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Ex-ML councillor Ray Adams not totally happy with administration's snow cleanup record

City of Laval says it has improved snow removal – but not everyone agrees



MARTIN C. BARRY
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If anybody is in a position to understand snow removal problems in Laval, says former city councillor Raynald Adams, it ought to be him. During the four years he served the residents of the district of Renaud, he says, he came to understand why poor snow removal was such a sore point for so many people, leading to complaints year after year.

Ex-ML critical of the party

What makes Adams' criticism of the city's current snow removal efficiency claims all the more scathing is that the party he sat with was the Mouvement lavallois – the administration, in other words – which is currently taking great pride in the vast improvements it claims to have made to snow removal service in Laval over the past two years.

In an interview with the Laval News, Adams maintained it's not so much the council administration he has a problem with, but rather the public works department. "Even when I was the elected representative, I'd call them up and they'd just look at me and say that's the best we can do," he said.

Hazard for school kids

Adams' particular snow removal issue involves sidewalks on his street, Hector Charland Ave. in Renaud. (Poor sidewalk snow and ice removal was also reported by a Chomedey resident

who contacted the Laval News.) A U-shaped crescent, Hector Charland leads at both ends towards École Simon-Vanier on Dumouchel Ave.

According to Adams, the uncleared sidewalks force children heading to and from school each day to walk in the middle of the street, where inevitably they encounter motor vehicle traffic and danger.

It's a recipe for disaster, he says, and a problem that could be fixed if not for what he claims is a breakdown in communications between district councillors and the public works department. "It's an issue I raised as a councillor, and they have just never followed up on it," he said. "There is a disconnect that was there even when I was a councillor."

A 'disconnect,' claims Adams

He blames at least part of the disconnect on the relationship between the administration and the unionized blue-collar workers. Adams said that even though he sat on the executive-committee, "I could not call public works. I was supposed to go through the general manager's office. It could not be done directly."

He said that even the city councillor who replaced him, Aram Elagoz (who is also with the Mouvement lavallois), "is not in a position to call public works." In an interview with the Laval News, Councillor Elagoz acknowledged that he heard recently from Adams about the Hector Charland Ave. snow removal problem, and pledged to do something about it.

At the same time, Elagoz confirmed Adams' claim about a disconnect between council and public works. "This is a reality," he said,



Raynald Adams said that after nearly a week, his city council successor, Aram Elagoz, asked him to call 3-1-1, as per official City of Laval policy for snow removal problems. "As if I don't know that's not going to amount to anything," insisted Adams.

maintaining that the Mouvement lavallois implemented new safeguards, after the former Vaillancourt administration was ousted, in order to create a more formal chain of command to the public works department.

Complaint from Chomedey

From Chomedey, the Laval News received the following message via our Facebook Messenger interface recently. "If only Laval would clean its sidewalks," said the missive, written by a retired, long-time Chomedey resident.

"When we go out for our 3 km. walk, I should be walking on the sidewalk in Chomedey. But no, it's either not cleaned of snow or left in a

state of ice with no salt applied where I could fall and break a leg etc. If I walk on the boulevard instead, I could easily get hit by a vehicle and maybe killed. Lastly, being 80 if the above two don't get me, COVID-19 could.

"In the sector west of Curé Labelle up to 100th Ave., north of St. Martin to Boulevard Clérout, I find it very dangerous to go for a walk during the winter," he continued, adding that the following streets with sidewalks on Boulevard Clérout, Rue Légaré, Rue Favreau and 100th Ave. "are very dangerous" and "either the sidewalks are not properly cleaned of snow, ice has

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Ottawa invests in Laval's metal products sector

Custom Diamond International receives \$350,000 for expansion



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Vimy Liberal MP Annie Koutrakis has announced a \$350,000 repayable grant to Custom Diamond International, a Laval-based company specialized in the manufacture of stainless-steel cabinets and containers for restaurants, as well as medical and laboratory-based industries.

Koutrakis made the announcement last week on behalf of Minister of Economic Development and Official Languages Mélanie Joly.

In Laval since 1997

Established in Laval in 1997, Custom Diamond International (CDI) is part of the family-owned

Diamond Group, which has been one of North America's main manufacturers of restaurant industry stainless-steel containers for more than 85 years.

In more recent years, CDI also began designing, manufacturing and supplying displays, medical and laboratory equipment, as well as custom stainless-steel products for the retail sector.

In Laval, the metal products industry includes a number of dynamic businesses with innovative ideas whose work is adding to the region's reputation across the country. Challenged by the economic realities created by the COVID-19 pandemic, the federal government says these and other SMEs are now poised to rebound.

Economic recovery

"The government of Canada recognizes the need to intervene based on the strengths and

assets present in each region," Koutrakis said in a statement announcing the subsidy to CDI. "As such, CED's support for Custom Diamond International will enable Laval to position itself at an advantage to participate in the coming recovery."

"The Government of Canada has a mission to accompany the country's businesses and regions into tomorrow's economy and to help them seize the business opportunities that will arise," said Joly, who is also the minister responsible for the six regional development agencies (RDAs), including CED.

"That is why we are providing our support to the specific assets of Quebec's different regions, such as here in Laval. They will be essential elements in ensuring an inclusive recovery and in creating good jobs in all of our communities."

New machinery

According to the government, the repayable loan will allow Custom Diamond International to acquire and install new machinery and manufacturing equipment, including three CNC production machines with a generator to complete more complex tasks more quickly. The government says CDI's project, aimed at enhancing business productivity, will lead to the creation of 20 jobs. With its 12 regional business offices, Canada Economic Development has a mandate to accompany businesses, while supporting organizations in all regions across Quebec to help the growth of their economies. The subsidy to Custom Diamond International was granted under CED's Regional Economic Growth through Innovation program, which aims to support the development of Quebec SMEs.



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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Two Words. Private Enterprise.

I'm hearing and reading a lot about Canada getting more vaccines by the end of each coming week, 500 thousand from India, and Pfizer now says 4 million by the end of March. There's also that repetitive point, "by September, vaccines will have been administered to everyone who wants to be vaccinated" - Justin Trudeau. That would mean close to two million vaccines into the arms of Canadians every week. Who is he kidding? This is the end of February and we have only received under 2 million for a nation of 38 million. And with no real system of distribution, and confusing priorities of order set by different provinces, he expects to get this done by then? 70% of Canadians don't believe him. (National Post) And friend Joe Biden? Forget about it. Biden has kept Trump's order of no vaccine exports, not even to his good buddy Justin.

What we are not hearing is the manner and method we are going to apply to get these vaccines as swiftly as possible into the arms of Canadians, once they arrive on Canadian soil. Justin Trudeau is quick to defend his so far failing mark by saying "we are working with the provinces to coordinate blah blah..." The leader of the NDP talks about getting "everybody involved like retired nurses and doctors and anyone able", and licensed to inoculate. Wait a minute!

Should Canadians once again trust our politicians? They have already bungled our vaccination procurement. As of the weekend, Canada ranked "40th in the world on a per-capita basis" of vaccines received today. 40th! That's behind most industrialized nations and some less developed countries. And now we want to leave the rest of the vaccination schedule, administration, and logistics to these same politicians? I don't think so. Is there a better way? Absolutely. Two words.

