



Pilaros
COM

Introducing our new Pilaros Pita!
Also available in pita format

It's not a trend, it's a tradition!

www.pilaros.com
1.888.PILAROS • 450.681.6900

THE LAVAL news

Laval's English Paper, Since 1993



BARBIES
RESTO • BAR • GRILL

SKIP Uber DOORDASH
Pick up / Delivery:
450.668.0033
Online Orders:
barbiesgrill.com

barbiesgrill.com

newsfirst
MULTIMEDIA

Vol. 29 - 02

January 27, 2021

450-978-9999

www.lavalnews.ca

info@newsfirst.ca

120,000 readers

Minister Monsef:
"Pandemic pressures
spur demand for
women's shelters."



The Laval
News
Exclusive

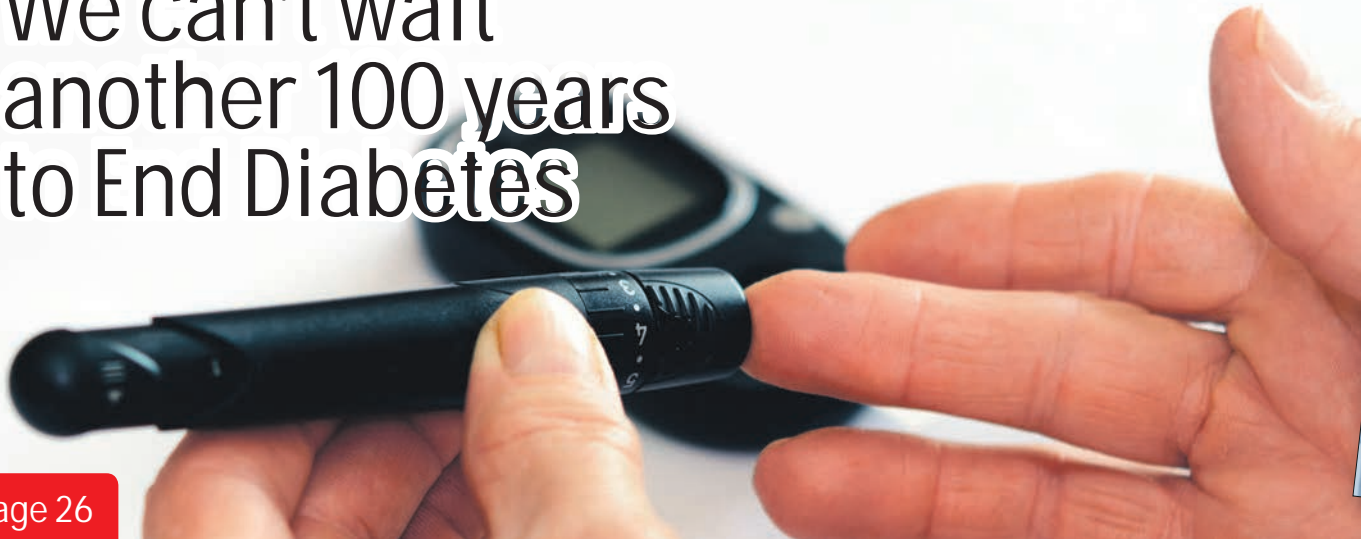
Page 3

Dufour
back onto
Laval
executive-
committee



Page 5

We can't wait
another 100 years
to End Diabetes



Page 26



MATURE LIFE

FOR 'LADY-OF-THE-SKIES'
ANGIE JOHANNA MECHIELSEN:

'COFFEE, TEA, OR ME?'
IS NO LONGER THE QUESTION.

Pages 11-22

Thinking of Selling Your Home?

Call me today for a **FREE**
evaluation with no obligation.



FREE EVALUATION OF YOUR
HOME WITH NO OBLIGATION!




VOULA KOTTARIDIS
REAL ESTATE BROKER
514 993.5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

HUMANIA CENTRE Agente immobilière
450.682.2121



**Now more than ever,
simple gestures are
our best protection
to fight the virus.**

- ✿ Maintain physical distancing
- ✿ Wear a mask
- ✿ Wash your hands regularly
- ✿ Avoid travel to other regions and non-essential trips
- ✿ Get tested promptly if you have symptoms
- ✿ Follow self-isolation guidelines

Let's continue to protect ourselves properly.

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

 1 877 644-4545

Votre
gouvernement 

Québec 

Minister Monsef: "Ottawa is spending \$100 million, as domestic violence spikes."



For nearly a year since the onset of COVID-19, Ottawa has been boosting funding to organizations dealing with gender-based violence – a phenomenon which has risen drastically during the pandemic, as have the pressures placed on individuals and families.

A statement on the federal Ministry for Women and Gender Equality website says, "The COVID-19 pandemic has created unprecedented challenges for those experiencing gender-based violence and the organizations that provide supports and services to them."

Demand is up, says Monsef

In May 2020, the ministry announced \$50 million in emergency funding for organizations providing support and services to those experiencing gender-based violence. In October, they announced an additional \$50 million. Then in December, they announced further details on the distribution of additional funding from October.

The measures and investments, according to the government, are supporting shelters and transition housing that provide a safe space for women and their families experiencing violence, while ensuring that anyone facing gender-based violence also has a safe place to turn.

During an exclusive interview this week with Newsfirst Multimedia, Women and Gender Equality Minister Maryam Monsef said the ministry has been in daily contact lately with organizations in Quebec and the rest of the

country that are providing support to those who are fleeing abuse and violence. "We heard in Quebec, as has been the case across the country, that the demand for services has gone up, and that the pandemic has added greater pressures to families, to individuals," said Monsef.

'This violence is preventable'

"The rates of violence against women and girls and children are up and this is not acceptable – this violence is preventable. But our government has been there since the beginning of COVID to provide immediate support to front-line organizations across the country."

According to Monsef, the Ministry for Women and Gender Equality has provided funding to more than 1,500 organizations over the past year, allowing the groups to stay open, to pay staff and to provide counselling and support services to families undergoing traumatic strife during the COVID-19 pandemic.

Given the uncertain prospects of a foreseeable end to the pandemic or its wide-ranging and long-term impacts, Monsef did not rule out the possibility that the Trudeau government might continue its support past the current commitments.

"Well, you've heard the Prime Minister say – and I hope Canadians and particularly those vulnerable women and gender non-binary folks who are in abusive homes and abusive relationships hear this too – that we will be there for you – for whatever it takes for as long as it takes," she said.

Post-pandemic support

Monsef said that even before the onset of

the COVID-19 pandemic in Canada early last year, the Liberal government had already begun increasing funding to groups providing services to those enduring gender-based violence.

"We were able to invest \$100 million in emergency COVID funds for frontline organizations to support the most vulnerable in their hour of need," she said. "And we will continue to be there not just for emergency support, but to help recover from the pandemic once we are able to move to the other side of it."

Monsef said officials at the ministry are working proactively and taking their lead from the more than 1,500 organizations across Canada that are receiving assistance during the pandemic.

"They are the experts, they are creative, they are there to care for the most vulnerable, and we care about them. Every step of the way we've been working with them for the emergency response, but also to build better systems to put an end to violence against women and girls once and for all."

Internet access accelerated

On a separate but related COVID-19 issue, involving Monsef in her capacity as Minister for Rural Economic Development, she said some of the hardships created by the pandemic motivated the government to accelerate deployment of high-speed internet service to 98 per cent of Canada's rural and remote areas by 2026 (rather than 95 per cent by 2030, as previously planned).

"Life without internet access was hard before this pandemic and it is hard to endure during a pandemic," she said. "Before COVID, we were able to provide support and funding so that close to 1,000 communities across the coun-



"The pandemic has added greater pressures to families, to individuals," says federal Women and Gender Equality Minister Maryam Monsef.

try were closer to getting high-speed internet. And by the end of 2020, tens of thousands of households who didn't have that access before we formed the government had high-speed internet access."

Last November, according to Monsef, the government decided to accelerate the plan to connect all of the country to high-speed internet. She said the decision was directly related to the situation created by the pandemic. "Having that connectivity is essential right now," she said. "It's about health and safety, it enables online learning and telework, and also it makes sure that Canada is competitive."

Fifty-three new social housing units for vulnerable people in Laval

Two of the projects are in Vimy, while another is in Marc-Aurèle-Fortin



Quebec Environment and Climate Change Minister Benoit Charette and Sainte-Rose MNA Christopher Skeete have announced the conclusion of a more than \$5 million agreement between the Société d'habitation du Québec (SHQ) and the Canada Mortgage and Housing Corp. (CMHC) for three projects to create 53 new social housing units in Laval.

According to a press release issued by Skeete and Charette, the new affordable housing units will be for women victimized by family violence, and for young adults with intellectual disabilities.

Under the agreement, the Quebec government

commits to pay subsidies to supplement rents in some cases for a period of 20 years.

Those renting the units will be paying only 25 per cent of their revenue for their housing needs. Around \$131.5 million is expected to be paid in total on all aspects of the project.

The announcement came on the same day when officials from Ottawa and Quebec were announcing an agreement for the construction of nearly 1,500 social housing units in 14 regions all over Quebec.

Highlights:

Nearly \$180 million will be invested through the RHI to complete 68 projects across the province. This represents 1,491 new housing units that will be available as of April 1, 2022.

Projects receiving investments under the RHI will target clients with special housing needs.

The following organizations in Laval are receiving funding to support social housing projects under their sponsorship:

Avenir de femmes.....	Laval.....	Laval.....	23	\$2,459,396
Bouclier d'Athéna - Maison transitoire 2e étape	Laval.....	Laval.....	17	\$1,679,552
La Maison du Pas Sage	Laval.....	Laval.....	13	\$887,050

These include:

- Women and children who are victims of domestic or family violence;
- Seniors;
- Indigenous populations;
- People with mental health or addiction issues;
- People who are homeless or at risk of homelessness;

• People with disabilities, etc.
\$1 billion will be invested through the RHI to create 3,000 new permanent affordable housing units across Canada to address urgent housing needs.

The projects will be predominantly funded through the AccèsLogis Québec and AccèsLogis Montréal programs, funded by the Government of Quebec.

SKIP Uber DOORDASH
Pick up / Delivery:
450.668.0033
Online Orders:
barbiesgrill.com

BARBIES
— RESTO • BAR • GRILL —

barbiesgrill.com



THE LAVAL news

120,000
READERS

3860, boul. Notre-Dame, # 304,
Laval, QC H7V 1S1

Tel: 450-978-9999 • Fax: 450-687-6330

E-mail: editor@the-news.ca

www.lavalnews.ca

Distributed in
Chomedey, Ste-Dorothée, Fabreville,
Laval-sur-le-Lac & Val des Brises
H7W H7T H7V H7S H7X
H7Y H7P H7R H7E



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Costa Hovris
Elena Molter
Thomas Bakoyannis

Advertising Consultants:

Peter Stavropoulos
peter@newsfirst.ca

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Dimitris Ilias
Renata Isopo
Savas Fortis
James Ryan

Columnist:

Robert Vairo

Deadline for commercial advertising by Friday at 3 p.m.
Deadline for classified advertising by Friday at 3 p.m.

ISSN number : 1923-0605

Annual subscription : \$8995 • Per copy : \$1

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

Layout: Media Trek

Distribution: TC. Transcontinental/DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation:

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056

Project funded in part by

Canada



Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association



ComBase



Publishers' Liability for Error: The publishers shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issues or the refund of any monies paid for the advertisement. Articles published reflect writers' opinions, but not necessarily the opinion of this newspaper.

ENTIRE CONTENTS COPYRIGHT 2020

OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



A National Emergency Demands Leadership

I watched with envy as some NBC TV affiliate out of Seattle Washington was telecasting a report on how municipal and state governments, and corporations like Starbucks and Microsoft were lending their people to facilitate distribution of 50 thousand vaccines a day. Microsoft will actually set up a drive by location to help health workers inoculate at the rate of five thousand a day. One location, one day, 5 000 arms! I thought wow, all these vaccines and this amazing cooperation from the corporate sector. Excellent public relations, but still, generous of corporate America to step up in time of crisis. But there was more. The reporter then informs the viewer that two thousand pharmacies are set up to administer additional vaccines pouring into the state. What a fantastic logistical set up. And Washington state last week reached another plateau. They've moved on to the next round of vaccines for the 65 and over.

What the hell happened to Canada? We don't know when we'll be vaccinated, much less where. No need to worry about that this week because we're not receiving any vaccines, at all.

Less than 2%, about 600 thousand Canadians have received at least the first dose, while the US is close to 15%, Israel had 30% of its population done, and the United Arab Emirates 50% by the end of March.

Why the discrepancy? We have an exemplary health care system, but both of the Trudeau government's key ministers in this Covid pandemic, have no experience in their roles that is affecting the lives of 38 million Canadians. Health Minister Patty Hajdu was a graphic designer and event organizer before becoming Health Minister. The person responsible for purchasing our vaccines, our life line during this pandemic, Services and Procurement Minister, Anita Anand, with 12 months in politics, was a professor at U of T. Are you still wondering why vaccines are only trickling in by the few thousands for the millions of us? Are you still wondering why many of us have lost faith in this kind of lame authority? This is a national emergency! Where are the heavy weights? Where is the leadership?

It starts at the top. No corporate experience, no business skills, no economic savvy, no background in law, none in science. What do you expect?

The firing, oops, resignation of the Governor General starts with the person who hired her. Justin Trudeau single handedly hired the ex-astronaut to be Canada's representative. There was a much better

way. But he disbanded the nonpartisan committee that provided choices for such a function.

This Prime Minister does not lead, but seems to simply react to how Canadians feel. When we learned vaccines would stop this week from a mere trickle in the last few weeks, Canadians were enraged, and left helpless. Where was our Prime Minister? While other world leaders are constantly in contact with Pfizer, pressuring the pharma giant to speed up delivery, our PM was silent. It took the Premier of Ontario, so often criticized by Trudeau's minister, to light a fire. "I'd be sticking a ying yang up." Ford says he doesn't accept Pfizer's explanation for delays. "We have a contract. Deliver".

Five days after the Pfizer announcement, Trudeau finally tweeted he had called Pfizer CEO Dr Albert Bourla. "I have been promised..." We've heard that before.

</

Letters to the Editor



The web giants' disinformation campaign



Last fall, Canada's local news publishers came together to urge the federal government – and MPs of all parties – to join with democracies around the world in fighting the monopoly positions of Google and Facebook.

