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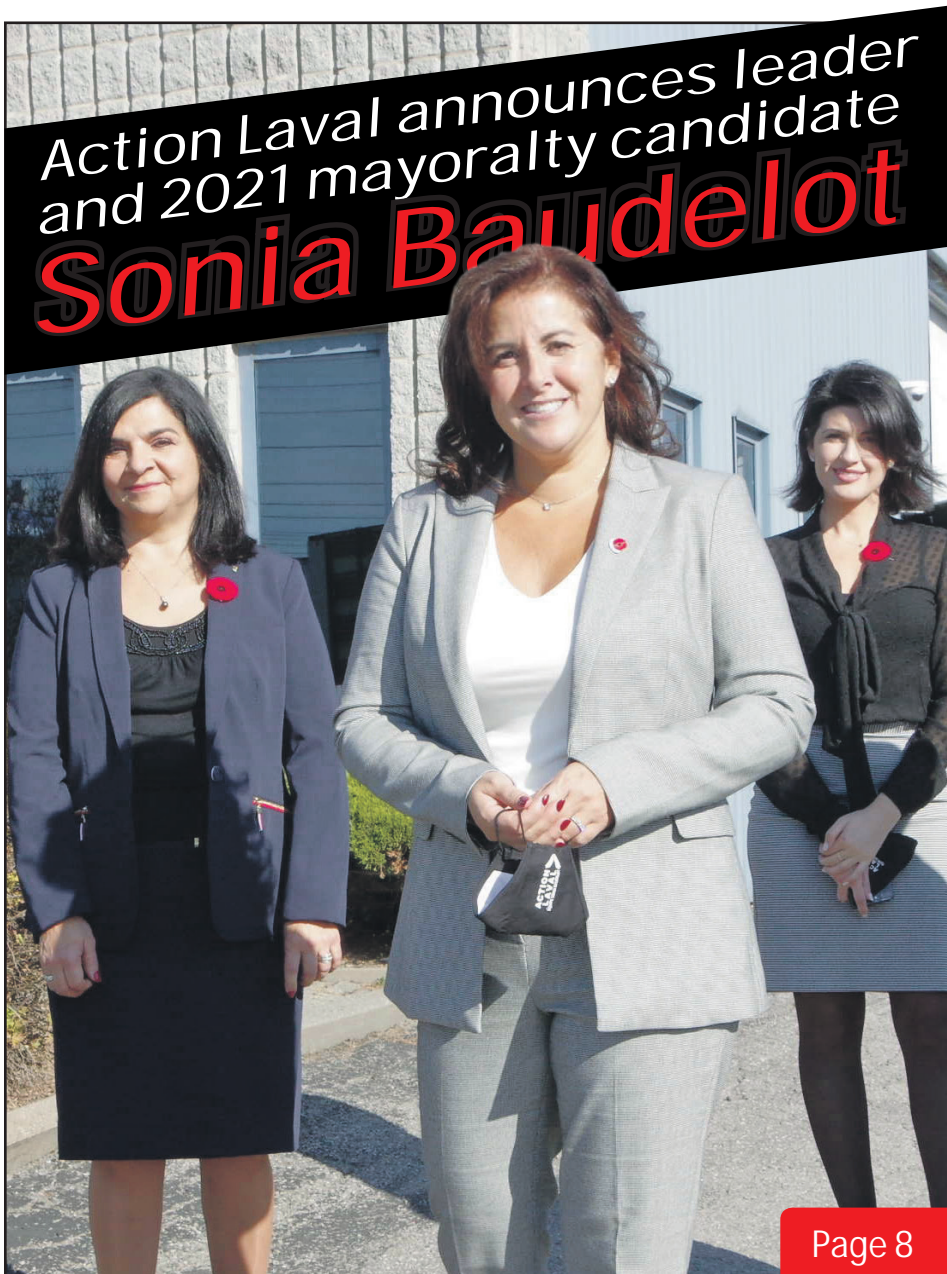
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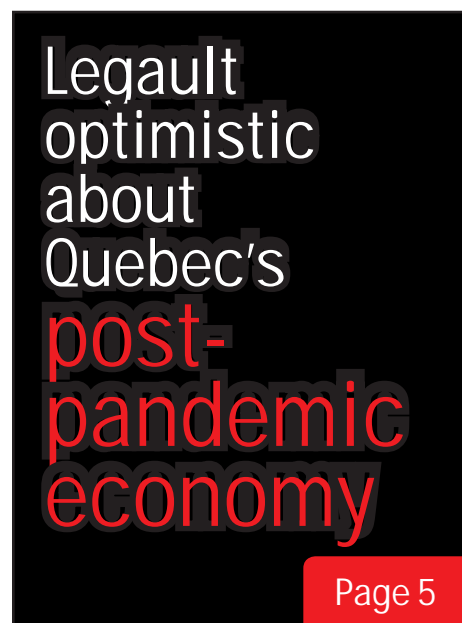
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Legault
optimistic
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economy**



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**MATURE
LIFE**

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 Info-Social 811

Quebec projects a \$15-billion budgetary deficit for 2020-2021

CAQ gov't adds \$1.8 billion to support Quebecers and restart the economy



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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Updating Quebec's financial picture last week, Finance Minister Éric Girard said the COVID-19 pandemic hasn't changed the CAQ government's goal of reversing Quebec's historical tendency to underperform in Canada – even though a fifth of the country's population lives here.

\$15 billion deficit seen

"We must collectively tackle one of the worst crises in Quebec's history," said Girard. "The government will take every necessary step to strengthen our health care system and help hard-hit citizens and businesses so that they can get through this pandemic and recover quickly."

Girard outlined an additional \$1.8 billion in measures over three years to bolster the economy. At the same time, his update included a projected \$15-billion deficit for 2020-2021.

Focused on the economy

Despite the staggering increase in allotments since the CAQ government's last full budget last March, Girard said he remains "very focused" on the task of stabilizing the economy, while working on longer-term economic growth.

"Our number one task is to control the epidemic," he said. "That's why we've allocated \$5 billion to health care, and if they need more we will give it. So, I'm focused on what we need to do: we need to fight the epidemic, we need to support Quebecers and businesses."

The announced initiatives raised to nearly \$13 billion the total amount invested by the CAQ government since the onset of the pandemic in March to deal with the historic economic and public health crisis Quebec is currently going through.

Mental health funding

In addition to the actions taken since March 2020, the government announced an additional \$287 million to support Quebecers and the

economy. This includes \$100 million to address mental health problems by providing better access to support services, among other things.

As well, the government said new initiatives totalling \$117 million will help support vulnerable population groups, provide safe subsidized childcare services, and ensure that educational settings are better adapted to the current context and to distance learning.

An additional \$60 million in support for the tourism sector was also announced, in particular to offset the impact of the pandemic on tourist accommodations.

New actions for recovery

While the majority of investments to date were allocated for managing the COVID-19 crisis, the government presented new actions totalling \$1.5 billion over three years to accelerate economic recovery. Of this amount, \$459 million will go to initiatives to get Quebecers back into the labour force by focusing on requalification, training and successful graduation.

The government said it is also providing \$477 million to drive economic growth by accelerating business investment projects, fostering innovative initiatives and supporting regional economic development. Another \$300 million will also be used to enhance the Plan for a Green Economy and \$247 million will be spent on promoting Quebec production and buying locally.

No balanced budget for five years

A \$15-billion budgetary deficit is projected for 2020-2021, including provisions, declining budgetary deficits of \$8.3 billion in 2021-2022, and \$7.0 billion in 2022-2023 are currently forecast. According to the government, the pandemic and the measures put in place since March have generated these deficits.

Girard maintained that the province will return to a balanced budget within five years without cutting services or raising taxes. Additional details on the way forward are to be presented in the next regular budget in March 2021.

COVID-19 is impacting mental health of entrepreneurs

Women, minorities and business owners are suffering during the pandemic



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Business Development Bank of Canada (BDC) released a report last week revealing that while nearly two-thirds of Canadian business owners (64 per cent) say they are adjusting to COVID-19, nearly one-third (29 per cent) say the situation is touch-and-go from day to day.

According to the report, two out of five business owners say they are feeling depressed at least once a week (39 per cent) and two-thirds feel tired or have low energy (64 per cent).

According to the BDC, the pandemic is having an even more alarming impact on certain sub-groups, including women entrepreneurs, visible minorities and business owners, who have either not yet resumed or only partially resumed business activities following the initial COVID-19 lockdown.

Women and minorities

BDC says women are significantly more likely to feel depressed (51 per cent) and admit that

mental health challenges interfered with their ability to work (40 per cent). Visible minorities are significantly more likely to say that mental health challenges interfered (48 per cent) and they would have liked support from a mental health professional (33 per cent).

Business owners who had not yet resumed business activities were significantly more likely to feel tired (87 per cent), depressed (75 per cent) and said that mental health challenges interfered with their ability to work (57 per cent).

"Last year, BDC made a commitment to raise awareness about the mental health and well-being of entrepreneurs, in addition to the health of their business," Annie Marsolais, Chief Marketing Officer and Mental Health Advocate at BDC, said in a statement.

Where to turn for help

"By examining this topic and collaborating with experts and partners, we can help break the stigma associated with mental health issues, ensure business owners feel more at

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'I'm focused on what we need to do: we need to fight the epidemic, we need to support Quebecers and businesses,'

CAQ Finance Minister Éric Girard said

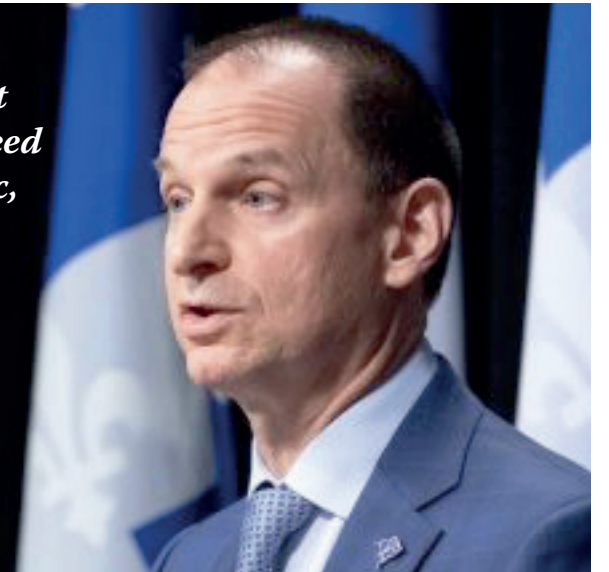


Photo: Quebec Finance Minister Éric Girard (seen in a screenshot from his budget update last week) says the province won't have balanced budgets for the next five years.

