly say I was happy and saw us moving into the future. Lately, I've been getting to the gym more often to feel more attractive, and I thought things could change.

I thought he was happy and comfortable too. That doesn't seem to be the case.

Although he agreed to work on the relationship and possibly get some counseling, it's for his own emotional issues and about letting his guard down after his last relationship.

I appreciate his honesty in not letting this go on any longer, but like I said, I am crushed. I want to work on the relationship, but I don't know if I can get over his revelations and my hurt feelings.

I thought he was attracted to my whole person, not just my body.

Harper

Harper, it sounds like your boyfriend is saying it's him, not you. He regrets not dating more and he feels the need for therapy to get over a past relationship.

You'd like to make the issue about a few pounds, because that is something you can work on. It also allows you to blame him. "He's shallow, and it is all about looks." But you don't mention anything he said directly about weight.

Two-person bobsledding is a dangerous sport. The sport requires teamwork all the way down. It's all physics and Newton's laws of motion. Once the run starts, the sled keeps going until it either crashes or passes the finish line. If it crashes, people get hurt.

The safest way to stop the bobsled is at the top of the run, and that is where the two of you are.

Your boyfriend has pulled back, trying to create a little space to make it less painful. It appears he's a nice guy, though maybe a little weak. He should probably be more direct because what he's trying to say is, "I am not going down the hill with you."

Though he conceded to your idea of working on the relationship, he said counseling would serve a different purpose for him. And at 31, saying he hasn't dated enough sounds lame. It sounds more like, "I've now come to the knowledge I'm not in love."

In a way, counseling in dating can be an interference with the dating process. Often it is used as a tool by the one who wants to continue against the one who wants to stop.

He's not a mean guy and he doesn't want to hurt you, but he is saying this is not for me. You are almost all the way there, too. The idea of a future together has been spoiled. So spoiled you don't think you can get over it.

As we said, two-person bobsledding is a dangerous sport. It takes teamwork all the way down.

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

James Bay painter/artist's works showcased in Fabreville

Stéphanie Thompson took part in 2018 Sainte-Rose Art Symposium

An accomplished painter from Quebec's James Bay region, who was among the many artists who took part in the 2018 Sainte-Rose Art Symposium, will be displaying her works all year around in Laval now after being invited to show them at the Polyclinique médicale Fabreville. "I am so thankful that the clinic is helping me make my art travel and shine from north to south," said Stéphanie Thompson, who was featured in the *Laval News's* coverage of the 2018 Sainte-Rose Art Symposium.

Photo: Martin C. Barry, Laval News



Sainte-Dorothée Community Centre certified LEED Gold

Laval now has four buildings with the environmental certification



(TLN) The Sainte-Dorothée Community Centre has just received LEED Gold certification, the highest distinction bestowed on building owners for environmentally-sound design and architecture.

Completed in 2019, the community centre is the fourth building owned by the City of Laval to reach this level of certification awarded by the Canada Green Building Council. Leadership in

Energy and Environmental Design (LEED) is a green building certification program standard that is used worldwide.

Criteria that must be met in order to meet LEED standards include: environmental management of the building site, efficient management of water resources, energy efficiency, choice of resources and materials, and environmental quality of building interiors.

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By Martin C. Barry
and Renata Isopo

Search continues to find a man struck by a boat in Laval after a watercraft accident

The search resumed Sunday morning on the Rivière des Prairies between Île Bigras, in Laval, and Île Bizard, in Montreal, to find a man in his 20s who sank in the water after he was struck by a boat.

The incident involving a personal watercraft and a personal boat occurred around 5:45 p.m. Saturday near a marina in Laval.

The victim was already in the water after being knocked over with his watercraft. The person accompanying him was rescued by the occupants of another watercraft but a boat passing by did not see them.

"There is a boat that unfortunately passed over the person who was still in the water," said Stéphanie Beshara, a spokesperson for Laval police.