News Media Canada, which represents the digital and print media industry in Quebec and elsewhere in Canada, outlined a list of actions to counter the stranglehold of these foreign web giants, which deny local newspapers the revenues that pay for real journalism, in a report entitled "Levelling the Digital Playing Field."

Since then, Google and Facebook, already in hot water for problems with spreading disinformation on their platforms, have responded with some disinformation of their own.

Google's misleading omissions

The latest illustration is a letter sent by Google to every MP in Ottawa as part of a high-priced global lobby campaign. As the American company seeks to fight all restraints on its wealth and power, the letter contains statements and claims that are as important for what they omit as what they purport. Contrary to Google's claims that "Not all publishers agree with News Media Canada," we point out that our group represents the publishers of the daily, regional, community and ethnocultural news publications that account for more than 90 per cent of news media readership in Canada.

Google claims that it did not cause "the disruption of the newspaper business model," implying that what it dismissively refers to as "legacy media" have not kept up with changing technology. In fact, Canadian newspaper publishers, large and small, have been in the forefront of adapting to the digital world, rapidly developing products for their readers tailored to the various digital platforms available on the market.

Google also states that it "does not earn meaningful revenues from news." We will leave it to you to decide what constitutes "meaningful revenues" for a company that earned more than C\$200 billion in revenues in 2019.

Google also neglects to acknowledge that it and Facebook combined collect 80 per cent of all online advertising revenues in Canada.

Google's omissions of facts in its letter are deliberate – and deliberately misleading. For example, it states that it "does not set ad prices... (they) are driven by real time auctions." In fact, Google uses its immense size and wealth and its uncontested market domination to control every step of buying and selling digital advertising and thus lay claim to the lion's share of all advertising.

Since 2001, Google has aggressively acquired digital display advertising technology companies that posed any threat. Google technology now powers the ad systems used to display ads on publisher websites; is used to offer those placements to the market for purchase (bidding), is the base for bidding on the placement of those ads; and is used for targeting consumers and tracking how those ads perform. Google is the auction, the auctioneer, the product, the buyer and the seller.

Putting an end to the abuse of power

The rejection of Google's abuse of power is growing in democracies around the world. The alarm we raised in our report has been subsequently echoed in recent reports in the United States Senate and the British House of Lords.

Australia is also taking decisive action to ensure a fair online market for media in that country.

We believe – given our similar legal and federal political systems – that same approach should be adopted by the Government of Canada. That is the key recommendation of our report. It requires no government funding or new or increased taxes or user fees.

All it requires is for our MPs to quickly exercise their responsibilities to protect Canadians and Canadian businesses from the predatory and destructive practice of this powerful monopoly and thus ensure fair competition.

Interests as powerful as Google and Facebook won't allow this to happen without a fight. Based on their behaviour in other jurisdictions, like Australia and Europe for example, we can expect bare-knuckled lobbying and outright threats to follow.

As media publishers in Canada and Quebec, we will continue to champion the interests of local news and the communities we serve. We will continue to fight for women and men in newsrooms across Canada. Real journalists, reporting real news and using new, innovative ways of reaching their readers. We hope that by taking the legislative action we outlined in our report, MPs from all parties and all regions of Quebec and Canada will stand with us.

John Hinds
President and CEO of News Media Canada



Start your life!
Live your dream!

**LOANS AND BURSARIES AVAILABLE
COVERED BY EMPLOI QUEBEC**

Accounting



**Secretarial
and Legal
Studies**



REGISTER TODAY: 514-381-5440

PIUSCENTRE.COM

9955, Papineau Ave., Montreal, QC H2B 1Z9



Commission scolaire English-Montréal
English Montreal School Board

FOLLOW US ON



Saint-François Arena to be renamed in honour of Jacques St-Jean

Former Laval city councillor also coached hockey greats like Mike Bossy

(TLN) Action Laval leader and mayoralty candidate Sonia Baudelot joined St-Bruno city councillor David De Cotis last week in paying homage to former councillor for Saint-François Jacques St-Jean by successfully getting a motion passed in city council to rename the Saint-François Arena in honour of St-Jean.

The resolution was proposed by De Cotis and was passed unanimously. The renamed Jacques-St-Jean Arena recognizes Jacques St-Jean's accomplishments not only as a longtime Laval city councillor, but also his longstanding devotion to promoting team sports among several generations of young Laval residents.

A well-known guy

"Even before I became involved in politics in Laval, I already knew very well the name of Mr. St-Jean," said De Cotis. "His devotion to the people of Saint-François, as well as his involvement in the community life of his area, along with his many years of coaching young hockey players, added to his reputation as a builder. It should not be surprising that his citizens placed their confidence in him for so many years."

In addition to being a city councillor from 1989

to 2017, St-Jean also managed a hockey school named after him since 1975. A member of the Quebec Hockey Hall of Fame since 1996, Jacques St-Jean played a key role in training and coaching a good number of professional players, including Mike Bossy. St-Jean was also involved for many years in municipal sports and leisure activities in Laval.

Recognizing achievement

"We could not ignore his important contribution to life in our city," said Baudelot. "It is citizens such as Mr. St-Jean who make Laval such a wonderful place to live. Underscoring the work he did by naming an arena after him was something that had to be done."

Said Jacques St-Jean, "I welcome this honour with humility. I accomplished what I did because I believe that participation in municipal life is the best way to improve our society. Preparing youths for the world of tomorrow, while gathering citizens around worthwhile projects, was the best thing I could do."

The name change, from Saint-François Arena to Jacques-St-Jean Arena is expected to take over in the coming weeks.



Photo: From the left, Action Laval leader Sonia Baudelot, former Laval city councillor Jacques St-Jean and St-Bruno city councillor David De Cotis are seen here outside the Saint-François Arena, which will soon be called Aréna Jacques-St-Jean.

Laval successfully deals with winter's second major snowfall

City uses some of the 18 new sidewalk plows it recently purchased

(TLN) The City of Laval's public works department claims it had great success recently in cleaning up the snow that fell on Laval's roads, streets and sidewalks during the second significant snowfall of the 2020-2021 winter season.

2nd big snowfall

According to the city, 25 centimeters of snow accumulated in Laval. The city says that crews were active for a few days afterwards tying up the loose ends and throwing down abrasives to

deal with patches of ice.

"Operations are going full-speed," city councillor for Sainte-Dorothée Ray Khalil, who manages the public works dossiers on city council, said last week.

He maintained that the city had received positive feedback from many residents on the efficiency of this snow removal operation through e-mail, social media and the city's 3-1-1 phone line.

New snow removal gear

The city recently purchased 18 new sidewalk tractor plows, some of which were put into action during the snowfall. Laval's snow clearing operations can be followed digitally through the website neige.laval.ca.

A special app for iOS and Android can also be downloaded from app sites, and the city operates an interactive map of snow removal operations at appneigelaval.laval.ca.

City of Laval defers tax payments to June 16 and Sept. 15

This is the second year city takes action during ongoing pandemic

(TLN) Given the current economic hardship being faced by many homeowners, City of Laval executive-committee vice-president Stéphane Boyer has announced that the city has decided to defer tax payments – normally due in March and June – to June and September.

According to a statement issued by the city last week, the first payment now will come due on June 16, while the second payment will be due on Sept. 15.

"We are aware that the pandemic is producing terrible consequences for many families," Boyer said in a statement, while adding that a tax freeze announced last fall is also among the measures the city is implementing to take into account the financial hardships caused by the COVID-19 pandemic.

Support from city

Boyer said the additional help will offer some concrete support "that will allow the people of Laval to benefit from several months of respite in order to better plan their budgets in the context of their situations. We also wanted to offer a helping hand to our business owners who are experiencing cash-flow problems while waiting for the resumption of economic activities."

According to the city, tax bills will be sent out to property owners on Feb. 16. Last year, the two tax payments were also deferred to Sept. 1 2020 at the latest. Additional information on property tax payments to the city can be obtained on the City of Laval's website: www.laval.ca.



Mayor's office welcomes Dufour back onto Laval executive-committee

Council rejects opposition motion that members with election finance issues be suspended



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

Despite news late last week that councillor and executive-committee member Virginie Dufour is finally being allowed to resume her duties following a recent brush with controversy, opposition council members continue to maintain that Dufour won't be fully exonerated until a provincial inquiry has been completed.

Mayor Marc Demers' office issued a statement on Friday last week, saying that Dufour "will remain on the executive-committee of the city" and is back on the committee once again.

After withdrawing from the caucus last November following the public disclosure of a recording on which her election campaign manager appeared to acknowledge the reimbursement of cash donations, Dufour, who represents the district of Sainte-Rose, claimed she was innocent of wrongdoing and asked the Quebec Director General of Elections to investigate.

Donation controversy



In the recording, which was obtained by a francophone Montreal daily and dated from last July, Normand Cusson, who managed at least one of Fournier's electoral campaigns, was heard speaking with his spouse about serving as a "front-

man" for contributions made to Dufour, and how the amounts were reimbursed afterwards.

Under Canadian and Quebec electoral regulations, serving as a frontman to conceal the contributions of another person or organization is illegal. Penalties ranging up to \$20,000 can be imposed on the donor as well as the candidate who refunds a donation.

Illegal financing issues

The issue of illegal campaign fundraising is an especially sensitive one in Laval. Former mayor Gilles Vaillancourt's Parti PRO des Lavallois was found to have extensively used frontman fundraising tactics. Vaillancourt was convicted of corruption charges and sentenced to six years imprisonment in 2016. As well, six Parti PRO city councillors were censured by the DGEQ for engaging in illegal political financing practices.

On Jan. 13 during the second day of the monthly public city council webcast meeting, executive-committee vice-president Stéphane Boyer (who is currently acting as mayor while Marc Demers takes time off to tend to family issues) noted that virtually all the information regarding Dufour has come through the media.

Allegations 'serious': Boyer

While acknowledging during the council meeting that the allegations against Dufour "are serious," Boyer said he disagreed fundamentally with a resolution tabled by the official opposition Parti Laval. The motion called for council to suspend from committees any city councillor who faces allegations of electoral financial irregularities, and that their committee remuneration also be suspended until the matter is settled.

Boyer suggested that underlying what was heard in the recording was a personal conflict between Fournier's campaign manager and his wife, who is also heard in the recording, because "he [the campaign manager] was giving a lot of his time to Mme Dufour," Boyer said.

Electoral disqualification

"I don't think this is something that it is up to us to deliberate on as a city council," said Boyer, adding that the DGEQ is mandated to deal with campaign financing irregularities. "There are institutions that are mandated to deal with such situations and that can impose penalties if that becomes necessary."

Parti Laval opposition councillor for Fabreville Claude Larochelle pointed out that the charge still pending against Dufour with the DGEQ amounts essentially to electoral fraud and that the potential penalty is disqualification from running in elections for five years.

He noted that the resolution tabled by Parti Laval leader Michel Trottier didn't call for the

resignation of Dufour. But Larochelle insisted Dufour should recuse herself for the time being from participating on committees, including some inter-municipal ones on which she represents the City of Laval, for the sake of the city's reputation.

Winter parking motion defeated

During the same council session, a motion by opposition Action Laval city councillor for Chomedey Aglaia Revelakis, calling on the city to suspend its alternative street parking program during the provincial government's curfew for COVID-19, was defeated by the administration with support from the Parti Laval.

"I am stunned that our proposal was voted on and rejected forthwith by the party of the mayor and even by Mr. Trottier," Action Laval leader Sonia Baudelot said afterwards in a statement. "The provincial government is asking us all to stay home to prevent the spread of the virus, and so there are many more cars parked in Laval's streets than would ordinarily be the case."

Revelakis stated, "We were suggesting a quick and temporary solution to this problem, which hopefully will become only a bad memory. All the same, the administration of Laval has in its hands all the resources necessary to do efficient snow removal, even without alternative parking, just as it is done in other cities in Quebec."

STL news January 2021



Lockdown and curfew

- Regular bus service and shared taxi service operational network-wide
- 8 p.m. curfew: Anyone at a bus stop is allowed on the bus
- Masks are mandatory for the entire bus ride

Keep current with the latest updates on our website:

STLaval.ca/practical-info/covid-19



Questions regarding our service?

Our customer service agents have the answers:

450 688-6520

Monday to Friday: 6:30 a.m. to 8 p.m.

Saturday: 8 a.m. to 5 p.m.

Sunday and holidays:

8 a.m. to 12 p.m. & 1 to 5 p.m.

Appointment required to renew or purchase an OPUS card at a ticket office

Cards are issued and renewed by **appointment only**, at one of the metropolitan ticket offices located in Montmorency and Cartier terminals. The ticket offices close at 7:30 p.m. to comply with the curfew.

Use the Chrome browser on your computer to schedule an appointment at inscriptweb.com/STLaval

New: STL podcast

It is just launched, and it's called **Prochain arrêt : un balado de la STL** (in French only).

Experience a day in the life of a bus driver or mechanic, listen to success stories, and learn how we improve life in Laval.

Also, the answer to the question: Which is the nicest bus route?

Available on baladoquebec.ca or your favourite podcast platform.

No Wi-Fi? No problem!

Text your bus stop number to **511785** to receive upcoming times for your bus in real time.

STLaval.ca/network/real-time



STLaval.ca | Customer Contact Center: 450 688-6520

© STL 2021 - All rights reserved.

YEAR IN **Part II** REVIEW 2020

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

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

by Martin C. Barry

APRIL



In response to a request from the Quebec government, the Canadian Armed Forces' Joint Task Force East (JTFE) dispatched medically-trained military personnel to the Montreal region in late April to assist at nearly a half-dozen long-term care residences struggling with COVID-19 – including a CHSLD in the Laval area.

Quebec's Ministry of Health and Social Services (MSSS) had identified long-term care centres (CHSLDs) as institutions requiring the most assistance. CHSLD Villa Val des Arbres on Saint-Martin Blvd. East in Laval was among the care centres selected for assistance.



As if things weren't bad enough with the pandemic, the City of Laval also had to keep an eye on the river waters surrounding Île Jésus, in case there was a recurrence of spring

flooding as there had been in recent years. The city installed protective anti-flood barriers along certain streets near the waterfront, including streets in Laval-les-Îles, Souvenir-Labelle, L'Abord-à-Plouffe, Saint-François and l'Orée-des-Bois.

