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Marc Demers
nominates
Stéphane Boyer
as interim mayor

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LOCKDOWN WITH CURFEW

FROM 20:00 TO 5:00
JAN. 9 - FEB. 8

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MNA's
Guy Ouellette
and
Christopher Skeete
give generous
contribution
to Agape

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YEAR IN REVIEW 2020

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Quebec now under 30-day COVID curfew

Police can issue tickets from \$1,000 - \$6,000, says Public Security Minister



MARTIN C. BARRY
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Police in Montreal and Laval say they are ready to enforce new regulations imposed by the province for the duration of the 30-day COVID-19 curfew which started last Saturday night.

In Montreal, police officials said they will be using a preventive and adapted approach to deal with those considered more vulnerable – including the homeless.

Curfew in force

In Laval, the SPL issued a statement on their Twitter feed last weekend, advising the public of the coming into force of the curfew and the penalties to be imposed on those who don't respect it.

Quebec's COVID-19 curfew won't change things much for people already respecting public health guidelines, but should be a deterrent to those who aren't, Public Security Minister Geneviève Guilbault said during a webcast news conference last week announcing the curfew.

Guilbault said she was counting on police officers across the province to "act diligently" and use their judgment in enforcing the measures. She said the government's goal isn't to make

people's lives more difficult, but instead to reign in the minority of Quebecers who are not yet following the rules.

Necessary measures

The curfew is in effect between 8 pm and 5 am daily until Feb. 8. Among other things, Guilbault said people with front or rear yards will be allowed to go outside on their property after 8 p.m. Dog owners are also allowed to walk the family pet after curfew, as long as it is within a one-kilometre radius of home.

Those who are out past curfew for work reasons need to have proof from their employer, and it could be in the form of a signed letter. People will also be allowed to be out for charitable or humanitarian reasons as well as emergencies.

What are the exceptions?

Examples of exceptions given by Guilbault included a person going to the pharmacy for medication, someone going to the hospital, or a parent driving a teenager to a place of employment. Guilbault said it will be up to the police to decide how to best enforce the curfew and where to deploy resources when deemed necessary.

Continued compliance

According to the provincial government, police officers will continue to ensure compli-

ance with health measures and can intervene when individuals are outside their homes during curfew hours.

Offenders are liable to fines ranging from \$1,000 to \$6,000 if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

To enable individuals who are travelling during the curfew because of their work to readily demonstrate that such travel is legitimate, employers are asked to complete the form "Attestation de l'employeur – Déplacement durant le couvre-feu décrété par le gouvernement du Québec," available on the Québec.ca website.

Here is a list of allowed exceptions:

- A person whose presence is required at the person's place of work or who is transporting goods needed for the ongoing activities of the person's enterprise;
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygienic or sanitary products;
- A person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office;
- A person who must visit a sick or injured parent;
- A student who must participate in a face-to-face evening class or go to a laboratory in a recognized school;
- A parent who must accompany his or her children to the home of the other parent who has custody of them;
- A person who is going to take an inter-regional or inter-provincial bus, a train or a plane for final travel to the person's destination;
- A person who must go out so that his dog can do its business, within a radius of no more than one kilometre from the person's place of residence or temporary residence;
- A person who must travel in order to comply with a court judgment, to respond to a summons to appear before a court, or to exercise custody or access rights as a parent;
- A person who must accompany to a medical appointment another person who is unable to drive;
- A parent who must accompany a sick child to the hospital;
- A person travelling to give blood under the supervision of Héma-Québec;
- A parent who must accompany an adolescent to his or her work.

With Marc Demers sidelined, will Stéphane Boyer run for mayor?



MARTIN C. BARRY
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For The Laval News
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With municipal elections set to take place in Laval in less than ten months, speculation is starting to swirl over who will be running for mayor if it isn't Marc Demers.

In a statement issued last week, Demers said he is temporarily putting aside some of his usual duties so that he can spend more time caring for his wife.

"For my part, my wife will have to undergo an important surgery shortly," Demers said in a message posted recently on social media.

Demers sidelined for now

"In such circumstances, I'm convinced you'll understand that I lighten my schedule to take care of the one I've been sharing my life with for nearly 50 years – and that has allowed me to have three beautiful kids!" added Demers.

Maintaining that he will continue to fulfill essential responsibilities, Demers said he asked Laval executive-committee vice-president Stéphane Boyer to take over some tasks as alternate mayor.

"I know you will be in excellent hands with Stéphane and our experienced team which has been running the city for seven years now," said Demers.

Back in a few weeks

Last week, a spokesperson for Demers' office was unable to confirm to the *Laval News* whether the mayor would be taking part in Laval city council's scheduled monthly webcasts in the immediate coming months. He is expected to resume normal activities in a few weeks, according to the Montreal daily *La Presse*.

Since the defection to the opposition benches in 2018 of former Laval executive-committee vice-president David De Cotis, Stéphane Boyer has been the second in command at Laval city hall after the mayor. At the same time, he's also been perceived as the most likely member of Laval city council to replace Mayor Marc Demers should the latter ever step aside.

Mayor's health issues

Apart from his current preoccupations over his wife's health, Demers has also had health problems. He announced in April 2018 that he had been diagnosed with cancer of the prostate, although Demers underwent therapy and it has been in remission since then.

However, Demers said in an interview last November with *La Presse* that he wasn't certain whether he'd be a candidate for mayor in next November's elections and that he'd be announcing his decision in early 2021.

"Mr. Boyer shows signs of a pragmatism and of a sense of listening that allow him to mobilize

people and to advance his dossiers so that the projects he leads can be fulfilled," Mayor Demers said about Stéphane Boyer in a statement issued by the city in 2016 when Boyer was named Person of the Year by the Union of Quebec Municipalities (UMQ).

Mayor's endorsement

"Buoyed by an entrepreneurial spirit which he has developed, strengthened with enriched international experience, and animated by environmental and social equity values, Stéphane Boyer represents the best that his generation has to offer to society," Demers added.

Stéphane Boyer was part of the first wave of success by the Mouvement lavallois, having been one of the many ML councillors elected in the party's sweep of council seats in 2013 when the ML was first elected, replacing the Parti PRO des Lavallois.

Apart from serving on the executive-committee, he has also been president of the Montreal Metropolitan Community's environment committee. As well, he led a major public consultation on the controversial Énergie Est project, and he sat on the board of the Agence métropolitaine de transport, the forerunner to the Réseau de transport métropolitain.

Boyer's background

According to the city, Boyer also played a lead-



ing role in the preparation of Laval's current plan to create new social housing, and he has overseen the implementation of measures to improve areas of the district of Pont-Viau in and around the des Laurentides Blvd. commercial and retail sector.

Boyer, in his early 30s, has a background in professional business administration and project management. A graduate of a political communications program at UQAM, he has also done studies in finance. In addition, he has taken part in international student exchange programs, including a stint with a United Nations delegation dealing with crime and drug trafficking in Mexico.

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



There is Hope in these bad times.

Well now. That is some beginning to 2021. Unprecedented curfew in Quebec, never before seen violent attempted insurrection at the White House, Covid-19 reaching record levels of infection and showing no sign of slowing down, in fact the virus is mutating, snail pace inoculation with what few vaccines Canada has obtained. The entitled travelling politicians and bureaucrats, who were caught. There are more headlines during these first few days of the year, but enough negativity for now.

And here I was expecting, at least hoping, really hoping to begin the New Year with the Laval News on a high note. You know, a positive commentary. It's tough. Nearly impossible.

They say to remain positive amidst the bombardment of negative news is to watch less of it. But with less screen time news, a phone call or informal chat with a family member or friend will almost always bring up current events. Someone else will undoubtedly inform you, so you're going to find out anyway. And besides, we all want to stay current, especially these days.

Another suggestion is to watch positive news. Where is there positive news? Each medium has a news template that includes stories on chaos, politics, court cases, and often a "live" unfolding shoot out. However, often a more hopeful story ends the news, like a little girl who donates her five-dollar birthday gift to a homeless man, or a human who saves a helpless deer that crashed through thin ice.

Volunteering for an organization that's close to your heart can help a lot.

And there's talk about exercise. Not going to a gym, but just walking regularly (before 8p.m, unless you walk the dog) helps to balance negativity.

Understanding 'duality' meaning accepting that there has to be some negative events for us to appreciate the ones that are positive in our lives - another example of how to find positive energy in your life.

For example, the Prime Minister seems to score political points just by saying, more or less, what we are already thinking. He said, "Canadians are deeply disturbed by violence in Washington." No kidding. We are sad, shocked and angry. The vaccine roll-out has been disgustingly slow. The Prime Minister says, "I share your frustration" with the pace of inoculation. Maybe if his government had ordered sooner, we wouldn't be receiving merely a few hundred thousand at a time, for a nation of 38 million. The positive side is the fact this is

Canada, a huge country dealing with a vaccine that has to be kept ridiculously cold. Working out the logistics or distribution just takes time. The pace will accelerate. Positive.

Remember back when we were hoping for a Canadian vaccine from Halifax's Dalhousie University? They were doing research with China's Sinovac. Had it come to be, not that many of us would have lined up for a China related vaccine anyway. As you know, China, world bullies that they are, pulled out of the Canadian alliance and went on their own. Turns out their vaccine is said to be no more than "78% effective". I'm glad events unfolded as they did. That's positive.

The assault on democracy by domestic terrorists almost led to the destruction of the electoral ballots in Washington. Imagine if that would have happened. Those yahoos would have burned them in public view. But according to some Twitter chatter, the young Senate staff rushed the valises out, full of votes from the 50 states, before the thugs crashed Congress. That's positive.


Our Health Minister Anna Hajdu approved two million faulty Covid test kits for 150 million dollars. Fortunately, someone decided to test them after the first five thousand arrived. I suppose that's positive. I'm trying very hard here. This company Spartan Bioscience was praised by Trudeau and received a near 300-thousand-dollar grant from the National Research Council. Sorry, that's one where I can't find the positive side.

Our public affairs minister Bill Blair had to make an about turn after Doug Ford told him 63 thousand people were pouring into Pearson airport every week, unchecked. Canada's Border Services estimates seven to ten thousand per day fly into Canada, on the honour system to quarantine. Many do not. Finally, a pre-boarding testing policy was quickly put together by Ottawa effective Jan 7th. The airlines wanted it six months ago. But it's now in effect. That's positive.

What about these entitled politicians flying off to the sun while their constituents are told to not even see family? Fired, resigned, demoted. They won't do it again. Positive.

I know you've heard this before but it's worth repeating. We can't control events around us, but we can control how we react to them. Stay safe.