The search began on Saturday evening on the water with the help of the Canadian Coast Guard as well as the nautical units of the Laval and Montreal fire departments. The Laval police officers also raked the banks, along with a dog handler. They also went door to door looking for surveillance cameras that could have captured images of the incident.

The Laval police investigation is underway.

Teenager killed by gunfire at park near school in Vimont identified

July 30, 2020



A 17-year-old teenager from Laval's Vimont district who succumbed to a gunshot wound sustained in a park behind a school during the early morning hours Thursday following a shooting incident has been identified.

According to the Laval Police, it was just a quarter hour past midnight on Thursday when residents in the quiet, semi-rural neighbourhood heard what they later described as explosive sounds and called the police department.

Witnesses told media later that they heard at least six shots. While they thought at first it might be fireworks, they then heard people screaming as well as voices speaking loudly.

A shooting incident in the park behind this school near the corner of Saint-Elzéar Blvd. and Bédard St. in Vimont early Thursday morning ended with one teenager dead and another hospitalized.

By the time a squad car from the LPD reached the scene at the corner of Saint-Elzéar Blvd. and Bédard St. just a few minutes

later, they found one of the teens sprawled on playground equipment, unconscious and suffering from a gunshot wound. Although the teen was transported to hospital, he was declared dead some time after arrival.

A second teen, this one 18 years old, was found shortly afterwards by the police in the same park, which is located behind École des Explorateurs. He too had suffered a gunshot wound, although not as seriously. While the police were able to get some basic information from him, they were unable to determine the identity of the shooter.

While the police say that neither of the victims had any previous run-ins with the law, the Montreal daily La Presse reported on Thursday that the LPD isn't completely ruling out the possibility the incident was the result of a confrontation between the two teens which turned violent.

On Friday, La Presse identified the 17-year-old youth who succumbed to his gunshot wound as Dario Frometa Valdes. The Laval Police are continuing to investigate.

Laval Police seek Pizza Pizza robbery suspect for positive I.D.



The Laval Police Department is requesting the public's cooperation in helping to identify a suspect who committed a robbery at the Pizza Pizza restaurant, located at 240 boul. Curé-Labelle in the Ste-Rose area in November last year.

At approximately 9:55 p.m. on November 9 2019, the suspect arrived at the Pizza Pizza restaurant and headed into the kitchen. He allegedly threatened an employee with a knife to get the contents of the cash register. He then fled on foot.

Description of suspect: Black male, around 40, English speaking. Measures approximately 5 feet and 10 inches (1.7m) – Mid-length black curly hair, short beard. Wore a brown leather coat, blue jeans and a black cap.

Anyone who has information about this individual can communicate confidentially on the Info Line at 450 662-INFO (4636) or dial 911 and mention the LVL file 191 109 075.

LPD seeks suspect for assault with a deadly weapon

The Laval Police Department is asking the public for assistance in locating 23-year-old Isaiah Atkins.

An arrest warrant was issued for him on July 28, on charges of aggravated assault, break and enter, assault with a weapon and theft.

On July 4, at 4:15 a.m., the suspect allegedly broke down the door to his ex-spouse's apartment, in the Laval-des-Rapides sector.

He then allegedly attacked her with a knife, in addition to similarly injuring two other individuals in the apartment.

The three victims were hospitalized for injuries which are not life-threatening, but which will leave them with medical and psychological consequences.

Description: – Black male, 23 years old. Measures 1.80 m (5'11"). Black hair and brown eyes.

Anyone with information concerning Isaiah Atkins can communicate confidentially on the Info Line at 450-662-INFO (4636) or dial 911 and mention the LVL 200704 015 file.

Suspect of hit-and-run sought for identification

The Laval Police Department (SPL) is requesting the public's cooperation in identifying a suspect who committed a hit-and-run causing injury to an individual in the Auteuil sector.

Chronology of event: On July 16, around 11 a.m., a motorist and his passenger left a commercial lot located on boul. des Laurentides, near the intersection of rue Turcot. The driver headed north, cutting off a 16-year-old boy who was traveling south on a scooter. The latter lost control of his motor bike, fell and hit the car.