MAY



Developments during the month of May gave a bit of a break from the pandemic. During the May 5 meeting of city council, Mayor Marc Demers saw himself forced to defend the city's position on the losing side of a lawsuit that was launched by the developers of the aborted Le Commodore high-rise condo project on Lévesque Blvd. East near the junction of Autoroute 19.

The out-of-court settlement, reached between the City of Laval and Construction Lafleur and Construction Aldo, left the city \$13,772, 257 poorer, but put an end to legal proceedings by the two companies. It brought to an end a saga that began just before the 2013 election – the one in which Demers first came into office.

Former Sir Wilfrid Laurier School Board chairman Steve Bletas died suddenly at his home. Bletas had been the SWLSB's first chairman in 1998 (when the board was started and as the provincial government was creating new linguistic school commissions to replace the former religiously-based ones), and drove efforts to raise additional money for the board through annual fundraising events.

The City of Laval's Place Bell multipurpose arena and entertainment venue was called into service to take in an overflow of COVID-19-infected patients who could not be accommodated at the region's Cité de la Santé hospital, the Centre intégré de santé et de services sociaux (CISSS) de Laval confirmed.

At least one of Place Bell's smaller community ice rinks would



be set up with beds and other equipment to take in not only patients from Cité de la Santé, but also from seniors' residences in Laval where there are outbreaks of COVID-19.

The action was taken as the number of COVID-19 infections across the province showed few signs of slowing, while the government of Premier François Legault continued its efforts towards reopening the economy after more than a month of strict measures to keep the coronavirus infection from spreading.



In the meantime, the CISSS de Laval reported that as of Monday May 11, 387 persons in Laval had died of COVID-19 since the beginning of the pandemic, while there were 4,233 confirmed cases of infection, 128 people in hospital, 23 people in intensive care, and 1,739 persons who recovered.

Health Canada was warning Canadians of the risks of purchasing unauthorized test kits to diagnose or detect COVID-19. Unauthorized test kits were making claims to diagnose or detect COVID-19, although they could put your health at risk.

BARBIES

RESTO • BAR • GRILL

LAVAL | barbiesgrill.com

580 SAINT-MARTIN WEST BLVD. | 450-668-0033

YEAR IN **Part II** REVIEW 2020



At around this time, online webcasts and Zoom virtual conference meetings were becoming the norm for public meetings and press conferences. The Quebec Liberal Party used the latter medium to host an online gathering to celebrate the 50th anniversary of the date when former Liberal Premier Robert Bourassa formed his first government and became the youngest Premier in the province's history.

Eight former insiders (including Bourassa's daughter and a past Liberal Minister of Finance) recalled their times living or serving alongside someone that historians have come to regard as one of the most successful political leaders ever to govern Quebec.



By the end of May, Laval mayor Marc Demers had the opportunity to sit down and meet with Premier François Legault to discuss some of the COVID-related issues that were impacting this region.

It was during a webcast of that meeting that Legault announced that children's summer daycamps would be open beginning on June 22, with appropriate distancing rules in place, he added. Still, Legault warned, "The crisis isn't over. It's still hard. There are still many adjustments to be made. Not everything is perfect. I see some who are being critical and I ask you to be patient. We are living through a crisis."

The City of Laval was forecasting a \$60.4 million shortfall at the end of 2020, after studying various financial scenarios arising from spending and expenses incurred as a result of the COVID-19 pandemic. The shortfall was eventually lightened when the provincial government stepped in with significant subsidies to municipalities.



And while Mayor Demers was not ruling out the possibility of a tax freeze in the next municipal budget, he made good on that pledge in the end when the budget was tabled several months later.



The Société de transport de Laval (STL) said it was ready to tackle the challenges ahead as deconfinement was set to gradually begin and activities were to resume under a climate of uncertainty caused by the COVID-19 pandemic.

To guide the implementation of new measures, the STL had prepared an ongoing work plan to protect its users and employees in accordance with the recommendations from the CNESST and provincial public health agency. "The current situation requires all of our units at the STL to work together and pull out all the stops to provide our employees and users with a safe environment," said STL president Éric Morasse. "We fully believe our joint efforts will see us through this unprecedented crisis."

JUNE



With all the pandemonium over COVID-19 most of last year, you might think nothing else happened. But among the other issues that got buried was one that motivated activists to lobby Laval city hall in June. They were opposed to implementation of the new 5G cell phone technology, and they wanted the City of Laval to endorse their movement.

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

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



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

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

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

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

The CISSS was sponsoring the shelter, which opened on June 3 in the senior citizens' community centre on Curé Labelle Blvd.,

► Continued on page 24



only
\$1287
500 folders

PRESENTATION FOLDERS

4 colour process - 9 x 12,
single or double pocket - 2 sides, 14 pt

MEDIA-TREK

Communications - Promotions - Marketing

Taxes extra. Prices are for PDF files. Format based on specifications.
Graphic design not included but very affordable.
Minimum order \$100. Delivery charges may apply.

Place your order today ! **Call us for more information 450.978.9999**

Confinement in Québec

A confinement and a curfew are in effect across Québec from January 9 to February 8, 2021, inclusively,* with the exception of the Cree Territory of James Bay and Nunavik.

These measures are in place to slow the spread of the virus and protect the population, which includes seniors, at-risk individuals and healthcare workers.

THE CONFINEMENT AT A GLANCE



Gatherings are prohibited

- Private indoor and outdoor gatherings at homes and cottages are prohibited.
- There are a few exceptions:
 - One visitor from another address for people living alone (ideally, always the same person to limit social contacts)
 - One informal caregiver
 - Individuals offering services or support
 - Labourers for planned work



Travel is not recommended

- Travel between cities or regions is not recommended (except for essential travel for students, workers, shared custody and freight transportation).



Sports and recreational activities with members of the same household only

- Sports and recreational activities must be limited to members of the same household. Activities such as walking, downhill skiing and cross-country skiing are permitted, provided they are carried out individually or with members of the same household, and that the curfew is respected.
- An exception is also permitted for individuals who live alone, who may carry out an activity with another individual (ideally, always the same person). In this case, a minimum distance of two metres must be maintained at all times.



Commercial establishments open for essential goods only

- Non-priority businesses must close until the end of the confinement. Businesses authorized to continue their activities must offer only essential goods and services.
- Curbside pickup is still allowed. Products can be purchased online and delivered or picked up on site without entering the premises, in accordance with the health recommendations.
- Restaurant dining rooms remain closed. Delivery, takeout and drive-through orders are permitted. Only delivery will be possible during the curfew.
- To comply with the 8 p.m. curfew, all businesses must close their doors no later than 7:30 p.m.
- Exceptionally, during the curfew, pharmacies and service stations will remain open on the same schedule as usual. Pharmacies will only be allowed to sell medication and essential products such as pharmaceutical, hygiene and cleaning products. Service stations will only be allowed to sell food, non-alcoholic drinks, fuel and products for road vehicles. In other words, service stations are not authorized to sell tobacco or alcohol products during the curfew.



Mandatory teleworking and reduced activities

- Teleworking is mandatory for people who work in office buildings.
- In the manufacturing and construction sectors, activities must be reduced to a minimum to meet commitments. Teleworking is mandatory when possible and shifts must be adjusted to limit the staff present at any time on production and construction sites.

Visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement) for more information about the measures in force.

MATURE LIFE

FOR 'LADY-OF-THE-SKIES'
ANGIE JOHANNA
MECHIELSEN:

'COFFEE,
TEA, OR ME?'
IS NO
LONGER THE
QUESTION.



2020

Major Accomplishments

Although 2020 has proven to be a difficult year for many, we are proud to have offered many different services to Laval's English-speaking community.

We wish to thank our donors, funders, partners and sponsors. Without your prayers, contributions and support, none of this would be possible. We also wish to thank our board members, volunteers and employees for giving so much of yourselves each and every day. You have all accepted the risks associated to COVID-19 and have successfully provided many essential services for others. Wishing us all better times ahead!

2020 Major Accomplishments

- Christmas food baskets and weekly food relief for over 1400 people
- More than 800 new toys distributed to underprivileged families
- Over 250 care packages delivered to seniors throughout the pandemic
- Over 100 flu shots given to senior citizens
- Creation and implementation of a unique series of parent workshops to nearly 20 families of children with special needs that have either been recently diagnosed or are awaiting a diagnosis
- Literacy promotion program for students with over 150 "letters with love" written to over 50 senior citizens
- Biweekly "check-in" wellness phone calls to over 75 seniors
- Over 150 grocery orders delivered to senior citizens (and families) throughout the pandemic
- 40 weeks of online Bingo with over 150 prizes being given out to seniors
- Full-time daycare services for over 30 families
- Over 20 partnerships formed with other non-profit organizations to promote the health and well-being of Laval's English-speaking population
- Nearly \$10,000 in student bursaries awarded to 3 English-speaking health care professionals who have agreed to work in Laval
- Anti dropout / school perseverance / mentoring circles to over 100 students and volunteers
- Participation on 10 different committees, representing and advocating for the priorities of Laval's English-speaking minority community
- 15 online health and wellness presentations to over 300 senior citizens

Thank you to all our private donors and to:



Health Canada
Santé Canada



THE LAVAL
news



Guy Ouellette
MNA Chomedey



Christopher Skeete
MNA Sainte-Rose
Parliamentary Assistant to the
Premier for Relations with
English-Speaking Quebecers

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



Desjardins
Caisse de Chomedey



REGROUPEMENT
LAVALLAIS POUR LA
RÉUSSITE ÉDUCATIVE



Fondation Lucie
et André Chagnon



Aglaia Revelakis
Municipal Councillor
for Chomedey



Employment and
Social Development Canada

Emploi et
Développement social Canada



Dialogue McGill
Better Communication for Better Care

PHARMAPRIX
965 boul. Cure Labelle



Capital One



AVON



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD



Holy Name of
Jesus Parish



Centre Arménie/Holy Cross Armenian
Church of Laval



MATURE LIFE

Tax Tip - Seniors: Tips to help you this tax season!

CNW/ - The Canada Revenue Agency (CRA) understands that the COVID-19 pandemic may have affected the usual ways seniors manage their taxes. Here are some tips to help prevent disruptions to your tax and benefit affairs, as well as to help you when completing your income tax and benefit return in order to ensure you receive all the benefits and credits to which you are entitled!

Sign up for direct deposit and file online to reduce delays

The CRA encourages you to sign up for direct deposit, file your income tax and benefit return online, and update your address and personal information, to get any refund faster and avoid delays. The CRA also encourages you to sign up for My Account, the fastest and easiest way to view and manage your tax and benefit information. The CRA's Get Ready page has information on online filing, deadlines, and other helpful links.

If you filed your return on paper last year, the CRA will automatically send you an income tax and benefit package by mail, so there is no need to leave your home to get one, reducing your potential exposure to COVID-19. File your return soon after you receive your package to get any refund for which you may be eligible for, and to help ensure that your benefit and credit payments are not interrupted.

The scams and fraud webpage provides more information about how to protect yourself from fraud.

Get benefits, credits, and claim other expenses

As a senior, you may be eligible for benefits and credits when you file your return, such as the:

- goods and services tax / harmonized sales tax credit
- related provincial or territorial benefits and credits

If you owe money this year, you may be able to claim credits that will lower what you owe at tax time. For example, you may be able to claim the:

- Canada caregiver credit
- disability tax credit
- medical expense tax credit
- home accessibility tax credit
- age credit
- pension income credit

How COVID-19 benefits affect your return

If you received the Canada Emergency Response Benefit (CERB), Canada Emergency Student Benefit (CESB), Canada Recovery Benefit (CRB), Canada Recovery Sickness Benefit (CRSB), or Canada Recovery Caregiving Benefit (CRCB) payments, these are considered taxable income, and you will have to enter on your return the total of the amounts you received. You will receive a T4A (for benefits issued by the CRA) and/or a T4E (for benefits issued by Service Canada) tax slip in the mail with the information you need for your return. You can view tax slips online as of February in My Account. Residents of Quebec will receive both a T4A and RL-1 slip.

In addition, you may owe tax when filing your return. This will depend on your personal circumstances, and the type of COVID-19 benefits you received:

- If you received the CERB or CESB, no tax was withheld when payments were issued, and you may owe tax when filing your 2020 tax return.
- If you received the CRB, CRSB, or CRCB, 10% tax was withheld at source. However, this may not be all the tax you need to pay. When you complete your personal income tax return, you may need to pay more (or less), depending on how much income you earned in 2020.

We recognize that for some individuals, repaying these benefits could present significant financial hardship. For this reason, payment arrangement parameters have been expanded to give Canadians more time and flexibility to repay based on their individual financial situations.

There may be other impacts to filing your tax return that are specific to the COVID-19 benefit you received, or if you are a resident in Quebec.

Get free tax help

If you have a modest income and a simple tax situation, volunteers near you may be able to complete your return for free. This year, to reduce the spread of COVID-19, volunteers may be able to complete and file your return by videoconference or phone, or through a document drop-off arrangement. To determine if you're eligible and to find a tax clinic near you, go to canada.ca/taxes-help.

You can also quickly and securely file your return online. The CRA has a list of NETFILE certified tax software products that are easy to use, fast, and secure. Some of which are free!

Protecting you from scams and fraud

We recognize that there is a significant financial and emotional effect on victims of scams, fraud, and identity theft and we are doing our best to protect Canadians and ensure they receive the benefits to which they are entitled.

It is important to protect yourself from scams, and to know when and how the CRA might contact you.

As a fraud prevention measure you can sign up for email notifications from the CRA to receive a notification when you have new mail to view in My Account and when important personal information such as your address or direct deposit information is changed on CRA records. You can register to receive email notifications in My Account or the MyCRA or MyBenefits CRA web apps.

Also, you may be able to take advantage of pension income splitting.

Do you receive the guaranteed income supplement? The supplement is a monthly benefit for old age security pension recipients who have low income and are living in Canada. If you receive the supplement, by filing your return on time you will avoid any delay in the payments for which you are eligible.

If you're a resident of Alberta, Saskatchewan, Manitoba, or Ontario, you may be eligible for the climate action incentive payment when you file your 2020 return. You could receive a larger payment if you live in a small or rural community. The incentive will first lower the taxes you might owe, then create or increase your refund.

Making sure you claim potential benefits and credits is important. It helps you pay for what you need, and puts more money in your pocket. Do your homework on the benefits and credits you may be eligible to receive so you **don't miss out!**

Clinique podiatrique
Rive-Nord

Trusted care since 1996

Foot pain? WE CAN HELP!