That's what I'm thinking.
Robert Vairo



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Ottawa counting on women for COVID-19 economic recovery

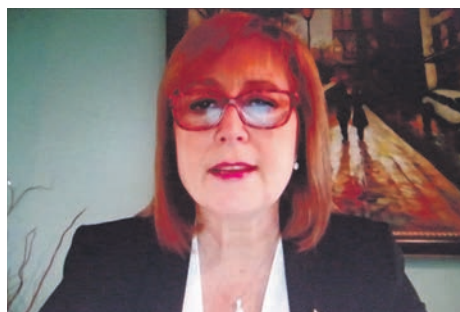
Vimy MP Koutrakis joins Small Business Minister Mary Ng for online discussion



MARTIN C. BARRY
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What role will women entrepreneurs be playing in the revival of the Canadian economy when the COVID-19 pandemic is finally over? That was the big question raised during a webcast discussion last month between federal Minister for Small Business Mary Ng, Vimy MP Annie Koutrakis and a dozen women entrepreneurs from Laval and other cities, on advancing women's economic empowerment amid the COVID-19 pandemic.

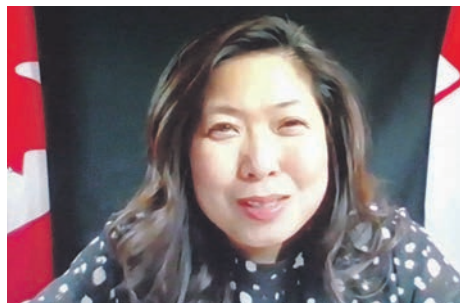
Women impacted



"We are all aware of the disproportional impact that the pandemic has had on women across the country," said Vimy MP Annie Koutrakis.

"We are all aware of the disproportional impact that the pandemic has had on women across the country," said Koutrakis, noting that a large proportion of Canada's population of women work in sectors of the economy that have been most affected. At the same time, she pointed out that many women have been forced by work obligations during the pandemic to make difficult choices, such as choosing between a career or temporarily putting aside responsibilities towards children and family. "In the end, this pandemic has exposed the systemic obstacles with which women who are business owners are confronted daily – obstacles that we must make efforts to overcome," added Koutrakis.

Help from Ottawa



\$150 billion could be added to the country's economy just by including more women, Minister for Small Business Mary Ng claimed.

For her part, Minister Ng highlighted the government's commitment to helping women grow their businesses and access new markets through the Women Entrepreneurship Strategy,

"This pandemic has exposed the systemic obstacles with which women who are business owners are confronted with daily"

Vimy MP Annie Koutrakis

a nearly \$5-billion initiative that provides women with access to financing, expertise and networks. "I often like to say that, you know, my job is to help companies start up, scale up and to enter the market," she said, while adding that her department offers businesses operated by women tools, such as the services of trade commissioners, in 160 locations around the world.

Pandemic relief

"Everything we committed to doing was to make sure that Canadians ultimately are supported through this pandemic, making sure that Canadians didn't have to worry about a roof over their head or food on the table, and making sure that our smallest of businesses had their voices heard through me and my department and our government," Minister Ng said. She cited some disquieting statistics. While only 16 per cent of Canada's businesses are owned or led by women, and only 11 per cent of these are exporting into the international market, she maintained that \$150 billion could be added to the country's economy just by including more women.

Up against web giants

One of the women entrepreneurs who took part in the web gathering asked Minister Ng what the government can do to help her web retail business compete with online behemoths like Amazon. "What support is available to companies transitioning to online business models for the first time?" she asked. Ng suggested that a big part of the solution will involve improving the prospects for consumers to shop locally. "I think in the short term, as businesses get digitized and develop more of the digital presence, one of the things that we are doing right now is to be sure that we are promoting a strong local initiative," she said.

Up with local, said Ng

"I think that we all need to ensure that we are promoting that. I think that we all need to ensure that our chambers and the business improvement associations are promoting shopping local." In addition, Ng said the federal government has been actively working with the Ottawa-based multinational e-commerce company Shopify to create a central resource hub as an incentive for Canadian entrepreneurs to get online. However, she continued, "there is more work to be done" to ensure women-led businesses have the necessary tools to succeed.



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Pandemic takes a toll on recreation services in Laval

City adjusts normally-scheduled activities to stop spread of COVID-19

(TLN) Following the provincial government's announcement of a 30-day curfew and other anti-COVID-19 measures, the City of Laval says it has made changes to services available to residents.

The city says the measures, which will be in effect until Feb. 8, are being taken to help brake the spread of the COVID-19 virus and to protect its workers and Laval's overall population.

Here is a list of locations and services affected by the new measures:

Arenas: free-skate activities and stick hockey	Suspended.
Pools: free-swim activities	Suspended.
Outdoor skating rinks:	In view of the 8 pm curfew, supervision will be ending at 7 :30 pm. Authorized free-skate: 25-person max. per rink. Practice individually or in family bubbles. Two-metre distancing at all times. No scrimmage hockey (nets are withdrawn). For Bleu Blanc Bouge rink at Émile Park: online registration mandatory for free-skate. <i>Note that park chalets are not open, except for use of toilets (face mask mandatory). Benches are available outside to put on skates.</i>
Centre de la nature : reservations mandatory:	Because of the 6 pm curfew, free-skate ends at 7 pm. Park closes completely at 7 :30 pm. Reservations mandatory for sledding, skating and cross-country skiing (in force all winter). Practice individually or in family bubbles only. Two-meter distancing at all times. No scrimmage hockey allowed. Skating rink: stick hockey in family bubbles only reservation mandatory). Closes at 6 :30 pm.
Libraries:	Modified open hours: From 9 am to 7 :30 weekdays* From 9 am to 5 pm Saturdays and Sundays Access to borrowing counters only; returns through return chutes. * Note: 5 of the 9 libraries will be closed Mondays.

Executive committee approves \$409,713 expense for outdoor sculptures

During their Jan. 6 public meeting, members of the City of Laval's executive-committee made decisions to improve the availability of visual art in Laval, as well to improve outdoor sports on the territory.

Theme sculptures

As part of a plan to embellish the city with greenery and foliage, five three-dimensional mosaic-type structures will be erected in various areas of Laval beginning in the spring.

According to the city, residents will thus be able to admire the structures, which include a wheel, an eye, a leaf, a hand and a heart. The inspiration came from the five themes that are part of the City of Laval's strategic vision 2035: Urban by nature.

Heart homage

The heart sculpture will be placed back in front of the Cité-de-la-Santé hospital. It may be remembered that the heart had been installed in that location last spring in order to pay homage to the essential services workers for their exceptional work around the beginning of the COVID-19 pandemic.

The city says the purpose of the sculptures is to underscore events or locations judged to be significant to Laval residents. As such, the executive-committee decided to award a contract worth more than \$409,713 for three years to Ferme d'Auteuil.

Ski club giveaway

In another decision, the executive-committee gave the go-ahead to the city's supply services division to give away 60 old and worn-out outdoor skating rink panel boards to the Coureur des boisés cross-country ski club.

The wooden panels will be used by the club to repair portions of the ski trails which are located in various forested green spaces in Laval.

Every year, the city gives away worn-out skating rink panels to a selected local organization. The panels would otherwise go to waste as they would be thrown out, says the city.

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).



CISSS de Laval announces new hours and restrictions for COVID-19

Visitors not permitted, but caregivers are with some restrictions

(TLN) The CISSS de Laval has announced adjustments to the usual hours for visiting its health and social services establishments in order to respect restrictions made necessary by the COVID-19 pandemic.

Since Jan. 9 and until the provincial government lifts the curfew regulations now in place for 30 days, all access at CISSS institutions will end at 7:30 pm. As well, access by visitors will not be permitted until further notice.

Access restricted

However, the CISSS says caregivers who are providing significant help will be able to have access to public and private CHSLDs, to intermediate resources of more than 20 beds, and to private residences for seniors as long as access is by one person maximum per 24-hour period.

For Cité-de-la-Santé hospital and the Jewish Rehabilitation Hospital, the CISSS says visits are temporarily limited.

Visitors and companions are not allowed for the time being, taking into account the alert

currently underway, except for users admitted in palliative care and end of life where visits are permitted at all times with some conditions. However, caregiver visits will be permitted at the above two institutions, subject to prevailing visiting hours.

Suggested measures

The CISSS says it is counting on the cooperation of everyone to put into practice the prevention recommendations to stop the spread of COVID-19. These measures include hand sanitizing for at least 20 seconds when going in and when leaving establishments. The public is being asked to not visit any CISSS centres under the following conditions:

- If you have flu-like symptoms (fever, cough, breathing difficulties, muscle aches).
- If you are returning from a trip outside Canada in the last 14 days.
- If you have been in contact with a person returning from a trip or who was diagnosed with COVID-19.

New bus times and service improvements on STL routes

New shared taxi route for Sainte-Dorothée and Laval-sur-le-Lac



(TLN) The Société de transport de Laval (STL) winter schedule, which came into effect last week, contains numerous service improvements.

By adding more buses weekdays, during morning and afternoon rush hours, the STL says it is looking to offer a safe commuting experience adapted to the needs of the people of Laval.

As announced in the fall, the exo6 Deux-Montagnes train line ceased running on Jan. 4. To offset this stoppage in service, the STL has introduced two new bus routes: buses 730 and 744.

New bus routes

As a result, Sainte-Dorothée commuters who normally transit to the Côte-Vertu metro station will be able to take Bus 744, and users of the Roxboro-Pierrefonds and Sunnybroke train stations will be able to avail themselves of Bus 730.

The STL is also adding a new shared taxi route, T27, for the areas of Laval-sur-le-Lac and Rang Saint-Antoine. Meanwhile, Taxi T26's route

is being broadened to also cover Île Bigras weekdays. These shared taxi routes will operate on-call and will transport users to the bus platform of the Sainte-Dorothée train station, where users will be able to take the shuttle bus 498, operated by exo, to downtown Montréal.