Highlights from Finance Minister Girard's update

Initiatives totalling \$1.8 billion since June include:

\$287 million to support Quebecers and the economy;

\$459 million to help Quebecers back into the labour market;

\$477 million to drive economic growth;

\$300 million more to ensure a greener recovery;

\$247 million to promote Quebec production and buying locally.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



We Have to Stop Chasing the Soccer Ball

Bonjour Hi! Some discomfoting events are happening, in addition to our rudderless elected politicians leading us to who knows where. I can't make any sense of these pesky little people from the OLF sighting 'language violations' unheard of in the western world. It's the same damn argument we were making the in 70s and 80s. Promotion and protection of a language, without forbidding another, makes sense to everyone. And that's the way it should be. Monsieur Legault, this is not the time to appeal to nationalists. Call off these OLF cockroaches running around in respectable businesses that are trying to make a living during these extremely difficult times. Quebec is on the edge, with uncontrollable transmission of the virus, and at time of writing, is about to close schools again. Ontario, mostly Greater Toronto, is not fairing better, with their Premier Doug Ford trying to be business friendly, only half listening to medical experts who are telling him to "close it down". A very difficult decision many of us would not want to make. Canada's most conservative province Alberta is finally realizing it has to close down its economy even though, with the collapse of oil prices, and no pipeline to sell Canada's richest resource, oil, to Asia, it simply can not afford to close business down. Alberta, where Premier Kenney says "Covid is starting to win", now has almost as many cases of infection as BC, Saskatchewan and Manitoba, combined. Enough "consulting and reassessing", it has to make a definitive decision. And while this virus is now out of control in Canada, here is how some of our supposed exemplary elected officials are behaving, like the liberal member of parliament in the Indo Canadian riding of Surrey Center BC. Liberal MP Randeep Sarai. He attended the "Chetna Association's welcome to new Indian Consul-General Manish Manish at the Mahek Restaurant and Lounge" on Oct. 26, not wearing a mask. "They chose to put themselves and, more importantly, the public at risk," a Surrey Councillor told theBreaker.news. That's some example from our elected 'poo paz', isn't it? You heard that Mr. Trudeau fired one of his favourites from caucus, the mp for Don Valley East, Yasmin Ratansi, for employing her sister at her riding office. She now sits as an Independent, while her case is before the Office of the Conflict of Interest and Ethics Commissioner. Justin Trudeau found it "deeply disappointing, unacceptable", the same Justin Trudeau who himself was in conflict for voting in cabinet to hire the WE Charity for student programs while WE hired his wife, Mother, and brother and who knows how many of his friends. Oops, those contracts are now shredded before making it to the parliamentary committee. What hypocrisy. Trudeau urges Premiers "to do the right thing", knowing health is a provincial jurisdiction in Canada. Premiers repeatedly tell Trudeau to stop toying with imposing the Emergency Act. Continued testing is vital, however those test results absolutely need to be followed up by an army of trackers. Too late. BC's Dr. Bonnie Henry says this "surge is straining contact tracing efforts", and seems to be ineffective because according to the Centers for Disease Control and Prevention, we may no longer be able to "effectively isolate patients and ensure contacts can separate themselves from others". We have to stop chasing the soccer ball. What will we do for Covid 29? Spotlight on New Zealand's 40 year old Prime Minister Jacinda Ardern who was re-elected with a "smashing" majority because she was able to shut down COVID 19. As early as February she closed the border to anyone, anyone, who had visited China. In March, just weeks later, Ardern shut down the entire country for one whole month. New Zealand was able to get ahead of the curve. The results? During this month of November, in fact one day last week, there were only three new cases of Covid -19 in New Zealand. A returnee from Los Angeles tested positive and self isolated. And here's how NZ's Ministry of health, fully transparent in its assessment, unlike Canada, describes what happened to the other 2 cases. "Case C met Case B for lunch in Wellington at the Little Penang restaurant on The Terrace on Friday afternoon. On developing symptoms on Saturday they self-isolated at home and had a COVID-19 test. They are being moved to the Auckland quarantine facility today". Now that's tracking, and that's why New Zealand is a world leader in mitigating and at one time eliminating Covid, without a vaccine.

Why couldn't we

Legault is optimistic about Quebec's post-pandemic economy

Premier delivered a hopeful message during online CAQ convention



MARTIN C. BARRY
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In spite of infection rates rising again during the second phase of the COVID-19 pandemic, Quebec Premier François Legault delivered a message of hope recently to members of the Coalition Avenir Québec and to all Quebecers during a CAQ policy convention.

In a keynote speech to CAQ members during the convention webcast on Nov. 7, Legault said the government remains focused on restoring and expanding the province's economy. But at the same time, he suggested there might be economic advantages to be gained despite the pandemic.

Thanks Quebecers

"Thanks for continuing to believe in change," he said, citing a key element of the CAQ platform which emphasizes implementing fundamental changes in the province's administration. "And thanks also to all those who have been involved since the beginning of the pandemic in helping others, including those who are alone. It's during trying times that we get to see a people's greatness emerging."

Legault took a moment to acknowledge the province's Anglophone community. "I would also would like to thank our fellow English-speaking Quebecers," he said. "I want to tell you that our party welcomes you with open arms, and we're all going through these difficult times together, and we want to bring everyone to come out stronger, everyone to be proud Quebecers."

'It's not over,' Legault said

Legault said he would have preferred to tell the 2,000 or so CAQ party members who tuned into the event that "the worst is behind us, but it's not finished. The war hasn't been won yet. There are still difficult months ahead, and we see what's happening in Europe and in certain states in the U.S. Every time we think the coast is clear, the virus comes back twice as strong."

"I know it's not easy," he continued. "But we have a duty to make sacrifices. We owe this to our senior citizens. We also owe this to our children. We want them to stay in school and they get to have a reasonably normal childhood."

He was also hopeful

"And despite all this, there is hope," said Legault. "We are succeeding in stabilizing the number of cases, and we must continue to break this second wave. And when I am talking about hope, I'm not just talking about our struggle against the virus. I'm also talking about our struggle to relaunch the economy."

Noting that this past spring Quebec found itself faced with its worst economic crisis since World War II, he pointed out that thousands of Quebecers had since then lost their livelihoods, but that the government responded by implementing measures to come to the assistance of businesses.

The economic picture

Legault maintained that Quebec was the province that contributed the most pandemic assistance to businesses during the ongoing crisis. "And the result is that Quebec is the province which has the best economic relaunch in Canada," he said, noting, however, that the



Quebec Premier François Legault, seen here in a screenshot during the CAQ convention on Nov. 7 webcast surrounded by party members, said the COVID-19 pandemic is an opportunity to fire up the province's economy.

province's economy had been doing well prior to the onset of the pandemic.

"In 2019, economic growth in Quebec was the best of all the G7 countries," said Legault. "And this economic relaunch, it's not just a question of rising again. With the pandemic, there are changes which accelerated and the economy is in the midst of changing. The pandemic is an opportunity to relaunch our economy on a new basis, in a new direction."

Transforming the economy

According to the Premier, technologies like teleworking, online sales, artificial intelligence and robotization are paving the way to a looming new

economy. As such, he said workers will have to be re-trained for new types of employment, and young as well as older generations of Quebecers will find themselves having to return to studies many times over their careers to renew their knowledge of the evolving professions and skills.

Legault said the pandemic is presenting yet another option: to build a Quebec that has more economic autonomy. While pointing out that in just a few months this year Quebecers began purchasing a great deal more products produced here, he said this offers an opportunity "to have a more prosperous Quebec which serves all Quebecers."

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CITYWATCH

By Martin C. Barry

The City of Laval's executive-committee made a number of decisions on various issues during their Nov. 11 meeting, including conservation of the region's forested areas, and improvement of cross-country ski trails in Auteuil-Vimont and other areas of Laval.

The executive-committee decided to continue its support for CANOPÉE, an organization that works towards preserving forests and woods in Laval.

Improving Laval's woods

As such, the Souvenir woods, the Forêt du 50e and the Centre de la Nature will join six other wooded areas in Laval which are already being managed by CANOPÉE. In addition, the perimeter of a wooded area in Sainte-Dorothée under the group's management, the Bois de l'Équerre, will also be expanded.

The agreement between the city and the organization is for three years, dating back to Jan. 1 2019. As part of the agreement, six wooded areas, including the Papineau, de la Source, Armand-

Frappier, de l'Équerre, Sainte-Dorothée and l'Orée-des-Bois woods, were targeted for conservation and improvement.

CANOPÉE, also known as the réseau des bois de Laval, has a mandate to improve natural and forested areas in Laval. The organization's mission is to protect, conserve, make more accessible and improve forested spaces in the Laval region for the benefit of all residents.

Better X-country skiing

In another recent decision involving wooded areas in Laval, the executive-committee awarded a \$10,000 subsidy to an organization that creates and maintains cross-country ski trails. The amount will help the Coureurs de boisés de Vimont-Auteuil purchase a tracked vehicle to assist with the work.

Founded during the 1970s, the non-profit cross-country ski club is administered by volunteers. The organization promotes physical fitness through cross-country skiing. Although the group's

activities are centered in the Duvernay woods, some trails also extend over agricultural lands and private forested territory.

The Coureurs de boisés de Vimont-Auteuil have developed a reputation for the quality of their trails, which are popular among families as well as seasoned cross-country skiers. The club is one of the largest in Quebec, with more than 2,000 active members and an estimated 35,000 visits each year.

Executive-committee members

The City of Laval's executive-committee meets each week to make decisions on a variety of issues. The executive-committee includes the following people: Mayor Marc Demers, vice-president Stéphane Boyer (also councillor for Duvernay-Pont-Viau) councillors Sandra Desmeules (Concorde-Bois-de-Boulogne), Ray Khalil (Sainte-Dorothée), Virginie Dufour (Sainte-Rose) and associate members Nicholas Borne (Laval-les-Îles) and Yannick Langlois (L'Orée-des-Bois).

Laval says it's ready for anything as winter approaches

City says it won't be caught unprepared like last year

(TLN) Although weather forecasters are predicting the onset of winter this year won't be quite as harsh as in the recent past, the City of Laval says it is going to be prepared anyway.

Last year, Laval, like many other municipalities in eastern Canada, got taken by surprise when the first storm hit with a vengeance. This time, the city says it has hired additional staff and done an inventory of snow-clearing equipment just in case.

A lot of work

"In Laval, with 3,000 kilometres of streets and

1,300 kilometres of sidewalks that get snowed in, each storm requires the mobilization of nearly 400 people on teams at public works," says Sainte-Dorothée city councillor Ray Khalil, who manages public works dossiers on the executive-committee.

"Day and night, the workers are busy during weather events that are sometimes unpredictable, in order to make our roadways and sidewalks safe."

Since even small gestures can help speed the work along, the city is asking residents to help in their own way. Among other things, residents are being asked to shovel or blow snow onto their own

property, rather than out onto sidewalks or streets.

Do your bit

Place garbage and recycling containers for pickup on your property at the edge, rather than on the sidewalk or street. Parking regulations should also always be respected. While vehicles can be parked on the street, the city says it is preferable they be parked in private driveways whenever possible.

Snow shelters, a sensitive point among some residents, should be erected at a minimum distance of two feet from the sidewalk, and four



feet from the street. This is necessary to allow proper clearance for snow removal vehicles, says the city. Additional information on the City of Laval's snow removal methods and regulations can be obtained at this web site: neige.laval.ca.



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REM stations in Ste-Dorothée and Île Bigras delayed until 2024

Pandemic, tunnel snafus, set back finishing \$6.5 billion light-rail project



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Residents of Laval who are looking forward to getting aboard one of the Réseau express métropolitain's new rapid transit trains at future Laval REM stations in Sainte-Dorothée and on Île Bigras will have to wait another four years, according to REM officials who delivered a progress report last week on the multi-billion-dollar project.

During an online meeting with media, CDPQ Infra and REM project managers went over the work completed in 2020. They presented a revised schedule that takes into account the impact of COVID-19, as well as two major issues identified as problematic in the Mount Royal Tunnel during its modernization for REM train traffic.

Valuable time lost

REM construction is spread out over more than 20 construction sites across the greater Montreal region, with more than 2,000 workers and professionals on the job. According to CDPQ Infra, major milestones were reached in 2020, with the launch of Alice – a tunnel boring machine – toward the airport and the arrival of the first four REM cars.

Following a COVID-19-related analysis conducted in the last few months, said REM officials, a work shutdown period in early spring, with the implementation of health measures due to the pandemic, together with the impact on the mobility of a specialized workforce, and the impact on the supply chain, resulted in an overall delay of approximately three to six months for all REM construction sites.

Making up for lost time

CDPQ Infra says teams are working diligently to find ways to make up for lost time. While the pandemic is still ongoing, the company says the REM project office continues to closely monitor the situation with relevant authorities.