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

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

podiatrerenord.com
450 979-0303
260 Grande Cote, Rosemere
(near the train station)

Dr Martin Scutt,
PODIATRIST & Assoc.



MATURE LIFE

What do I do with all this time?



For most people, work is their main activity and interest throughout their lives. They dread the thought of retirement out of fear of boredom. And for good reason; when you leave the working world, you lose your established routines, your social network, and a sense of belonging. You lose the pleasure of

having found your very own niche somewhere in society. Suddenly, you're deprived of all your reference points, and you're just not sure who you are anymore. You might feel useless with all that free time on your hands. And you know that in order to adapt to this new reality, you'll have to learn to restructure your life somehow.

If you want to be able to look forward to retirement, it can help if you prepare yourself. How? Take stock of your life and flesh out which things are really important to you. This kind of discernment will help you determine what stimulates you and meets your needs. When you've figured out what's important to you and what your real values are, it will be easier to find activities, causes, and projects to get involved with once you retire.

But finding a hobby isn't enough. To avoid isolation, try to expand your social network before retiring. Even though your job allowed you to build friendships, working relationships rarely last after retirement, despite our best intentions.

Progressive retirement can be a good way to ease the transition between work and retirement. Volunteering and mentoring are also options that can allow you to stay active and continue to be involved in your field of expertise or interest.

Key advice for women with thinning hair

While more commonly observed among men, hair loss can also affect women. With age, many women notice their hair thinning and becoming increasingly scarce. So, how do you maintain a full head of beautiful hair? Read on for some tips.

The right cut

Keeping your hair long accentuates the stringy appearance of thinning hair, while cutting it too short may reveal bald spots. Hence, it's best to keep your hair short (but not too short!) or medium-length for more volume and movement. Avoid flat, single-length styles at all costs. A structured cut (that complements your facial features, of course!) is your best bet. Wide bangs are also a clever option to help camouflage the look of thinning hair.

The perfect style

If your hair is thinning around your temples, avoid tying it back. Instead, use stylish accessories like a scarf tucked behind the ears or a barrette to create the illusion of side-swept bangs. Is the top of your head balding? Carefully tease your hair at the roots and tie it back into a voluminous ponytail or twist it into a bun. Do you have curly hair? Let your curls hang loose for natural looking volume!



The ideal colour

The darker your hair colour, the greater the contrast with your scalp, making the latter more visible. Don't forget that skin can burn when exposed to the sun and that people with very light hair have particularly vulnerable scalps. In short, a dye job between medium brown and dark blonde is your best bet for keeping your hair looking full and healthy.

One last tip: to keep your locks looking their very best at every age, visit a professional hairstylist.

Thinking of Selling or Downsizing? I CAN HELP!



Call me today for a
FREE evaluation
with no obligation.



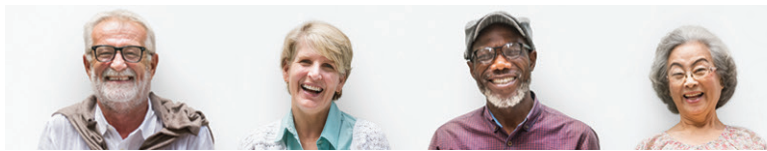
FREE EVALUATION OF YOUR
HOME WITH **NO OBLIGATION!**

VOULA KOTTARIDIS REAL ESTATE BROKER
514 993.5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

HUMANIA CENTRE Agence immobilière
450.682.2121



3 misconceptions about COGNITIVE AGING

Cognitive aging refers to the changes a person undergoes in their ability to think, sense and reason as they get older. It seems simple enough, but in fact, it's a subject that's rife with misconceptions.

Here are three of them:

1. Cognitive aging is synonymous with cognitive decline

Health professionals judge that it's incorrect to speak of a decline, given that cognitive aging is a natural process and one characterized by enormous variability. It's true that a person's memory tends to become less sharp as they age and their mental processes tend to slow. However, this isn't the same thing as a change in intelligence. In fact, there's no reason cognitive aging should interfere with a person continuing to learn new skills as they get older.

2. Cognitive aging is connected to Alzheimer's disease

While the signs of cognitive aging resemble the symptoms of Alzheimer's disease to some degree, the two should

not be confused. Alzheimer's is a neuro-degenerative disease characterized by severe declines in cognitive capabilities. Cognitive aging, on the other hand, isn't a disease but a natural part of getting older; the changes in cognitive ability to which it refers vary and are gradual.

3. Nothing can be done about age-related cognitive changes.

Cognitive aging may be a natural process, but the extent to which one's ability to think, sense and reason will change over the years can be controlled. You can be mentally sharp at any age. To attend to your cognitive health, the National Academies of Sciences, Engineering, and Medicine recommends the following:



- **Be physically active.** Physical health goes hand-in-hand with mental health.
- **Be socially and intellectually active.** Seek out new experiences and new learning opportunities.
- **Make sure you're sleeping well.** The quality of your sleep directly impacts your cognitive functioning. Consult a health professional if you're having trouble sleeping.
- **Manage your medications.** Certain medications can negatively affect one's cognitive functions.

Consult with your doctor if you're concerned about the effect of your medications, or if you want to learn more about maintaining your cognitive health.



PROFESSIONAL AUTO BODY REPAIR & PAINTING

- ✓ INSURANCE WORK ACCEPTED
- ✓ ALL WORK GUARANTEED
- ✓ EXPERT COLOR MATCHING
- ✓ FACTORY GENUINE PARTS
- ✓ IMPORT CAR SPECIALISTS
- ✓ TOWING
- ✓ MAJOR & MINOR REPAIRS

A2 AUTO

1385, BOUL. DES LAURENTIDES,
LOCAL 103, VIMONT, LAVAL

514-476-4565

ANGIE JOHANNA MECHIELSEN: “Damn the pandemic. I’ll take to the air, carry-on-b

“I met people from all-walks-of-life. It was fascinating to get to explore so many cultures and customs. It’s extremely important to learn and understand how diverse we are. Life is short. We must embrace others to expand and enhance our knowledge of the world around us.”

Remember when flying was glamorous, sexy, even fun? Gourmet-food, everyone dressed for the journey, stewardesses catering to all needs, at least in our imaginations. While women have been part of aviation history since its beginnings, their contribution to the industry has been over-looked, under-appreciated. Yet, thousands of women were instrumental in the founding and promoting of commercial-airline-travel.

RENATA ISOPO
renata@newsfirst.ca

In 1903, aviation pioneers Orville and Wilbur Wright put Kitty Hawk, North Carolina, on the world’s sky-map. Some decades later, the skies were graced with the presence of countless women, pioneers themselves, who became crucial but undervalued parts of ships-of-the-skies that miraculously linked far-flung corners of planet earth.

Could it have been any different? Men ruled. It was left to women to pave the way for the magnificent reality of shrinking the vast-world into a tiny-village. In supportive, even maternal roles, they eased the uncertainty of take-off-and-landing adventures, enduring in-flight shaking, rattling, and rolling of artificial birds, terrorizing all but the bravest souls sitting buckled, hoping, some even praying, for relief.

Amid nerve-wracking incidents in airplanes, women, aliases stewardesses, calmed frightened men, women, and children, restoring hope when all seemed lost, working diligently to reassure that danger had passed. Did powerful women, following the early days of air-travel, ever get their due? Sadly, not until the world had crawled from its male-dominated morass of conventional application of gender-defining-roles of ‘men lead, women follow, men control, women submit, pilots rake it in, stewardesses get left-over-scraps.’

“Baby, you’ve come a long way”

Thankfully, stewardesses, and stewards, are gone, now they’re flight-attendants. Angie Johanna MechielSEN, by all accounts, represents the typical life-and-times of a late-20th/early-21st century stewardess/flight attendant. This is her story, five decades of nurturing thousands of air-travelers.

“It’s easy to get lost in crowded terminals of large airports. Waiting for flights, not hard to be overwhelmed by fellow-travelers: overtired-businessmen cradling cellphones, shrieking-children, excited-young-adults about to start new adventures. Easy to forget how flying is still relatively new. Commercial flights have become mundane, as is the routine sight of women in flight-attendant uniforms, briskly-sauntering towards departure gates to assist pre-flight preparations,” Angie begins to explain.

How did it start? In the 1930s, Ellen Church, a young American woman inspired by solo-flyer Amelia Earhart’s ground-breaking achievements, qualified as nurse and pilot. Realizing she’d never get full-time work piloting planes, she approached executives of then-fledgling Boeing Airlines with brilliant logic: ‘nurses on airplanes, would be good policy.’ Got the job, hired other nurses, The Original Eight. Back then, attendants were ‘serious business.’ Unpredictable air travel made nurses a necessity. World War 2 delayed air-travel growth, as pilots and attendants went into military or air-force service.

“Some shocking developments hit the industry in the post-war years,” Angie reminds us. “Stewardesses became garnishes, predicated on relentless sexism in hiring-and-training. Staggering rules imposed rigid control of weight, height,

make-up. Thankfully, this discrimination no longer exists. The world-of-flying and status-of-women began shifting by the early 1970s. One of the first black female flight attendants had to deal with one of the first hijackings in America. Safety-and-security-training displaced beauty-pageant-practices.

Glamour to competence

“I joined Air Canada in 1973,” Angie recounts, “barely out of my teens, attracted by the contrived glamour of the job. Much has changed since then, but I liked that part of it in my early years.” Born in Holland, 1952, to Laurentina Van den Berg and Adriaan MechielSEN, she came to Canada three years later. Older sister to Kathy, she attended Cecil Newman and Maple Elementary in La Salle, Howard S. Billings High in Chateaugay, Dawson College and Concordia University. She shared a large part of her earthly journey with long-time spouse – teacher-and-novelist Ray Smith.

“Ray taught English at Dawson. We bonded easily, had a marvelous marriage, blessed with sons Nicholas and Alexander. He passed much too young. I miss him dearly, especially after a failed second marriage,” Angie confesses. “My teens were conventional: baby-sitting, delivering newspapers, serving in a delicatessen. Five-years-apart, my sister and I didn’t have much in common, but became great friends. She’s in North Carolina. We don’t see each other as often as we’d like, especially now, with Covid-19.”

Was this unintended preparation for what was to follow in 47 years of in-air-service? “It probably didn’t dawn on me that these formative experiences would later serve me well. In my teens I felt deep-rooted desires to see the world; becoming a stewardess was in my viewfinder from early age, about 8, I think. Since the 1970s, I’ve set foot in every continent except Antarctica. Fantastic journeys to Africa, Australia, Asia, Europe, crisscrossing North and South America,” Angie says, adding that although she’s retired, her wanderlust continues to be big in her life. “Damn the pandemic, she wails, “but I’ll take to the air, carry-on-bag and passenger-boarding-pass in hand, as soon as the lockdowns subside,” she confirms.

Aftermath of 9-1-1

Post-September 11, 2001, air-travel changed dramatically, says this 68-year-old former lady-of-the-skies. “Attendants are now the-first-line-of-defense of the cockpit. The glamour has faded, responsibility for the safety-and-security of all on board now prevails.

“I’ve recently noticed something I’d taken for granted: most attendants are middle-aged women, hard-working, polite, but not servile,” Angie says with pride, unafraid to debunk the ‘glorified waitress’ tag pinned on these competent women. A far cry from ‘pretty young things’ tending to every need in the bad-old-days of Coffee, Tea or Me? – the racy memoir attributed, in 1967, to fictitious stewardesses Trudy Baker and Rachel Jones, ghost-written by Donald Bain. Change was needed, and it came, for Air Canada’s 1,500 flight attendants.

Stewardesses morphed. Although they still served meals and distributed blankets, their primary responsibility became passenger safety: taking charge in crises, allaying passengers’ generalized fear-of-flying. Gone the sexism, as in now-defunct Canadian Pacific Airlines dictating quarterly weigh-ins, seeking only height-and-weight-proportioned applicants. Nowadays, Angie sees good grooming as “the basic, essential, and most reasonably-effective way to boost passenger confidence.”

Attendants now enjoy longer careers. Half the Canadian Airline Flight Attendants’ Association members serve at least 10 years. Forced to retire due to age, marriage, or pregnancy, many returned after laws changed. The reason? Seniority now determines salaries and attractive assignments, with nonstop flights to interesting places most-in-demand. “The impact is



Left: Captain Pierre Clark and his ladies and gentleman of the

incalculable,” Angie emphasizes. “Stewardesses were freed from prejudices of ‘If you look great, smile demurely, stroke egos, and dress provocatively, you’ll be perceived to be doing a great job.’ This superficial characterization relegated the ‘great-job’ part to demeaning levels of ‘to do a great job, you must look appealingly great,’ which of course was, and is, pure-sexist-nonsense.”

At what price?

Angie’s friend and colleague, Margaret Schroll-Pauk, concurs. “We worked hard. I did lots of nonstop Toronto-to-Europe flights, three-days-on, four-days-off. Great work, but no picnic,” she says. “Short-haul flights were hardest, especially last-minute duty for night-flights, five-nights-in-a-row, hopping cross-country, city-to-city, short layovers at airport hotels. Many mornings, to stay awake after night-flights, I drove home windows open, in sub-zero weather.”

Angie agrees. “Short flights are grueling. “Eight-days-a-month flying around-the-world is different. On balance, although it’s long, hard, life-disruptive work, I loved it, wanted to do it from childhood. Downsides? Certainly! Relationships and parenting can suffer; many who took the job for love-of-travel, find that boarding planes is the last thing they want to do off-the-clock. But it’s possible to juggle flight-schedules. There is life away from the skies, but the work takes its toll,” says twice-divorced Angie whose marriages bore the brunt of too many days-and-nights away-from-home.

“Other things have changed. Not for the better. Flying used to be an exciting novelty. Now, attendants face rudeness-bor-dering-on-harassment from some passengers,” Angie says, bemoaning the conduct of offensive flyers. “They won’t see you again, so they think they can be rude.” Today, incivility, not sexism, is what most attendants deplore. Sometimes, rudeness escalates to ‘air rage,’ with passengers assaulting cabin crews. With planes perpetually crowded and carry-on restrictions tightening-up, passengers get testy.

Missions of service

The real job of flight-attendants? Keep everyone safe. Annual rigorous safety-retraining and recertification are obligatory. Attendants function as near-nurses, safety-instructors, security-guards, first responders. “Damn right,” says the sometimes-irreverent Lady-of-the-Skies. “When things go wrong, when passengers get sick or unruly, when aircraft overshoot runways, or have to ditch-in-the-water, attendants are there.