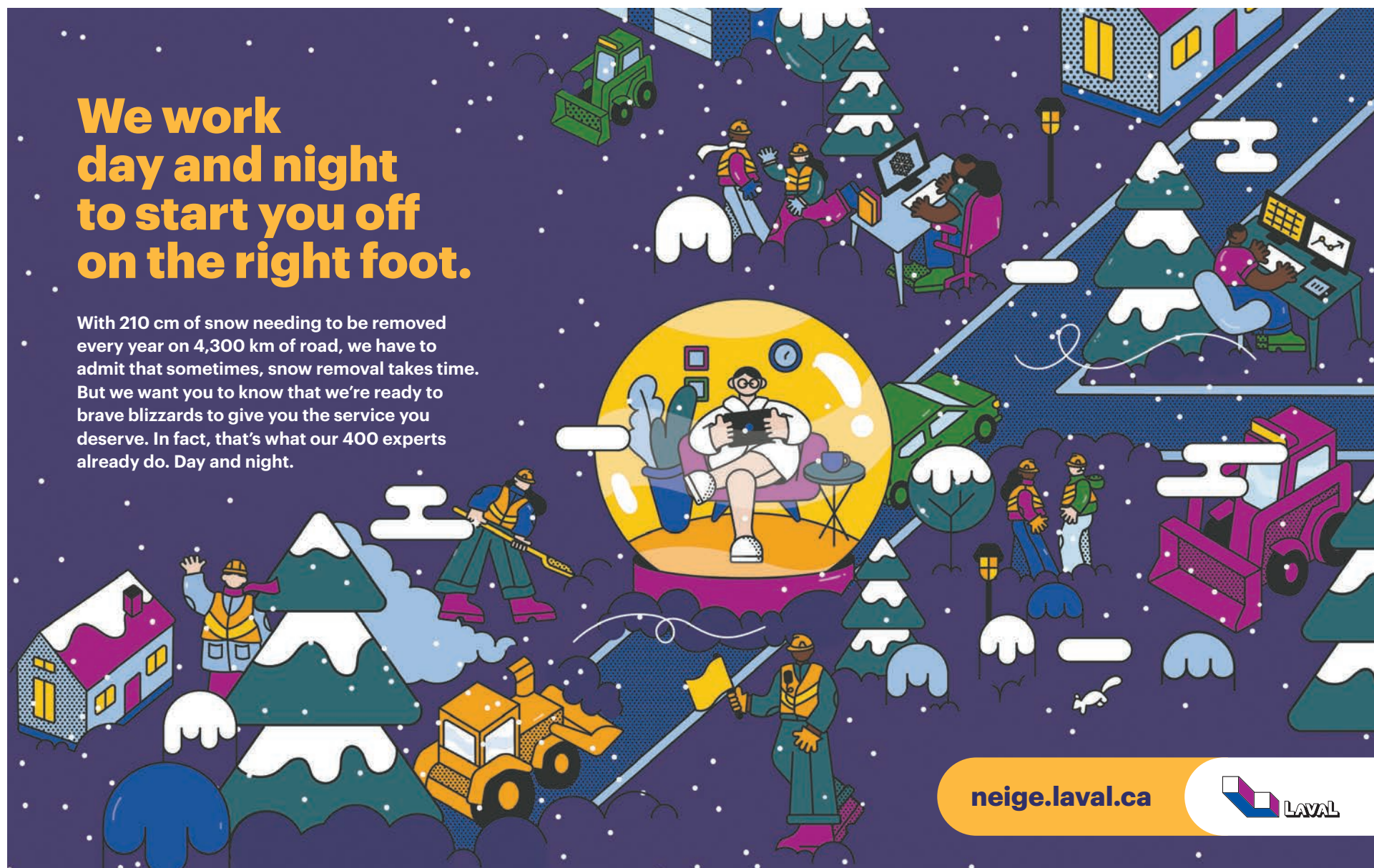
Easier time checks

The STL says it is now even easier and faster for Laval residents to check bus times, thanks to the new STL website, revamped to adapt to both mobile and desktop devices. Also, the STL's itinerary calculator has been upgraded to include an interactive map that now makes address, bus route, and bus stop-based searches possible across the STL network.

Commute times and itineraries are quickly and directly provided on the map, including any detour information that might apply and estimates of how crowded the bus will be. To view the new schedule, go to stlaval.ca. You can also find the complete list of REM-work-related mitigation measures undertaken by the STL at stlaval.ca/rem.

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YEAR IN REVIEW 2020



2020 started quietly, yet we are still dominated by COVID-19 a year later

Although the pandemic was last year's biggest story, it wasn't the only one

by Martin C. Barry

What is there to say about a year that was so dominated by a single issue – the COVID-19 pandemic? Except perhaps to remember that 2020 was also the first year of a new decade – leading some perhaps to wonder what the next nine years hold in store.

That being said, however, the coronavirus wasn't, in fact, the only issue that made news in 2020. It only seems so because of the sheer magnitude and continuing impact of the pandemic. In our first issue of 2021, the Laval News is reviewing last year's events.

JANUARY



Despite the turmoil lying just ahead, the year started with good news at the front of our Jan. 8 issue that featured coverage of the recent victory in the sport of synchronized skating by Les Pirouettes de Laval.

The renowned Pirouettes de Laval's pre-juvenile contingent scored 19.66 in the first phase and 17.45 in the second to reach the top of the podium where they were adorned with gold. Numbering 16, these U-12 skaters danced and dazzled for three exhilarating minutes to rousing cheers of on-lookers.

The not-so-well-kept secrets of the team's top-level performance? Imaginative choreography and symphonically-synchronized teamwork that convinced the judges that they were the best.

"The principles on which they were judged included transitions, interpretation, skating skills, difficulty of elements, and ultimate performance," Luigi Massimo, whose two daughters train with Les Pirouettes at pre-juvenile level, stated to TLN.

Microchipping and ID tags for pets became mandatory



in Laval at the beginning of last year. All dog and cat owners had to obtain a permit for every one of their pets and had to make sure that each one wore an ID tag. The city had already announced a fee reduction for all pet IDs. In fact, dog ID tags were now \$20 instead of \$27 and cat IDs were \$10 instead of \$15 including their collar tag.



In police and crime news, two people robbed and shot at a man in Laval on the evening of Monday December 30th, in what may have been an internet sales meetup gone wrong. Bystanders called police around 5 p.m. and said they heard shots fired near the corner of Ampere Ave. and de Royan St., near De la Concorde Metro station.

Officers rushed to the scene and found an uninjured man, Laval police said. The man had agreed to meet up with two people to finalize an internet sale and had purchased an item legally from them before the interaction turned hostile, police said. The two

suspects shot at him at least once and stole his money, police added. Witnesses saw two people in their 20s fleeing the scene.



Plane noise from Montreal's Pierre Elliott Trudeau Airport prompted one citizens' group to take action through an online app that monitors aircraft noise and forwards the gathered results to airport authorities to take action.

The app's creator, Montréal-dB founder Bill Mavridis, claimed the ADM had been under-reporting airplane noise complaints since 2013. Based on the distribution of complaints by postal codes, potentially a total of 1,594,171 residents of the Montreal Metropolitan Community, including Laval, are affected by airplane noise, said Mavridis.

Once AÉROplainte is downloaded, anyone who wants to report a plane noise incident can activate the app and fill out a complaint form which is forwarded to the ADM's automated online complaints system.



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YEAR IN REVIEW 2020



Quebec Immigration, Francization and Integration Minister Simon Jolin-Barrette made a trip from Quebec City to Laval to announce that the CAQ government planned to spend more than \$8.3 million to help improve the French language skills of immigrant workers in the Laval region.

"The addition of these new resources for the Ministry of Immigration, Francization and Integration is good news for the Laval region," said Sainte-Rose CAQ MNA Christopher Skeete who joined the minister and Laval city councillor Jocelyne Frédéric-Gauthier at Laval city hall for the announcement.



Federal Middle Class Prosperity Minister Mona Fortier, who was appointed to the Trudeau cabinet following the fall 2019 election, defended her dossier during a stop in Montreal that we covered in our Jan. 22 issue.

"The Prime Minister has asked me to look at how we can make sure that we have sound decisions on quality of life measures, affordability measures, to make sure that Canadians continue to grow the middle class," she said in an interview.



On January 14, intelligent, articulate, and delightfully positive-minded Manon Ouellet was proudly celebrated by Laval Police Director Pierre Brochet, awarding her the city's Medal of Merit for bringing justice and equity to a wide range of issues and having a profound impact on women in policing.

FEBRUARY

Our first issue in February brought the news that would



impact everyone for the remainder of the year and beyond – the onset of the COVID-19 coronavirus pandemic.

On January 25, the Government of Ontario had reported the first case of 2019 nCoV in Canada. The case occurred in a person who had been in the city of Wuhan, China in the 14 days prior to becoming ill. Other provinces also began reporting cases and outbreaks.



Despite the pandemic and additional problems posed by drastic changes in the taxi industry, at least one Montreal-area taxi firm was weathering the turbulence.

As Taxi Champlain president George Boussios pointed out in an interview with the Laval News, the province's new approach to managing the taxi sector opened it up to anyone willing to provide consumers with transportation services, the most notable examples being drivers for Uber and Lyft.

"Taxi companies may be able to survive if they just change the way they've been working over the last 40 years," Boussios said. "Because now the market is open to anybody who has a car and just a regular license."



Chomedey independent MNA Guy Ouellette told the Laval News he was waiting for the outcome of a police investigation before deciding whether to proceed with a lawsuit against Quebec for allowing him to be arrested by UPAC as a suspect allegedly involved in an information leak at the investigative agency.

In a controversial manoeuvre three years before to find the source of the suspected information leak, investigators with Quebec's Unité permanente anticorruption (UPAC) used a cell phone text message to draw Ouellette to the residence of a leak suspect, where Ouellette ended up being arrested.

"We are waiting for the investigation by the Bureau des enquêtes indépendantes," said Ouellette. "We would have to go to court and launch a file against the government for civil damages."



As the pandemic wasn't yet fully underway, the Sir Wilfrid Laurier Foundation's annual January Gala took place as usual and raised \$26,270 to help fund additional educational resources at Sir Wilfrid Laurier School Board schools and learning centres.

Held at the Embassy Plaza in Laval, the popular event featured a silent auction segment showcasing, among other things, a Montreal Canadiens jersey signed by Habs great Guy Lafleur, sports and rock and roll memorabilia, and many other items of art and jewelry.



The presence of two senior provincial government

► Continued on page 24

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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.



The *Getting Better My Way* digital tool

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)

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MATURE LIFE

MNA's Christopher Skeete and Guy Ouellette participated in the Season of Giving at Agape donating \$8000

Agape received a total contribution of \$8000 from Laval MNA's Christopher Skeete and Guy Ouellette recently. Ouellette and Skeete each gave \$4000 to Agape and separately congratulated them on all their work and thanked them for the many services they are offering to Laval's English-speaking residents.

"This is like a Christmas gift for Agape," said Kevin McLeod, executive director at Agape. "We are in the middle of our Christmas basket campaign so the timing could not be better. We are so grateful for their monetary support and their moral support. They are looking out for us and for Laval English-speakers."