According to the company, the complete closure of the Mount Royal Tunnel last May made it possible to begin construction work required to modernize the century-old tunnel and add two stations in the heart of Mount Royal. However, acquiring full and safe access to the tunnel led the construction crews to identify two major and unforeseen safety issues.

Tunnel incident last July

On July 20, as excavations began inside the Mount Royal Tunnel, an unexpected detonation occurred. Work was immediately suspended and no workers were injured, said the company. However, an investigation and enquiry revealed the most likely cause was that REM workers had inadvertently hit upon an old bore hole containing an explosive charge dating back to tunnel construction in 1912.

In conjunction with experts and researchers, strict measures, approved by the Commission des normes de l'équité, de la santé et de la sécurité du travail (CNESST), were established in order to safely resume the tunnel work in early November, said CDPQ Infra. The measures included observing worker exclusion zones during drilling activities and using remote-controlled equipment to ensure the safety of all on-site personnel.

Salt damaged tunnel

But that was not all. While conducting inspections in the tunnel in downtown Montreal, the teams also noted extensive structural degradation of the tunnel walls. Since no waterproofing membranes had been applied over the years, it was noted that de-icing salts used on McGill College Avenue above had infiltrated the concrete and corroded steel columns and beams

in the vault, creating an advanced state of decay.

The company said the deterioration called for immediate measures to avoid potential risks to the structural integrity of McGill College Avenue and required major reinforcement work. The tunnel will therefore be reinforced from the inside to ensure it remains structurally sound.

Laval REM stops delayed

CDPQ Infra says the safety issues that arose in the Mount Royal Tunnel are not only slowing activities due to the strict safety measures to be used for drilling 30,000 planned bore holes, but also due to the added task of reinforcing the

► Continued on page 26

Demers not certain he'll run again for mayor in 2021

Laval mayor Marc Demers says he'll be deciding in the new year whether to run in the November 2021 municipal elections.

Laval mayor Marc Demers says he's not certain he'll be seeking a third term in the municipal elections in November next year, but that he'll be deciding early in 2021.

In an interview published Thursday on the Montreal daily La Presse's website, Demers said he will be consulting his family on the issue while taking into consideration his state of health.

First elected in 2013 after long-serving mayor Gilles Vaillancourt left office, Demers was diagnosed and treated for cancer two years ago.



STL news November 2020

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Beta version of the new STL website

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Check it out at beta.stlaval.ca



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Action Laval announces leader and 2021 mayoralty candidate

Sonia Baudelot will lead opposition party into elections next year



Action Laval’s four sitting councillors are seen here with the party’s new mayoralty candidate, Sonia Baudelot (centre) and immediate-past interim-leader Archie Cifelli (front far left).

**MARTIN C. BARRY**
Local Journalism Initiative Reporter
For The Laval News
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In preparation for the municipal elections in November 2021, the Action Laval opposition party announced its new leader last week. Sonia Baudelot founded and led the Avenir Laval party as a mayoralty candidate in the 2017 election. She had also been a council candidate in the 2013 elections.

A non-politician

As well, Baudelot ran for the Conservative Party of Canada in the riding of Marc-Aurèle-Fortin in the 2019 federal elections. According to Action Laval officials, the decision to choose Baudelot was made by 136 Action Laval members during an online webcast meeting. In a media release, the party describes Baudelot as a young mother, born in Laval, active in community organizations, and not a professional politician.

Says she loves Laval

“My children were born at the Cité-de-la-santé in Laval,” she said during a launch on Oct. 5. “I love my city, but I love its people even more. It’s for their sake that I get involved in our communities and that I want to be mayor. I have a passion for it.”

“You have to dare to run if you want to initiate change,” she added. “I commit myself to the causes I believe in. The challenges are considerable and the barrier to entry is significant. Fortunately, Action Laval is a serious and solid party whose values reflect those of Laval residents and my own.”

Humane and attentive

“As candidate for mayor, I will promote these values and offer Laval residents an administration that is humane and attentive to their needs, with solutions to their everyday issues while investing responsibly in our future. We will offer this choice to voters in November 2021.”

In addition to her political activism, professionally she is a flight director for a major airline and vice-president of a local union for a flight crew.

“You have to dare to run if you want to initiate change.”

As well, she sits on the board of directors of a senior citizens’ residence and has been a member of the board of directors of the Ligue d’action civique, director of a community centre in Laval and an active member of a large number of cultural, community and women’s organizations.

The ‘main opposition’

While the rival Parti Laval opposition party has only two members currently sitting on city council, that party holds the status as the official opposition. Action Laval refers to itself as “the main opposition” in Laval city council because it holds four council seats: Chomedey (Aglaia Revelakis), Saint-Bruno (David De Cotis),

Laval-des-Rapides (Isabella Tassoni) and Saint-Vincent-de-Paul (Paolo Galati).

Action Laval says its main goal leading towards the 2021 elections will be “to defeat the Demers administration” and “replace it with a united, proactive team that is open to new ideas and innovation and truly attentive to the needs and concerns of Laval citizens.”

She is well-connected

With Baudelot now in the driver’s seat, Action Laval interim-leader Archie Cifelli will be out of the limelight at least for the time being. Cifelli said the party vetted three candidates to fill its leadership position before deciding on Baudelot. Cifelli said the party currently has more than 1,000 members.

He said one of the party’s considerations in choosing Baudelot was her vast network of connections – which Action Laval plans to put to good use. “It was one of the key reasons – her network – for our choosing her,” he said. “I will be contacting a lot of friends of mine who are like family – politics becomes a big family,” she added.



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Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



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Getting Better My Way is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)

MATURE LIFE

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COVID-19 help lines discussed during Agape-NPI online meeting Accessing health and social services during the pandemic becomes an issue



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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Some 25 members of the Laval English-speaking community, including many Agape-NPI partners, attended a virtual Agape-Networking and Partnership Initiative (Agape-NPI) meeting on November 5, during which access by Anglophones to telephone help lines during the COVID-19 pandemic was discussed.

A good turnout

Among those present were many English-speaking seniors, representatives from the Community Learning Centre/Laval Senior Academy, the Learning Exchange, pedagogical and guidance counselling facilitators from the Sir Wilfrid Laurier School Board, and representatives of a provincial committee for access to health and social services in English.

The goal, according to Agape coordinator and social worker Ian Williams, was to have the Agape-NPI's health and social services partner, the Centre intégré de santé et de services sociaux de Laval (CISSS de Laval), present information on important service access points for health and social services to the Laval English-speaking community – especially in view of the COVID-19 pandemic.

Concerns over pandemic

In light of the pandemic and public health directives to keep physical distance from one another and to avoid crowds, said Williams, there may be concerns in the community about going to health facilities where those who are potentially infected with COVID-19 may come into contact with those who are not.

On the other hand, he added, accessing and following up with one's physical and mental health are all the more important in the context of a pandemic. During the meeting, there were discussions about confusion which has arisen over the Quebec COVID-19 information line (1-877-644-4545) and its mandate, and when and why one should call this number.

Julie Lafontaine, assistant to the manager responsible for the Laval regional Info-santé line, as well as Carl Blondin, director for the Info-social info line, spoke about the 8-1-1 phone service, saying it is the main and best access point for both health concerns or psychosocial needs.

Gateways to services

According to Williams, often these phone lines are gateways to other services within the health and social services system at the CISSS de Laval as well as to community organizations offering social services. He



A screenshot from the Agape-Networking and Partnership Initiative meeting which took place online on November 5, 2020.

said the mandate of the 1-877-644-4545 Service Quebec COVID-19 info line was also explained and contrasted to the 8-1-1 lines. Specific examples were given during the meeting about why one would call the COVID-19 information line.

Also during the meeting, the Agape-NPI coordinators reminded the participants about community referral resources such as the 2-1-1 community referral line (operated by the Referral Centre of Greater Montreal), as well as specific resource guides online which complement the 8-1-1 line.

As always, added Williams, the Agape-NPI provided a space where participants could engage in networking to address specific community needs between community members and local organizations or between organizations.

About Agape-NPI

The Laval NPI Partners Committee is a "network partnership initiative" created in conjunction with the Community Health and Social Services Network (CHSSN). Formed in 2000, the CHSSN supports English-speaking communities across Quebec in their efforts to redress health status inequalities and promote healthy communities.

Agape Inc., which provides a range of social services, including children's daycare, from its storefront and offices on Notre Dame Blvd., is the sponsoring organization for the Laval NPI Partners Committee. The Laval network has attracted as many as 50 organizations which share an interest in improving local health and social services. They have included the CISSS de Laval, the Sir Wilfrid Laurier School Board and the Jewish Rehabilitation Hospital.

INVITATION PUBLIC INFORMATION SESSION

Yves Carignan, Chair of the Board, and
Chantal Friset, Acting CEO, would like to invite Laval residents
to the annual public information session of the CISSS de Laval

DATE: Thursday, November 19, 2020

TIME: 7 p.m. to 7:30 p.m.

VIRTUAL MEETING: <https://us02web.zoom.us/j/81696872267>

By telephone: 438 809-7799 - ID: 816 9687 2267:

The meeting will present:

- The highlights of the 2019-2020 activities
- The financial report as of March 31, 2020
- The report on the implementation of the complaint review process
- The 2019-2020 activity report of the CISSS de Laval users' committee

The presentation will be followed by a question period. For instructions on participating in the question period, please go to <https://bit.ly/3kVVJvF>

For more information on the Centre intégré de santé et de services sociaux de Laval, visit www.lavalensante.com



MATURE LIFE

Love after fifty: am I better off alone or married?

Nearly a third of the almost 85 million baby boomers in Canada and the United States are single, a fact that surprises a lot of people. Then again, this was the generation that democratized living together, separation, and divorce. Now well on into middle age and the later stages of life, many “boomers” continue to question the status quo, including their relationship commitments and the institution of marriage. As they pass 50, many people realize that they’ve still got some great years ahead of them.

So, if you’re in your fifties or older, is it better to be single or be in a couple? Many believe that being single has worthy advantages, especially if you have a strong need for freedom. Gone are the unhappy compromises, endless negotiations, and the marital constraints: you are your only boss! For those who have gone through painful divorces, the idea of reliving such an experience is simply unimaginable.

On the other hand, being single has its inconveniences, starting with finances. There’s a world of difference between sharing expenses and bearing alone all the costs of living. And don’t forget the loneliness: having to eat alone, the absence of affection, and the fear of finishing your days without anyone by your side, especially for



Although being single may have its advantages, you’re never too old to fall in love.

those who don’t have any children.

One thing is certain: you’re never too old to fall in love. These days it’s quite common to see couples separating after 20 or 30 years of living together and beginning again with a new partner. The search for happiness is an enduring pastime, one that is proven to be alive and well according to the surge of online dating sites specifically created for people 50 years and older.

Should I sell my home?

Selling your home after retirement has certain advantages. You can move closer to your family, reduce your expenses, have access to better services, or find a home that is easier to maintain. However, moving isn’t for everyone. Life in a condo may not suit you and a smaller home may force you to get rid of some precious belongings.

Whatever your choice, never rush into a decision. Visit several neighbourhoods or rent a condo for a few months to make sure that the lifestyle and the area suit you. Factor in all the routine expenses linked to your new surroundings, especially if you move away from your family or you decide to live abroad. In other words, you should take into consideration travelling costs to visit friends and family in addition to maintenance and property taxes.

Don’t make the mistake of believing yourself to be immune to poor health, either. Will you have easy access to healthcare? Does your health insurance cover care received abroad? And who will take care of you if you are far from your family?

Moving is not a decision that should be taken lightly. Whether you want to live in a smaller home or a condo, in a retirement community or abroad, it’s a good idea to consult a real estate broker and financial planner to find out what best suits your needs and if you can afford them in the long-term.



Selling your home has advantages and disadvantages; think twice before you make a choice.