Private enterprise. Why leave a vital and vibrant private sector out of this emergency. They could offer a phenomenal benefit with their experience and expertise. If "everybody" should be involved, then bring in the Costco's, Walmart's, drive through restaurants, pharmacies, corporations that own and operate casinos, arenas, and stadiums. Not only do they have acres of parking space and buildings that would provide health professionals the quickest and most efficient way to administer vaccines, but who can best organize, coordinate, focus on clients, (in this case those inoculated), provide excellent management teams, retain good employee talent. They

are able to keep detailed records, adjust and innovate for better productivity, even adapt new technology. Unlike inexperienced and rookie politicians during this pandemic, who improvise with no predetermined plan, corporations do this every single day. And they are very successful at it.

I have not heard one politician speak about harnessing talent, know how, and experience from the corporate sector to help out. Have they been approached? Why not? Let's do it then.

Some U.S. states are working with the private sector. How do you think Israel became leader in per capita vaccinations? Round the clock drive throughs and pharmacies have led to most over 60 vaccinated.

"It tastes awful, but it works". You recognize Buckley's tag line, popular since the 80's. And it's applicable to our lock downs and curfews. They taste awful but they are apparently working.

Quebec cases have dropped to around 900 after several weeks of the curfew, best since November and hospitalizations are fewer too. Good behavior has to be another reason. I even see people wearing their masks outdoors. Aside from being cautious, it does admittedly keep the face warm in these frigid temperatures.

But, there is a 'but'. Our progress is being threatened by a potential third wave, brought on by variants. And even Pfizer admits its vaccine may not be nearly as effective, especially against the south African variant. In the end, yes, the pandemic will end at some point, but likely not this endemic virus.

I can't leave just yet without mentioning another major gaff. Our liberal government still has not learned its lesson. With the two Michaels still in jail, the continued abuse and bullying by China, our government has signed another deal with this regime. According to the Globe and Mail "Chinese police own a company that collects details of people applying for visas to Canada", through Canada's visa center in Beijing. Are you kidding me? What is going on? Fix this, immediately, please.

And a tip of the hat to 80-year-old Dr Anthony Fauci, who won a top international prize for "his exceptional work with infectious diseases over his life". Congrats Doc.

That's what I'm thinking.

Robert Vairo

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REINING IN THE WEB GIANTS

Quebec Publishers Call for Action

Mr. Prime Minister, Justin Trudeau

Quebec publishers rarely come together to speak with one voice. If we are joining together today, it is because we are concerned about our future. We are seeking action from your government and all parties in the House of Commons to fight the dominance of the web giants.

In Quebec, Canada and elsewhere in the world, media are asking for a fair redistribution of advertising revenues generated by sharing our high-quality content on platforms such as Google and Facebook.

Australia and France have taken the lead in putting limits on the power of the “Goliaths” of digital commerce.

Meanwhile, as “Davids,” we are subject to the monopolistic practices of the web giants. We are deprived of our fair share of digital revenues. And yet, we continue our mission of informing the Quebec public regularly about local, national and international issues that concern them.

The contribution of our news media and the hard work of our journalists are key to the vitality of democratic debate. Without us, there would be no counterweight to the disinformation and fake news that pollutes social media.

We are members of News Media Canada, which represents the print and digital media industry in Quebec and Canada. This fall, the organization offered your government concrete measures to level the playing field between our media and foreign web giants. These measures, inspired by the Australian approach, would cost nothing for taxpayers and consumers of social media. They would force the web giants to negotiate to pay us fair and equitable compensation for the use of our content and intellectual property.

The future of Quebec’s news media is at stake. We urge the government and the Parliament of Canada to act as quickly as possible to level the playing field, restrict the monopolistic practices of the Internet giants and ensure fair competition for newspapers in Quebec and across Canada.

Benoit Chartier
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Nicolas Macrozonaris running for council seat in Saint-Martin district

Former Olympic sprinter makes a second attempt to enter Laval city politics



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If there is an ironic lesson to be learned from municipal politics in the City of Laval in recent years, it is perhaps that finishing first in track and field and making it to the Olympics doesn't guarantee by any means you'll be elected to Laval city council.

No less than two former Canadian track and field short-distance "sprint" champions who competed at the Olympics have tried, with much less success, to prevail at what you might think would be the easier task of winning a seat on Laval council.

In November 2019, Canadian sprinter Bruny Surin tried to win a seat for Mayor Marc Demers' Mouvement lavallois during a by-election in the district of Marc-Aurèle Fortin. In the end, he finished in second place after being jilted by voters who chose Parti Laval leader Michel Trottier instead.

Running in Saint-Martin



Two years before that, in the 2017 general election, another one-time Olympic sprinter,

"I knew immediately on the night of the election that in four years I was going to try again," says Macrozonaris

Nicolas Macrozonaris, ran for the opposition Action Laval party in the district of Sainte-Dorothée. For all his efforts, he finished third, well behind the incumbent winner, the Mouvement lavallois's Virginie Dufour, who sits on the executive-committee today.

For the 2021 election in early November, Macrozonaris is back as an Action Laval candidate, although this time in the district of Saint-Martin. There, he'll be competing against incumbent Mouvement lavallois councillor Aline Dib as well as others who are almost certain to enter the race.

Since officially retiring as a track and field athlete more than a decade ago, Macrozonaris has enjoyed a fair degree of success while operating a training academy and track club for aspiring Olympic sprinters and running athletes.

Developed winning athletes

"Right now, we have three national champions, which is extremely rare in this domain," he said in an interview with the Laval News. "And it's been an amazing thing for me to be able to develop these athletes. We've had incredible results with them and I am super proud of my athletes."

Politically, Macrozonaris attributes his weak performance in the 2017 election to his being given too little time to prepare for that year's voting day. "They asked me about 40 days before the election," he said.

However, he suggested that he is much better prepared now and feels the same sense of determination to win that helped him at track and field events in the past. As well, he has eight months to get ready this time around.

"I truly did love the experience of running in 2017," said Macrozonaris. "I enjoyed talking



Action Laval candidate in Sainte-Dorothée Nicolas Macrozonaris, right, is seen here in 2016 with some young athletes being coached in his sprinter and runner training program. (Photo: Martin C. Barry, Newsfirst Multimedia)

to and meeting people. I really felt like I was in my element. And although I was obviously disappointed that it didn't work out my way, I knew immediately on the night of the election that in four years I was going to try again."

Pledges sports complex

Heading up a list of current needs in Laval that Macrozonaris says he would work diligently to fulfill would be the construction of a comprehensive multi-purpose indoor sport centre, not unlike the Claude-Robillard Centre in Montreal, where athletes in a range of multidisciplinary sports often go to train.

The centre in Laval would complement the growing list of sport-oriented facilities that have been built or are on the verge of being built in Laval, including Place Bell and the future aquatic centre. "This is something that already exists in many cities, but we don't have anything like this yet in Laval," said Macrozonaris, noting that even the Borough of Saint-Laurent in Montreal has its own multi-purpose indoor sport facility.

Would help the economy

"So, I think Laval needs one of these where different sports could take place and we could continue to produce great athletes," he continued, while adding that sports activities as diverse as basketball, gymnastics, martial arts, or simply walking and running, could take place under one roof year around without concerns about inclement weather.

While the City of Laval outfitted a special outdoor track and field facility at the Parc-école de l'Odyssée-des-Jeunes in Auteuil/Vimont for the Jeux du Québec, Macrozonaris said that having an indoor facility would attract a lot of national and international sporting events, which in turn would stimulate the local economy.

While saying that the fundamental needs of residents of Saint-Martin are also among his priorities, Macrozonaris added that he feels many people living in Laval would agree it's time the city got its own indoor sports complex.



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War Amps launches 2021 Key Tag Service campaign

CHAMP program has helped Laval student Philippe Monette



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As many Laval residents who check their mail regularly may realize by now, the War Amps began its 2021 key tag mailing campaign to Laval residents last week with the theme “You Are a Part of What We Do.”