Agape has been working hard again this year providing Christmas baskets to those in need and with this year's COVID-19 pandemic, things have been more challenging than ever. "I am so proud of our team for all their hard work this year. Our team was great at adapting throughout the pandemic and I can sincerely say that we are a resilient bunch. Seeing people like my mother (Elizabeth McLeod, Board of Directors of Agape) volunteering and running the Christmas basket campaign tirelessly over the past 3 weeks is proof of where our hearts are."



Laval's MNA's Christopher Skeete and Guy Ouellette recently each gave \$4000 to Agape





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MATURE LIFE

A practical guide to DOWNSIZING



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

1. Choosing a new home

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

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

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

2. Planning for the move

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

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

3. Decluttering and sorting belongings

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

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

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

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

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

Thinking of **Selling** or **Downsizing**? I CAN HELP!



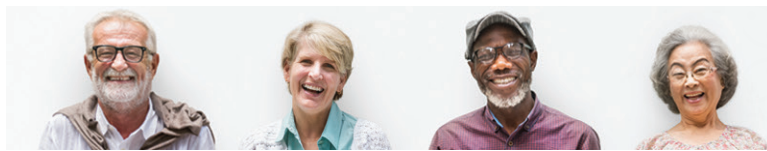
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MATURE LIFE

Using the internet: Top tips to get you started



Do you know how to use the internet?

Accessing the digital world allows you read up on current events, connect with friends and family members, play games, watch videos, pay bills and shop from the comfort of your own home. As a senior, you have a lot to gain by being internet-savvy. If you're keen to get started, here are some tips that will help.

1. Consider a tablet

Research shows that seniors find tablets easier to use than computers, as touch-screens are simpler to navigate. While typing on a touch-screen can be tedious, you can purchase an external keyboard to make writing easier.

2. Customize your settings

There are a number of adjustments you can make on your device to simplify your online experience. Consider using a high-resolution screen or increasing the size of the text and menu buttons.

When you buy a new tablet or computer, get a technician to customize it to your needs and preferences.

3. Use passwords wisely

Use sufficiently complex passwords that include at least one number and one symbol. Also, be sure to use different passwords for different sites. By doing these things, you'll keep your information secure. Write down all your passwords and keep them some-where out of sight.

4. Use educational resources

There are a number of ways to learn about using the internet. You can sign up for local classes in your community, borrow or buy books on the subject or consult educational materials online. One great resource is provided via the Goodwill Community Foundation at gcflearnfree.org. However, there are countless other online learning materials available, including an array of instructional videos found on youtube.com.

One last tip: be patient with yourself. Learning a new skill takes time and practice, but if you persevere, you will succeed.

Advantages of wireless head- phones



Did you know that gradual hearing loss affects 30 per cent of people aged 65 and older? If you constantly need to turn up the volume on the TV or radio, you may be losing your hearing. Luckily, wireless headphones can help you watch your favourite shows and rediscover the music you love.

There are many different types of wireless headphones on the market. Larger, on-ear sets can be used by those who wear hearing aids, while smaller, in-ear options are best for people who wear glasses. Some in-ear headphones are even small enough to carry in your pocket or purse.

Regardless of the type of wireless headphones you choose, you'll benefit from their advantages. **Wireless sets are:**

- **Easy to use.** Simply make sure the battery is fully charged, turn them

on and set the Bluetooth settings on your TV or stereo to connect to your headphones.

- **Agitation free.** No annoying, tangled wires to unravel.

- **Able to provide clear** and crisp sound. For the best audio experience, you'll need to invest in a higher-quality set.

- **Non-intrusive.** You can watch TV or listen to music at the volume you need without bothering anyone around you.

The price range for wireless headphones varies greatly between makes and models, which means there are options to suit nearly every budget. Pick out a pair that you think you'll like and give them a try. You won't have to struggle to hear the television anymore and you'll enjoy your favourite music like you haven't in years.



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FRANCO DI GENOVA: "Humility is strength, not weakness. Modesty, respect for others, joined to la

"Some people greet the day with excitement, looking forward to whatever challenges might arise. They return home knowing they tried to make positive differences in the world and in the lives of others. When days are difficult, their extraordinary co-workers, pull them through, lifting them up, helping to make the world right again."

Police officers, true protectors of communities, serve humanity in multiple ways. The demands of fitting into a particular department's culture make it difficult to balance work and family. Long hours and irregular schedules provoke social isolation since officers are too-often only around peers. Dealing with human misery leads to emotional shutdown, negatively affecting the public's view of these men and women in blue.

RENATA ISOPO
renata@newsfirst.ca

Call of duty

By his own admission, Laval's own man in blue - Franco Di Genova - is of few words, but the words come straight-from-the-heart, unvarnished, unfiltered, spoken not to please or appease but to shed light on-the-life-and-times of men and women who don uniforms, often in the face of unspoken peril.

"The men and women of the LPD (Laval Police Department), show up every day. They see hurting, suffering, and terrible injustices, but they also see the best of the human spirit, knowing they are sometimes the only thing between life and death. They can affect lives by making arrests, holding the trembling hand of a frightened child, or taking another look, because something just doesn't feel right.

"There are risks. High-stress situations may be exceptions, but one needs to prepare for the unexpected. Routine tasks can be suddenly interrupted by urgent calls requiring immediate intervention," says the retired officer who served for 32 years.

Asked about avoidable downsides of the day-in-day-out work he did for three decades, he points, reluctantly, to things he'd rather not say, but unable to hide his disappointment, sadly professes. "There are times when you silently agonize over lack of support from some superiors who seem to have little or no interest in, or worse, awareness of, the time, effort and energy you put into your work, with the heart-felt aim of making a difference in the quality of life of everyone in the community.

"It's bad enough that police officers all over the world have to deal with physical attacks, threats, prejudices, and negative perceptions of what we do and what we are, from those we're trying to protect, painting all of us with the same unjust brush, we shouldn't have to worry about lack of support from superiors.

"Look, there might be the odd bad apple in the barrel, and those are very few as in all walks of life but is there any reason why we have to be subjected to malicious characterizations of Pig and the vile condemnation of Kill the pigs, from radical extremists/anarchists who would like free-reign to commit all sorts of violent crimes. This worries me, as one who tried his best to be friend-of-the people, and when necessary, to stop those with criminal intent on their minds.

Friendly fire

"Sad! Society doesn't seem fond of police, holding it against us for our power-of-arrest and of giving out tickets for infractions. We'll never be as well-respected, loved or appreciated as firefighters, but I don't begrudge these heroic first-responders their well-deserved due. I'm just disappointed that police officers are not given the respect they deserve.

"On a positive note, I was on the force during the time of six mayors - Claude Lefebvre, Gilles Vaillancourt, Basile Angelopoulos, Alexandre Duplessis, Martine Beaugrand, and Marc Demers, our current chief-magistrate," says Franco in a history lesson, when quizzed about relations between the

force and Laval's head-honchos. "Lefebvre and Vaillancourt were supportive, the three before Demers were in office for short periods. From Demers - the support was, and I believe, continues to be strong; after all, as a former lieutenant-of-detectives he knows what the department needs to function properly. Good Cop, intelligent man."

There are lighter sides. Franco recalls a particular occasion when he was asked by Mayor Demers to drive him to Centropolis during Laval's 50th Anniversary celebrations in 2015. "M. Demers loved my 1965 Mustang, so I obliged, driving him, his wife, and a city councilor. My reward - a cup of coffee," he confesses, with a grin.

Three decades of putting life on-the-line, serving men, women, and children whose safety and lives, are in your hands. What's the hardest part of police work? "No question! It's the excruciating pain you suffer and the agony you cause when you announce a death to the immediate family." The rewards, apart from good-pay and great-pension: "Working with detectives solving crimes, including murder, and tracking down, arresting and bringing to justice perpetrators of other serious crimes."

Is there feedback from colleagues and the public? "Especially in my ten years in media relations, detectives and journalists were always grateful for my availability and distribution of



Constable Di Genova: On the phone

information. I was very-gratified, and deeply-moved to hear colleagues and reporters express appreciation for my work, showing respect for me as person and police officer."

Would he encourage others to become not only police officers but agents of media relations? "Absolutely. Regular police work provides daily reminders that you're making positive differences in people's lives. Media relations - best job in the department, with all-access passes to meetings, committees, and services. But I would caution prospective officers to understand that you must be fluent in French and English and be available 24/7. I urge anyone presently undergoing police-training to take everything seriously. When you get into duty, you'll see things the public never sees. Be prepared. Learn to have your eyes and ears open at all times, it might save your life and that of others. Be vigilant. Be fair. Police forces are always under scrutiny, from both citizens and supervisors."

Any community commitments apart from police work? "I tried, but it wasn't productive," he says about participating on the Governing Board of Laurier Senior High School, as one of two community representatives. "The Community Representatives had the responsibility to voice concerns that perhaps others around the table weren't aware of. It was difficult to get my point across. It looked like everything had been decided in advance, to be rubber-stamped. In general, the parents on the committee were intent on fulfilling an agenda which did not include too much input from outsiders. I would summarize my experience as wasted effort, therefore I would decline the opportunity if asked to do it again."

Unity in diversity

While there's a common bond among those in the profession, members of police forces come from diverse backgrounds, with different strengths and skills, as with Franco Di Genova. Of Italian origin, Montreal-born, 60 years ago, brother to four siblings (John, Lou, Mario, Tony), sons of Flora and Andrea who came to Canada from sunny Campobasso, Franco attended St. Rita's Elementary and St. Pius X High in Montréal, and the ENPQ - École nationale de police de Québec, in Nicolet, after completing three years in Police Technology at John Abbott College.

"I have fond memories of John Abbott College, where I met and was mentored by George Springate, the ex-Montréal police officer who went on to teaching and journalism. Honest, dedicated, and a talented communicator, he always had the pulse of situations, issues, or circumstances. He was a major reason why I pursued police work, and why I eventually moved to media-relations at LPD," Franco says, attesting that Springate was his favourite teacher.

Why police work? Franco, whose first job was shipping, in a warehouse, puts it this way: "Simple. I wanted to help people. I spent the first 20 years in regular duties, doing occasional undercover work to solve car-thefts and break-and-entry into private homes and commercial buildings, assignments lasting a few days at a time. I learned a lot about life."

Any involvement in chasing down organized crime, drug-trafficking, biker-gangs, construction-corruption? "These files are handled by RCMP and SQ (Sûreté du Québec) detachments, although LPD's Intelligence Sector shares information with these agencies, as in the coming to Laval of the reputed Godfather of the Canadian Mafia, Vito Rizzuto."