Bag and passenger-boarding-pass in hand, soon as the stifling lockdowns are done."



skies preparing for take-off in romantic Paris.

The rules, often opposed by passengers, are safety-related; removing tray-tables during landing, for instance, prevents stuff flying around, keeping seat-rows clear in case of evacuation, most-likely-needed around those times."

Many flight attendants are multi-lingual, some hold post-secondary-education degrees. Others bring extensive experience from various fields. "My first jobs, before 47 years in the air, were at Prudential Assurance, at an American company in Holland, two years at Montréal's Palais de Justice. After joining Air Canada in 1973, I continued part-time-studies at Dawson College, capping-off my formal education at Concordia. I speak Dutch, German and French, a prerequisite in Québec, dabbled in Italian and Spanish, plan to continue studying Italian, anticipating an extended trip to Italy when this accursed pandemic ends," says feisty 68-year-old Angie, who's rarely short-of-words, bless her happy heart.

And the beat goes on

Late-comer to Laval, moving here recently, Angie still holds her Flight-Attendant vocation to heart, with fondness, even joy. "Met many people from everywhere, made fascinating connections with various cultures and customs. It's extremely important to learn and understand diversity. We must embrace others to enhance our knowledge of the shrinking world," she says, with insightful unabashed love-of-life.

"I loved the life-style I lived for 47 years, relished the deliciously-mesmerizing thrills of visiting so many cities, savouring local foods, appreciating things few ever experience, gifts I'll always cherish. We often misunderstand the intentions of others; as societies, we evolve by being open-minded toward people who are different. Yes, there's lots of negativity toward attendants, but the public should understand that they are people-friendly, wanting to make flying enjoyable, anxious to please with quality service," Angie proudly says of former colleagues, most of whom have remained her friends.

"A sense-of-humour, on flights, in everyday life, is helpful," she adds. Who can argue with that? "Compassionate-assistance and respectful-levity offset difficult circumstances. Not always easy to be cheerful, but smiling begets smiles, beautiful roses-of-acceptance that make life worthwhile. Stay positive, build unforgettable legacies," Angie, poet-of-the-skies, candidly urges.

For young people intending to enter the profession, she advises alternatives, as globetrotting-dreams may not pan out. "My son, Alexander, wanted to be to be a flight attendant. His

personality suits the field, but I insisted he finish his education, and then decide. Important to have something you can depend on. He's now a translator in Germany. To young people starting out in this or any profession I say: stay positive, don't let anything stop you, follow your dream. These principles make life rewarding. Yes, there's burn-out in the profession, but the essence-and- substance of 'not-just-surviving-but-thriving' is to stay focused, pursue goals. Life has ups-and-downs, but it eventually gets better.

"My own story of burn-out? Many discouraging moments, coping with schedules that weren't what I expected. Having to work holidays and special occasions is never easy, but it's balanced by ample time, opportunities to pursue other passions. No regrets. I feel privileged. Whatever your career choice, don't suffer regrets. You don't feel fulfilled? Change path. If young enough, as one of my dear friends would say, Just Do It."

Life away from flying high

Life-in-the-skies has drawbacks, but the demands aren't unmanageable, says this woman of multiple interests. "Despite often-uncertain schedules, I volunteered at my children's school. Haven't committed to other community needs, but I want to. Love reading to children. I'm going to try to visit sick boys and girls in hospitals.

"I volunteered to help improve working conditions for attendants, offering time and know-how to my union; members thought enough of me to elect me their representative. Away-from-work, I loved biking, swimming, cooking, exercising, yoga - pleasures that kept me sane, when all else failed," says dynamic Angie, whose model must be Wonder Woman. Let's not wonder too far into unknowns. Here's a little more of her extraordinary life-and-times:

"I'm happy at sunset, the beach. Seeing others shown respect. In a relaxed/serene state-of-mind. When love-at-first-sight generates lifelong-happiness. Early morning, welcoming another beautiful day. Evenings, peaceful, cooking by candle-light. In warm spring weather. I believe in loyalty. I often judge others too quickly. I sometimes relive bittersweet moments of my first-conscious-memory, leaving Holland at 3, Rotterdam Harbour, relatives tearfully-waving-good-bye. I question life-after-death, personal-guardian-angels, miracles.

I'm afraid of public-speaking; aging; embarrassment from teachers; fire in my house; child-abuse; faked-sincerity; friends revealing my intimate secrets to third parties; corrupt politicians; disloyal friends; distance from loved ones; losing a loved one; having to tell white lies to not hurt someone. I consider it unjust for my coach lying about my performance in qualifying rounds, disqualifying me from a major track meet. I object to Canada's foreign-aid to countries with oppressive governments.

I've been blessed with loving parents, especially my father Adriaan, to whom I was very close. Girlfriends who've been there for me. My aunt, in Holland, allowing me to live with her, at 18, the house I was born in. Two sons. A perpetual half-full bottle. My most-prized material possession, my Dutch Friesian wall-clock. A positive philosophy-of-life. A long-eventful-life. Unexpected gifts, as in a surprise party on my 40th birthday.

I admire Tesla, Edison, great 20th/21st-Century inventors. Jacinda Ardern, Prime Minister of New Zealand. Jane Goodall. I wish I could play piano, tickling the ivories with pleasure. I regret failed relationships. Losing touch with Dutch friend Coby. Couldn't locate her from Canada. I would not help friends pass exams by cheating. I dislike people who brag. I hate historical villains, like Stalin. The name Boris. Depth-of-misery: losing my dad, 2006, and Alex Trebek, host of my favourite TV show, to cancer, 2021. Easiest thing I've ever had to do: choosing my career. If I had to, I would change my name to Anja, Angie in Dutch. Pursue a low-paying but very-enjoyable profession. I had my first crush at 14.

My favourite ...

Song: Harry Chapin's Cat's in the Cradle. Book: Little Women. Movie: Gone with the Wind. Fairy-tale: Hansel



Mom Angie at play with her two boys Nicholas and Alexander during her time off from flying.

and Gretel. Composer: Mozart. School-subject: Geography. Restaurant: Old Bear, Rome. Pseudonym: Zelda. Month: May. Season: Spring. Colour: Red. Writer: Agatha Christie. Singer: Mick Jagger. Teacher: Ray Smith. Vacation: Skiing, Switzerland. Places-to-live: Canada, Holland close second. Television-show: Jeopardy. Sit-com: Keeping up Appearances, Mr. Bean. Hero-of-fiction: Jane Eyre. Real-life-hero: Mahatma Gandhi. Trip: Jordan, descending mountain on donkeys. Name: Isabelle. Pet: Dog. Quality in men/women: Honesty, humour. Expression: That's hilarious! Gift: First bicycle. Quality for boss/supervisor: Respects employees. Era-to-live-in: Roaring 20s. Memorable-journey: African Safari to Namibia.

Portrait of Angie Johanna Mechielsen, in her own words. But she's not done yet. Here are a few more places, people, things, she's known:

Before, during, after

"Judicial-secretary, two years, Montréal's Palais de Justice, transcribed court-proceedings using dicta-phones; separations, bankruptcies, accidents. Saddened by James Bay hydro-project hearings. Natives, flown to Montréal, pleaded for their fishing/hunting livelihood. Tragic. Someday I'll fly north to see what it looks like. Worked until 6 pm, attended evening classes at Dawson, where I met lifelong friend Rita Isopo, and my future husband, Ray Smith. Busy time, good time.

"I've enjoyed precious perks from my years-in-the-air, unforgettable instances of historic and cultural touchstones most people only dream. Real-time-revelations, linking my soul to fabled wonders of human history, experiences deeply-and-personally absorbed: Istanbul, crossing the Bosphorus, Europe-to-Asia, magical; China's Great Wall; Zurich, hilltop, city-shimmering, loud-ringing bells of farmer's cows breaking the silence.

"Floating, Dead Sea, rolling in black mud. North/South Korea's demilitarized zone, crouching in tunnels carved in desperate search of freedom. Exploring Vatican Gardens, rare private tour arranged by friends through a retired Swiss Guard, treading cautiously past Pope Francis's window, hoping for glimpses of the Holy Father. Up-the- hill, passing Pope Benedict's home, beautiful water-garden, green-papal-parrots squawking in trees, secretly maintaining ownership-of-foliage claimed centuries ago.

"And, I want to visit Kenya and Tanzania, for the animal migrations, tour New Zealand and Italy's gorgeous Amalfi Coast. If possible, come back-to-life as a leopard, magnificent creatures I saw in Namibia. I hope that family and friends, visiting me after I've passed, will smile at my burial-marking – **SHE ENJOYED LIFE.**

And there it is, readers and friends, The Life and Times of a 20th/21st Century Woman-of-the-World. We can hope, without knowing, that in all probability – for Angie Johanna Mechielsen the best is yet to come.



Fruits and Vegetables

16 to 20 Varieties

Fresh of the day at amazing prices!

Reserve yours today!

No Waste.
Supporting
Responsible
Sustainability.

Read what people are saying about us:
<https://www.facebook.com/PanierDuFermier/>



This week's basket:

- Asparagus (white or green)
- Cauliflower
- Broccoli
- Squash
- Oranges
- Potatoes
- Brussel Sprouts
- Lemons
- Leek
- Green Onions
- Lettuce
- Avocados
- Cucumber
- Onions
- Bananas
- Dried figs
- Peppers
- Mystery item

Our weekly customers


save \$1,200

up to

per year

We now
deliver to your
home!

Ordering is as easy as 1,2,3

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

(514) **473-4591**
3151-B boul. DAGENAIS OUEST
(near Curé-Labelle) Laval, Québec H7P 1T8

panierdufermier.ca | panierdufermier@gmail.com

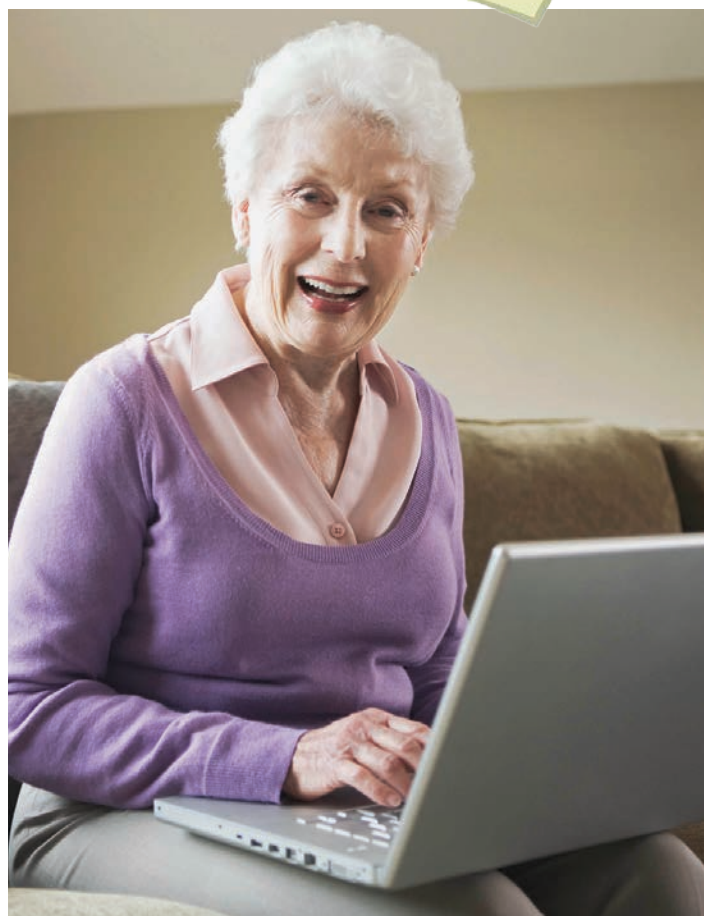


A value of
\$60+
at the supermarket
You pay only
\$35



MATURE LIFE

Taking notes and other tricks



If your ability to think quickly and to remember things has changed as you age, don't worry; it is a normal part of growing older. There is no need to be concerned, as long as these changes don't prevent you from enjoying life. Some of the more annoying inconveniences caused by age-related memory loss can be managed with a few simple tricks.

First of all, take your time with new information. Read slowly, and take the time to absorb what you read. Go over the same passage again in order to better assimilate the information. You might try summarizing in your mind the main message of a newspaper article and asking yourself questions, just like you did at school during a reading test. This kind of exercise will help your brain to stay alert. Another trick is to read for short periods rather than for hours at a time. You'll remember more information this way. Finally, if you're a techie and do a lot of research on the Internet, remember that it's more difficult to read from a screen than from a sheet of paper. Print what you want to read, if you are equipped to do so.

Establish a routine for reading or learning new information: try to keep these to the time of day most conducive to concentration, which is usually in the morning. Keep your afternoons and evenings for less intellectual activities. If you're distracted while new information is coming in, jot down what's going through your head straight away so you won't forget what is important. You can then enjoy your activity worry free. It's a good idea to always have a small notebook and a pen with you, for just such occasions. You'll soon understand how useful it can be!

Tips for choosing the right reading glasses

Reading glasses, widely available at optometry clinics as well as in most drugstores, are great for correcting presbyopia (commonly known as far-sightedness). If you need a new pair of glasses to help you see up close, here are a few things to consider.

First things first: you'll need to determine the lens strength required to correct your far-sightedness. Because vision problems can vary due to an assortment of factors, don't simply buy the first pair you get your hands on. Visit an eye doctor to find out exactly how strong your lenses need to be in order to improve your vision. Prescriptions typically vary between +0.50 and +3.50. Next, start shopping for a pair of reading glasses to suit your style and needs. Whatever your tastes and budget, you're sure to find an extensive selection of options to choose from.

Style concerns aside, consider how you'll be using your new glasses. If you plan on wearing them for extended periods, choose a pair with a lightweight frame. If, on the other hand, you'll only be using them every once in



a while for a couple of minutes, go with a pair that folds in the middle for easy storage, or that you can simply wear around your neck.

On that note, happy shopping!