The start of the 2021 campaign marks the 75th anniversary of the Association's Key Tag Service, and they are paying tribute to the public for helping make it a success.

While launching this year's campaign, the War Amps pointed out that it remains committed to making a difference in the lives of amputees like Philippe Monette, 19, of Laval.



Philippe is a right arm amputee and a member of The War Amps Child Amputee (CHAMP) Program, which provides young amputees with financial assistance for artificial limbs and recreational devices, peer support and regional CHAMP seminars.

Computer student

While some CHAMP program members lost limbs through accidental causes, Philippe was born without a right hand because of a congenital defect that prevented the hand from growing normally. He is currently pursuing studies in computer technology at Collège Montmorency in Laval.

“I encourage everyone from Laval and from other areas to subscribe to the Key Tag Service,” he said, noting that he uses the tags himself, and that he has benefited from the many services the War Amps provides to CHAMP program members.

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the association's many programs, including CHAMP.

The Key Tag Service

The Key Tag Service continues to employ

amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners. Each key tag has a confidentially coded number.

If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support through the Key Tag and Address Label Service. *For more information, or to order key tags, visit waramps.ca or call 514-398-0759.*

STL news

February 2021



Spot any electric buses?

After months of work, the rollout of electric buses on the streets of Laval has begun. They are currently undergoing some initial runs without passengers, before being put into service officially.

Learn about the different stages of the electrification of our bus fleet on our website:

stlaval.ca/a-propos/projets/electrification



Have you renewed your monthly pass?

Did you know you may renew your bus pass for next month as of the 20th of this month? Anywhere STL bus passes sold, and of course, at any of the metropolitan ticket offices.

Find the point of sale nearest you.

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Have a Horizon 65+ pass?

Although it allows you to ride for free on all our buses, you should still check the expiry date on the back of your OPUS card.

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– Peter

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International Women's Day

MARCH 8,
2021



#ChooseToChallenge

3 ways to challenge gender bias in the classroom

The theme of International Women's Day 2021, *Choose to Challenge*, is a reminder that change is affected when people speak up against prejudice and stereotypes. Here's a look at how teachers and parents can help create a classroom environment that challenges assumptions about gender.

1. OFFER A RANGE OF ROLE MODELS

Breaking down stereotypes doesn't have to be the focus of a lesson plan to impact how students learn about gender. Simply providing examples of people in non-traditional occupations (female astronauts, male nurses, etc.) can shape how children envision their future. Similarly, books that feature adventurous girls, sensitive boys, non-binary people and other characters will help teach kids that it's OK to be themselves.



2. AVOID DIVIDING UP BY GENDER

Even the simple act of having students line up in gendered groups can reinforce the idea that there are two distinct types of people who should behave and be treated differently. Choose other ways to form groups (by birthday, alphabetically, etc.) and assign kids to work in mixed pairs or teams. Additionally, make sure tasks such as moving chairs or delivering a message aren't assigned solely to boys or girls.

3. USE INCLUSIVE LANGUAGE

Addressing students as "children" rather than "boys and girls" (or referring to "parents" rather than "moms and dads") focuses on commonalities rather than differences. When reading stories, discuss characters based on their actions and personality rather than their appearance or physical strength. Additionally, teachers should make an effort to praise children of different genders equally for their confidence, empathy, opinions and thoughtfulness.

While teachers can significantly influence how children learn to view gender, it's important for educators and parents to work together to help the next generation grow up in a more equitable world.

WOMEN IN THE WORKPLACE How to claim your seat at the table

There are a variety of obstacles that can prevent women from achieving their career goals, whether it's assumptions about their leadership potential or a lack of support for work-life balance. Here's some advice to help women thrive in male-dominated fields and claim their seat at decision-making tables.

- **Redefine expectations.** The bias about "bossy" women persists, but pushing yourself to be assertive and not hold back in discussions can boost your self-confidence and change how these traits are perceived in female employees.
- **Find your own voice.** While it's important to be confident, women should avoid trying to emulate "masculine" leadership traits if that isn't who they are. Instead, recognize the value in the unique strengths and perspectives you bring to the table.
- **Forget about perfection.** Women have a tendency to only apply for a job if they think they meet all the criteria for the position. Don't be afraid to take risks and seek opportunities where you can learn as you go.
- **Build a support system.** Women can benefit from finding a mentor as well as sharing resources and knowledge with other women in their field. In addition, having a supportive partner who takes on an equal amount of responsibility at home is key.



Women in politics: advice for getting started

An increased presence of women in government has been associated with a number of benefits, from improved confidence in democratic institutions to greater public spending on health and education. Here's some advice for women who want to get into politics.

FIND A CAUSE AND START LOCAL

Reflect on the problems that affect your community and how you could fix them if you were in government. Even if you don't run for office right away, identifying causes you care about will give you the drive you need to pursue a career in public life. Additionally, this will help you identify where you should direct your efforts to have the most impact. Consider different levels of government, school boards or lobbying groups.

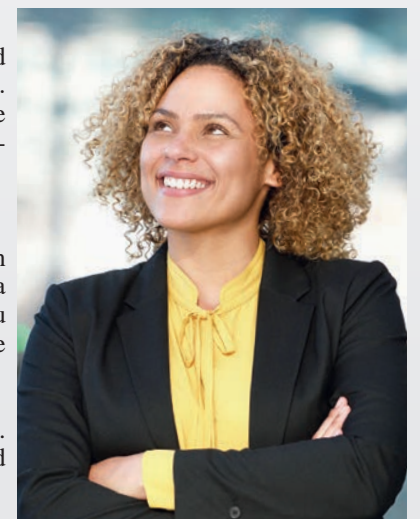
GET TO KNOW THE PEOPLE AND THE PROCESS

Volunteering for a political campaign or working for an elected official is a great way to gain practical skills and learn the ropes. You'll also have plenty of opportunities to interact with people from all walks of life, hear their concerns and familiarize yourself with the issues that matter most to the community.

AVOID LINGERING ON THE SIDELINES

You don't have to wait until you're the "perfect" candidate to run for public office. If you have decent public speaking skills and a passion for making a positive difference in your community, you can have a real impact. Besides, the best public servants are those who continuously learn from their constituents and colleagues.

Finally, women who are successful in politics don't go it alone. Find a mentor, reach out to family and friends for support, and get assistance from organizations that offer training and advice.



The healthy *woman*

How women can stay physically and mentally fit in uncertain times

The **COVID-19 pandemic** has impacted the lives of women across the country. Some are on the frontlines of the crisis, others have lost their jobs and others still are working from home while taking care of their children.

Regardless of how the pandemic has affected your life, it's important to be aware that ongoing stress can take a toll on your health. This can result in a loss of appetite, difficulty sleeping, weight gain, frequent headaches, problems with digestion and more.

In these uncertain and unsettling times, here's a look at what you can do to take control of your physical and mental well-being.

ADOPT HEALTHY HABITS

Whether you're 17 or 70, there are steps you can take to improve your physical and mental health. Here are some habits you can adopt that'll serve you well during the pandemic and long after it's over.