How did media relations enter the picture? "I had my eye on it a long time. About 20 years after I joined the force, around 2007, the two people responsible for media relations - Guy Lajeunesse and Pierre Desautels both retired. I applied, took the exams, got the job. Loved the work, did it with Nathalie Lorrain until retirement, in 2017. Best ten years I spent on the force."

Is there family life for police officers? "Certainly," says the father of two - Justin and Valerie - but it's not easy, that's why there's a high divorce-rate in families where mother or father is a police officer. Too stressful for everyone." How did he handle stress? "I love to travel, especially to exotic places like Cuba, Hawaii, enjoy good Cuban cigars; occasional glass of Scotch helps to mellow me, as it used to, after hectic days at work. Love to keep best physical shape - skiing, exercising, weight training."

Is/was there, mischief to this sexagenarian boy-at-heart? Yes, there was, and probably still is. Here's a taste of it: "Many years ago, Umberto Di Genova (not related to the family), a leader of the Italian community in St. Leonard, someone known to my parents because he came from the same Italian town, Casacalenda, was a candidate for the Parti québécois. Although I had never heard of him growing up, during his PQ campaign I went to his office, got posters, photocopied my mug and stuck it over Umberto's face, and yes, I put them on the walls of my station. Off for a few days, when I got back, I was told to see the station director who wasn't a happy camper about my posters, laughed and told me not to do it again. I know I stirred the-you-know-what, but my friends and colleagues weren't sure who I supported. Fun and laughs."

lack-of-arrogance and refraining from bravado should be celebrated as cornerstones of police work.”



Franco and family: Constable Di Genova, with son Justin, life-partner Josie and her children Giovanni and Vanessa. The cute pooch is Marley. (Not in picture, Valerie, Franco's daughter.)

Boots on the ground

Why Laval? “Montréal was great, but I had to be practical when I was hired by LPD. You have to have the community’s pulse, as my favourite teacher, George Springate used to say. I had to live among the people to do the best job, so in 1990 to Laval I came. In making the move, I became a better constable.” Although you can’t really go home again, you never leave the city of your birth or youth completely, so it was with Franco. “I crossed into Montreal regularly, especially when I was doing security work at the fabled Forum until 1996, and Molson Centre until 1999.”

In conversation this articulate man in blue is forthcoming about his days, and often nights, of decades of service. He says the workplace may be crime labs, internet-monitoring, streets, local schools, community-policing-centres, holding police-dog leashes, going undercover, driving boats or armoured-response-vehicles, on horseback, cycle, or motorcycle. No two days the same, the need for immediate intervention can quickly surface, Franco explains.

Intervention can be life-threatening and might, although infrequently in Laval, result in loss-of-life, sometimes for civilians, other times for police. Asked about painful memories of the on-duty, in-the-line-of-fire tragedies of LPD constables Valerie Gignac and Daniel Tessier, killed 18 months apart (2005-2007), friend and colleague Franco opted for release from pain of remembering. “Extremely sad. Valerie and Daniel were trained in best-methods-of-the-day, exercised all precautions, but in police work it’s the unexpected that leads to tragedy. In retrospect, some of the training has been ramped-up since those tragedies.

“Today recruits are better-trained, more thoroughly-equipped. Training and experience help assess situations to ensure appropriate responses. At different times, officers deal with people who are intoxicated, high-on-drugs, mentally unstable, and sometimes hostile. However, training and experience ensure professional responses to any situation, most of the time.”

No atheists in fox holes

Risks in police work come with rewards not necessarily measured in dollars and cents. Saving-a-life, making-a-differ-

ence, taking criminals off the streets, these are the everyday rewards. Constables maintain order, keep communities safe. Television and movies usually show them chasing bad guys or busting crime-rings. In reality, officers fulfill various roles, including behind-the-scenes work like handwriting-analysis and officer-training.

Franco agrees: “Most officers start on patrol, assisting emergency scenes, responding to burglaries, monitoring roadways, stopping erratic or speeding drivers, making reports for all incidents. Paperwork isn’t glamorous, but it’s necessary.” But the need for civility - tolerance, kindness, consideration, and understanding - must not be overlooked. Franco describes it as ‘willingness to sacrifice personal desires, for betterment of community’. Officers employing appropriate roadside manners avoid many verbal and physical hazards prevalent in policing.

“Civility isn’t weakness, properly exercised it enhances safety,” he emphasizes. “Maintaining civility, especially when facing potentially explosive circumstances, can work to officers’ benefit, maintaining self-control and disguising their state-of-preparedness and tactical-advantage. Civility isn’t just nice, it’s an absolute necessity,” he warns.

“Furthermore,” he proposes, “humility is strength, not weakness. Modesty and respect for others, joined to lack-of-arrogance and refraining from bravado, should be celebrated as cornerstones of police work. Humble people don’t brag or showboat, they exert confidence in their skills and don’t need to boast. Police officers exercise prominent social roles, reflecting immense authority and power. Proper degrees of humility can help generate respect and trust from citizens. Which, by the way, is what we get most of the time, thank God for that,” he concludes, relief and gratitude ringing in his words.

And there it is, unvarnished truths spoken with courage and conviction, by a soldier of urban peace-keeping whose personal and professional dedication to public service is indisputable.

Never enough, always more

And that is a revealing account, not of everything in the life and times of Constable Franco Di Genova, but certainly an intimate peek into his 32 years of service. Let’s ask him for



Constable Di Genova, on media duty, interviewed by the CBC.

more of his mind, heart, and soul:

Perfect happiness: March 16, 1987, hired at LPD. Greatest-fear-ever: Heights. Greatest-fear-now: Still heights. Greatest-injustice? Hunger and Food Insecurity. Most admired living-person: Ari Fleischer, White House Press-Secretary for President George W. Bush. Living-person you’d most want to spend time with: Comedian Kevin Hart. Trait deplored in yourself: Procrastination. Trait deplored in others: Dishonesty. Greatest extravaganza: My 1965 Mustang. Extravaganza still dreamt: Waterfront chalet. Greatest-life-journey: 32 years as a COP. Most-overrated-human-virtue: Forgiveness. When do you lie? I don’t. Favourite-teacher: Mr. George Springate. Trait-feared-in-teachers: Impatience. Kindness affecting rest-of-your-life: Demonstrating appreciation through actions.

Duck feathers and eagles

What do you dislike about your appearance? Olfactory organ. Most-overused words/ phrases? “Duck feathers”; “Today’s mistakes will haunt you tomorrow”. Greatest-regret: No regrets. Greatest love: Shadow, German Shepherd, recently deceased. When happiest? Last 6 years. Where happiest? In the company of my life-partner, Josie. Talent wished: Playing the Saxophone. Current state-of-mind: Happy. Greatest achievement: Successful Career. Choice of coming back person/thing: An Eagle. Most-prized-possession? My Home.

“See you around”

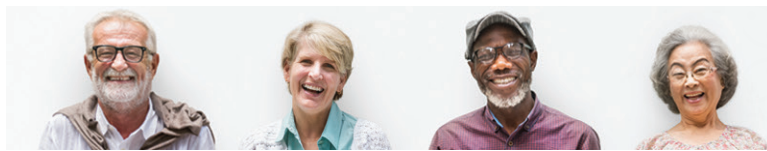
Lowest-depth-of-misery? Death of a loved one. Best quality in man, woman: Credibility; Loyalty. Favourite-writer: Mystery/ Crime writer Lawrence Sanders. Favourite-hero-of-fiction? Batman, 1960’s television. Name-loved-most: Giuseppi. Name-hated-most: Gisabelle. Advice to twenty-year-old-self: Go to school, work hard, set goals. Message etched on your burial marking: See you around! Belief in after-life? Yes. Nightmare feared most? Falling into void. Motto/principle lived by: Do unto others as you want them to do unto you. Motto/principle you wish everyone lived by: One Good Deed A Day. Bottle half-full, half empty? Definitely half-full.

Constable Franco Di Genova, person of great interest, in fullness of life. You’re not half-of-anything, you’re full-expression of someone who chose to make a positive difference. In the tradition of heroes in blue, brown, black, or undercover who have preceded you, you’re a credit to these countless men and women of history who laid their life on-the-line for the safety-and-security of their communities. Your love of public service is inspirational to all who now serve, providing richly deserved protection for law-abiding citizens. Those who pull on the uniform-of-public-service in the future, will celebrate your dedication to the preservation of what’s most redeeming in the human condition.



EVERYBODY
HAS A
STORY.
WHAT'S
YOURS?

Email me, and I will write it
renata@newsfirst.ca



Tips for reducing the risk of falling



Falls are a serious issue for people over the age of 65. Every year, about one in three seniors fall at least once and 56 per cent of falls involving seniors lead to fractures.

A further statistic is worth considering: 30 to 50 per cent of falls involving seniors are caused by environmental factors such as uneven surfaces, poor lighting or slippery floors. It follows that falls can often be prevented through taking proactive steps to reduce falling hazards in your immediate environment. Seniors can reduce their risk of falling at home by doing the following:

- ☒ **Make sure all rooms have adequate lighting**
- ☒ **Install handrails in baths and showers**
- ☒ **Install a handrail on stairs that extends beyond the top and bottom steps**
- ☒ **Keep frequently used items in easy-to-reach places**
- ☒ **Avoid clutter**
- ☒ **Don't keep electric cords where they can be tripped over**

And, naturally, staying limber also plays a key role in reducing the risk of falling. In addition to eating well and staying active, seniors should consider making balance exercises part of their daily routine.

Finally, people who fall frequently should consider whether the effects of the medication they're taking are contributing to this problem. This should be discussed with one's doctor. Seniors might also want to discuss with their doctor what vitamins or supplements, such as calcium or Vitamin D, can reduce their risk of falling.



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

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!

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- 11 light-care units.
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we protect the health of our staff and our seniors.
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at Jardins Heritage.
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*Featuring the cuisine of
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and nursing services. Call us!**

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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 

YEAR IN REVIEW 2020



2020 started quietly, yet we are still dominated by COVID-19 a year later ...

◀ Continued from page 9

ministers for an announcement that the City of Laval was pushing forward to develop a large tract of land near the downtown core was a good sign Quebec was on board to see the project through, according to Mayor Marc Demers.

Carré Laval, as the area was called by Laval urban planners, is an almost perfectly square territory measuring approximately 4 million square feet – equal to 68 football fields. It is bounded in the east by the Laurentian autoroute, Daniel Johnson Blvd. to the west, Saint Martin Blvd. to the north and Souvenir Blvd. on the south side.