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 Boise 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 Capitot, Vimont
Laval, QC, H7M2H7**

Located in Laval's Vimont sector, the Résidence Bel-Lyne retirement home has 3 residential accommodation spaces. This residence welcomes seniors who are autonomous and semi-autonomous

Centre d'hébergement Champlain-de-Saint-François

Groupe Champlain

**4105, Montée Masson, Saint-François
Laval, QC, H7B 1B6**

Champlain-de-Saint-François's Accommodation Center (Groupe Champlain) is a long-term care and retirement home offering a family-friendly and friendly environment. For more than 45 years, it has been hosting elderly people who have lost their autonomy.

Erma Santé 1

**2225, boulevard de la Renaissance
Sainte-Rose, Laval, QC, H7L 4L5**

Erma Sante brings together two residences. The Erma Sante 1 residence is a private residence for seniors (RPA). It has a variety of units, some of which are an intermediate resource for people with intellectual disability.

Manoir du Vieux Sainte-Rose

**166, boul. Ste-Rose, Chomedey
Laval, QC, H7L 1L4**

The Manoir du Vieux Sainte-Rose residence is a private residence for seniors (RPA) and also an intermediate resource (RI). This residence is located in Laval, close to several services such as shops, restaurants, pharmacies and banking.

IVVI

Groupe Maurice

**1800-A, boul. Chomedey, Chomedey
Laval, QC, H7T 2W3**

OPENING : FALL 2020 Le Groupe Maurice is opening a residence in Laval! Located near the Saint-Martin West and Daniel-Johnson boulevards, the residence will be in the heart of downtown Laval, across from the Centropolis.

Société Alzheimer Laval - Maison Francesco Bellini

**2525, boul. René-Laënnec, Vimont
Laval, QC, H7K 0B2**

The Maison Francesco Bellini belonging to the Alzheimer Society of Laval is a non-profit organization (NPO). It welcomes people with loss of autonomy (semi-autonomous), specifically those with Alzheimer's disease and cognitive loss.

Chartwell Les Écores

Chartwell

**1800, boulevard Cartier Est, Duvernay
Laval, QC, H7G 4R6**

Located in Laval, the retirement home Chartwell Les Écores includes 197 units and is intended for Short term stay, Assisted living, Alzheimer's and Cognitive Losses, Independent living, Convalescence and Retirees. The retirement home Chartwell Les Écores offers several adapted services like : Food aid, Bath Help, ...

Résidence le Patrimoine

**1120 Rue Liébert,
Saint-Vincent-de-Paul**

Laval, QC, H7C 2R9

Located in Saint-Vincent-de-Paul, Laval, the retirement home Résidence le Patrimoine.



Quality of Life!

Heritage Gardens is an ideal setting for your retirement



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



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



*Featuring the cuisine of
Chef Fred Toye*

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

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

**www.jardinsheritage.ca
450.812.2385**

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



THE CURFEW AT A GLANCE

Stay home from 8 p.m. to 5 a.m.

During the confinement, a curfew is in effect from **8 p.m. to 5 a.m.** Quebecers must not leave their homes or property during this period, save for the exceptions below.

Valid exceptions

- A person whose presence is required at their place of work or who is transporting goods needed for the ongoing activities of their business.
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygiene or cleaning 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 relative.
- A student who must attend an in-person evening class or go to a laboratory in a recognized school.
- A parent who must accompany their child/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, train or plane to their final destination.
- A person who must take their dog out to do its business, within a radius of no more than one kilometre from their place of 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 another individual to a medical appointment if they are unable to drive themselves there.
- A parent who must accompany a sick child to the hospital.
- A person travelling to give blood at a Héma-Québec donor centre.
- A person who must accompany another person who requires assistance in one of the situations listed above (e.g. a parent who must drive an adolescent to their workplace).

Broader policing and fines for offenders

- Police will continue to ensure compliance with health measures and can intervene when individuals are outside their homes during curfew hours.
- Offenders can face 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 learn more about the curfew, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).

Be there for yourself like you're there for your loved ones

The current situation may cause emotions that are distressful or difficult to handle. Experiencing an imbalance in various facets of everyday life is a normal reaction. Managing your thoughts, emotions, behaviours and relationships with others may become more challenging. While most people will adapt to the situation, it is important that you listen to your needs. Take the necessary steps to get help if you need it.



There are solutions. Visit [Québec.ca/gettingbetter](https://quebec.ca/gettingbetter) to learn more.

Québec.ca/coronavirus

 **1 877 644-4545**

*This article contains information valid as of January 12, 2021. For the most up-to-date information, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).

Québec 

YEAR IN **Part II** REVIEW 2020

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

◀ Continued from page 9



which was closed during the COVID-19 pandemic. This new site replaced a homeless shelter that was being operated at the Centre Josée-Faucher in Laval-des-Rapides until June 1.



Although the Laval Police and other law enforcement forces across Quebec had started handing out tickets to people not observing COVID-19 distancing regulations, human rights law specialist Julius Grey told the Laval News he was unaware of anyone who was actually contesting a ticket in court. "I don't have any tickets of that sort," Grey said in an interview with the Laval News regarding cases in his practice.



Quebec's education minister announced on June 16 that all schools would reopen in September. Jean-Francois Roberge made the announcement just as the government was

progressively loosening distancing guidelines.

Under the government's game plan, all preschools, elementary schools and high schools would reopen physically end of August. However, students would follow specific guidelines to reduce the spread of COVID-19.



Laval's regional transit authority, the Société de transport de Laval (STL), as productive as ever in spite of the pandemic, announced this month that its technologists had come up with a unique and ingenious new tool for passengers to take a bus without breaking social distancing rules.

The crowd estimator app provided an estimate of the number of passengers to be expected not only when they board, but also during the course of an entire bus trip – making it a first in Canada, claimed the STL. The COVID-19 pandemic made social distancing in public transit situations a core concern for transit users.



In her first address to the PLQ membership since first being selected as the Quebec Liberal Party's new leader, Dominique Anglade suggested during an online webcast that she would be emphasizing the defence of the French culture and language, while also focusing on the Coalition Avenir Québec government's response to the COVID-19 crisis, said Anglade.

JULY



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

Dubbed 'Laval, capital of opportunities' by the Demers administration, the primary focus of the campaign was to provide support to entrepreneurs and business owners during the economically-challenged pandemic and post-pandemic period. According to the city, six out of 10 businesses in Laval were finding themselves in "precarious" financial circumstances, ranging from moderate to severe.

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

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



After several years of relative peace with its urban development dossiers, the City of Laval's administrators and

▶ Continued on page 25

\$207^{ea}
Fast Delivery!
Volume pricing available

Taxes extra. Prices are for PDF files. Format based on specifications. Graphic design not included but very affordable. Minimum order \$100. Delivery charges may apply.

Place your order today !

RETRACTABLE BANNERS

The lightweight pull up banner comes with a lightweight swivel foot unit, 3 piece interlocking pole, carrying bag and a 1 sided 33"x79" vinyl banner installed.

MEDIA-TREK[®]
Communications - Promotions - Marketing

Call us for more information **450.978.9999**

YEAR IN **Part II** REVIEW 2020



elected officials were facing a possible public backlash over a developer's plans to convert a small island in the Rivière des Mille Îles – which was once the home of internationally-acclaimed singer Céline Dion – into a luxurious private resort.

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

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



A profile in the July 8 Laval News's Mature Life section for senior citizens told the story of longtime Chomedey residents Evie and Irving Applebee, with "love, purpose, determination and a lot of laughter." Their values sustained their life-long love affair for 50 years, despite ups and downs that could have diminished them.

"Mature but actively-involved people like us have always been interested in new forms of work, flexible creative lifestyles, supportive living arrangements," said Irving. "He failed math, yet he's known as the human calculator," Evie joked, regarding her longtime spouse.

A new milestone was reached in Quebec this month during the ongoing COVID-19 pandemic. Provincial health authorities revealed that CHSLD Sainte-Dorothée in western Laval had reached 100 fatalities, making it the province's long-term care residence that had been most impacted by COVID-19 since the beginning of the pandemic more than four months before. With a capacity for 285 residents, the news meant that more than a third of the residents of CHSLD Sainte-Dorothée succumbed to COVID-19.

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

Although the driver of one of the three vehicles involved in the crash fled the scene, he was found by the police shortly afterwards



just a few blocks west where his car was surrounded by police.

AUGUST



With the province's schools set to reopen in September after a COVID-19 hiatus followed by the summer vacation, Education Minister Jean-François Roberge announced that elementary school students in Quebec from the fifth grade up would be required to wear protective face masks, although they would be allowed to take them off in classrooms.

The mask requirement would also apply to high-schoolers, as well as older students enrolled in vocational or adult training programs, in hallways and while walking around commons areas in training centres and schools.

"Leaving the school closed would not be protecting children," Roberge said during a joint news conference held with Health Minister Christian Dubé and public health director Dr. Horacio Arruda. "It's crucial to reopen our schools not only for our children, but also for our adolescents. They need to get back to learning and seeing their teachers."

Members of Parliament from Laval with signifi-



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

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

"I would like to express my deepest condolences to those affected by this catastrophic disaster and tragic loss of life," said Vimy MP Annie Koutrakis. "While our government has committed \$5 million in humanitarian assistance for the people of Lebanon, I know that Canadians are always ready to go above and beyond to help those in need."



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

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

(Continued next issue, February 10 2021)



PANIER DU FERMIER

FRUITS ET LÉGUMES

Fruits and Vegetables

Fresh of the day at amazing prices! Reserve yours today.

Read what people are saying about us:
<https://www.facebook.com/PanierDuFermier/>

(514) 473-4591

3151-B boul. DAGENAI OUEST
(near Curé-Labelle) Laval

www.panierdufermier.ca | panierdufermier@gmail.com



A value of
\$60+
at the supermarket
You pay only
\$35



The Deep End

Q I have been engaged three months. For that entire time I have been absolutely terrified I might be making a mistake. My fiancée and I are in the process of setting a date, and every step forward makes me more and more nervous.

She is a wonderful person and treats me with so much love. She calls me her "dream guy." She also said, after dating a few months, she was sure I was "the one."

She is my best friend and I love her very much. We have been caring to each other throughout our three year relationship. We met each other's families and they approve.

There is only one problem—my physical attraction to her is low. It isn't that I have a low libido. It isn't that one of us wants to 'experiment' or anything like that. It's just there isn't much raw physical attraction. I don't miss sex with her or look forward to it when she's not around.

I think she is pretty, and I like hugging her and holding her. I just don't find her sexy. I try to put this aside by reminding myself she is probably a better person than the other women I've met. Although my experience is pretty limited for someone my age, this has not been an issue in any previous relationship.

We are both 35, and she really wants to have kids soon, so I felt pressure to propose and get on with it. I wasn't sure I really loved her. Because she was so sure and insistent, I kept thinking my doubts would fade away.

I thought maybe getting past the proposal would make me feel better. When I tried a couple of times to tell her my fears, she was understanding (another of her great qualities), but she thinks I have "commitment phobia" and my parents' divorce made me scared of marriage.

She says everything will be fine once we are married, and I should just relax and enjoy the wedding. Maybe she is right—I can often find fault with myself and get nervous about big decisions.

I always thought I would get married and have kids someday. If I knew this is "as good as it gets," or knew for sure my expectations are unrealistic, I would happily marry her because she is a good person and I like her.

I just keep having this nagging feeling there might be something more out there for me. I'm scared if I go ahead with the wedding, then a few years down the road I'll feel frustrated, or worse, be tempted to have an affair.

But I also am afraid if I break things off, she will be absolutely crushed. It will be too late for her to meet someone else in time to have children. Besides, will I ever find someone who is as good a person as her?

I want to make the right decision, the one that will make both of us happiest in the long run. How can I tell whether this is an attack of prewedding nerves, or a sign we should break it off?

Dominic

A Dominic, you climbed the ladder to the high dive. You're nearing the top. Your friends and family are watching. It would be embarrassing to turn around now, but you are afraid of the water.

Your fiancée is below, blocking your path of escape. You won't be able to back out without a fight. She will block, parry, and argue with anything that stops the wedding. Worse still, you know it will crush her.

That's pretty much the story, isn't it?

What you told us is you love her as a friend, you respect her as a person, and you don't want to wound her.

Perhaps when you dated, you kept thinking, "It's not an engagement." Perhaps when you gave into the engagement, you thought, "It's not a marriage." Now you understand the error in that line of reasoning. After the wedding, her problems will be solved, but not yours.

Some might pooh-pooh this and say you are being shallow. But that's not it. If you were absolutely and completely in love with her, you wouldn't be speculating about other women.

The real story is how you ended up in an intimate relationship with someone you only see as a friend. The blame may be evenly distributed.

She acts as if the problem is wedding day jitters, your parents' marital history, or your unrealistic fears. But on your side the issue is deeper. When you see a car you can afford but don't want to buy, it's not commitment phobia. You don't want to buy that car.

Her arguments don't refute your feelings.

She wants you to close your eyes and take the plunge. We're afraid there is no water in the pool.

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

We can't wait another 100 years to End Diabetes



(GLOBE NEWSWIRE) -- This year marks the 100th anniversary since the revolutionary Canadian discovery of insulin, but it is not a cure. Diabetes continues to take the lives of Canadians and the prevalence rates are alarming with one in three Canadians living with or at risk of diabetes and our youth aged 20 years old have a 50 per cent chance of being diagnosed with type 2 diabetes in their lifetime.

The COVID-19 pandemic is hindering care, heightening consequences, and putting people with diabetes at a three times higher risk of dying from COVID-19. With a sense of urgency and the understanding that despite the help of insulin, diabetes is successful at taking over the country, Diabetes Canada is launching a bold fundraising and awareness campaign, We Can't Wait Another 100 Years to End Diabetes.

"The discovery of insulin in Canada ranks among the leading achievements of medical research," says Laura Syron, President and CEO of Diabetes Canada. "Although insulin has enabled an incredible change in life expectancy and quality of life for millions of people around the world, it isn't a cure. It is a treatment. More than ever, the millions of Canadians with or at risk of diabetes need our support. We can't wait another 100 years and we hope Canadians will support us and help to end diabetes."

Beginning in January 2021 and running until 2022, the campaign will recognize the 100th anniversary of the Nobel Prize winning scientific achievement by Sir Frederick Banting, Charles Best, JJR Macleod and James Collip, while also reminding Canadians about the serious and sometimes deadly consequences of the disease and the success it continues to have in leading to other chronic illness including blindness, heart attack and stroke, amputation and kidney failure. Through the campaign, Diabetes Canada will engage in a national conversation: although the 100th anniversary is an incredible discovery; insulin is not enough. It's the starting line, not the finish line for diabetes.