- Get some fresh air every day (preferably somewhere you can connect with nature)
- Exercise for at least 150 minutes per week (dancing, running, weight training, etc.)
- Limit your consumption of coffee, alcohol and tobacco products
- Reach out to a professional if you notice a decline in your mental health
- Keep in touch with friends and family (opt for phone and video calls rather than text messages and emails)
- Eat a healthy, balanced diet (although the occasional treat is good for morale)
- Make time for relaxing activities every day (meditate, listen to music, read, etc.)
- Avoid spending too much time watching the news or scrolling through social media
- Create an evening routine to help you sleep (start by putting away your devices at least 30 minutes before bed)

TAKE CHECKUPS SERIOUSLY

Regardless of your age, it's important to attend follow-up appointments after any treatment or surgery. In addition, be sure to keep up with the screening tests recommended for a woman your age. This might include a mammogram, pap test, bone density test or fecal immunochemical test (to look for signs of colon cancer). Your family doctor might also advise that you get vaccinated against certain illnesses such as shingles, influenza and human papillomavirus.

CONTACT SPECIALISTS AS NEEDED

If you experience pain or discomfort, don't hesitate to seek treatment. Reach out to the right health-care professional, and schedule a consultation before the situation deteriorates. Remember that mental health ailments are as important to treat as physical ones.

By adopting healthy habits, taking checkups seriously and contacting specialists as needed, you'll help mitigate the potential health consequences of living in turbulent times.



On **March 8th**, we are celebrating the current and future Achievements of all Women!

*To All Women in Laval,
I wish you a Happy
International
Women's Day!*

AGLAIA REVELAKIS

Municipal Councillor
For Chomedey

514-242-5761

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We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria**, **tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—*Haemophilus influenzae* type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.

THE LAVAL
news

MATURE LIFE

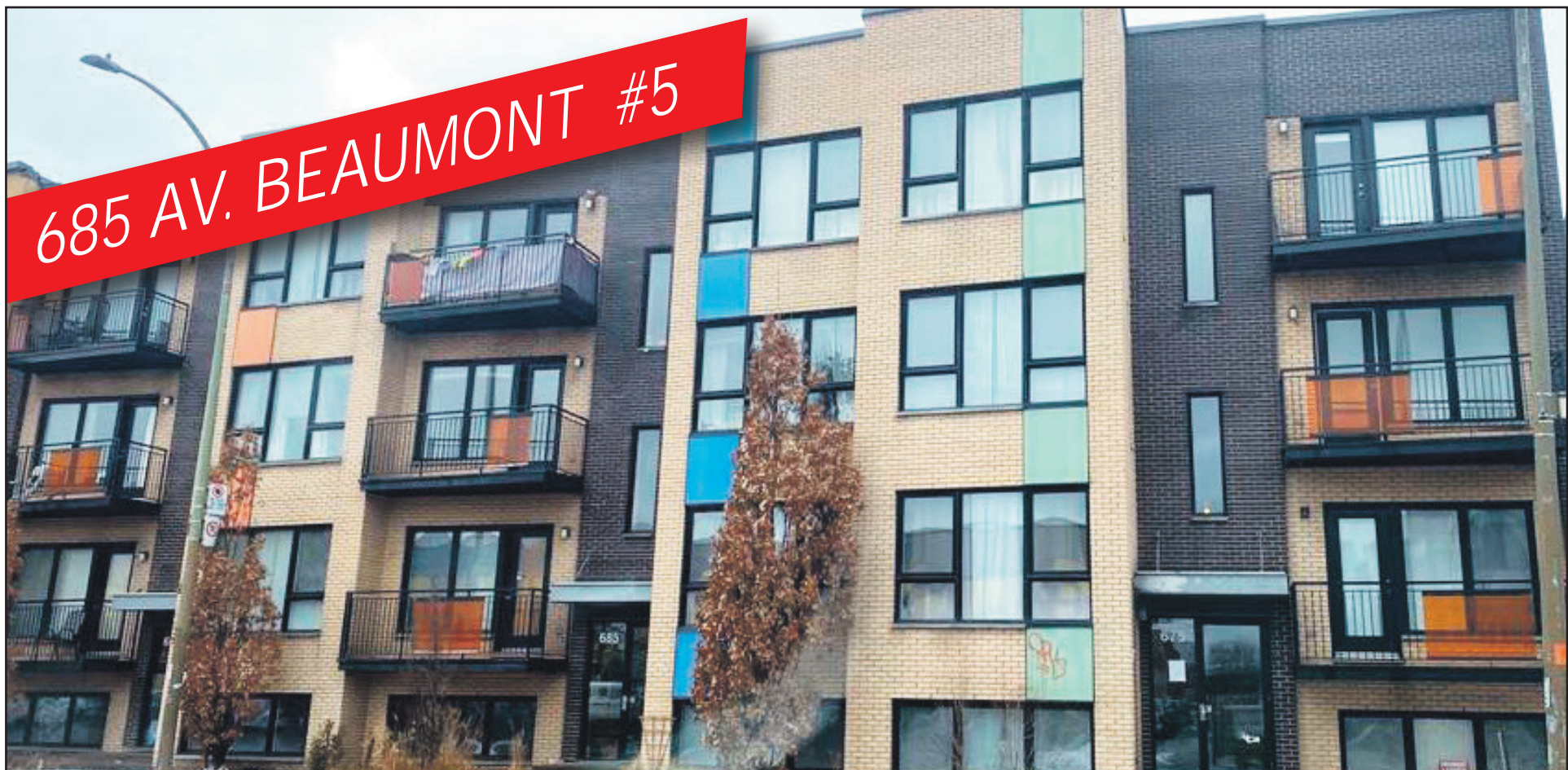
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I WAS THRILLED
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MATURE LIFE

Aging adults: take care of your skin!



As we age our skin goes through a series of changes. It may get dryer, lose its elasticity, develop dark spots and, of course, become wrinkled. Here are a few practical tips to help you keep your skin healthy and looking its best as time marches on.

Keep it moisturized

Older people don't feel thirst as strongly as younger adults. As a result, many senior adults don't drink enough fluids and end up dehydrated, which can make their skin peel, crack, itch or feel tight. The solution: drink six to eight glasses of fluid each day and moisturize often—especially during the winter!

Exfoliate sparingly

Eliminating dead skin cells with a scrubbing mitt or an exfoliating product keeps skin soft and helps prevent ingrown hairs. But doing so too often (or too harshly) can be harmful, especially if you have more fragile skin due to age. Don't overdo it, and when you do exfoliate, be gentle.

Beware of the rays

Always protect your skin from UV damage, even during the winter. Overexposure to sunlight causes unsightly skin spots (which can become cancerous) and makes wrinkles more pronounced. Wear sunscreen and lip balm with at least 30 SPF every day, rain or shine.

Say yes to care

When it comes to repairing existing skin damage, seek expert advice. Dermatologists, estheticians and even plastic surgeons can recommend products and treatments that are suited to your unique skin type. Look good and feel great, inside and out!

The science is undeniable: smoking is terrible for your skin (and for every thing else). It's never too late to quit once and for all!

Stretching and walking is the order of the day

Physical activity is really the key to maintaining good health and staying independent for as long as possible. But that doesn't mean you have to spend hours at the gym doing bodybuilding! Small, regular daily activities can make all the difference.

True independence for seniors means needing to be able to stretch, bend, stand up, carry objects, and get around without difficulty. It is possible to achieve and maintain this kind of flexibility for a person of absolutely any age: all you have to do is keep two little words in mind: stretching and walking.

Get into the habit of stretching gently when you get out of bed. Stretch your arms and bend your body and your knees. To improve posture and balance, try to balance on one foot, then on the other, holding the pose for at least 20 seconds. When it becomes easy for you, add 10 seconds. Doing this will improve muscle tone, reinforce the strength of your ankles, and diminish your risk of falling.

Make the most of every chance you get to be more active. At the grocery store, carry your bags yourself. Walk as often as you can, taking a little stroll around your neighborhood every day or picking up your mail on foot. Use the stairs instead of an escalator, even if you can only go up or down slowly.