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MATURE LIFE

10 healthy habits for a longer life

Did you know that lifestyle choices have significantly more influence on longevity than genetics? Often, the habits you need to implement to live a longer, more satisfying life are easy to adopt.

1. **Don't smoke.** Smoking contributes to numerous severe and potentially fatal health problems.
2. **Stay active.** Older adults should engage in at least 150 minutes of aerobic activity every week. In addition, regularly stretching helps maintain mobility and prevent falls.
3. **Keep learning.** Challenge your mind with problem-solving activities and puzzles. This will reduce the risk of dementia and improve cognition.
4. **Eat healthy.** Your diet should be rich in whole grains, fruits and vegetables. Avoid overeating, opt for plant proteins and eliminate saturated and trans fats.
5. **Get outside.** Sunshine is good for your mood and your health. Being outdoors also encourages you to be more active.
6. **Sleep well.** Seven to eight hours of quality sleep every night is crucial for regulating cell function and healing your body.
7. **Build friendships.** A strong social network helps prevent depression, loneliness and cognitive decline.
8. **Be proactive.** Regular screenings and preventive care will help your doctor diagnose and manage or treat diseases early.



9. **Brush and floss.** Poor oral hygiene can lead to mouth cancer, heart disease and diabetes. Brush your teeth twice a day, floss daily and visit your dentist regularly.
10. **Mitigate stress.** Stress and anxiety increase the likelihood of heart disease and stroke. Counter these risks with optimism and laughter.

Many of these habits have multiple payoffs, meaning a few healthy choices allow you to reap substantial benefits and enhance the quality and length of your life.



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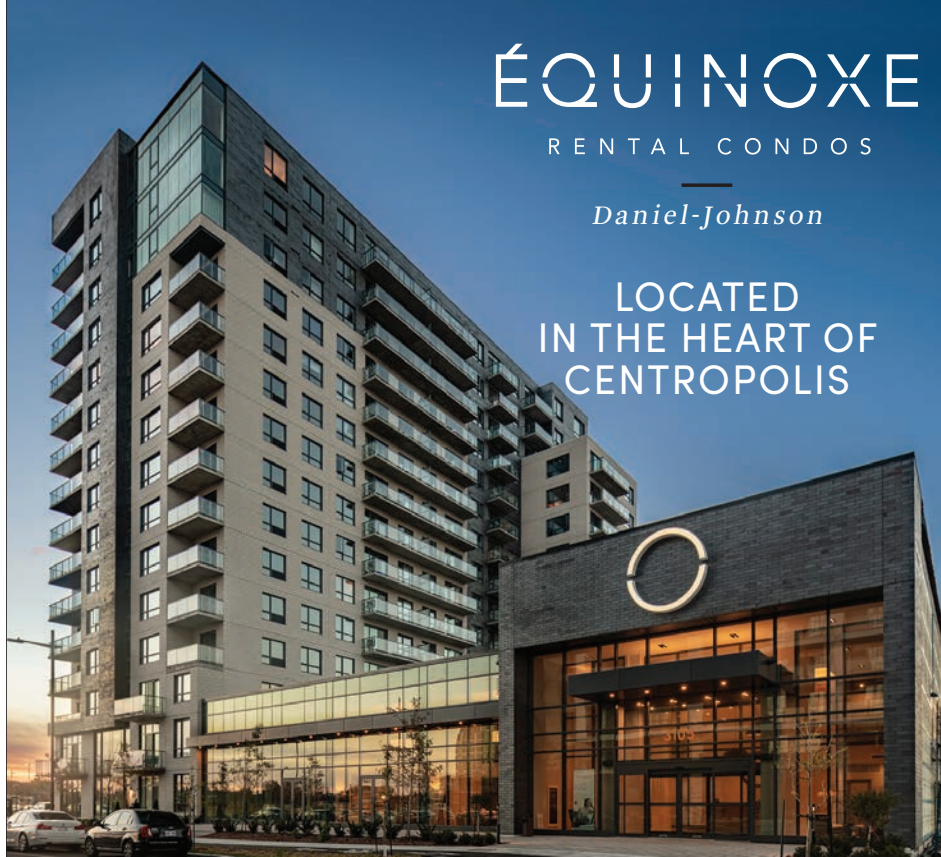
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Serge Bedrossian: "Have you ever listened to a song and found yourself moved so deep

Behind all songs and music, there are untold stories of musicians who dedicate their lives to music, career paths identified by only them, just like their palm prints. Success isn't so easy in the music world. It involves numerous factors. Many claim that music is their passion, but to transform passion into career is a difficult path. To undertake this path, the first requisite is to want it more than anything else. This is the story of crooner, prolific songwriter, and busy actor Serge Bedrossian. Welcome to his world and into a candid and personal look into the life and times of this Syrian-born accomplished musician of Armenian roots.

RENATA ISOPO
renata@newsfirst.ca

From Montpellier to Laval

Many successful musicians had no choice of career except music, so they gave it 100%. But when you have Plan B to rely on, you cannot totally dedicate yourself to Plan A. It won't make you successful, but it's the best way to get started. This was multi-talented Serge's formula to remain in music, never dismissing other professions before giving all to his art.

Studying in Syria, he earned a Bachelor's Degree in Science, following which he moved to France. "I lived in Montpellier eight years, branching into medicine while also pursuing my other passion, at the Montpellier Conservatory of Music," says the 67-year-old son of Armenian parents Ossana and Dikran. "I loved Montpellier," he adds, with fond recollection. "20 minutes from the ocean, an inspirational place. My travels took me to Côte D'Azur and its beauty. Monaco was delightful. But I didn't work in these places, a fascinated tourist like many others."

After his eight-year French odyssey, Québec became his next port-of-call where at 27, he joined his family, in 1980. "We lived on Boul. Lévesque in Laval while owning and operating Armenian restaurants, Queen Mary Road, Montréal," Serge specifies, decrying the fact that his family had to liquidate the restaurants when interest rates rose to 20% between 1980 and 1983. "It was very difficult for us. We all worked in the business. Those were tough times."

Seduced by the arts

Knowing hard work as first stepping stone to success, Serge educated himself about music, making and enjoying it. It wasn't considered an escape from work or day-jobs. It had to eventually be the only work. "It's not so easy to compose music and lyrics. As in all artistic endeavours, it's more like being entrepreneurial, creating products, promoting and marketing them."

What challenges were linked to his passion for music, he's asked? "It's never easy," he concedes. "I couldn't devote myself to my passion full-time, not secure. For 20 years after our restaurants closed, I worked as a physiotherapist in Ville St-Laurent to, as they say, put bread on the table. But in 2004 I decided to concentrate on what I loved most, music and acting. So, I made these arts my main source of financial and, I must emphasize, emotional support."

Pressed for his view on what makes successful musicians, Bedrossian quickly expresses belief in blood, sweat, and tears: "When one is into music, he or she cannot afford to stagnate because that eventually destroys music careers. For successful musicians, practicing is vital like breathing and eating. Passion isn't enough to achieve careers, practicing daily is what helps to grow, improvise, improve, and succeed, given other elements that must fall into place."

Music doesn't generate waterfalls of money, especially during initial struggles. The income of musicians is sporadic and depends on the kind of musician one is. Bedrossian simply makes a respectable living from his talent and desire to entertain, loving the spotlight, where he can sing his "pop" music. He keeps very busy. "I love performing on stage and in

movies. I'm an actor as well as musician," he points out, naming films like XMEN, Des Patriotes and others too numerous to mention, in which he has appeared. Talent, love of music and desire to please with song have taken him all over the world, including Dubai, Egypt, Armenia, France, the U.S. and Montréal, where he's graced the stage at Place des Arts on numerous occasions.

A friend in Charles Aznavour

But promoting his music ambitions isn't easy, he says, admitting he needs an agent. "I don't have time to multi-task. It's difficult to do it by myself, impossible to manage everything alone, very hard to connect with important people in the business, especially in Québec."

Bedrossian has traveled far and wide, to give flight and fancy to his love of singing, especially the kind that brings people to tears, springing from agony of loss and ecstasy of gain, in the game of love. This mature master of the ballad, brother to Bedros in Verdun, and sister Sosi who calls both Dubai and Canada home, spares no emotion expressing profound admiration for childhood hero Charles Aznavour, after whose musical essence he says he unabashedly patterns his own approach to singing of joys and pains of love, while preserving the substance and individuality that is Serge Bedrossian.

"I knew Aznavour from my early childhood, his art resounded with me at all times. I learned his songs at every opportunity. He's been my idol all along. We're both Armenian. His beautiful words and music were brought to light magnificently by his voice. But his success didn't happen overnight. He gained prominence only at 37, after overcoming severe criticism of his voice from his music teachers. He proved them all wrong."

"I met Charles in France, when he came to sing at the Théâtre Montpellier. And then again, I met him at Place des Arts where he sang to three sold-out audiences. I was singing there at the time, in a smaller hall – Studio Théâtre. We became friends. We did brunches with his impresario, Levon Sayan, at the Queen Elizabeth Hotel."

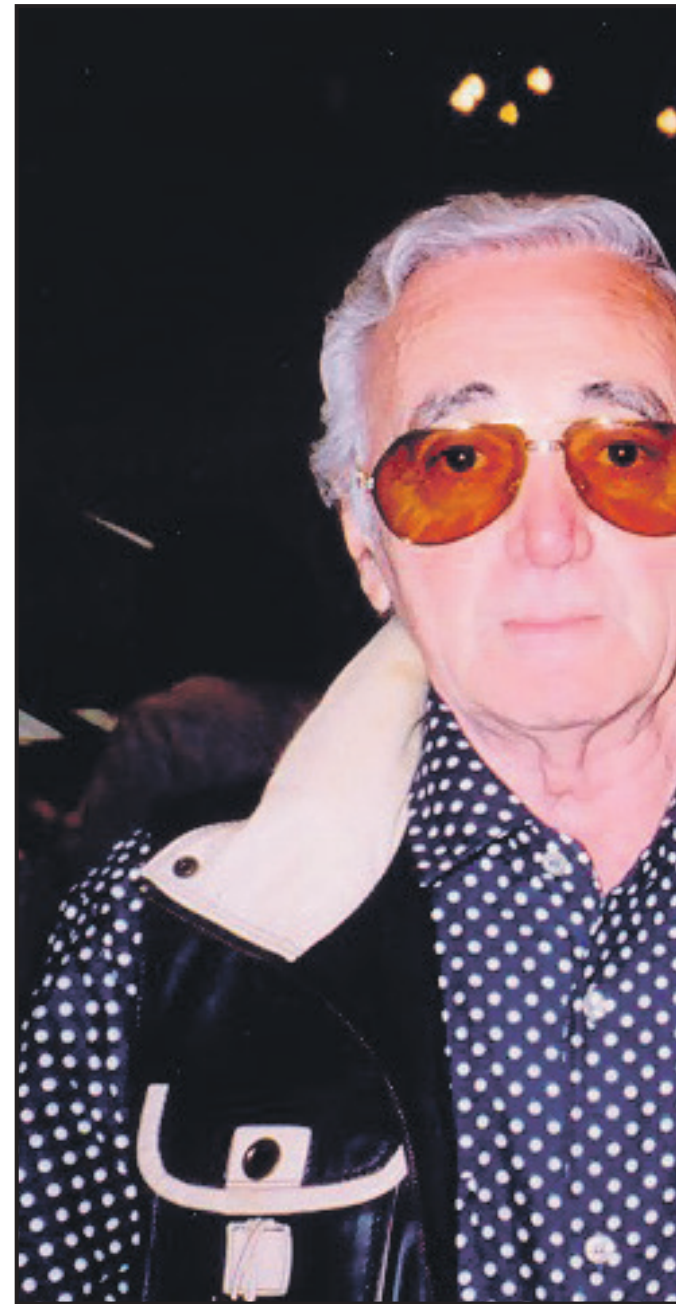
"I loved him and his work. He was a dedicated humanitarian. His son Nicola directed the Fondation Aznavour pour l'Arménie, founded in 1988 for earthquake victims in Armenia. Truly loved in Armenia, there's a museum for him there. Streets are named after him. My respect and admiration for him inspired me to write a song in his honour, telling the story of his life. He appreciated it, and let me know he loved it immensely. That meant the world to me."