As Canada's largest charitable organization dedicated to supporting people living with all forms of diabetes, which was started by Charles Best in 1940, Diabetes Canada is looking to mobilize other healthcare, research and community partners, industry, government, and all Canadians to finally end diabetes.

Banting House—the National Historic Site of Canada (owned and operated by Diabetes Canada)—is among the many engaging in the campaign. "While we have better insulin today than we did 100 years ago when it was first discovered, we still don't have anything better than insulin," says Grant Maltman, Curator of Banting House. "People living with diabetes from across the globe have visited the birthplace of insulin on a pilgrimage to see where the idea for their life-saving treatment was conceived and reminded us that the discovery itself is not the end of the story."

"The discovery of insulin has enabled me to live with diabetes for the last 20 years, but our country has done too little to maintain its position as a global leader in diabetes care as Canada ranks among the worst countries in the Organisation for Economic Co-operation and Development for the number of diabetes cases per capita," says Brooks Roche who is living with type 1 diabetes and who is a member of the Prime Minister's Youth Council from Charlottetown, PEI. "We owe it to our history and to our country to invest in a major systemic change to help End Diabetes."

Diabetes Facts:

- Close to 11.5 million Canadians are living with diabetes or prediabetes.
- Diabetes is the leading cause of vision loss and blindness in those 20-65 years of age.
- Diabetes contributes to 30% of strokes, 40% of heart attacks, 50% of kidney failure requiring dialysis.
- Diabetes is the cause of 70 per cent of all non-traumatic limb amputations.
- Having diabetes can shorten one's lifespan by five to 15 years.
- Diabetes is successful at taking money out of Canadians' pockets, costing \$30 billion dollars to treat.
- The ongoing pandemic has added to the anxieties around diabetes, with one-third of Canadians saying they are now more concerned about diabetes than they were before.
- Adults living with diabetes who contract COVID-19 are at greater risk of developing serious symptoms and complications, like pneumonia, and they are almost three times more likely to die in hospital.

About Diabetes Canada

Diabetes Canada is the registered national charitable organization that is making the invisible epidemic of diabetes visible and urgent. Diabetes Canada partners with Canadians to End Diabetes through:

- Resources for health-care professionals on best practices to care for people with diabetes;
- Advocacy to governments, schools, and workplaces; and
- Funding world-leading Canadian research to improve treatments and find a cure.

Serving the community for over 25 years...

Our priority is your **healthy smile...**

Dr. Savas Fortis, DDS

Chirurgien dentiste / Dental Surgeon



4375, Notre-Dame, suite 7, Laval

(corner Elizabeth)

For your entire dental needs call :

450-682-3921

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



Dead 7-year-old Chomedey girl's mother released on \$1,000 bail

The mother of 7-year-old Chomedey girl who suffered a gruesome death at home in early January was released on a \$1,000 bail bond early last week, with one condition of her freedom being that she not contact her other children.

The woman, who speaks the Afghani language Dari and required an interpreter during an appearance at the Laval courthouse, is charged with criminal negligence causing death.

While previous news reports said the girl had been the object of an intervention by Quebec's child protection authority (DPJ), the DPJ was not alleging child abuse at that point.

However, according to a news report last week, the mother is currently also facing an assault charge against her daughter that dates back to last June.

The bail conditions, which were agreed upon by the defence and the prosecution, required, among other things, that the accused post a \$1,000 bail bond and surrender her passport to court officials.

The conditions also require her to live at her current address on Le Boutillier St. in Chomedey.

She is also not allowed to communicate with certain people (including her other children), unless it becomes necessary to prepare her legal case with the assistance of a lawyer.

Her next court appearance has been scheduled for April 12. Neither the woman nor the victim can be identified because of a news publication ban currently in force.

LPD drug bust nets \$1.175 million in street dope

The Laval Police Department says a series of raids they conducted beginning last fall during a multi-phased maneuver dubbed Projet Doute led to the seizure of \$1.175 million worth of street drugs, including cocaine, marijuana, methamphetamine and ecstasy.

The LPD says it arrested three individuals who are believed to have been delivery persons working for several organized crime groups.

The raids took place in two phases. The first, in December, involved the seizure of a vehicle in Laval, as well police interventions at two residences in Sainte-Sophie in the Laurentian region. During a second raid, on Jan. 5, a vehicle was also seized on Laval's territory. As well, a residence in Laval was raided, as was a residence in Notre-Dame-des-Prairies in the Lanaudière region. The LPD said the operation led to the seizure of the following items and materials:

Two handguns, one of which was restricted, the second operating on compressed air;

A hydraulic press;
\$200,000 in cash (CDN);
92 empty packets believed to be for cocaine;
Assorted narcotics with a total value of \$1,175,000.
The narcotics seized included:

6 kgs. of cocaine;
3.5 kgs of hashish;
36 kgs. of cannabis bud;
16,000 units of methamphetamine;
600 grs. of crystal MDMA (ecstasy);
64 plants of cannabis.

The three individuals arrested are Alain Arsenault, 42, and Robert Lamontagne, 45, and a third suspect, 29, who was not identified by the LPD, but who is scheduled to make a court appearance on Feb. 24.

The LPD said Projet Doute was conducted in conjunction with the Sûreté du Québec, as well as several specialized police units, including the LPD's canine squadron and crime scene technicians.

Anyone who feels they may have information that could be useful to the investigators is asked to call the LPD's confidential Info-Line at (450) 662-INFO. The file code number is LVL-200925-033.



Dogs now trained to sniff out the coronavirus *Most have a 100% success rate*

What does a pandemic smell like? If dogs could talk, they might be able to tell us.

Led by Dominique Grandjean, an international research team, at France's National Veterinary School of Alfort, has been training detector dogs to sniff out traces of the novel coronavirus (SARS-CoV-2) since March.

These detector dogs are trained using sweat samples from people infected with COVID-19. When introduced to a line of sweat samples, most dogs can detect a positive one from a line of negative ones with 100% accuracy.

Across the globe, coronavirus detector dogs are being trained in the United Arab Emirates (UAE), Chile, Argentina, Brazil and Belgium. In the UAE, detector dogs – stationed at various airports – have already started helping efforts to control COVID-19's spread.

A keen nose

Detector dogs were able to detect SARS-CoV-2 in infected people when they were still asymptomatic, before later testing positive.

When it comes to SARS-CoV-2 detection, we don't know for sure what the dogs are smelling. On average, dogs have about 220 million scent receptors.

The volatile organic compounds (VOCs) given off in the sweat samples are a complex mix. So

it's likely the dogs are detecting a particular profile rather than individual compounds. Sweat is used for tests as it's not considered infectious for COVID-19. This means it presents less risk when handling samples. COVID-19 sniffing dogs in Australia

In Australia, the most common breed used for this work so far has been the German shepherd, with various other breeds also involved. Once operational, detector dogs in Australia could be hugely valuable in many scenarios, such as screening people at airports and state borders, or monitoring staff working in aged care facilities and hospitals daily (so they don't need repeat testing).

To properly train a dog to detect SARS-CoV-2, it takes:

6-8 weeks for a dog that is already trained to detect other scents, or

3-6 months for a dog that has never been trained.

To further reduce any potential risk of transmission to both people and dogs, the apparatus used to train the dogs doesn't allow any direct contact between the dog's nose and the sweat

sample.

The dog's nose goes into a stainless steel cone, with the sweat sample in a receptacle behind. This allows free access to the volatile olfactory compounds but no physical contact.

Furthermore, all the dogs trained to detect COVID-19 are regularly checked by nasal swab tests, rectal swab tests and blood tests to identify antibodies. So far, none of the detector dogs has been found to be infected.

Dogs are not susceptible to the negative effects of the novel coronavirus.

Hurdles to jump

Now and in the future, it will be important to identify any instances where detector dogs may present false positives (signalling a sample is positive when it's negative) or false negatives (signalling the sample is negative when it's positive).

We're also hoping our work can reveal exactly which volatile olfactory compound(s) is/are specific to COVID-19 infection.

This knowledge might help us understand the disease process resulting from COVID-19 infection – and in detecting other diseases using detector dogs.

This pandemic has been a huge challenge for everyone. Being able to find asymptomatic people infected with the coronavirus would be a game-changer – and that's what we need right now.

A friend to us (and science)

Perhaps we shouldn't be surprised about dogs' ability to detect COVID-19, as we already know their noses are amazing.

Dogs can help detect hypoglycaemia in diabetics, warn people who are about to have an epileptic seizure and have been used to sniff out some cancers.

Just recently the Miami Heat basketball team is using these special dogs to sniff out fans that have COVID-19.

The coronavirus-sniffing dog idea has been put into place at airports in Dubai, United Arab Emirates, and Helsinki in recent months. At Heat games, fans arriving for the game will be brought to a screening area and the detection dogs will walk past. If the dog keeps going, the fan is cleared; if the dog sits, that's a sign it detects the virus and the fan will be denied entry.



SÉCURITÉ SPARTAN SECURITY
Burglar • Fire • Cameras • Intercoms

(514) 289-8585
20 years at your service!

24 HOUR MONITORING

ALARM SYSTEM INSTALLATION + 12 MONTHS MONITORING!

\$499⁹⁹

System Includes:

- 1 x Alexor 9155 main alarm unit
- 1 x WT5500 wireless 2 way keypad
- 1 x WS4904P wireless motion detector
- 2 x WS4945 wireless door/window sensors
- 1 x WT4989 wireless 2 way key chain remote with icon display
- 1 x battery backup, power supply, telephone jack
- Incl. 1 year monitoring



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

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention

Five types of digestive cancer have been linked to tobacco use

Quebec Council for Tobacco and Health observes Tobacco-Free Week



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

When most people think of the harm to health caused by tobacco smoking, what's perhaps more likely than anything else to come to mind are breathing-related health problems such as emphysema and lung cancer.

But how many are aware that smoking, as well as secondary smoke, can also cause five different types of cancers affecting the body's digestive system?

According to the Quebec Council for Tobacco and Health (CQTS), which marked Quebec Tobacco-Free Week recently, tobacco smoking and secondary smoke account for up to 44 per cent of the development of digestive system cancers, including cancers of the liver, rectum, pancreas, stomach and esophagus.

Digestive system cancers

"In Quebec, a significant proportion of digestive system cancers are linked to tobacco smoking," Annie Papageorgiou, executive-director of the CQTS, said during an online webcast. "These cancers have serious consequences. When you think about it, the risk is high, especially since these cancers can be avoided. We must inform and protect people from the harm done by tobacco."

According to the CQTS, one liver cancer in four, one pancreas cancer in five, more than one colorectal cancer in 10, one stomach cancer in five and nearly half the cancers of the esophagus are caused by tobacco smoking.

In addition to this, digestive system cancers are associated with low survival rates. Generally speaking, these types of cancer aren't detected early enough because symptoms are usually not very apparent.

Quality of life impacted

"Blood in the stool and cancerous masses only appear during late stages of digestive system cancers," said Dr. Nicolas Benoit, a Montérégie-based gastroenterologist who took part in the webcast. When such cancers don't prove fatal, they often lead to other consequences that limit living life to the fullest.

For those who've smoked for years and don't think they can quit, the message from the CQTS is that giving up tobacco has long-lasting benefits that safeguard you from digestive system cancers.

Quebec film, TV and stage star Patrice Godin, who was the CQTS's official spokesperson for the anti-smoking campaign for a second consecutive year, delivered a personal testimonial on his own struggles to quit smoking.

Shortens the lifespan

"On average, smoking reduces a lifespan by 10 years," he noted. "That's a lot. That's why I was looking forward to being back for a second year as spokesperson. There is still so much work to be done to control tobacco abuse in Quebec. It can be through quitting tobacco, helping someone else to stop or raising the awareness of a young person to the importance of not starting to smoke."

"Effectively under the current circumstances, it is more important than ever to watch out for one's health," added Annie Papageorgiou, noting the risks of other types of cancer in conjunction with the ongoing COVID-19 pandemic.

Smoking and COVID-19

"Apart from digestive system cancers, tobacco abuse also affects the respiratory system and smokers are at a greater risk of coming down with a more severe form of COVID-19 than non-smokers," she said.

According to the CQTS, last year in Quebec 17 per cent of the population 12 years of age and older smoked, for a total of 1.2 million persons. That represents more than one person in six. In this respect, Quebec ranks higher than the Canadian average, which stands at 15.8 per cent of Canadians who are smokers.

Want to speak with a specialist to help you quit smoking? Call the I QUIT NOW helpline. It's free. Telephone support to quit smoking is available from the CQTS at 1-866-527-7383. Monday to Thursday: 8 A.M. to 9 P.M. Friday: 8 A.M. to 8 P.M.

TLN2902AntiTobacco1: In Quebec, a significant proportion of digestive system cancers are linked to tobacco smoking," Annie Papageorgiou, executive-director of the CQTS, said during the online webcast.

TLN2902AntiTobacco2: According to Dr. Nicolas Benoit, when digestive system cancers don't prove fatal, they often lead to other consequences that limit living life to the fullest.

TLN2902AntiTobacco3: "On average, smoking reduces a lifespan by 10 years," noted Quebec film, TV and stage star Patrice Godin, who was the CQTS's official spokesperson for the anti-smoking campaign for a second consecutive year.



Salmon in a pie

Even though I am of Greek heritage, my mom serving us Greek traditional dishes, I was also eating French Canadian foods. Living most of her years in Quebec, she adapted the traditional recipes as well. One of her favourites is the French Canadian tourtière (meat pie) as well as the Quebec Salmon Pie which would be served during Christmas holidays.

How the Salmon pie was born: In coastal areas of Canada and New England where fish was abundant, salmon was commonly used for making tourtière. Salmon pie is a simple but delicious pie made from a combination of salmon, potatoes, onions, seasonings, and baked in a flaky piecrust.

What you will need to make the Salmon Pie Filling it is easy as 1,2,3!

1. THE POTATOES

Try to get high starched potatoes such as russets or Yukon, they get fluffy and absorb the salmon flavour better. Wash and peel the potatoes. Potatoes are very important in this recipe, it is what makes it bind all together!

1. THE SALMON

Any kind of Salmon works well, you can get wild, fresh, frozen or even canned.

Be creative and add seafood as well! You can use cooked shrimp, crab or flaked cooked cod works well too!