With a couple of short walks every day, you can easily accumulate 30 minutes or more of moderate exercise without forcing yourself. Walking and stretching regularly will help you enjoy your daily activities, which will help you, in turn, to feel better all around!



Incorporating stretching and walking into daily activities helps seniors remain independent.



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MATURE LIFE

Financially **stressed** but fundamentally **happy**



Baby boomers are sometimes described as a “sandwich” generation because they have to deal with the needs of parents who are living longer than ever before and the needs of children who are becoming independent later than ever. It’s not surprising to learn that baby boomers are at the top of the stress charts these days.

In addition to caring for elderly parents and giving financial support to adult children, boomers also have to worry about their own financial futures. Many of them still have debts, even as retirement approaches, and this can lead to doubts about whether their savings will be enough to support them in their later stages of life.

This kind of uncertainty can push baby boomers to delay their retirement or consider the possibility that they will never be able to leave the workforce completely. When they receive an inheritance, they are more likely than previous generations to squirrel it all away for their retirement.

Fortunately, this situation has not prevented baby boomers from believing in their own happiness. Polls show that despite all their problems, baby boomers believe, in general, that they have a good quality of life. They consider themselves to be richer and in better health than their parents. All that goes to show that you don’t have to be stress-free in order to be happy!

Put your health **first** and **listen to music**



Studies have shown that listening to music has many health benefits, especially for the elderly. In fact, not only does it contribute to lower stress levels and improved sleep, but it also reinforces the immune system. Keep reading to find out more.

Sleep

Seniors who listen to soft music for 45 minutes before bed fall asleep faster, sleep for longer, stir less during the night and benefit from all-around more energizing sleep.

Why? Music affects our parasympathetic nervous system, which slows our heart rate and breathing — much like when you get ready for bed. Hence, by relaxing the body, music can actually prepare it for sleep.

Stress

Researchers at McGill University’s Psychology Department found that music can be more effective than prescription drugs for reducing anxiety in adults before surgery. The study also demonstrated that listening to music helps reduce cortisol levels (a stress hormone) in the body.

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MATURE LIFE

Alzheimer: 10 signs to watch for

Most people associate Alzheimer's disease with memory loss. However, this condition has several other symptoms, some of which are not as well known. During Alzheimer Awareness Month, take a few minutes to learn about this disease's ten leading symptoms.

1. **Sudden mood changes**
Example: being euphoric and then angry for no apparent reason.
2. **Disorientation**
Example: getting lost in a shopping mall you're familiar with.
3. **Difficulty performing routine tasks**
Example: taking several minutes to tie your shoes.
4. **Significant difficulty remembering past events or retaining new facts**
Example: forgetting appointments.
5. **Decreased judgment**
Example: wearing sandals outside during the winter.
6. **Personality change**
Example: feeling in danger.
7. **Reduced initiative**
Example: isolating yourself from others or no longer participating in leisure activities.
8. **Loss of understanding of abstract or mathematical concepts**
Example: no longer understanding what the buttons on a remote control are used for.
9. **Random storage of objects**
Example: putting an ornament in the freezer.
10. **Inappropriate use of words**
Example: calling a cushion a cat.

Watch out for these signs. When in doubt, consult a doctor in order to undergo screening for Alzheimer's disease. Remember that the earlier the diagnosis is established, the sooner it will be possible to find the best way of controlling the symptoms. For more details, visit www.alzheimer.ca.

Helping seniors stay safe on the internet

During National Senior Safety Week, which takes place annually from November 6 to 12, the Canada Safety Council (CSC) shines a light on issues affecting Canadian seniors' health, independence and safety. The CSC's awareness campaign this year focuses on digital security for seniors. Working alongside Telus Wise, the organization is striving to provide seniors with relevant educational resources and programs.

Internet use by seniors is on the rise

The percentage of internet-users older than 65 is on the rise. According to the 2016 General Social Survey conducted by Statistics Canada, from 2013 to 2016 the number of internet users rose from 65 to 81 per cent among Canadians aged 65 to 74 and from 35 to 50 per cent among Canadians aged 75 and over.



Telus Wise Seniors

Internet safety for seniors is an increasingly important issue. Therefore, the CSC and Telus are collaborating to offer seniors free, in-store workshops on digital security. Information can be found on the Telus Wise Seniors webpage (wise.telus.com/wiseseniors).

For those who prefer learning from home, the webpage provides a treasure trove of tips for using the internet and smartphones safely. Especially valuable is the Telus Wise Seniors Guide, which addresses such topics as creating secure internet passwords and shopping on reputable websites.

For more information on National Senior Safety Week, visit canadasafetycouncil.org.

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FRANÇOIS PILON: Everyone should have opportunities to be a blue-collar worker, a professional, a un

"In many years of service, both public and private, I've learned that opportunities are both blessings and curses. They are blessings when we stay true to ourselves, practice honesty and integrity, and show respect for all the people we interact with, whether we agree with them or not, whether in politics, professional life, or personal relationships. Maturing into present challenges, I find myself concerned that too many older people are denied opportunities to be helpful to society, and when that happens, they become burdens to younger generations."

We find the private lives of leaders, across all walks-of-life, intriguing, unable to resist temptations and tendencies to compare ourselves to them, identify with them, relate to their daily struggles, interests, and on-going-pursuits in-and-out of the world they dominate. We point to what they do, what they are, what they claim to be. We zero-in on these-leading-edge-achievers, politicians included, to glean an understanding of what makes them tick, what they believe in, what ideologies they espouse and how consistent they are in applying their professed-principles to their personal lives.

RENATA ISOPO
renata@newsfirst.ca

"Tinker, sailor, candlestick maker" we say of someone gifted-and-bent on never letting moss gather around the feet. This, in many qualitative-and-quantitative ways, describes the life-and-times of François Pilon, a veritable Jacques-of-all-trades, having pursued gainful-employment over a span of forty-years, as house painter, serigraph artist, architectural designer, road-and-land architect, house-builder, urban blue-collar worker, political activist, politician, Member of Parliament, municipal-council-candidate. In his current semi-retired status, he exudes auras of a confident, multi-experienced, multi-dimensional-willing-and-able community-presence whose scope crosses many avenues of Québec's third-largest-city.

Family, work, politics

Issuing from long-standing French origins, son of Aline Arbour and Yves Pilon, some Irish Blarney from his maternal-Irish-grandmother thrown in, the Laval-born-and-raised permanent resident of Île-Jesus speaks warmly of his native city. "Born here, lived most of my life here, worked most of my adult life for the city. Still live here, loving the small-village-atmosphere of Laval-West."

Loving brother to living sisters Liliane and Francine, and deceased Lina and Line, François did elementary school at Christ-Roy, Ecole Raymond, and Ste-Marie, secondary at Coeur-Immaculé-de-Marie (now Fleur-de-vie), Mont-Laménais, and Polyvalent-Deux-Montagnes, CEGEP at Montmorency Adult Education, university at UQUAM. Following his education, continued while working full-time, Pilon led a checkered work-life using his professional skills, at various times designing roads, repairing water pipes, negotiating collective-bargaining-agreements.

"I volunteered time to activities associated with my work as well as in situations that needed help, at church, or my children's school," says Pilon, who also did extensive community work at hospitals, seniors' residences, soup kitchens and food banks. "My wife Sonia and I volunteer at St-Vincent de Paul Society, a charitable organization that aids disadvantaged people, ensuring that food is provided for-those-in-need."