The Laval Police say they want to speak to this man about his alleged involvement in a hit-and-run accident that left one person injured.

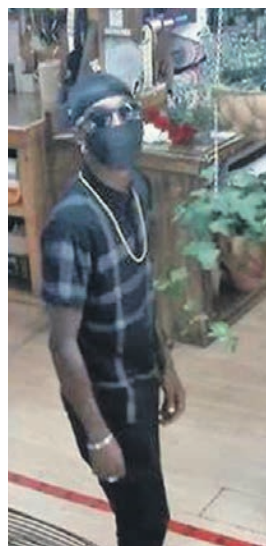
The motorist stopped and got out of his vehicle to approach the victim, cell phone in hand. However, he would then have returned to his vehicle to exit north without providing assistance to the victim. The victim was taken to a hospital for bruises, scrapes and a concussion. He was released from the hospital the next day. The investigation uncovered a photo of the suspect and his passenger who had visited a business before the accident.

Description of the suspect: Black man; – Measures approximately 1m 78 (5 feet and 10 inches); – Earring on both ears, a gold chain and bracelet on the right wrist.

Description of the passenger: Black woman; – Measures approximately 1 m 67 (5 feet and 6 inches);

Description of the suspect's vehicle: – Black sedan, 4 doors, Mazda 6 style from 2010-2012.

All information on suspects can be reported to police on Info Line 450-662-INFO (4636) or by dialing 911, mentioning file LVL-200716-038.



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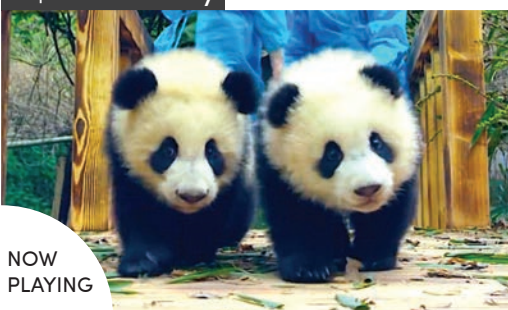


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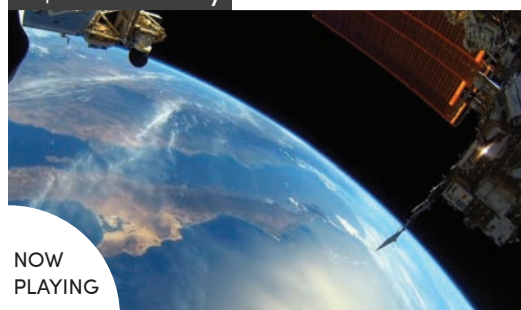


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GREENLAND

PG-13 | Action | 1h59



COMING SOON

A family struggles for survival in the face of a cataclysmic natural disaster.

A QUIET PLACE PART II

PG-13 | Horror | 1h37



COMING SOON

Following the events at home, the Abbott family now face the terrors of the outside world. Forced to venture into the unknown, they realize the creatures that hunt by sound are not the only threats lurking beyond the sand path.

AFTER WE COLLIDED

PG-13 | Drama



COMING SOON

Tessa has everything to lose. Hardin has nothing to lose - except her. After We Collided - Life will never be the same.