Challenges of making music in Québec

How has he fared in his artistic aspirations in Québec? "It's very difficult to be in entertainment without a manager, especially being in a minority cultural group. All my support came from the Armenian community. My goal was to write in French, so I had to remain here."

"On a good note, I have performed three dozen times at Place des Arts, to full houses. My music is in French, although I also sing in Armenian. My first CD was 12 Chansons en Bilingue – no political connection. One of my songs, Mon Arménie, was put on YouTube by good-friend Lydia Nouneh who teaches English as a second or third language. She and Armand Lambert are my promoters. Lydia is responsible for everything I do on YouTube, putting my videos on it. She's been very helpful and I'm grateful. It's very difficult breaking barriers in Québec entertainment. It's hard to get into the circle, especially media. There's plenty of blockage in the ethnic area. I can't advance because of ethnicity. French TV is limited for minorities."

And what does good-friend Lydia Nouneh think of Serge Bedrossian? "I met Serge in 2005. He was my English student. The tables turned, I became his music-and-singing student. Became involved in his shows, helped post his videos on YouTube, preparing and making clips for his songs. He gets great results. People get to know him. He gets potential contracts from it. Videos and pictures make another impression. I respect him a lot; he's talented, deserves advance-



Singer Serge Bedrossian with childhood idol, the magnificent

ment. A good man, good heart, deserves encouragement as he encourages others. We're both linked to Laval, it's the best place to live. We heard of Laval before coming to Canada and this is where we'll stay. I'm Lebanese. We have a large community here as the Armenians do."

How is he coping with obstacles that must be overcome? "Successful musicians know how to generate revenue through other ways. Being successful in a business as cut-throat as music takes more than just raw talent. Dedication is key to persisting, even when things aren't looking good. Patience is needed to know it's not going to happen overnight. Most of all, you have to work hard to get what you want, especially in Québec, where you're in a minority. It's tough here."

Keeping the fires burning

Why fight odds which sometimes seem insurmountable, Bedrossian is asked: "Have you ever listened to a song and found yourself moved so deeply that you were almost in tears? Have you heard songs that inspire you? Music has the power to move us and change us. That drives me. Today's technology has made music a greater part of our lives. We listen on our way to work, at parties, while studying, when we exercise. Musicians hope their words inspire and entertain. We have to be part of that technology if we wish to succeed."

"The combination of lyrics, rhythm and instruments can build group identity, stir strong emotions. Armenians share strong feelings based on history and experience. Music is an important part of popular culture, entertains us, providing

ply that you were almost in tears? Music has the power to move us and to change us.”



Charles Aznavour in Montreal.

platforms for discussions on social issues and life-in-general. But my songs are never intended to politically motivate.

“It’s a constant struggle to survive and thrive in music. For young people who have big dreams, I advise caution, especially if you’re Armenian. Unless it’s a deep passion, it’s very difficult to make ends meet. If you make money, it’s usually not enough to survive without having backup jobs. Unless you’re well-known in your own country, music isn’t enough to live on. For me, my fans may like my songs, but to fill the halls I must sing Aznavour, but it’s ok, I love singing what he made famous, if it pleases audiences and gives financial security. To be clear, I don’t just sing Aznavour. I sing popular Adult Contemporary classics, songs that tell stories with delicious nuances of sentimentality that pleases the heart, a lot like Ginette Reno,” Serge specifies.

Talented, pragmatic, practical

Did he want his offspring to pursue music careers? “My only child, Cyntia, shares my passion and talent for singing. Twice, at 9 and 11, she shared the stage with me at Place des Arts, winning the hearts of audiences who gave her standing ovations. But that’s where her career on stage ended. She’s 25 now, graduate of law school, heading to private practice.” Although she’s highly-talented, Serge did not want Cyntia to have to rely on entertainment to make a living. “I wanted her to have a solid career and not count on performing on stage. It’s especially difficult in Québec where it’s very hard to crash walls if you come from a minority group. I’m glad

she heeded my advice.”

“As for me, I’ve had many memorable moments,” he adds. “I was only the second Armenian singer to perform at Place des Arts, after Aznavour, of course. What a thrill to have my musical idol acknowledge pleasure at songs I had written in his honour, extraordinary moments I’ll never forget.”

COVID, elections, uncertainty

Has Covid-19 wreaked havoc on his work? “2020 has been problematic. Shows are cancelled. Luckily the government has provided financial assistance for artists. That certainly helps. We must find ways out of this, be disciplined, responsible and serious. Too many people ignore the virus. The population must make efforts so that we can defeat this pandemic.

Has he considered retiring? “No, I never think of retiring, love what I do. In normal times, I could work on cruises, hotels, on stages. For me it’s my passion, no matter what. I make a living with it. I have 7 CDs, an eighth coming. Yes, I have to stay in Québec because of the language. It’s difficult. We’re a small population and there are few openings, small opportunities.”

What thinks he of recent developments in America? “I think Biden and Harris are a good humanitarian team. The people have spoken, they must be given a chance to prove themselves. It’s a good thing for Canada; there will finally be dialogue.”

It’s never enough

Let’s find out a little more about the life and times of Serge Bedrossian: Moment of perfect happiness: Birth of daughter



Bedrossian: All the world is Serge Bedrossian’s stage!

Cyntia. Memorable events: Meeting Charles Aznavour, first time taking a flight, receiving Bachelor of Science Degree. Personal fear: First time, Place des Arts, so many people so close to the stage. Favorite personality: Dale Carnegie, American psychologist. Hates: Exploitation of children, child abuse. Admired world-leader: Nicol Bashenian, President of Armenia. Dislike about self: Impatience. Dislike in others: Incompetence.

Spoiled by loving grandmother

Extravaganza: My Mercedes. Greatest journey in life: Going to Armenia first time, 2007. Dream: Touring Spain, staying at seaside. Most-loved human virtue: Kindness. Do you lie? When necessary, not to hurt anyone. Scary teachers: disrespectful, close-minded. Injustice towards me: Discrimination. Kindness affecting rest-of-life: Grandmother always had candy tucked away for me until I visited. Favourite number: 9. Hated number: 13. Using other names: Already changed, from SEROP to Serge. Favourite TV show: Don’t watch much TV. Love-at- first-sight: YES. If you had money: Visit Fiji Islands. Most difficult thing: Losing my mother. Best quality-of-friendship: Honesty.

Tolerance wanted

Favourite season: Summer. Favourite singers: Aznavour, Iglesias, Edith Piaff. Favorite period of history: Now: Best friend: Lydia Nouneh. Favourite Poem: Paul Eluard’s La Liberté. Favourite book: I read 2-3 books per week. Making eye contact: Always, mirror of the soul. Second woman Prime Minister? Why not. Foreign aid: Yes, when used correctly. From Canada, Haiti got 10 million, Armenia only \$300,000. Belief in after life: Yes, I believe in God. Favourite restaurant: Chinese. Favourite. Animal: Husky dog. Favourite. fairytale: Cinderella. What do you want to tell the public: Be tolerant!

Songs of the heart

ET VOILÀ! Merci Serge Serop Bedrossian, poet, singer, songwriter, adoring father, artist, entertainer, actor, and most of all – a man of dignity, honour, fidelity to the muses, and a symbol of the hope that rests in all of us who have a song in our hearts. Your idol, Charles, is very proud of you. You’re a credit to the belief that *a bird does not sing because it has a message, it sings because it has a song in its heart.*



Senior Wellness Center

For Laval English-speaking seniors 55+

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

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

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



**Famille
Québec**



Call us at: 450-934-1122



MATURE LIFE

Helping seniors remain in their homes

Even though they are no longer in the prime of life, your parents are refusing to move into a retirement home. Their safety is important to you and you're worried.

Fortunately, many companies specialize in home care for seniors. They provide them with support, particularly when it comes to routine daily tasks, such as cleaning and shopping at the grocery store or pharmacy.

All your parents have to do is make a list of everything they need to purchase and relay it to the appropriate person at the company. If you're worried that your parents aren't eating properly, chefs can even help them prepare their meals for the week.

Other companies offer home medical care. The most common services offered include blood samples and vaccinations, as well as taking blood pressure readings, hygiene care, and diabetes shots.

When it comes to safety, your parents can have a medical alarm system installed. This ensures that assistance will arrive quickly if they ever fall or are unable to reach the telephone to call you.

If your parents' driving is a concern, or if they no longer have a car, encourage the use of public transportation for outings. It is also possible to make use of specialized ride-sharing services offered by a non-profit organization, or call for a taxi.

Defining your parents' needs will allow you to care for them and help them to remain independent. Above all, regular visits to your parents' home are essential, and you can be sure that they'll always be appreciated.



Many companies specialize in home care for seniors.

Helpful apps for seniors with disabilities

Mobile apps aren't just for gamers, daters and Instagrammers. In fact, downloadable apps for smartphones, tablets and other devices now serve many different types of users, including those with disabilities. Here are some of the best apps out there.

For those with a hearing impairment

RogerVoice transcribes phone calls in real time, allowing you to read conversations on the screen of your phone as they're happening. There's also P3 Mobile, which allows you to make video-based calls and has features tailored to those who have difficulties hearing.

For those with a visual impairment

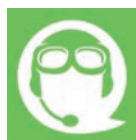
TapTapSee uses your device's speakers to verbally identify what you're pointing at with your device's camera lens. Be My Eyes serves a similar function; with this app you're connected in real time with volunteers around the world who tell you what you're pointing at.

For those who use a wheelchair

Wheelmap is a digital map (like Google

Maps) that shows users which businesses in their area are wheelchair accessible. It's a crowdsourcing platform, meaning that users themselves add information for businesses that haven't already been identified, so the map becomes more detailed every day.

All these apps are free and compatible with both iOS and Android devices.



Did you know?

Your device has built-in features oriented to those with both hearing impairments and visual impairments. On iPhones and iPads, find and activate these features by going to: Settings > General > Accessibility. On Android devices look under: Settings > Accessibility.



VIRTUAL MUSEUM TOURS

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

BRITISH MUSEUM, LONDON



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

GUGGENHEIM MUSEUM, NEW YORK



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

NATIONAL GALLERY OF ART, WASHINGTON, D.C.



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

MUSÉE D'ORSAY, PARIS



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

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

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 Giraudiere 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 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



Résidence Domaine des Forges

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

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

Résidence Les Marronniers

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

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

Boisé Notre-Dame

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

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

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 Presence 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.

Résidence L'Angélus

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

The retirement home Résidence L'Angélus of the Luma 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, ...

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.



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**

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.



Quality of Life!

Heritage Gardens is an ideal setting for your retirement



- 82 apartments of 1½, 3½ and 4½.
- 11 light-care units.
- Rooftop restaurant featuring contemporary cuisine with panoramic view.
- Cinema and exercise rooms.
- Indoor pool and spa.
- 24 h medical supervision (OIIQ and OIIAQ).
- Optimal security.
- Daily activities.



**By respecting all health rules and regulations,
we protect the health of our staff and our seniors.
We are proud of not having any COVID-19 cases
at Jardins Heritage.
Your safety is our Job #1!**



*Featuring the cuisine of
Chef Fred Toye*

Take the time and enjoy your retirement in full safety and to the fullest!