"None of this involvement in community life would be possible without sufficient energy, so I actively pursue enjoyable pass-times such as History, camping, travel. I've been to-most-of-the-world, Cuba, Taiwan, Dubai, Ethiopia, Mexico, Costa Rica, Peru, Venezuela, Morocco, France, Caribbean, Canadian provinces and territories."

Strong believer in love-at-first-sight and strong-family-ties, François, at 45, married Sonia Merhe, 17-years-ago, after



François Pilon addressing the public.

internet-connection and two-years-of-romantic-courtship. He is father to two children, Francine and Jean-François, who with Sonia's four, Wassim, Mohammed, Juan, Mariana, and his grandchildren, Chloe, Olivier, and Emma are part of extended family he loves and cherishes. "The three generations are close. We see each other regularly, or used to before pandemic, but we don't see cousins, aunts, uncles, too often," says the 62-year-old who worries about the future. "Society is becoming more selfish, 'me, myself, and I'. I fear people now pushing 50 will finish very much alone. We need to create good places for them, to prevent loneliness-and-neglect."

In politics, 'occasional-participants' pop up regularly. Jumping into politics, seeking to effect change through power-sharing within-and-between political structures such as political parties and government infrastructures, may very well suit the intentions and/or ambitions of neophyte first-timers, but that's not François Pilon. He is permanently committed to political activism.

From victory to disappointment

We're occasional politicians when we vote, but don't be mistaken, Pilon isn't an occasional politician. His track-record illustrates the commitment of a-devout-and-loyal-servant-of-the-people. His only election win, so far, 2011, was preceded by three tries, 2004, 2006, and 2008, followed by his defeat in 2015. In 2017 he ran for Laval-City-Council, but lost.

From mid-1970s to 2011, François Pilon acquired skills, experience, political-smarts, culminating in his 2011 election as Laval-les-Îles MP for the New Democratic Party (NDP). "The Orange Wave was a magnificent-historical-breakthrough, not only in Québec where we won a history-making 58 ridings, but nationally, as 98 NDPers took seats, becoming, for the-first-in-history, Her Majesty's Loyal Opposition.

"But victory was hollow. The fabulous Orange Wave, under the powerful leadership of my mentor, Jack Layton, ebbed. Not to disparage anyone-in-particular, but the disastrous 2015 campaign, without Layton's direction, turned sour, as NDP leader Thomas Mulcair took us in different directions, losing most of the 58 Québec seats. As NDPers, we had to accept the party's policy on allowing face-covering for elections and citizenship-ceremonies.

"I lost in 2015, partly because of this policy. Doing door-to-door, people told me 'we like you and your work M. Pilon, but we can't vote for you because you're with M. Mulcair'. So, I opted out in 2019. Federal politics was no longer what I wanted to do. I don't blame Mulcair entirely for loss of NDP support in Québec. He was good for the party, but when he decided not to let candidates express themselves freely about face-covering, we lost support in Québec, the party went down to defeat."

In politics, it's imperative to understand the character of individuals we elect. It gives insight into their values, how they honour commitments, treat loved ones, observe social-standards. "A crucial part of public-service is to not deprive your family of time they need, deserve, and were getting before you took on new duties," says Pilon, offering advice to anyone dreaming of a-life-in-politics.

Feedback wanted

In retrospect, and moving forward, in this increasingly-divisive-culture we view politicians as saints/saviours battling for our health, welfare, economic prosperity, against great odds. Public officials should reflect positive aspects of society, by taking role-modeling seriously, before jumping into public-service. "It's sadly-true that we lack feedback on our work unless we specifically ask, as in door-to-door election-canvassing. Politicians appreciate feedback, positive and negative, as long as it's constructive. I fondly remember electors who thanked me for helping them. As MP, I did my best to make decisions respectful of the majority. It's hard to tell whether I did, but it's certain that I tried, with information at my disposal."

Good faith, grievances, reasonable accommodation

Pilon knows of wins, losses, stalemates and uncertainties, in politics and in syndical scenarios that require complete commitment to the needs-and-rights of union members represented by delegates. "As blue-collar worker for Ville Laval for 27 years, ten as union-vice-president, I took my responsibilities seriously, insisting on equal-treatment-for-all, even those who didn't speak out. "Union leaders negotiate in good faith, on behalf of members, to secure acceptable agreements," François affirms. "Grievances against contract violations are launched carefully, they're tools that defend workers' rights. In one situation as union-leader, we won a major grievance after several years of hard-work, against-huge-odds, the result of which made Ville Laval hire 150 new blue-collar workers," he proudly points out.

"Both in politics and union-work, people saw my hard work, doing the best job possible, given prevailing conditions. I probably could have done better, but problems are usually more-complicated-than-they-look, and we can only solve them with help-from-others. Leaders don't have it easy, whether it's politics, business, professions, or blue-collar-work. Solutions take time if we want long-lasting improvements, not just quick-fixes."

ion leader, a politician, an elected official; it's the way to know that no job is easy, but it can be done.



M. Pilon enjoying romantic moment with his wife Sonia Merhe

Actions, which speak-louder-than-words, may be questioned if they don't align with public-promises, generating criticism, even condemnation. Politicians' actions reflect their willingness to sympathize with those who are, seemingly, victimized or betrayed, an important consideration for politicians of integrity, a quality-to-be-celebrated. François Pilon spoke to this, candidly and honestly, regarding the 2015 federal election and his stand on major preoccupations in Québec.

"Face-coverings became controversial in Québec, not everyone was on the same page. In my view, and to my understanding based on statements of citizens I spoke with, many Quebecers thought we were going too far with allowing face-covering-for-everything."

Our society is open-and-accommodating, but even the Bouchard-Taylor Commission rang alarm-bells, recommending carefully-balanced-reasonable approaches when attempting to respect everyone's rights. Can't be done, Pilon suggests, because if everyone's rights are respected, it may happen at the expense of the majority.

"We have to be true-to-ourselves," Pilon insists. "Don't try to please everyone. Be vigilant, know the people around you, do your homework on causes to embrace, making sure they're your own so that you can defend them if challenged. Be wary of people who think they know everything."

"Here I stand; I can do no other"

Resonating through François Pilon's passion for politics is genuine-love-for-public- service, by no means an exclusive domain of his. Those who live for politics make politics their life. It's not about naked-power, it's about nourishing inner-balance and self-awareness that humanizes work-done-in-the-service-of-others. But sometimes there's a price to pay, he says.

"Regrettably, although I was politically active for most of my adult life, I underestimated the reality of succeeding. When I took my seat in the House of Commons in 2011, I was innocently-naïve about distances that develop between MPs and constituents. Our work kept us away from people instead of bringing us closer. Perhaps I will try, if things are right, to run for the National Assembly, or city-council again, where, I believe, we can be closer-to-the-people-and-their-needs."

True democratic government has a complex life of its own. Elected officials are bound to rely on civil-servants, dependent on supposedly non-partisan policy-developing professionals, premises that don't always pan-out in converting theory to policy.

To-take-a-stand, to-be-passionate, is the politicians' duty. The work of politicians is different from that of civil-servants



Three generations cheering on Les bleus blancs rouges. Sonia and François, with grandchildren Olivier and Chloe. Also in the picture, François Pilon's son Jean-François and his wife Céline. ... GO HABS GO!

whose honour/integrity is tied to their ability to conscientiously execute orders-of-elected-officials, exactly as if the orders agreed with their own convictions. Without the objectivity of civil-servants, government-infrastructure would collapse. Conversely, honor/integrity of political leaders lies precisely in an exclusive personal responsibility for what they do, a responsibility that can't be rejected or transferred. Political success brings power, greater knowledge of how to influence people, how to wield newly-gained-potential to produce historically-important changes/events that can elevate professional politicians above-everyday-routine. Not so, for occasional politicians, fish-out-of-water who pass this way for only-a-few-years.