THE BROKEN HEARTS GALLERY

PG-13 | Comedy | 1h48

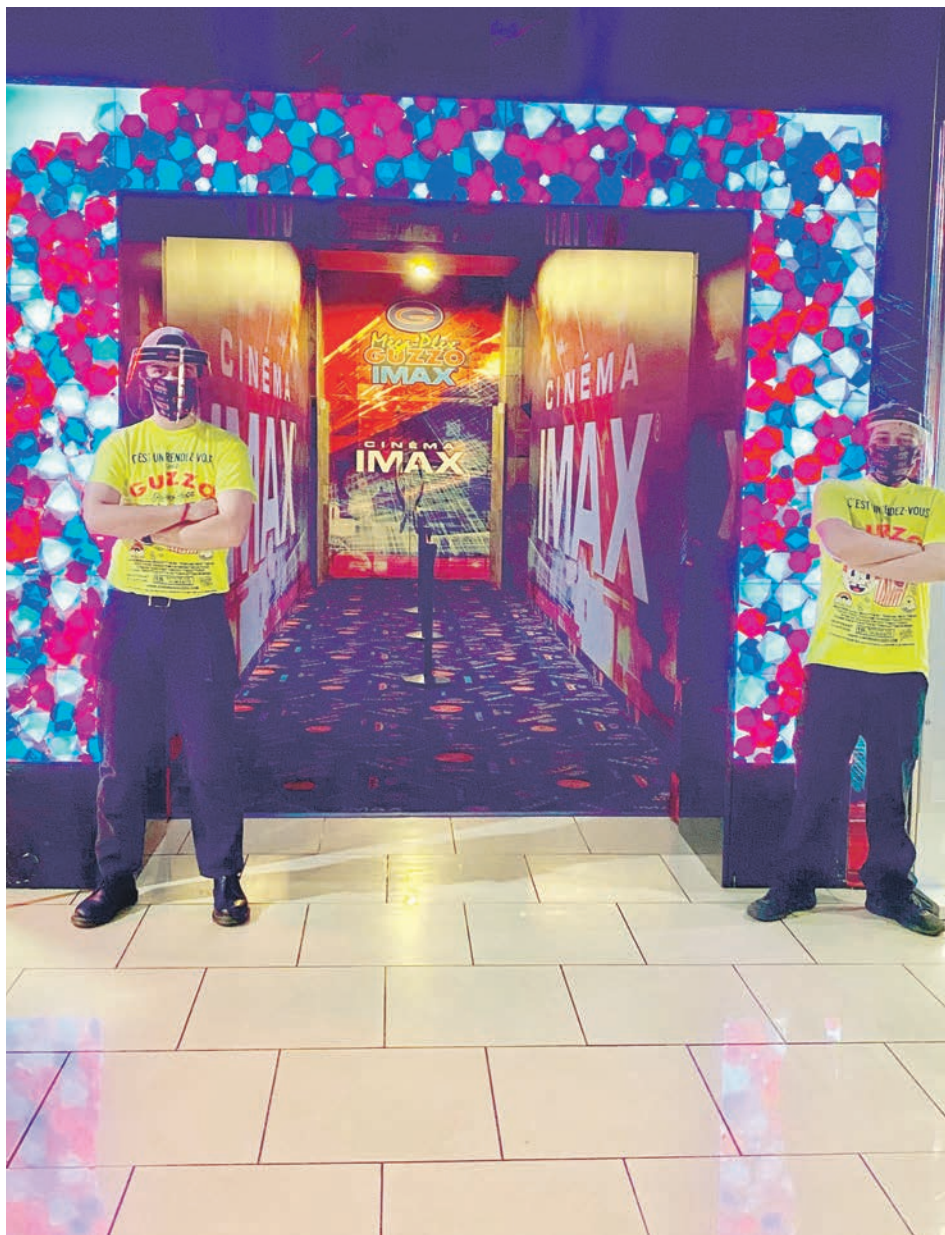


COMING SOON

After a break up, a young woman decides to start a gallery where people can leave trinkets from past relationships.

Going back to the movies?

The maximum number of people allowed into a screening room is now 250.



(TLN) 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. The maximum number of people allowed into a screening room is now 250.

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.

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In Memoriam & Obituaries

PRICE FARMER, Billie Louise 1938 - 2020



Billie Louise Farmer of Chomedey, Laval passed away on March 04, 2020, at the age of 82. Wife of her late husband, Harold Price, her first husband Richard Mirrop, her two children Francine and Frank. Daughter of the late Caroline and Bill Farmer of El Paso Texas. She is survived by her brother Bob Farmer, also of El Paso.