In the aftermath of news reports alleging three prominent Action Laval city councillors were in a perceived conflict of interest involving local real-estate dealings, Action Laval announced the departure from the party's caucus of city councillors David De Cotis, Paolo Galati and Isabella Tassoni.

"I have nothing to hide," De Cotis said in a phone interview with the Laval News, while noting that several e-mails from the city's e-mail system that were leaked to the media didn't contain any incriminating evidence or statements. The three were exonerated later in the year by provincial authorities who investigated the matter.



After a previous postponement of the City of Laval's

long-awaited Aquatic Complex project, officials with the municipality announced yet another delay: the cancellation of a contract with an architectural firm to produce the initial plans for the Aquatic Complex.

It was the second time Laval had postponed the project estimated by the city in late 2018 at \$61 million. In the fall of 2018, the city also cancelled a call for bids when contractor applications came in 50 per cent higher than city estimates.

MARCH



Officials with the City of Laval confirmed they had ratified a new collective agreement with the police force, which they said would lead to the improvement of services for citizens by allowing for better public security.

A restructuring of staff, creation of new policing units, construction of a new station in western Laval and a major increase in the number of patrol hours are just a few examples of new measures to be implemented following completion of the agreement.



In the runup to a leadership election by Liberal Party of Quebec members later in the year, the Laval News had the opportunity to sit down for an interview with one of the only contenders – former Drummondville mayor Alexandre Cusson. "We have to put an end to the us and them outlook that is

currently the practice of the Legault government," Cusson said in an interview, alluding to the CAQ's overall outlook as expressed in legislation such as Bill 21 banning religious symbols.

While Cusson's leadership of the PLQ might have boosted the party's support in rural areas of the province, he eventually withdrew his candidacy and Dominique Anglade became the Quebec Liberal Party's leader.



An offer you can't refuse, a Sicilian/Calabrian message, cement shoes, or minced meat in the butcher's shop. One of Laval's finest actors on big and small screens was an integral part of the latest crime saga that had scored big with movie fans of all ages.

Gritty or romantic, disturbingly silent or loaded with tough talk, the movie, Mafia Inc. was heavy on red sauce and made plenty of room for Montreal's most notorious mobsters. Actor Domenic Di Rosa, strikingly embodied the rotten force of a fresh-faced gangster butcher. That's probably why what should have been a simple act of murder ended up spiraling out of control.



Our second issue in March brought more news of the escalating crisis over COVID-19. "In 2020, we are facing a new crisis and a severe challenge to the health and well-being of individuals, their families, and to the community-at-large -

▶ Continued on page 10

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YEAR IN REVIEW 2020



◀ Continued from page 24

COVID-19," the Laval News's co-publishers, George Bakoyannis and George Guzman, said in a statement on the crisis on the front page of our March 18 issue. Most of the issue's coverage was devoted to getting out the latest information on the pandemic.



In our coverage, the City of Laval announced the pandemic measures it was taking. The established three priorities: protecting the health and well-being of its employees; maintaining services for residents; and respecting measures to be implemented by the Public Health Directorate at the Ministry of Health and Social Services.

Prime Minister Justin Trudeau also announced COVID-19 measures by the federal government. Among other things, Canada was barring entry to all travellers who were not Canadian citizens or permanent residents. "My top priority is the health and safety of all Canadians," said Trudeau. "Our government is doing what it must to protect all Canadians, and to support workers and businesses."



The Government of Quebec also took a number of measures to contain the spread, including, the adoption, on March 13, 2020, of an Order in Council declaring a health emergency throughout Quebec territory. The measures included voluntary isolation, as well as mandatory isolation. Our COVID-19 coverage in the Mar. 18 issue also included a long list of "myths" and inaccurate beliefs about COVID-19 compiled by the World Health Organization (WHO).

APRIL



The cover of our April 1 issue was anything but an April Fool's joke, as we announced the federal government's initial \$107 billion aid package to provide Canadian citizens and businesses with assistance and relief from the fallout of the pandemic.

On his return to Laval from Ottawa following the suspension of the House of Commons because of fears of infection by the coronavirus, Laval-Les Îles Liberal MP Fayçal El-Khoury said he immediately self-isolated at home in order to protect members of his family.

"Due to the fact that I have to keep working, I isolated myself in my basement," he said in an interview with The Laval News. "I have a large basement where I have a bedroom and I have my office. So when I need to eat or drink, my family brings it to me."

With her offices closed in Ottawa as well as in Laval because of the COVID-19 virus restrictions, Vimy Liberal MP Annie Koutrakis said she was continuing to work from her Chomedey home, answering calls, e-mails and other messages from constituents as best as she can with staff support.

"This has all been quite trying for everybody," Koutrakis said in an interview with The Laval News. She said that during this trying time, she was maintaining a distance from her 88-year-old father, but was not finding it easy.

In view of the coronavirus pandemic, the City of Laval's executive-committee decided to postpone the date when residential property and business taxes would be due.

"While waiting for compensation measures that will be brought in by the government, residents who are affected by mandatory quarantines or the temporary closings of many businesses will be dealing with a loss of revenue," said Mayor Marc Demers, explaining the move.

And the Société de transport de Laval also advised transit users that many of its buses had been re-scheduled in order to deal with the sudden drop in ridership brought about by fears of the pandemic.



The momentum of relief measures provided to deal with COVID-19 accelerated over the course of this month. In our April 15 issue, we provided up-to-date coverage of the federal government's Canada Emergency Wage Subsidy. Passage of the legislation, followed by scrutiny by the Senate and royal assent by the Governor General, cleared the way for \$73 billion in additional assistance to companies, families and individuals across Canada whose livelihoods were seriously disrupted by COVID-19.

"Without reservation, without pause, we must fight for every inch of ground against this disease," said Prime Minister Trudeau. "We must be there for one another as we spare no effort to safeguard our collective future." Although the Conservative opposition still had issues with the way the wage subsidy would be implemented, they agreed to allow the legislation to be passed anyway so that the recovery could get underway.

In the same Laval News issue, the former chief of the Laval Police Department, whose wife had been recently transferred to CHSLD Sainte-Dorothée, suggested that management at the long-term care facility was incompetent, after his wife and many other residents became infected with the COVID-19 virus.

"She became infected soon after her arrival," said Jean-Pierre Gariépy. "The transmission took place stage by stage, through an employee who was badly prepared and badly protected. The management clearly was lacking leadership. CHSLD Sainte-Dorothée would go on to have one of the highest COVID-19 mortality rates in Quebec last year and is currently undergoing an investigation. (Continued next issue, January 27 2021)

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CRA sends out paperwork telling Canadians how much they've received in pandemic benefits

Canadians who owe taxes on benefits are to be offered flexible repayment plans

The Canada Revenue Agency began sending out T4a slips to Canadians who have received COVID-19 benefits, reminding them that the money is taxable income and must be recorded on their tax returns.

The department said the T4as are being issued as statements of income and not necessarily as statements of money owed. As with the T4 statements employers provide to employees in advance of tax season, the T4a statement details how much taxable income someone received directly from the federal government in the form of a COVID-19 benefit. Residents of Quebec will get both T4a and RL-1 slips.

The T4a forms list how much money a person received from one or more of the following benefits: the Canada Emergency Response Benefit (CERB), the Canada Emergency Student Benefit (CESB), the Canada Recovery Benefit (CRB), the Canada Recovery Sickness Benefit (CRSB) and the Canada Recovery Caregiving Benefit (CRCB).

Those who received money through one of the benefit programs need to enter the total amount they received last year on line 13000 of their 2020 income tax and benefit return. For those registered for My Account and filing with NETFILE-certified software, this information will be entered automatically into tax returns.

The CRA says that while tax was taken off at source for the CRB, CRSB and CRCB, it wasn't taken off for the CERB or CESB. Once all other sources of income, deductions and credits have been calculated, some people may discover they owe money when they file their returns regardless of whether taxes were taken off at source.

"It's going to be difficult for people and it's going to be complex or complicated for the system," Employment Minister Carla Qualtrough told CBC News last month.

"As people file their taxes, [we] are going to have to figure out what they've been ... what they owe taxes on, what has already been taken taxes off for them. If you claimed both the CERB and CRB, we took taxes off the CRB but we didn't for CERB — it's incredibly complicated," she said.

Concerned about Canadians financially stressed by the pandemic, the CRA says it has expanded the ways in which people can pay back money owed and is urging taxpayers to reach out to the agency to see which options work best for them.

CRA and CERB

The CRA has already sent out 441,000 letters warning people who received the CERB that they may not be eligible for the benefits they have received so far. The letters asked recipients who don't meet income requirements to pay back the money by the end of 2020 so it does not negatively affect their tax returns.

Described as "education letters" by a CRA spokesperson, the letters were sent to those for whom the agency said it was "unable to confirm ... employment and/or self-employment income of at least \$5,000 in 2019, or in the 12 months prior to the date of their application" — one of the key criteria for the CERB program.

In the past several weeks, many Canadians have reported they received such letters and now fear they'll have to repay thousands of dollars in benefits.

Many of those affected have argued that the federal government never clearly defined how the \$5,000 amount would be calculated. Some point to the CERB application, which asks if the person received "a minimum of \$5,000 (before taxes) in the last 12 months, or in 2019" but makes no explicit mention of expense deductions.

The federal government acknowledged last month that it provided unclear instructions to self-employed Canadians on how to apply for CERB. The CRA said there would be no penalties or interest in cases where CERB needs to be paid back, but it stopped short of saying the payments would be forgiven.

Past the Expiration Date

Q I need help!! I have a friend I've known since college. Over the years, I felt the friendship has become one-sided in the sense that the last several years have been about her chronic problems and complaints.

We also don't seem to share similar interests or goals. I've gone to grad school, lived overseas, started a business, and changed careers. My friend has seemed to flounder with no particular goals in life—career or otherwise.

Three or four years ago, I began to distance myself a little because she was constantly complaining about problems with her husband or a series of life's little nuisances. Our conversations seemed to be about her chronic problems (big, small, or imagined).

I said to her on a few occasions that she needed to start finding solutions, not more problems. I got to a point I sent her a note telling her that I could no longer listen to her problems. She needed to a.) tell them to a therapist or b.) find more immediate answers to her problems (the major problem being her chronically unhappy marriage).

She called me four months later, and we talked over the note I sent. She seemed to understand what I had written and said she agreed with much of what I said. I gave the friendship another chance. But within a few months, I began to hear the same problems about her husband and her job.

I wanted so badly to walk away from the friendship, but I maintained communication with her because I felt obligated. She had very few friends and almost no social support network at the time, aside from her husband and me.