"It wasn't the best experience for me," says Pilon of his four years in Ottawa. "I tried to serve, but it was difficult. Being an optimist, it didn't deter me from trying again in 2015, aiming to use whatever I had learned, to do a better job if re-elected. But it wasn't to be. Disappointed? Of course, but not for personal reasons. I was disillusioned by pursuit-of-power by the 'new' NDP under Thomas Mulcair. I was uneasy with right-of-centre-policies of balanced-budgets, and social-policies that blocked open expression of who-and-what-we-are." Pre-eminent qualities of decisively-genuine-politicians - passion, responsibility, proportion - are openly embraced and practiced by François Pilon, a true 'vocational' politician of noble-intent-and-loyalty-to-duty. But a journey, he says, he cut short because of neglect from some party officials.

Surely, politics is of the head, but it's certainly not of head alone. It's immensely moving when politicians accept responsibility for their conduct, feeling such responsibility with heart and soul, acting on the principle of Here I stand; I can do no other.

"When what I had to offer did not agree with the NDP's stand on important issues, especially face-covering, I took my leave, without hesitation. No longer a member of the

party, I've not been involved in its activities since leaving. Under current-leader Singh, the party seems to be returning to traditional roots, reprising pre-2003 policies, before Jack Layton became leader. For me, the party's over, I won't run for the NDP again. Whoever runs must address key issues; for instance, the Liberal government's handling of the pandemic. It's easy to criticize, but I don't think enough is being done. They were more interested in not doing harm, instead of pro-actively giving assistance. For some, \$2000-a-month was sufficient, for others it wasn't enough."

More than meets the eye

Well put. Mr. Pilon. Please share a few more of your expressed insights into what you hold near and dear to your mind, heart, and soul:

MY FAVOURITE ... Teacher: M. Côté, 7th grade. Hero-of-fiction: Asterix. Hero-of-real life: The guy shoveling snow for hospital workers, thanking them for what they do. Number: 7. Television-show: Police-stories. Television-situation-comedy: Back then, was Symphonien. Era-of-history: 1750, Montreal. Movie: Planet of the Apes, 1968. Pet: Cat. Fairy-tale: Shrek. Classical-composer: Beethoven. School-subject: Geography. Restaurant: Alexism then, Bedroya now. Month: September, colors/temperature. Ice-cream: Pistachio. Sport-to-play: Softball. Sport-to-watch: Hockey. Name: Genièvre (Not Geneviève). Colour: Blue, discreet, reflects my personality. Poem/song: Ah comme la neige a neiger ma vitre est un jardin de givre.

I BELIEVE IN ... Guardian-angels (spirits-of-dead-people). Personal-guardian-angels: (passed-away family). In miracles, but not all. Love-at-first-sight, happened with my wife Sonia. The-after-life. I WOULD ACCEPT ... Short-exciting-life, over long-uneventful-one. Low-paying-enjoyable-career, over

FRANÇOIS PILON: continued



well-paying-boring-job. I THINK THAT ... Mother and father both loved me, but not the same way. Unidentified-Flying-Objects/intelligent-life-on-other-planets exist. We should practice political correctness to avoid hurting people, but not if it's against our values. The most-overrated-human-virtue is sports skills. I REGRET ... Not starting my own construction company. Not keeping in touch with a high-school-friend, now-a-millionaire. Letting my belly grow a-little-too generous. Not being re-elected in 2015. I WOULD ... End relationships with friends for saying something and doing the opposite. Love-to-play-guitar. Vote Democrat as an-American-citizen-of-voting-age. Help friends pass exams, if they tried their best. Want enough money for family to meet their needs. I AM ... Too quick to fall in love/like, after a few minutes, I like-you-or-I-don't. Too-quick-to-judge-others.

IN MY OPINION ... We must treat people the way we want to be treated. We must respect each other's ideas. It's time for Canada's second woman Prime Minister, but not just because it's a woman; women have different ways of governing. Canada should give foreign aid to countries only if it's given directly to people through non-profit-non-governmental organizations. Earth's survival isn't threatened, the planet will live many- more-millions-of-years. Capitalist-practices block human-progress; instead of helping people, big companies/rich-people undervalue workers who make

them rich. Hitler had the greatest impact on 20th Century humankind, making the world realize that you have to be very careful into whose hands power is put. The historical-figure-of-early 21st Century who had the greatest-impact-on-humankind was Obama; now people can dream of anything to be, without worrying about origins or skin-colour. Public education's biggest challenge is bureaucracy. The greatest human injustice is not having enough-to-eat.

BEST ... Moment-of-perfect-happiness: Home/family/sunny days. Friend: Bernard Beauchamp. Gift-ever-received: Motorcycle. Gift-I-ever-had: Hot-Wheels. Time-of-day-most-intellectually-sharp: morning. Time-of-day-most-emotionally-stable: Supper. Holiday: Morocco. City-to-visit: Los Angeles. Talent: ability to repair almost-anything-in-the-house. Country-to-visit: Lebanon. Place-to-live: right-here, I wouldn't live anywhere else. Word-to-describe-myself: honest. Book-for-everyone-to-read - Qui a piqué mon fromage (Spencer Johnson).

MY GREATEST ... Extravaganza: Week-end-in-Cayo Coco. Dream: Win lottery, bring family-and-friends on expenses-paid-week-south. Achievements: My children, it's a duty to leave something after passing, children are the best way to do it. I DON'T ... Have patience for unfriendly/unreasonable/un-cooperative neighbours. Read books more-than-once, give my books away after reading them.

Lie, not much anyway, only to keep peace when issues aren't important. Think too-highly of teachers who ridicule students when they make mistakes. Have-too-much-love-for-The Joker, fiction's-most-hated-villain. Respect people who lie or cover up. I ADMIRE ... My wife, Sonia. Walt Disney. Loyalty in men and women. Cats. Honesty-in-friends. John Lennon. Ginette Reno, she seems true. Bosses/supervisors who listen to workers' opinions. I FEAR ... Nightmares in which I die, ouffff.

MY HAPPIEST MOMENTS ... My wedding. Swearing-in-as-MP, family and friends present. My father giving me his old car, after I got my driver's license. I'M SADDENED BY ... Seeing my grand-mother at the funeral home, I was 4. The act-of-injustice when, in 1978, fired because I left work to be with my wife who was giving birth. By the pandemic (tired of it too). Leaving my parents' home. I'D LIKE TO CHANGE ... How I deal with people, sometimes trusting-too-much. I OVER-USE ... 'Un chausson au pomme avec ça?' I'M HAPPY TO SAY THAT ... My bottle is always half-full (if it's not my-best-beer, because then it would be empty, hahaha).

THE MESSAGE I'D LIKE INSCRIBED ON MY BURIAL MARKING: HERE LIES A MAN WHO DID HIS BEST!

7 Seven strategies to avoid relapsing once you QUIT smoking



Have you decided to **quit smoking**, but are afraid of relapsing? You should know that it's not just a matter of sheer force of will. There are sound strategies that can help you stay on course. *Here are seven:*

1. Determine the reasons why you smoked and identify triggers (stress, social occasions, drinking alcohol, etc.) so you can prepare yourself to behave differently.
2. Come up with strategies to resist the urge to smoke by creating distractions (drinking water, chewing gum, calling a friend, etc.).
3. Temporarily avoid places where people smoke and events during which you have a tendency to light up.
4. Change routines that entail a conditioned response. For instance, if you have the reflex of smoking first thing in the morning, replace your morning cigarette with a shower.
5. Increase your motivation to stay on track by going over the reasons that led you to quit and the advantages of not smoking.
6. Discover new interests to occupy your mind. Stay busy with healthy, fun activities that will make you forget your cigarette cravings.
7. Ask your loved ones, medical professionals or support services for help.