3. THE PIE CRUST

Making your own pie crust is easy, but if you prefer to get the frozen kind, works perfectly! You can purchase ready made crusts from the supermarket freezer, just follow directions on how to prepare it

Ingredients

- To make your own flaky Pie Pastry
- 2 cups unbleached all-purpose flour plus extra for rolling
- 1/2 teaspoon salt
- 2/3 cup butter or lard, (Crisco)
- 5-6 tablespoons cold water
- 1 tablespoon white vinegar
- 1 beaten egg

Salmon Filling

- 2 pounds russet potatoes or Yukon gold, 5-6 medium
- 2 tablespoons unsalted butter
- 1/4 cup chopped onions
- 1/2 cup chopped leeks (optional)
- 1/2 cup water
- 1 pound salmon all bones removed (or you can substitute with canned salmon use about 3 cans, just drain the liquid, and remove all bones)

Instructions

Prepare the Pie Pastry

1. In a large bowl, combine flour and salt. Cut in butter or lard until mixture is an even crumbly texture. Add cold water a tablespoon at a time, vinegar and mix until dough comes together.
2. Shape the dough into a disc, wrap, and chill in the refrigerator. While pastry is chilling, prepare filling.

Prepare the Salmon Filling

1. Wash and peel the potatoes. Cut into chunks and boil in a medium size pot of water until tender, about 12 minutes. Drain, mash the potatoes, and set aside.

2. Melt the butter or oil in a large skillet over medium heat. Add the onions, leeks, and sauté until they are softened, about 5 minutes. Add the 1/2-cup of water to the skillet.

3. Season the salmon fillet with salt and pepper and place it into the skillet skin side down. Spoon liquid and onions over the salmon, cover the skillet, and cook until the salmon is opaque, about 5 minutes. Turn off the heat and let the salmon cool slightly.
4. Remove the skin and break the salmon into pieces. Add the salmon, onions, and poaching liquid to the mashed potatoes and mix to combine. Taste and adjust salt and pepper if needed.

Assemble the Salmon Pie

1. Preheat the oven to 350°F.
2. On a lightly floured surface, divide dough in half and form two balls. Flatten one ball with your hands and roll dough to about 12-inches in diameter, to fit a 9-inch pie pan.
3. Place the pastry into the pie plate and add the salmon pie filling. Gently pat the filling down to remove any air spaces.
4. Brush around the outer edge of the pastry with the beaten egg. Roll out the top pastry and place on top of the pie filling.
5. Fold the top crust under the bottom crust and pinch the edges. Brush with egg wash and cut vent holes. You May sprinkle sesame seeds over the top crust.
6. Bake the salmon pie in a preheated oven for 30-35 minutes, or until the pastry is golden brown.

Deadline: **Classifieds**

WEDNESDAY before publication at 1 p.m.

FOR SALE SERVICES ARTICLES WANTED FINANCIAL SERVICES COURSES EMPLOYMENT & BUSINESS OPPORTUNITIES NOTICES

514 978-9999

THE LAVAL
news

THE NORTH SHORE
News

Nouvelles
PARC-EXTENSION
News



AUTOMOTIVE | AUCTIONS | SNOW REMOVAL | HEALTH & WELLNESS | VACATION & TRAVEL

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



**Before selling
elsewhere,
come see us!**

Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:30pm
Saturday - 9am to noon
Sunday - Closed

solutionrl.com
*No price by phone

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)



THE NORTH SHORE News

NEED TO HIRE NOW

IS NOW SEEKING
ADVERTISING CONSULTANTS

- Bilingual
- Self-motivated
- Creative
- Organized
- Enjoy meeting new people

**Then come
join our
dynamic
close knit
sales team !!!**

We offer

- Excellent working environment
- Flexible schedule
- Base salary plus commission

**THE SKY IS
THE LIMIT !!!**

**INTERESTED ...
send your CV to:
sales@newsfirst.ca**

www.newsfirst.ca



In Memoriam & Obituaries

BIRON, Jean-Marie 1921 - 2021



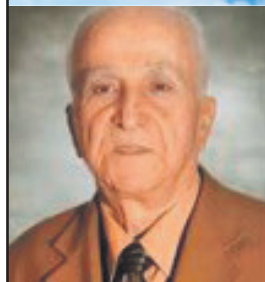
Our father passed away peacefully on January 19, 2021 in Laval on the eve of his 100th birthday. Born in St-Zéphirin-de-Courval in the county of Nicolet-Yamaska, the last survivor of a family of 13 children, he joined his parents Alexandre and Marie-Anne (Camirand) in paradise and his sisters and brothers. He is survived by his wife Florence Blain, his 5 children Claude (Pauline Bergeron), Diane (Yvon Carboni), France, Daniel (Maria De Rosa), Louise, his 5 grandchildren Alexandre, Sébastien, Francis, Martin, William, his 4 great-grandchildren Léo, Tobias, Charlie, Élio and also leaves several nephews, nieces, other relatives and friends.

DUVAL, Madeleine 1924 - 2021



Peacefully surrounded by her children, on January 15, 2021 passed away, at the age of 96, Madame Madeleine Duval, native of Rivière-à-Pierre, widow of Marcel Giroux. She is survived by her children, Ginette (Pierre) and Gilles (Christine), as well as her grandchildren, Frédérique (Daniel), Simon (Maude) and Gabriel (Gabrielle), her two great-grandchildren, her sister Yolande as well as many nieces and nephews, friends and relatives whom she loved so much.

MOURAD, Kamel 1936 - 2021



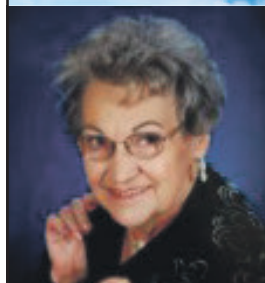
In Laval, on Saturday January 23, 2021 passed away, at the age of 84, KAMEL MOURAD, beloved husband of Leila Semaan. Besides his wife he is survived by his children Simon husband of Maria Caristo, Madeleine, Suzanne and Valia; his grandchildren Maggie, Mike, Madaleina, Samir, Verra, Alessandro, Amanda and Joseph; his brothers and sisters; his nephews and nieces as well as many other relatives and friends

GAGNÉ, Gilles 1948 - 2021



In Laval, on January 20, 2021, at the age of 72, passed away Gilles Gagné, husband of Hélène Lafleur. Besides his wife, he will be sadly missed by his children Patrick (Karine), Marie-Eve (Guillaume), his grandchildren Bia, Maïk, Léanne and Julia, his brothers and sisters, his brothers-in-law and sisters-in-law as well as relatives and friends.

LAFLEUR, Huguette 1932 - 2021



At the CHSLD Villa Belle-Rive, on January 19, 2021, passed away peacefully at the age of 88, Mrs. Huguette Lafleur. She leaves to join her daughter Francine, her parents, her brothers and all those she has loved. She is survived by her children Richard (Michelle), Gaëtan and Huguette (Alain), her grandchildren Véronique, Félix, Frédéric, Camille, Gabriel, Thierry and Sébastien and their spouse, her great-granddaughter Rosalie, her nephews and nieces as well as many relatives and friends.

CHÉNIER, André 1950 - 2021



It is with great sadness that we announce the death of Mr. André Chénier, engineer, on January 15, 2021 at the age of 70 at his residence in Laval. He is survived by his wife Gigi (Ginette Carrier), his son Sébastien, his daughter Émilie (Yanis Mokrane) as well as his brother Charles (Solange Avoine), his sister Annonciade (Réal Bibeau) and Jean-Paul Champagne (Francesca Carrilo) in addition to many relatives and friends.

UNITED - THROUGH DISTANCE -



ACCESSIBLE

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

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

SERVICES

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



514 871-2020
12 locations on the North Shore of Montréal



450 463-1900
5 locations on the South Shore of Montréal



514 342-8000
chemin de la Côte-des-Neiges
Montréal

dignitequebec.com

Dignity
MEMORIAL
 LIFE WELL CELEBRATED™

Contact us today to place an obituary or in memoriam in our next issue
NO CHARGE Email: production@newsfirst.ca • Tel.: 450-978-9999

HOROSCOPE

Week of JANUARY 31 TO FEBRUARY 6, 2021

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS



ARIES

Negotiating with people you love is always a delicate matter. You'll be much more vulnerable if you let your emotions get in-volved. Try to take a step back so you can see the situation clearly.



TAURUS

Professional success is just around the corner. You'll manage to gather a large group of people for a particular event, and you'll benefit from great discounts that'll allow you to in-crease your profits.



GEMINI

Your passions will be awake-ned, your mind will be filled with great ideas and all eyes will be on you. You'll be enthusiastically applauded, and you'll receive a medal or other type of award.



CANCER

You'll find yourself spending most of your time at home or in the company of family members. Someone might ask you to take on some pretty hefty responsibilities.



LEO

Bargaining during your next shop-ping trip could be advantageous. You only need to raise your voice slightly to be heard and respected. Don't hesitate to express your emotions out loud.



VIRGO

Exercise is great for your health when done in moderation. You'll find people with whom you can enjoy an inspirational activity and discuss your spirituality.



LIBRA

This will be a hectic week, especially if you have young children or an active social life. As for matters of the heart, you might experience a lot of passion while on a trip or romantic getaway.



SCORPIO

The harsh winter weather could start to dampen your spirits. Fortunately, now's an excellent time to fire up your imagination and create a work of art.



SAGITTARIUS

You'll find yourself surroun-ded by many people in situations that might be quite stressful or scary at times. Some down time before the end of the week will be crucial to recharge your batteries.



CAPRICORN

You'll likely be given some very important new responsibilities at work. You'll be greatly appreciated, and people will go out of their way to do business with you because you're someone who can be trusted.



AQUARIUS

You'll feel the desire to travel and explore. You'll be inspired by new adventures, each one more fantastic than the last. You might consider signing up for a training course.



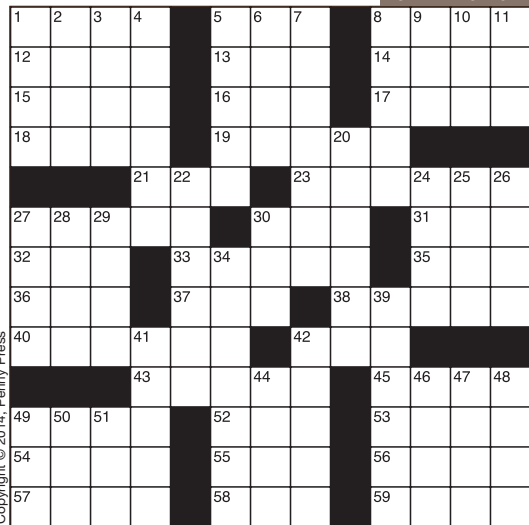
PISCES

Your emotions might run high if you experience a turbulent financial situation. Fortunately, a solution will quickly present it-self and you'll soon be back on the path to stability and success.

Coffee Break

CROSSWORDS

PUZZLE NO. 1014



Copyright © 2014, Penny Press

ACROSS

1. Rowing blades
5. Stereo component
8. Woeful exclamation
12. Fib
13. Tell an untruth
14. ___ tie
15. Certain bean
16. Traveler's stop
17. Unattractive
18. ___ India Company
19. Go to see
21. Utilize
23. Job or story
27. Black-ink item
30. Write hastily
31. Rarer than rare
32. Owl's question?
33. Contest site
35. Mine yield
36. Young chap

37. However
38. Piggy-bank fillers
40. Formed
42. Pigpen
43. Full-grown
45. Makes mistakes
49. Barking sounds
52. Bumper ___
53. Oaf
54. Petitions
55. Memorable time
56. Motionless
57. ___ jerk reaction
58. Earth's upper atmosphere
59. Intense

DOWN

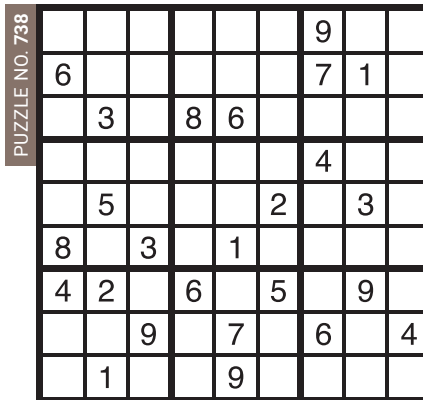
1. Stare
2. Vocal solo
3. Borders
4. Sculpture
5. Breathing
6. Skirt type
7. Retiree's income
8. Borders on
9. Type of cabin
10. ___ That Jazz"
11. Nutritious bean
20. Unbroken
22. Remained
24. Branding tool
25. Game missile
26. She-sheep
27. Piercing tools
28. Iranian prince, once
29. Baking ingredient
30. 707, e.g.
34. Marks down
39. Facial feature
41. Old-fashioned
42. Wander
44. Songbird
46. Went by bus
47. ___ of thumb
48. Tread
49. ___ Me No Questions"
50. Gallop
51. Professional charge

Sudoku

HOW TO PLAY:

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

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



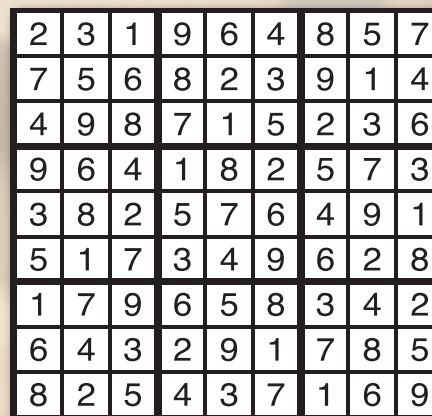
PUZZLE NO. 738

Last Issues' Answers

CROSSWORDS



Sudoku



SAVE MONEY

Print your cheques
with us with confidence

We print all
kinds of cheques:
**Business,
Canada or USA**
Fast Delivery!

Amazing Prices!
250 for \$87
500 for \$127
1000 for \$187

MEDIA-TREK
Communications - Promotions - Marketing

Call us for more information **450.978.9999**

Full Banking Security Features

Big snowfall expected?

Follow the operations under way.



The little things that count



1

Shovel or blow the snow on your own property and not on the road or the sidewalks.



2

Place bins and garbage cans on your own property, at the end of your driveway, not on the street or sidewalk.



3

Obey the parking signs. The temporary signs have priority over the fixed signs.



4

Park your car 30 cm from the sidewalk, or better yet, in your own driveway.

neige.laval.ca