Long story short, she eventually filed for divorce and moved out on her own. However, I am still feeling obligated to her! She seems to need handholding with whatever she does. For example, I invited her out several times with my friends, but it's always a litany of

questions (she needs directions, needs to know where to park, et cetera).

She irritates me every time I'm with her. I've tried backing off, but she's very sensitive and says things like, "Gee, nice to know when a friend is down on her luck, you're not there."

Short of telling her, "This friendship needs to end. I get nothing from it." I don't know what to do. She has started to develop some other friendships, but I am OVER our friendship NOW.

What do I tell her? I don't want to hurt her feelings, and undoubtedly I will if I tell her I'm ending the friendship.

Madeleine

A Madeleine, she has skills. She knows exactly what to say to get what she wants, doesn't she? She hears what you are saying and she doesn't care.

She is like the failing smoke detector that goes off at intervals because the battery is dying. Beep...beep...beep. You asked her to change the battery, but she won't do it because the beeping isn't bothering her. It's bothering you.

Consider your friendship from both sides. You don't think she is a friend, and she accuses you of not being a friend. That's a meeting of the minds, and friendships should end when two people no longer have the basis for friendship.

When we have a legitimate reason to tell someone no, we are not responsible for their reaction.

Will she be disappointed if you end the friendship? Yes, because it ends her power over you. But we can't let others bully us or guilt us into saying yes. When we do we invalidate our own genuine feelings. Saying yes to her erodes your sense of authority over your own life.

Our bandwidth is limited. We don't have time for everything; we don't have time for what we truly don't want.

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



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By Martin C. Barry
and Renata Isopo

Laval Police still investigating death of Chomedey girl



The Laval Police Department were still conducting an investigation earlier this week into the cause of death of a seven-year-old girl at a home in Chomedey.

The LPD had received a call from a family living at a home on Le Boutillier St. The LPD said the girl was found in cardio-pulmonary arrest and was transported by paramedics to hospital, where she was declared dead.

Although the LPD said it wanted to question up to six people who were at the home, a language barrier was encountered and an interpreter was called in. Earlier this week, the LPD said was still waiting for the results of an autopsy confirming the cause of death, but were not ruling out physical harm as a potential factor.

In the meantime, the Quebec Human and Youth Rights Commission opened an investigation into whether the rights of the deceased girl were being respected before the police intervened. According to news accounts, her situation had been the subject of a report to youth protection authorities in Laval.

The commission had previously held an inquiry into the death of a nine-year-old girl in Granby, who died in 2019 after she also was the subject of a youth protection report. The Laval Police Department issued a statement on their Twitter feed last week, saying they are seeking input from anyone who thinks they may

have useful information.

"In the course of the inquiry on the death of a seven-year-old girl, which took place on Le Boutillier St. in Laval, the investigators at the SPL are calling on all persons who might have information linked to this event," they said. The department says anyone with information should call (450) 662-INFO (4636

Firefighters extinguish smoky blaze at Vimont recycling dump



Units from the Laval Fire Department finally managed to quell a fire at a recycling dump on Saulnier St. in Vimont where a blaze has been burning for up to a week in a large pile of recycled construction materials.

Smoke from the smouldering pile had been drifting across Autoroute 440 towards Cité de la Santé hospital on René Laennec Blvd., where employees were complaining of irritated eyes, sore throats, dizziness and headaches from the smoke.

While there were reports that the smoke was entering the hospital's ventilation system, the system couldn't be turned off because of current COVID-19 sanitary requirements.

The pile was made up mostly of old and dry scrap wood as well as other remaindered construction scrap. According to the Association des Pompiers de Laval, smoke and flames were

visible from nearby Autoroute 440, as well as Route 335, and Autoroute 19 which intersects the A-440.

The fire department ruled out arson as the cause. They said it was more likely a case of spontaneous ignition caused by intense heat generated deep inside the pile as the materials decomposed. They believed the fire probably started weeks ago, but was only noticed as the smoke and flames became obvious.

Provincial environmental damage assessment workers were on the scene monitoring the smoke for potentially toxic content.

Laval Police seek victims of educator facing pedophilia charges

The Laval Police Department is urging possible victims of an alleged pedophile who worked as a special educator from 2017 to 2019 to come forward as they seeking additional evidence.

According to a statement issued by the LPD, David Gingras, 31, was arrested on Dec. 9 and faces charges of sexual assault allegedly committed in Laval and on the North Shore.

The LPD says Gingras worked as a special education technician at various schools and community organizations in Laval, Deux-Montagnes and Mirabel.

The charges stemmed from incidents alleged to have taken place at his home. The victims were 11 to 16 years of age, said the LPD. Gingras made one court appearance at the Laval courthouse on Dec. 10. The charges included sexual assault and possession of child pornography.

He was freed on bail with conditions and is scheduled to make his next court appearance on March 19. The LPD says that anyone who is a victim or feels they have information relevant to the case should call the force's Info-Line at 450 662-INFO (4636), or 9-1-1, and refer to file LVL 200821 057.



New federal rule on COVID-19 tests for air passengers

(CNW) From now on, all travellers must show a negative PCR test before boarding a plane destined for Canada

Since this Wednesday at midnight, all travellers returning to Canada by air from abroad must produce evidence of a negative COVID-19 test before boarding their flights.

Every traveller over the age of five must show a negative test result from a polymerase chain reaction (PCR) test administered in the 72 hours before their flight's departure. Some temporary exemptions have been introduced for travellers from St. Pierre and Miquelon and Haiti.

The test must be conducted before boarding the plane, in the flight's country of origin. Other types of tests — such as rapid antigen tests — will not be accepted. The government has directed airlines to turn away travellers who do not present a test result at the time of boarding.

To account for PCR testing limitations in some countries, travellers departing from the Caribbean or South America can use tests conducted within 96 hours of departure (instead of 72 hours) until Jan. 14.

The testing requirement is in addition to the existing mandatory 14-day quarantine period for returning travellers. The travel restrictions on most foreign nationals also remain in place.

Upon arrival in Canada, all travellers will be questioned by Canada Border Services Agency (CBSA) officers about their quarantine plans. The government said today CBSA officers will now apply "greater scrutiny" to these plans to improve compliance.

Border officers will also screen for sick passengers and refer those who appear to be ill to Public Health Agency of Canada officials for further assessment.

For now, travellers will not be required to get a molecular PCR test from certain companies or laboratories, but Transport Minister Marc Garneau said the government may eventually limit the range of tests it accepts.

Garneau acknowledged that testing requirements will lead to "inconvenience" and "frustration" for some travellers but said it's necessary to prevent further importation of the virus from other countries.

"The COVID-19 pandemic is far from over. We need to continue to be vigilant, and we need to continue to take action to reduce the risks of spreading the virus by air travel," Garneau said.

Garneau, Health Minister Patty Hajdu and Foreign Affairs Minister François-Philippe Champagne stressed that Canadians should shun travel abroad to avoid getting stuck overseas without timely access to a PCR test.

Monister Hajdu said the government knows it may be difficult for some returning Canadians to get a test within that 72-hour window.

"This is exactly why we're advising people to not travel internationally. It is difficult to acquire a PCR test in countries that you wouldn't suspect. It's very important people resist the urge to travel internationally unless absolutely essential to do so," she said.

The temporary ban on flights from the United Kingdom will end tonight now that this new testing regime is in place, Garneau confirmed.

In response to news of a more contagious strain of COVID-19 in that country, the federal government restricted all flights from the U.K. last month. That ban will end now that this new mandatory testing regime is in place for all travellers entering from all countries.



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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.

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.

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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Letters to the Editor



We must protect French – but not at expense of English-speaking communities

At the dawn of 2021, English-speaking Quebecers are witnessing the relative language peace we have enjoyed for many years fade.

In Ottawa, Official Languages Minister Mélanie Joly has promised to table a white paper as the basis for protecting and promoting French not only outside of Quebec, but also within. Meanwhile in Quebec City, Language Minister Simon Jolin-Barrette will reinforce the Charter of the French Language (Bill 101).

The Quebec Community Groups Network (QCGN) and many English-speaking Quebecers are determined to serve as crucial and constructive voices throughout upcoming debates that are bound to prove emotional and sometimes acrimonious. We believe that English-speaking Quebecers are uniquely placed to nurture understanding between English and French – and to communicate Quebec's unique character and concerns as well as the needs of Francophone minorities to Canada's English-speaking majority.

The governments of Quebec and Canada are responsible for protecting and promoting both the French language and our linguistic minority community. As proud Quebecers with deep attachments to this province, we understand that Francophones are concerned about the future of their language within a sea of English across North America. We believe that French can and must be protected without diminishing the vitality and viability of Quebec's English-speaking communities – which are increasingly fragile. All must understand this troubling reality.

Linguistic duality is a sustaining pillar of Canada. The QCGN advocates the equality of language rights and obligations in all areas of federal jurisdiction. We are disappointed some in Quebec are turning inward; one leading opinion-maker in French Quebec has even counselled that embattled minority communities outside Quebec simply be written off.

Not us! No matter where Canada's French-speaking minorities live, English-speaking Quebecers share their minority perspective and make common cause with them. We are staunch allies. We intervene in legal cases and other battles that threaten to diminish their – and thus our – official language rights. Like them, we insist that our institutions that we have built and sustained over many generations be maintained and properly funded.

We remind Minister Joly of her government's pledge in September's Throne Speech "that the defence of the rights of Francophones outside Quebec, and the defence of the rights of the Anglophone minority within Quebec, is a priority." Any legislative change must ensure Canadians living in minority language communities continue to receive constitutionally protected services in their own language.

English-speaking Quebecers understand that the policies and programs of the Quebec government have the greatest impact on our daily lives and our continued vitality. Any amendments to language legislation must respect the principle of the Charter of the French Language which specifies that French should be protected and promoted "...in a spirit of fairness and open-mindedness, respectful of the institutions of the English-speaking community of Québec, and respectful of the ethnic minorities, whose valuable contribution to the development of Québec it readily acknowledges."

As debate over language is rekindled, it is critical that the dialogue be evidence-based and that it steers clear of outdated stereotypes about our community which continue to be propagated in some Quebec media and elsewhere. Our community has changed immensely in recent decades. We are more ethnically, racially, and culturally diverse. We are the English-speaking community with the highest levels of French-language proficiency in Canada. More than three quarters of our youth are bilingual. We have built world-class institutions that enrich all of Quebec society. Our schools have led the world in developing bilingual education. Meanwhile we have lower levels of income and higher levels of unemployment than our French-speaking compatriots.