**Now offering professional home care
and nursing services. Call us!**

**www.jardinsheritage.ca
450.812.2385**

1389, Victoria avenue, Saint-Lambert, QC J4R 0A2



Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**

Info-Social 811 is a free and confidential telephone consultation service available 24/7

- **Regroupement des services d'intervention de crise du Québec**

Provides 24/7 referral services for people in distress (French): centredecrise.ca/listecentres

- **Suicide prevention crisis helpline**

Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)

For a host of other helpful resources, visit Quebec.ca/gettingbetter

Quebec.ca/Gettingbetter

 **Info-Social 811**

Québec    

Governor General marks International Space Station's first two decades

Former astronaut Julie Payette shares views on space travel with science journalist



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

If there are two people in Canada who should know a thing or two about the International Space Station (ISS), they'd have to be Governor General Julie Payette, who did two tours of duty as an astronaut from Canada aboard the spacecraft, and Canadian science journalist Bob McDonald, who has been covering the ISS since its launch at the beginning of the new millennium.

Last week, Payette hosted two virtual conversations over the internet, revolving around the theme, '20 Years of Continuous Habitation on the International Space Station,' to mark the anniversary. One was with McDonald, host of the CBC's long-running Quirks and Quarks science series, while the other was with Charles Tisseyre, the host of 'Découverte,' a televised Radio-Canada science program.

ISS's 20th anniversary

The ISS is an orbital science laboratory and the largest human-made object in space. Its construction required more than 40 assembly flights over 13 years. Measuring the length of a football field, the ISS is made up of 16 pressurized modules, with four pairs of giant solar arrays to generate on-board electricity.

The first long-duration crew arrived at the International Space Station on November 2, 2000. Since then, 240 astronauts from 19 countries have worked on the ISS, conducting construction missions, spacewalks and maintenance operations, as well as a multitude of research projects.

Informed conversation

McDonald is a seasoned journalist who is passionate about science as well as the future of human space exploration and travel. His expertise, combined with the Governor General's



Governor General Julie Payette, who did two tours of duty as an astronaut from Canada aboard the spacecraft, and Canadian science journalist Bob McDonald

first-hand experience on the ISS as an astronaut, brought a unique perspective to their conversation.

"I always make a point to say that the International Space Station could not have been built if it hadn't been for Canada," Governor General Payette said, noting the robotic Canadarm2 which was deployed on the ISS in 2001. "The Canadarm2 and the Dexterous Manipulator are still very crucial to this," she said. "It's a fitting thing that Canada decided that its contribution would be so vital, and continue that contribution."

Saw space program grow

Asked by the Governor General for his impressions of the space station, McDonald said, "For me, it's a continuation of watching the space program from the very, very beginning, because I'm old enough that I remember Sputnik, the very first satellite. The whole thing. I watched all the

moon landings, not just the first one. I knew the names of all the astronauts."

Although he never travelled into space, McDonald said he had a personal connection with the ISS. In 1995 when Canadian astronaut Chris Hadfield was training for his first space station mission, McDonald tagged along with Hadfield to the factory in Russia where modules for the ISS were being built.

Left his mark on the ISS

"So, I went over to one of them that was sitting there – it wasn't finished – they were still building it," he said. "It was just this big metal tube. They were putting in wiring and plumbing. So, I went over and I stuck my head in and I got a real sense of just how big those modules are."

"I mean they're the size of buses," he continued. "And I thought this is really neat. And then when nobody was looking, I took my thumb, I reached inside and I put my thumb on the metal. So, my

thumbprint is in space, my DNA is in space. So, I have a personal connection with the space station."

The future of space travel

McDonald and the Governor General agreed that the cost of commercial space travel is coming down, anticipating a time, possibly soon, when "space tourism" becomes a reality. "It is actually beginning to happen," said McDonald, noting that major stakeholders such as Richard Branson are investing heavily in commercial space travel, with suborbital flights by his company expected to begin before the end of this year.

While space research is sometimes criticized as wasting money which could be spent resolving problems on earth, McDonald suggested a lot has been learned from the International Space Station. "What it showed us is how to live in space," he said. "If we're going to go to Mars, we have to live in space. And the space station did that."

Union reps report inadequate measures for violence in Cité de la Santé's psychiatry wing

(TLN) Unionized staff at Laval's Cité de la Santé say the hospital's administration needs to move faster to improve security measures following a

violent incident in the psychiatry department that is not the first of its kind.

On Oct. 25, according to a representative for

nurses belonging to the Syndicat Des Infirmières Inhalothérapeutes Et Infirmiers Auxiliaires (SIIIAL-CSQ), a patient attacked another patient,

strangling him to near-asphyxiation, before three burly security guards and an orderly were able to intervene.

According to the union, this followed at least five previous attacks during a single week in the same ward by mentally ill patients, which were reported by psychiatric department workers to hospital management, with a recommendation for better safety measures to protect employees.

Last March, Quebec's workplace health and safety board identified several security failings in the ward, after which some changes were made. These included new panic buttons and special isolation rooms for deeply disturbed patients. As well, new staff was hired to respond to incidents involving violence.

Still, union officials say ongoing shortcomings include outdated security cameras and the indiscriminate placement of violently psychotic patients alongside others who are much more subdued.

Cité de la Santé isn't the only Montreal-area hospital where staff have complained about inadequately safe working conditions in psychiatric facilities.

Union officials at the Douglas Mental Health University Institute in Montreal reported in November 2019 that there had been four violent incidents over the preceding year, including an assault with a chair by a violent patient on a 63-year-old psychiatrist who was knocked out, and an assault on an orderly in his 60s in June that left the employee with serious brain damage.

The same patient was known to have assaulted a nurse a month earlier, while another patient stabbed an orderly in the neck in September the previous year.

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Suggested presentation.

Quebec allots an extra \$1.3 million to local family organizations

Part of an \$85 million sum going to 280 family groups all over the province



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

Nearly a dozen Laval-based community organizations that provide support and social services to families will be receiving more than \$1.3 million in additional subsidies from the Quebec government over the next five years, Sainte-Rose MNA Christopher Skeete announced recently on behalf of Family Minister Mathieu Lacombe.

The sum is part of an \$85 million amount being allotted to around 280 similar organizations all over Quebec during the same period. The CAQ government says it is providing the funding especially to provide better support for the developmental needs of children, who are regarded as vulnerable.

Good news for families

“The government is attentive to the needs of Quebec’s families,” said Skeete. “The announcement of this additional financing is done in this spirit. This is excellent for the families of Laval. I am pleased to know that the community organizations that are here for the parents of families in the region will have the means to intervene consistently, especially during these times which are more difficult than usual.”

“As Ministre of Families, I consider it important that these organizations should have the means to meet the needs of families, especially during these challenging times,” added Lacombe. “I would like to acknowledge the outstanding work done by the intervenors who are out in the field. You are making a difference in our children’s lives, in addition to supporting the many parents.”

ORGANIZATION	NEW FUNDING ALLOTTED (per year)
CENTRE COMMUNAUTAIRE VAL-MARTIN	\$132,502
MAISON DES ENFANTS LE DAUPHIN, DE LAVAL.....	\$130,000
MAISON DE LA FAMILLE DE LAVAL-OUEST	\$130,000
BUREAU D’AIDE ET D’ASSISTANCE FAMILIALE PLACE SAINT-MARTIN INC.	\$130,000
LA PARENTÈLE DE LAVAL INC.....	\$146,010
LE RELAIS DU QUARTIER DE SAINT-VINCENT-DE-PAUL.....	\$130,000
MAISON DE LA FAMILLE DE SAINT-FRANÇOIS	\$130,000
MAISON DE QUARTIER DE FABREVILLE INC.....	\$133,012
REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LAVAL	\$130,000
LE RELAIS FAMILIAL D’AUTEUIL	\$130,000
MAISON DE QUARTIER VIMONT	\$130,000

Preparations underway for Laval City Hall refurbishment work

Offices of the mayor and opposition relocated for next four years



(TLN) The City of Laval says that beginning on Nov. 23, the city hall offices of the mayor, the opposition, the independent councillors and the administration will be moved to 3131 Saint-Martin Blvd. West for the next four years because of a major City Hall renovation project.

According to the city, relocation of the city clerk’s office, supply and services, as well as the city council meeting chamber where the executive-committee also meets, will be relocated in 2021.


Services not impacted

The city says these temporary relocations

won’t have an impact on the services available to residents, which will continue to be coordinated through the multi-service outlet. However, since Nov. 2, residents are obliged to make an appointment online at inscriptions.laval.ca before going to the outlet.

Laval City Hall was built from 1963 to 1964, just prior to the creation of the City of Laval following the merger of a number of towns and villages on Île Jésus. The building is regarded as one of the most avant-garde examples of modern architecture in Quebec when the Quiet Revolution was bringing about sweeping changes to the province.

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DIRECT? ANSWERS

From Wayne & Tamara

A Species of Madness Got That Lovin' Feeling?

I have been married for three years and five months, and I'm afraid I'm going to push my husband away.

In the early part of our relationship, before we married, my soon-to-be husband would stare at other women. I told him how it made me feel, which is that I am not pretty. He said he would work on it.

After we married, things didn't change and we parted. Now we're back together. He doesn't stare at other women, but every now and then he glances. When I spot a pretty woman walking, I watch to see if he is going to look when she passes.

I get so angry inside. I hate the anger and jealousy I feel. I can't go anywhere with him without worrying if there will be someone he's looking at.

There is another issue. If we go somewhere and I am getting ready, I feel he has to tell me I look pretty, and if he doesn't, I get angry.

Help me understand what's going on and help me stop. I make him feel uncomfortable if we go anywhere together.

Valentina

Valentina, he had a wandering eye before you married, and you could have stopped it then.

After you married, nothing changed. Now look what this has made of you: an emotional wreck, perpetually scouting the horizon for his ogling material.

Perhaps you may not have had the most robust self-esteem in the beginning, but this has destroyed the last vestiges of your self-regard.

Once upon a time marriage was more important to you than his ogling. What excuse did you use to go forward? That's the most important question to answer. But see the letter and answer below.

Wayne & Tamara

My girlfriend and I have been dating for a little over a year. We are both 24. We have what I would call a healthy relationship. Yeah, we'll get snippy at each other, but we're good at resolving problems.

Here's the situation. We go to the gym to work out together, which is cool. Recently I've noticed her staring at other guys. I mean not just taking a quick glance or anything, but actually watching them as they walk by her.

She'll turn her head completely around as they stroll by. When I say something like "Having fun?" she'll totally deny looking, even though I was sitting right there watching her stare.

Now, hey, I'm not a perfect angel at the gym either. I'll glance at women walking by, but I don't go into full drooling mode either. Am I crazy for letting this bother me so much? Or should I let my girlfriend know she needs to tone it down?

Justin

Justin, it may be hard to accept, but she is still looking. With all she knows about you, her head is being turned by men she has no clue about.

The connection you feel for her is stronger than the connection she feels for you. Once the person you are with makes you feel they would rather be with someone else, you can be sure you are with the wrong one.

The men in the gym are not men in a magazine or on a TV screen. They are real people she could become involved with. Yet she acts like a starving woman in a bakery. If she felt nourished, she wouldn't act famished.

People are free to use their eyeballs as they wish, as long as it is legal.

But a classic song says, "I don't know if we're in a garden or on a crowded avenue, dear / I only have eyes for you." The essence of love is being with the person who makes you feel that way. While your partner and Valentina's partner are free to do as they wish, they are not free to make you accept it.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of YOUR OTHER HALF (www.yourotherhalf.com) • Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@WayneAndTamara.com

City receives award for innovation in processing citizen requests

Residents can now follow the online progress of requests to the city

(TLN) Officials with the City of Laval were recognized by their peers last week with an award recognizing efforts made by Laval to upgrade its systems for dealing with requests made by citizens. The Prix Excellence 2020 for municipalities with 50,000 or more residents was awarded by the Réseau de l'informatique municipale du Québec (RIMQ).