Survived by her niece Jenni, her husband Dale Johnston and their family of Witchita, Kansas. Also survived by her two step children Rick and Poppy Ann Price and their families of Kichener-Waterloo, Ontario.

FENT, Giuseppe 1928 - 2020



On Friday 7 August 2020, Mr. Giuseppe Fent passed away from the affection of his loved ones. Mr. Fent leaves his wife Nella Giuseppina Ialenti in pain, his sons Livio, Miria and Angelo, his daughters-in-law Randa and Elisabetta, his son-in-law Norman, his grandchildren Kira and Alessia, his sisters Rina and Wilma, his sisters-in-law and other relatives and friends.

FILIATRAULT, Sylvie 1963 - 2020



It is with great sadness that we announce the death of Sylvie Filiatrault, on August 4, 2020, at the age of 56 years. She is survived by her brother Yves (Diane) and sister Lucie (Brian), her nephews Philip (Maggie), Marc and Lewis (Alexis), as well as relatives, friends and co-workers. We would like to thank all the staff of the oncology unit at Cité de la Santé in Laval for all the good care provided to Sylvie. Your expressions of sympathy can result in a donation to the Canadian Cancer Society.

GERASIMOS, Periklis 1929 - 2020



Nous avons le regret de vous annoncer le décès de Periklis Gerasimos à l'âge de 91 ans.

VALOIS, Paule 1937 - 2020



In Laval, on August 6, 2020, at the age of 83, passed away Madame Paule Valois, beloved wife of Jean Michelin. Besides her husband, she leaves to mourn her children Stéphane and Josée, her brother Paul (Evelyne Neveu) and her sister Ginette (Guy Ladouceur), her nephews and nieces as well as many relatives and friends.

BEAULIEU, Jeannette 1934 - 2020



In Laval, on August 5, 2020, at the age of 86, passed away Mrs. Jeannette Beaulieu. She was the wife of Léo Cournoyer. She is survived by her nephews and nieces as well as relatives and friends.

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- Arrangements via telephone or virtual meetings
- Celebration with your family present (according to current recommendations)
- Live webcast of the ceremony (funeraweb.tv)



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HOROSCOPE

Week of **August 16 to August 23, 2020**

The luckiest signs this week:
LIBRA SCORPIO AND SAGITTARIUS



ARIES

It only takes a few small victories to boost your self-esteem. These successes will earn you the credibility you need to kick-start a project that's close to your heart.



TAURUS

You'll set up a workspace at home. Once you let go of your insecurities, your leadership traits will allow you to successfully develop your own business.



GEMINI

Your thoughts will be consumed by affairs of the heart this week. Subtle gestures and words of affection will make you realize the extent of your feelings for your partner.



CANCER

You may consider selling or purchasing a property. You'll find a way to reduce your expenses so you can improve your family's quality of life.



LEO

You'll have the chance to treat yourself, and you might even consider buying a new car. A few people will ask for your help, and you'll do so willingly, even if it requires a lot of running around.



VIRGO

A careful assessment of your budget will reveal that you have the means to pursue your goals. You'll have the money to accomplish one of your wildest dreams, and you'll find the courage to go for it.



LIBRA

You'll find yourself discouraged by all the tasks on your plate. Luckily, you'll realize you have what it takes to be successful. Afterwards, nothing will stand in your way.



SCORPIO

Sometimes you need to take a step back in order to gain a clearer perspective of what lies ahead. You'll set your sights on a career goal that matches your ambitions, but you'll need to climb the ladder one rung at a time.



SAGITTARIUS

Even though your vacation just ended, you'll start planning a trip with a group of friends. At work, you'll organize a meeting that'll turn out to be very important.



CAPRICORN

You're filled with a desire to elevate yourself intellectually and spiritually. You decide to follow a new career path or adopt a more enriching lifestyle. Don't be afraid of change.