As Quebec and Canada construct parallel language-policy frameworks for a new era, we urge all participants to be inspired by the example Canada has long provided the world – that distinct linguistic communities can learn and build upon the others' strengths and cultures, and thus thrive and prosper with mutual respect and cooperation.

This is the vision that QCGN will be upholding in 2021 and beyond. We invite our community and political leaders to embrace this unifying vision.

By Marlene Jennings

Marlene Jennings is President of the Quebec Community Groups Network.



of lentils and olives

It's not only packed with high-protein and good fiber (you'll thank me in the morning, wink wink), but it's warming, comforting, hydrating and soul soothing!

I grew up eating this at least once a week. My mother would use the traditional Greek recipe (basically using lentils, onions garlic and a bay leaf), but I do like the additional grains, and any other nutritious vegetable I could find or have in my fridge

Of course, soup, like the rest of us, desires company! So, a nice, warm and crusty loaf would be so welcoming. As you see in the picture, I have it served with a slice of olive bread.

Don't worry, it's really easy!

Ingredients

- 1 -2 tablespoon vegetable oil
- 1/2 teaspoon cumin seeds
- 1 white or Spanish onion, coarsely chopped
- 2 garlic cloves, minced
- 2-3 stalks of Swiss chard (leaves and stems) chopped
- 1 stalk celery, chopped
- 1 -2 sprigs of fresh thyme (or any other savory herb like marjoram, bay leaves and oregano)
- ground black pepper
- Coarse sea salt
- 4 cups vegetable or beef stock
- 2 cups water (if you want the soup to be thicker, omit the water)
- 1 cup brown lentils or 1 cup green lentils
- 1/3 cup pearl barley
- 1/4 cup fresh parsley, chopped

Balsamic or red wine vinegar

Method

1. While cooking the other ingredients, soak and rinse the barley (drain all the

water) and soak the lentils in a big bowl, and set aside.

2. Prepare the vegetables: Finely chop the onion and garlic; coarsely chop the Swiss chard (green and white parts), and celery. Set aside.

3. Heat the oil in a large pot over medium heat. Add the onion then sauté for a couple of minutes until they are opaque in color. Add the celery with the Swiss chard chopped stems only and sauté for another 5 minutes (occasionally stirring). Finally add the garlic with the cumin seeds and fresh thyme sprigs, and cook for a few minutes more. Pour in the broth and water. Bring to a boil, add the barley and drained lentils, then reduce the heat, cover and simmer for 40-60 minutes. Continue to simmer until the lentils and barley are tender.

4. Turn off heat and Stir in the Swiss chard leaves with fresh chopped parsley. Add the vinegar, oil, salt and pepper to taste.

5. Remove the thyme sprigs and serve the soup into bowls with a hunk of fresh olive bread (optional)

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In Memoriam & Obituaries

ILIOPOULOU MAVRIDIS, Vasiliki 1931 - 2021



We regret to announce the passing of Vasiliki Iliopoulou Mavridis at the age of 89.

FOSTER, Normand 1930 - 2020



In Laval, on December 28, 2020, at the age of 90, passed away Mr. Normand Foster, husband of the late Colette Bouthillier. He is survived by his children, relatives and friends.

BOUCHER, Colette 1941 - 2020



In Laval, on December 31, 2020, at the age of 79, passed away Mrs. Colette Boucher. Recognized by all for her great joie de vivre and limitless generosity, she will forever remain in our hearts and memories a great symbol of unconditional love. She is survived by her husband Gilles Coulombe, her children Gaetan (Chantale), Monique (Jacques), her grandchildren, her great-grandchildren, her brothers-in-law, her sisters-in-law, as well as many friends.

MATILDE GONÇALVES BARROS, Maria 1946 - 2021



We regret to announce the death of Maria Matilde Gonçalves Barros at the age of 74 years.

DESJARDINS, René 1935 - 2021



It is with sadness that we announce the death of Mr. René Desjardins, on January 8, 2021, at the age of 85. He was the husband of the late Madame Cécile Cyr. He will be sadly missed by his children, Lyne (Pierre Drolet) and Sylvain (Julie Levert), his grandchildren, Catherine, Charles-Antoine, Nicolas and Félix, his sisters, his brother-in-law and his sister-in-law, his nephews and nieces, as well as many relatives and friends.

DUMAS, Madeleine 1926 - 2021



In Laval, on January 6, 2021, at the age of 94, passed away Mrs. Madeleine Dumas, wife of the late Mr. Gérard Godin. She is survived by her children Mario (Judith Cousineau), Serge (Sylvie Roy), the late Nancy (Yves Tessier), her grandchildren Marie-Noëlle, Sophie, Mélanie, Maude, Vincent, her great-grandchildren Rachel, Nathan, as well as many other relatives and friends.

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HOROSCOPE

Week of JANUARY 17 TO 23, 2021

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

You'll display exceptional dynamism and interpersonal skills. Among other things, you'll organize an event that ends up being a major success. All of your initiatives will have a significant impact on your future.



TAURUS

You'll experience a lot of action, with some spectacular twists and turns, and time will feel like it's in short supply. A big dream of yours will become increasingly attainable, even if the path to achieving it remains unclear.



GEMINI

A bit of fatigue is likely to set in after a few stressful days. You'll find yourself in a creative frame of mind, and you'll complete a remarkable masterpiece.



CANCER

Time won't be easy to manage, and you'll find that you can no longer put off certain tasks. At work, you'll be responsible for managing crises and important files that will help advance your career.



LEO

You'll need to be forceful if you want to get that promotion. Give it your all, and you'll be rewarded for your efforts; success is waiting. A getaway with friends will be planned at the last minute.



VIRGO

A change in your family's circumstances will make you consider moving somewhere more convenient. You'll have an important decision to make that'll require a long period of reflection before you jump into action.



LIBRA

The idea of going back to school or signing up for a course will cross your mind. At work or elsewhere, there's a good chance you'll have to negotiate with strangers and converse in another language.



SCORPIO

At work, you'll have a number of detailed tasks that will take a ridiculously long time to complete. In terms of your health, you'll get your hands on the right medication or treatment to deal with a chronic problem.



SAGITTARIUS

You'll end up in the spotlight, in spite of yourself. This anecdote will be a joke at the office for years to come. Needless to say, your pride might get bruised in the process.



CAPRICORN

You'll take care of your family and things around the house, but you'll also need to make time to pamper yourself and have fun. You might also prepare meals ahead of time for all of your loved ones.



AQUARIUS

You'll be doing a lot of running around. Your family and friends will need you to lend a hand as well as an ear. Fortunately, they'll be sure to express their immense gratitude for your support.



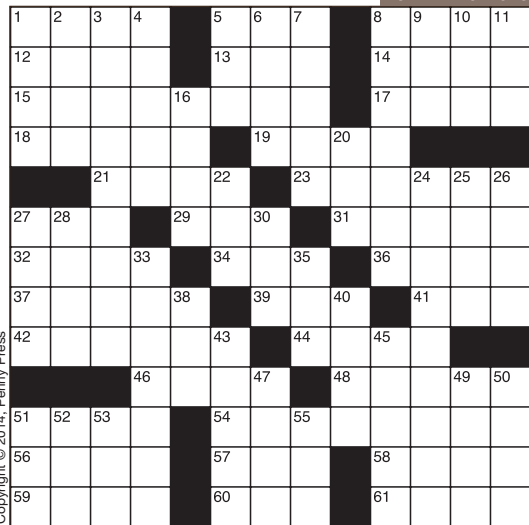
PISCES

Affection will be a major theme this week. If you're single, you'll meet a rare gem who's looking for a serious commitment. If you're in a relationship, you'll make long-term plans that will strengthen your bond.

Coffee Break

CROSSWORDS

PUZZLE NO. 1013



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ACROSS

1. Ship's pole
5. Society woman
8. Grating
12. Canyon's answer
13. Affirmative
14. Hard to come by
15. Auto safety device
17. Freshly
18. Common flower
19. Herringlike fish
21. Prune
23. Explodes
27. Quilting party
29. Trendy
31. Gold purity measure
32. Sound receivers
34. Public transport

36. Certain parasites
37. Precincts
39. Lump
41. At once
42. Panties
44. Phonograph record
46. Floral necklaces
48. Friend, in Barcelona
51. Preposition
54. Spread rumors
56. Stadium part
57. Preschool downtime
58. Fat
59. Health clubs
60. Blue above
61. Shady trees

DOWN

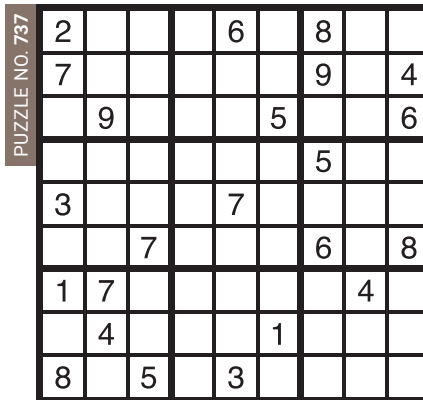
1. Tableland
2. Poker holdings
3. Smashed
4. Carrier
5. Tinting agent
6. Electric swimmers
7. Scrub
8. Happening bit by bit
9. Managed
10. Anger
11. Morning drops
16. Upper edge
20. Big boat
22. Riotous crowd
24. Foremost
25. Mexican dish
26. Hearty soup
27. Suitor
28. Make money
30. Used a shovel
33. Mariners
35. Lay lawn
38. Look at
40. Inclination
43. Road markers
45. Grin
47. Drench
49. Wheat
50. Evens' opposites
51. That thing's
52. Puppy's bite
53. Brewed beverage
55. Agent 007, e.g.

Sudoku

HOW TO PLAY:

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

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

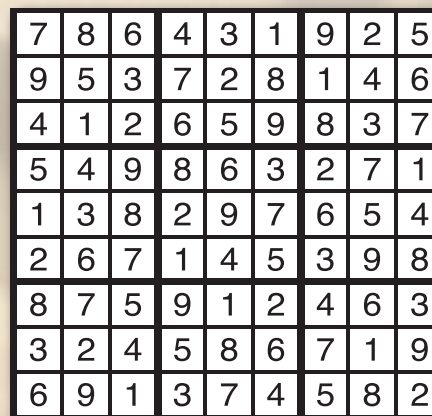


Last Issues' Answers

CROSSWORDS



Sudoku



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This week's basket:


- Spinach
- Broccoli
- Melon
- Mushrooms
- Beets
- Choux
- Clementines
- Sweet Potatoes
- Bananas
- Garlic
- Lettuce
- Tomatoes
- Cucumber
- Fine Herb
- Lemons
- Onion
- Asian Pear
- Mystery item

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