Innovation recognized

According to a press release from the city, the award recognized a significant program of changes Laval made to its inter-office systems in order to improve the priority of requests made by residents. The lessons learned from the project will now be shared with other municipalities across Quebec. "We thank the RIMQ for this award," said Laval city councillor for Laval-Les Îles Nicholas Borne, adding that the city's management team managed to fundamentally alter its approach for dealing with citizen requests. According to the city, the Citizen Requests project was launched four years ago with public consultations as well as marketing research. Apart from the involvement of Laval residents whose input was used, 700 municipal employees also took part, says the city.

Uses AI and algorithms

With the new system, Laval residents now have a web portal with cloud support on which they can follow the progress of requests they make to the city. Artificial intelligence and algorithms are also used to track and transcribe interactions between residents and employees.



Photo: Marc Campeau, director of Laval's Innovation and Technologies Service, with the Prix Excellence – Défi municipal 2020. Photo credit Annie Poirier

The city says the lessons learned from creating the new system will now be shared with other municipalities. As such, on Nov. 19 officials from the city will be taking part in a web conference sponsored by Microsoft and Gestisoft, who assisted the city with the project, where information and data from the project will be shared with other municipalities.

REM stations delayed until 2024

◀ Continued from page 7

southern section of the tunnel. Therefore, the REM segment between Central Station and Du Ruisseau Station will only be opened in the fall of 2023, rather than spring 2022.

The company says the delayed work at the Mount Royal Tunnel will also affect opening

the West Island, Deux-Montagnes and airport branches, since the tunnel lies in the central segment. The completed REM segment up to Deux-Montagnes, which includes REM stations in Sainte-Dorothée and on Île Bigras, will thus only be put into service in the fall of 2024, rather than at the end of 2023 as previously planned.

Laval and Deux-Montagnes work completed and in progress in 2020:

- Laval: construction of two railway bridges crossing Rivière-des-Prairies
- Laval: road redevelopment in the Sainte-Dorothée sector to eliminate existing grade crossings
- Laval/Deux-Montagnes: relocation of public utilities and work zone preparation
- Laval/Deux-Montagnes: Implementation of interim measures in preparation for suspension of service

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By Martin C. Barry
and Renata Isopo

Laval Police bust stunt drivers in Laval and Montreal region

The Laval Police handed out dozens of tickets on the night of Saturday Nov. 7 after hundreds of drivers, many in souped-up cars, showed up like a “flash mob” in the parking lot outside the Wal-Mart at the Smart Centre on Autoroute 13 for an impromptu rally organized through social media.

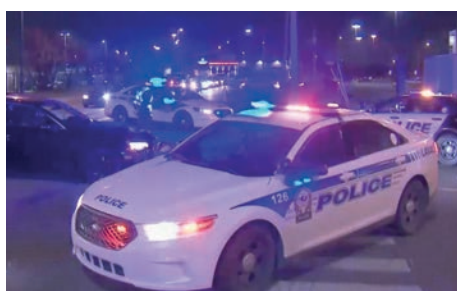
According to one report, as many as a thousand drivers answered the call around 8 pm, and revved their engines, performed risky stunts and even set off fireworks, before the arrival of up to 50 LPD officers who created a roadblock to stop them from leaving.

At the Carrefour Laval on Halloween night (Oct. 31), an especially noisy gathering of race-style cars saw at least two vehicles collide following failed maneuvers, following which one caught fire and burned.

The tickets were for a range of offenses that included breaking COVID-19 rules, since Laval is currently subject to the conditions in a maximum restriction Red Zone (such as the size of gatherings).

Tickets were also given out to drivers with cars that had undergone illegal modifications, as well as to some who performed stunts judged by the police to be “dangerous driving.”

A lot of this activity is recorded by participants and then posted on social media. This all takes



place in defiance of COVID-19 distancing regulations currently in force in many areas of the province.

A week after these incidents, last Saturday night Quebec provincial police were cracking down on drivers gathering in other areas of the Montreal region, where the police reportedly issued more than 150 tickets.

An SQ operation targeted car rallies on roads and parking lots last Friday night, according to police. More than 200 drivers were stopped during the intervention. A total of 158 tickets were given out, including five for excessive speeding.

The operation was a concerted effort of several police forces, including those from Montreal, Laval, Mascouche and Saint-Jérôme, the SQ said. The provincial police say they will continue to keep a close eye on car gatherings in the coming weeks.

Give plasma for Samy!

The Laval Police Department is inviting all Laval residents and others from around the Montreal region to take part in an important plasma donation drive that will be taking place from **November 9 to December 5 at the Centre Globule on Le Corbusier Blvd. at the Centre Laval mall.**

Initiated by colleagues of LPD sergeant-detective Aziz El-Fara, the purpose of the drive is to come to the help of El-Fara's son, Samy, who is not quite 17 months old, and is the only child in Quebec suffering from a condition known as Roifman Syndrome. This rare congenital disorder is characterized by immune deficiency, abnormal growth and formation of bones and joints, vision problems and cognitive delay.

“Samy has to undergo a transfusion of immunoglobulin each week,” says sergeant-detective Sara-Imane Chemloul, a member of the committee that organized the drive. “His life depends on it. Taking an hour to make a donation of blood or plasma can make all the difference for Samy or anyone else who needs plasma or blood products. We are hoping to bring out the most donors possible, because even during a pandemic the needs are important in order to ensure an adequate supply for hospitals all over Quebec. Every donation counts. On behalf of Samy, we say thanks.”

To become a donor, a reservation must be made at jedonne.hema-quebec.qc.ca (for plasma donations only), or by telephone by calling **1 888 666-4362**. Donors wishing to make a blood donation are also welcome. A plasma donation can be made every six days, while a blood donation can only be made every 28 days by men and 56 days by women.



RCMP ordered to more than \$700,000 to Laval family in ‘human trafficking’ case



Following years of litigation, Canada's national police force, the RCMP, was ordered by an appeals court last week to pay more than \$700,000 to a Laval family, who according to the judgment, were unfairly charged in 2006 with “human trafficking.”

The ruling also found the RCMP botched the investigation into their case and presented false information in order to cover mistakes.

Nichan Manoukian and his wife Manoudshag Saryboyajian, whose story was covered by the Laval News in early 2018, had originally been charged by the RCMP in a case involving one of the first applications of new federal anti-slavery and human trafficking legislation.

They had previously won judgements against the RCMP amounting to hundreds of thousands of dollars, but the federal police force continued to contest the verdicts in appeals court. Although the accusations were judged to be baseless and were dropped within six months, the ordeal had important repercussions on the health and reputation of the entire family.

Following their arrest, Manoukian and Saryboyajian were taken to the RCMP's Quebec headquarters in Montreal where they were

fingerprinted and photographed. The family, which includes the two parents as well as four children, decided to launch a civil lawsuit against the RCMP, as well as against the crown prosecutor, police and other officials who were involved.

The case centered around “Sunny,” a domestic worker of Ethiopian origin who had been working for Saryboyajian and Manoukian in Lebanon since 1998. She was being paid a monthly salary by the family at that time. When the family decided to immigrate to Canada in 2004, their domestic employee, who had been hired through an employment agency in Lebanon, followed them to Canada.

Possibly in a hurry to publicize the RCMP's first prosecuted case involving what was then a new federal anti-human trafficking law, it would appear the force proceeded without first checking all the circumstances.

According to an earlier judgment rendered by Quebec Superior Court, statements made by the RCMP during a high-profile press conference announcing the charges weren't consistent with reality and left out important information.

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Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés du 1er au 28 octobre inclusivement.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed from October 1st to October 28th inclusively.

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

The Cinémas Guzzo Team

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COVID-19 is impacting mental health of entrepreneurs...

◀ Continued from page 3

ease discussing it, and know where to turn for help," she said.

BDC says there are many concerns keeping entrepreneurs awake at night. But according to their report, the biggest preoccupations are being able to generate enough revenue to make a profit (43 per cent) and covering expenses (40 per cent).

To help provide support to entrepreneurs, BDC says it asked experts, including one from the Douglas Mental Health University Institute in Montreal, to review the survey findings.

Prioritizing mental health

Dr. Joaquin Poundja, a psychologist at the Douglas Institute, believes entrepreneurs must brace themselves for longer-term disruptions due to COVID-19, and they must prioritize their mental health in order to lead their businesses through this new reality.

"The fact that two-thirds of respondents feel tired, low or have little energy is worrisome and should be addressed," he said.

"On one hand, it is important to keep in mind that being more anxious at times or having mild

"BDC says there are many concerns keeping entrepreneurs awake at night"

ups and downs is a normal reaction during a pandemic, but it can be more problematic when we become self-critical or judgmental. Finding coping strategies and watching for warning signs of a bigger problem are important."

Watch for warnings

Poundja also encourages business owners to watch for warning signs that could indicate more serious mental health issues.

These might include changes in normal behavioural patterns like eating or sleeping more or less than usual; increased alcohol or drug consumption; withdrawal from relationships and reduced sociability; difficulties in daily functioning at work, at home or in relationships; and rumination about how things could go wrong that start to affect one's capacity to work.

Insurance costs rising *One in ten Small Business can no longer find an insurance provider, says national lobby group*

(TLN) More than half of small businesses have seen their insurance premiums increase over the past 12 months, with one in six reporting an increase of 25 per cent or more, according to some of the latest survey results issued by the Canadian Federation of Independent Business (CFIB).

With those figures in mind, the CFIB is calling on the insurance industry and provincial governments to ensure small businesses have access to affordable insurance coverage.

"Businesses can't legally operate without insurance, but many have been priced out or are unable to find an insurer willing to cover them," says Corinne Pohlmann, Senior Vice-President of National Affairs at the CFIB.

Insurance situation dire

"It would be in everyone's interest – business owners and insurance providers – to maintain those relationships and work together rather than shutting out a large sector of the economy from this essential service," adds Pohlmann. "We are pleased that the industry has tried to step up to find solutions but the situation remains dire for too many small businesses."

According to Pohlmann, Canadian businesses in the hospitality (25 per cent), transportation (23 per cent) and agriculture (22 per cent) sectors were more likely to report a premium hike of 25 per cent or more in the past year.

Insurers reluctant to cover

In addition, nearly a tenth (9 per cent) of all

businesses in Canada say they were not able to find an insurer willing to offer coverage for their business needs in the past 12 months, but that number rises to 14 per cent of hospitality businesses and 12 per cent of those in transportation.

The CFIB says the pandemic has exacerbated small businesses' insurance needs: 40 per cent say COVID-19 has increased their risk of general liability. The federation says it has kept governments and the insurance industry informed about the needs of small businesses and presented its latest survey findings recently to the Insurance Bureau of Canada's National Commercial Insurance Task Force.

Liability immunity

To move forward, the CFIB is recommending to provincial governments across Canada that they provide liability immunity during the pandemic to all businesses performing services in accordance with applicable public health guidelines while acting in good faith. To the insurance industry, the CFIB suggests adopting a moratorium on cost increases and policy cancellations during the pandemic.

"The insurance industry is willing to listen to small business owners' concerns and are trying to provide solutions with some providers proactively offering relief measures to their clients," added Pohlmann. "I encourage businesses to call their insurance broker and see if there is anything available for them. At the same time, CFIB will continue working to ensure fairness for those still struggling to access coverage."

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Reading Mr. Moutheros' letter to the editor sparked the realization of what the true motives seemed to be for a half-planned bush-planting ceremony that used my father's death as grounds to gain some kind of political advantage in the next set of elections. Disingenuous is the kindest of words that come to mind.