AQUARIUS

You won't need much time to reflect before making significant decisions about your personal and professional future. During an important negotiation, you'll need to carefully weight the pros and cons



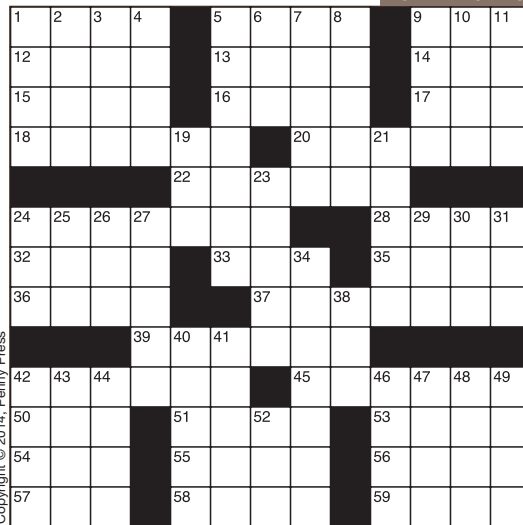
PISCES

The perfect compromise doesn't always exist, especially when a lot of people are involved. You'll need to use your imagination to create harmony and resolve conflicts.

Coffee Break

CROSSWORDS

PUZZLE NO. 993



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ACROSS

1. Take it easy
5. Prepare a salad
9. Health haven
12. Bullets and bombs
13. Toward the center of
14. Chop down
15. Cat call
16. Strip
17. Rowing device
18. Sock type
20. Eagerly
22. Chalice
24. Sway
28. Wrongdoing
32. Ring of light
33. ____ Gawain
35. Unearth
36. World's fair, e.g.
37. Most compact
39. Shear

42. Blackboard cleaner
45. Dozen
50. British saloon
51. Florence's river
53. Ooze
54. Sick
55. Glide high
56. Long hair
57. Bee chaser
58. Work units
59. Moved quickly

DOWN

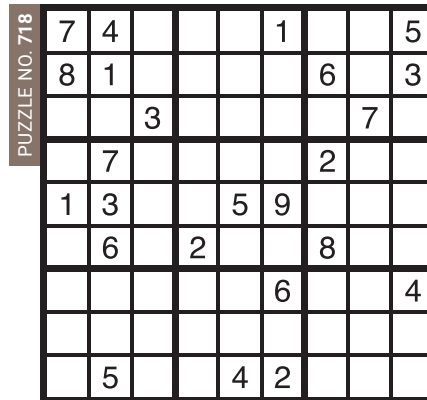
1. Shangri-La official
2. Sign
3. On a rampage
4. Chicken
5. Creeps
6. ____ at a time
7. Swipe
8. Clear up
9. Wearing boots
10. Chime
11. Crooked necessity
21. Details
23. Wedding-cake topper
24. "____ Wore a Yellow Ribbon"
25. Income or sales follower
26. European mountain
27. Blunders
29. Scramble (for)
30. ____ and outs
31. Said yes to
34. Ministers
38. Never used
40. Rental contract
41. Fallacy
42. Monumental story
43. Dominate
44. Adept
46. Graceful trees
47. Vault
48. Windmill blade
49. ____ out (barely earned)
52. Henpeck

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.**

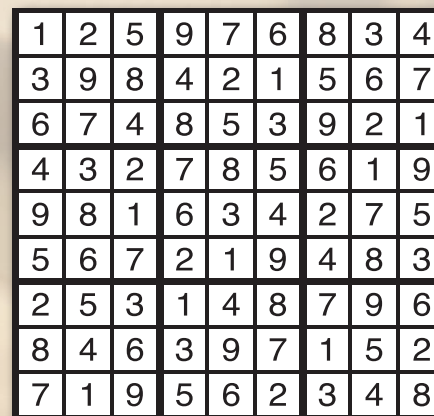


Last Issues' Answers

CROSSWORDS



Sudoku



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Atwater Metro
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Mont-Royal Metro
514 439-9934

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514 887-7784

436, Jean-Talon St West
du Parc Metro
514 272-2355

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680, Jarry St East
Jarry Metro
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