But more damning is the fact the statements made by Paolo Galati at the ceremony, regarding his admiration and respect for, and close friendship with, my father are patently false. From the truth of what I and others know only too well, they were empty words, coming from someone who totally disregarded, ignored, and disrespected Steve Bletas, the founder and longest-serving chairman of the Sir Wilfrid Laurier School Board, a board Mr. Galati now chairs.

After my father took his leave after 2015, the school board, in both administrators and commissioners, showed no appreciation for the sacrifices he made in his 15 years at the helm, and for his 8 years of dedicated service as the major force behind the Laurier Foundation, the public-private initiative he founded in 2004, and which under his leadership raised close to \$900,000 in support of schools and students of the school board.

Mr. Galati sat on council at the board and at the Foundation for nearly five years before my father's death. For nearly two of those years he sat in the Chair of the Board following the departure of Jennifer Maccarone. In those years, Mr. Galati did nothing to make my father feel welcome, either at the school board or at the Foundation. By the way, neither did Ms. Maccarone. Shame on both of them and others who ignored this servant of the people.

Can you imagine? Steve Bletas, who devoted the best years of his life to fulfilling the needs of the most important members of society - the children - was deemed to be undeserving of any recognition, invited to no events conducted by the school board, and told that if he wanted to attend a Foundation fund-raiser he should buy a ticket.

If Steve Bletas was still alive today I would have pressured him into running for office again to try and bring back honour, respect, and responsibility to the governing boards of education, and set the right examples for the future and respect the past that laid the bricks for the present.

As for these subtle gestural insults surrounding a tree-planting that were either intentionally directed towards Steve Bletas or for the lack of a better term, unintentionally allowed to happen, Steve would have taken the high road. As famously said long ago "when they go low, you go high".

But I, as his son, cannot let my father's worth, dignity, and deserved recognition be misrepresented by people who ought to know better. The planting of a tree, as symbolic as it might be, was simply too little, too flimsy, too late.

But rest assured that in death and in memory, Steve Bletas, has an army of people that will defend his honour, his success, his accomplishments, and the ideals he held for the future of public education and the success of the English school boards.

And above all, although his record speaks for itself, he was a man of honour who wanted the best for parents, teachers, principals, staff, administrators, and students of the Sir Wilfrid Laurier School Board family. For this, he was not only admired, he was, and still is, in fact, loved.

When all is said and done, we as a people must learn to squeeze the sly and destructive politics from the boards that are running schools our children grow up in. Ask the right questions, pressure elected officials and commissioners to give you the answers you seek and bring back the honor and relevance of the school boards for our future.

As a closing note, it's not enough for representatives to shine in the limelight and pretend to "dance between the raindrops" and look good in front of the cameras, it is their job to be the "rain" and cause a storm in status quo of politics and that has to start at the foundation of our school boards.

Michael Stephen Bletas

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Celebrations



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In Memoriam & Obituaries

ROUSSEAU, Gilbert 1949 - 2020



On November 10, 2020, at the age of 71, Mr. Gilbert Rousseau passed away peacefully, surrounded by his family. Spouse of Sonia Quéry, he is also survived by his four children Julie (Jonathan), Ian (Vanessa), Annie-Claire (David) and Gabrielle, his grandchildren Maxime, Raphaël, Emma, Louis Gilbert and Émile, as well as several relatives and friends.

VILLENEUVE, Ghislaine 1944 - 2020



In Laval, on November 9, 2020, at the age of 76, passed away Mrs. Ghislaine Villeneuve, wife of the late Gilles Lamontagne. She is survived by her children Marie-Josée (Louis-Patrick) and Dany (Amélie), her grandchildren Simon, Chloé, Vincent, Alexandre and Elisabeth, her great friend Lyse as well as several other relatives and friends.

LAROCHELLE, Florent 1930 - 2020



In Laval, on November 7, 2020, at the age of 89 years and 11 months, passed away Mr. Florent Larochelle, husband of the late Ms. Charlotte Gignac, son of the late Mr. Roméo Larochelle and of the late Ms. Rose-Aimée Julien. Besides his late wife, Mr. Larochelle is survived by his daughter Lucie (Jean-François Vaillant) and his grandson Jean-Simon (Carmen Valverde).

LÉGARÉ BROUSSEAU, Réjeanne 1924 - 2020



In Laval, passed away on November 8, 2020, at the age of 96, Mrs. Réjeanne Légaré, wife of the late Dominique Brousseau. She will be sadly missed by her children Angèle (late Fernand), Michel, Micheline (André), Nicole (Daniel), Gisèle (Alain), her grandchildren Benoit, Martin, Francis, Éric, David, her five great-grandsons, children as well as many relatives and friends.

ADAMS, Raymond 1936 - 2020



In Laval, on Monday, November 9, 2020 passed away, at the age of 84, RAYMOND ADAMS beloved husband of Alina Kelly. Besides his wife he will be sadly missed by his children Ricky (France Allard), Brenda (Étienne O'Connor), Kevin (Chantal Castellon) and Ronny (Guylaine Dominique) as well as many other relatives and friends in Gaspésie and elsewhere.

DIONNE, Anne-Marie 1919 - 2020



Saturday November 7th, 2020, I took the longest and longest trip of my life. I left my daughters (Doris and Lyne) my grandchildren (Anick, Karine, Alexandre and Nicolas) my great grandchildren (Mathieu, Cassandra, Marcel, Oakland, Brooklyn, Finnegan, Elijah and Henry), my beautiful -sisters and my brothers-in-law, my nieces and my nephews as well as members of my family and my friends.

UNITED - THROUGH DISTANCE -



ACCESSIBLE

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

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

SERVICES

- 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 **NOVEMBER 22 TO 28, 2020**

The luckiest signs this week:
TAURUS, GEMINI AND CANCER



ARIES

You have an abundance of energy that you must learn to channel productively. You need an opportunity to let loose this week. Be sure to get some exercise or you'll risk feeling depressed.



TAURUS

With so many ideas and worries running through your mind, you'll have trouble sleeping this week. You'll be tempted to start a new career, and you'll be given opportunities to do so.



GEMINI

You'll find yourself in the middle of a large crowd or the participant at a massive event. While this might be financially and professionally beneficial, these people will demand a lot of attention and you'll be exhausted by the end.



CANCER

At this time of year, many companies are making big changes. Despite your concerns, you'll benefit from these adjustments. While some of your coworkers will be fi-red, you'll be given more authority.



LEO

You'll be tempted to embark on a spontaneous trip. You might also need to take care of urgent matters at home. You'll have to spend a considerable amount of money.



VIRGO

You'll be faced with a dilemma, and your plans will change several times. It's essential that you patiently wait for things to settle down so that you can make an informed decision.



LIBRA

It's difficult to balance your personal and professional life. You'll need to make a few changes at home in order to be successful. For the sake of your health, you need to get more sleep. Other-wise, you risk weakening your im-mune system.



SCORPIO

You'll find the drive to start or grow your own business. You'll establish new professional goals that allow you to showcase your talents. You'll also meet good people who could become collaborators.



SAGITTARIUS

You'll stand out from the crowd, and immense success will follow. You'll be praised for your hard work, and you'll likely receive some sort of award or recognition.



CAPRICORN

It's time to declutter your home. As you clean up your surroundings, you'll also clear your mind of lingering confusion. You'll need to speak up if you want to maintain control over certain situations.



AQUARIUS

You might receive a lot of criticism or have to deal with people who are intentionally vague. This can be very frustrating, but with patience and diplomacy you'll be able to get through it and be successful.



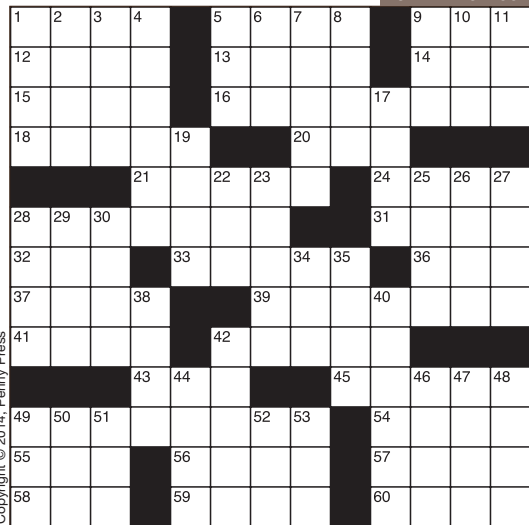
PISCES

You'll be given a large sum of money, perhaps from an insurance claim or as part of an inheritance. You'll need to be tactful and diplomatic in a situation where both sides have little patience.

Coffee Break

CROSSWORDS

PUZZLE NO. 1007



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ACROSS

1. Mispronounce
5. Military installation
9. As well
12. In the past
13. Verbal
14. Wise bird
15. Leading actor
16. Hated
18. Remedy
20. Mouse chaser
21. Cut
24. Refs' kin
28. Insect home
31. citizenship
32. "Whom the Bell Tolls"
33. Exercised
36. "A Tale of _____ Cities"
37. Powerful particle
39. Clear to see
41. Perform again

42. Heroic
43. Rowboat need
45. Moray fisherman
54. Long skirt
55. Greedy person
56. Do a fall chore
57. Sermon topic
58. Mama sheep
59. Rind
60. Go out with

8. Not guilty, e.g.
9. Small child
10. Be obliged to pay
11. "The _____ Curiosity Shop"
17. Nailhead
19. Trim
22. Entirely
23. Trickier
25. Speechless
26. Chess piece
27. Bank opening
28. Off at a distance
29. Observe
30. Trampled
34. Ms. Peron
35. Go off the high board
38. Attitude
40. Considered
42. Hiatus

44. Put on _____ (act snobbishly)
46. Volcano's output
47. Door sign
48. Agitate
49. This girl
50. In what way
51. Mature, as wine
52. Jump or lift
53. Toe count

DOWN

1. Didn't win
2. Involved with
3. Look over quickly
4. _____ the thought
5. Atlantic food fish
6. Exist
7. Equal

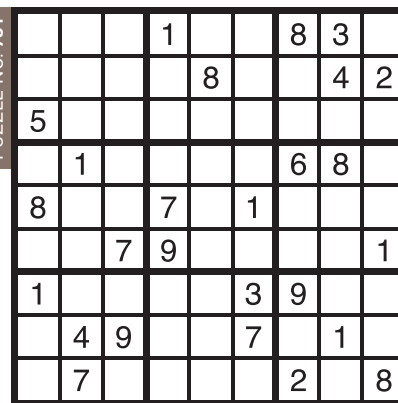
Sudoku

HOW TO PLAY:

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

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

PUZZLE NO. 731

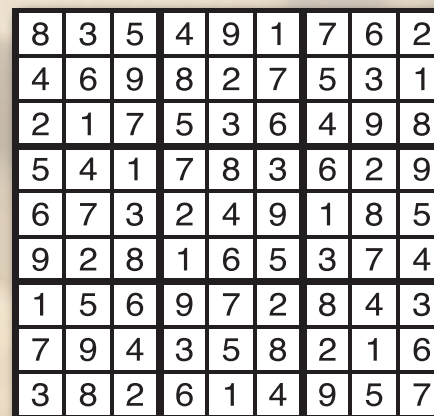


Last Issues' Answers

CROSSWORDS



Sudoku



BARBIES
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Suggested presentation.



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This week's basket:

- Asparagus
- Grapes
- Raspberries
- Melon
- Squash
- Brussel sprouts
- Avocados
- Kiwis
- Celeri root
- Pears
- Parsley
- Apples
- Lettuce or Cabbage
- Lemons
- Bananas
- Cucumber
- Green onions

Our weekly
customers
save
\$1,200
up to
per year

Ordering is as easy as 1,2,3

- 1 Place your orders online or by phone before 9pm on Thursday.
- 2 or place your order on Facebook (\$5. for delivery) 
- 3 Pick up your baskets on Friday or Saturday

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