If you slip up, don't be too hard on yourself and don't be disheartened. Every time you quit, no matter for how short a period of time, you get that much closer to your goal.

When you lose your appetite



As we make our way through our "golden age", our tastes alter and sometimes our appetites diminish. Even though these changes might lead us to change the foods we choose, it is important to be careful about our diets so that we don't develop vitamin deficiencies and a deteriorated state of health.

Many factors, such as tobacco, dental prostheses, and medications, can alter the taste of foods and cut the appetite. As we age we also salivate less, which doesn't help matters, and a diminishing sense of smell can contribute to loss of taste. Contrary to popular belief, though, the taste buds themselves stay virtually intact during the ageing process. Sometimes it's just loneliness and depression that makes food appear tasteless and insipid, and we no longer enjoy eating.

Whatever the cause, when everything seems to taste the same, it's easy to forget to vary one's diet. Sometimes, we end up increasing sugar and salt quantities to boost the taste, a habit that can complicate the management of diabetes and high blood pressure. Instead of salting your food, try creating more flavour with aromatic sauces, fresh spices, garlic, and fresh herbs. Use basil and pesto for sauces, chicken, fish, and pasta. Oregano is perfect for beef, lamb and vegetables. Tarragon, with its sweet taste, blends perfectly with chicken and fish and works wonders with a tuna sandwich. Cinnamon adds flavour to pastries and is great for adding flavour to cereals, porridge, and puddings.

For a simple twist in getting the flavour of fresh herbs, use the herb pastes sold in tubes at the grocery store. This practical format allows you to measure out portions without waste.



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

Le Quatre Cent

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

You can't buy happiness, but you can rent it at the Residence

Le Quatre Cent in beautiful Laval.

Résidence La Luciole

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

The retirement home The Residence La Luciole is an intermediate resource of 149 units and located in Laval.

This retirement home welcomes seniors with cognitive deficits (Alzheimer's) and / or seniors with physical difficulties that affects their daily autonomy.

Les Appartements de la Rive

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

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

Centre d'hébergement Bon-Pasteur

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

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

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

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

Résidence Roi-du-Nord

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

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

Résidence Gingras

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

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

L'Oasis de Laval

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

The residence L'Oasis de Laval is a private residence for



Résidence Domaine des Forges

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

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

Résidence Les Marronniers

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

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

Boisé Notre-Dame

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

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

seniors. This Laval residence welcomes autonomous seniors.

Villa Murenne

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

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

Résidence d'Auteuil

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

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

Habitation Le Bel Âge

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

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

Résidence du Plateau Ouimet

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

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

Résidence Les Doux Instants, Laval

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

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

CHSLD Vigi l'Orchidée blanche

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

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

Résidence Marie-Flore

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

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

Résidence La Présence

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

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

Résidence Le Duvernay

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

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

Oasis St-Martin

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

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

Habitation Louise-Beauchamp

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

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

Les Loggias Villa Val des Arbres

**3245, boulevard Saint-Martin Est,
Duvernay, Laval, QC, H7E 4T6**

CHSLD (private) located in the city of Laval, Villa Val des Arbres offers three retirement accommodation options. This residence welcomes autonomous seniors and / or semi-autonomous persons

Résidence Les Ficelles

**3860, boul. Lévesque Ouest, Chomedey
Laval, QC, H7V1G7**

The Résidence Les Ficelles located in Laval is a nursing home affiliated with the CISSS de Laval. It offers services of accommodation, support and assistance to people with loss of autonomy and to people with cognitive deficits.

Résidence L'Angélus

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

The retirement home Résidence L'Angélus of the Luma Group is an intermediate resource located in Laval. This nursing home for seniors is affiliated since 2006 with the CISSS de Laval.

Villa de Jouvence

**3717, boulevard Lévesque Ouest
Chomedey, Laval, QC, H7V 1G4**

The Villa de Jouvence residence is a private residence for seniors (RPA). It offers its services to autonomous, semi-autonomous retirees, people with Alzheimer's disease and cognitive loss. Quality care is offered at the Villa de Jouvence residence by attentive and competent staff. This private residence for ...

Erma Santé 2

**2346, boulevard de la Renaissance,
Sainte-Rose, Laval, QC, H7L 4K9**

Erma Sante brings together two residences. The Erma Sante 2 residence is a private residence for seniors (RPA). It has a variety of units, some of which are an intermediate resource for people with intellectual disability. These units are supported by the CRDITED Laval.

Résidence Le Jardin des Saules

**Groupe Immobilier Globale
393, boulevard des Prairies, Laval-des-Rapides, Laval, QC, H7N 2W4**

The Residence Le Jardin des Saules is a private residence for seniors (RPA). It welcomes retired people who are autonomous and have lost autonomy (semi-autonomous).

Résidence Laval Ouest

**Groupe LRM
2855, 27e Avenue, Laval-Ouest
Laval, QC, H7R 3K4**

Located in Laval, the retirement home Résidence Laval Ouest includes 100 units. The retirement home Résidence Laval Ouest offers several adapted services like : 1 meal per day, Food aid, Bath Help and more.

Villagia de l'Île Paton

**Horizon Gestion de Résidences
25, rue Promenade des Îles, Chomedey
Laval, QC, H7W 0A1**

Villagia de l'Île Paton is a seniors' residence designed for active retirees. This elegant residential complex is located on the beautiful Île Paton.

Résidence Boyer

**45, terrasse d'Auteuil, Auteuil
Laval, QC, H7J 1B1**

Located in Laval, the residence for seniors, Residence Boyer, has 12 places of accommodation. This residence for seniors Residence Boyer offers several adapted services like: Formula 3 meals a day, Help with food, Help with bath and others.

Manoir St-Claude

**171, 7e Avenue, Laval-des-Rapides
Laval, QC, H7N 4J5**

The Manoir Bel Age de Laval (Manoir St-Claude) is a private residence for seniors (RPA) located in Laval-des-Rapides, near all services. This residence welcomes autonomous, semi-autonomous and short term stay/ convalescent people.

Domaine des Forges I

**Cogir
269, boul. Sainte-Rose, Sainte-Rose
Laval, QC, H7L 0A2**

In the heart of Old Sainte-Rose, Résidence Domaine des Forges offers a pleasant environment for independent seniors. Located along the Mille-Îles River, you will find plenty of services and activities to meet your needs.

Villa Suzie Vincent

915, rue Suzanne, Saint-Vincent-de-Paul Laval, QC, H7C 2H9

The Villa Suzie Vincent residence is a seniors' private residence for autonomous, semi-autonomous seniors, with Alzheimer's and cognitive losses or for a short stay or convalescence. The Villa Suzie Vincent residence is located in Laval in Saint-Vincent-de-Paul near several services such as restaurants, shops, a bank, ...

Welcome to Résidences Manoise We are a family that has been working in the health field for two generations. Our mission is to offer quality care to autonomous or loss of autonomy.

Sélection Panorama

Sélection Retraite

100 rue Étienne-Lavoie, Sainte-Dorothée, Laval, QC, H7X 0B4

For the Sélection Panorama retirement residence, the architects imagined the tallest retirees' tower in Canada, nothing less. It is a modernistic 30-storey building inspired by the most prestigious waterside complexes, proudly overlooking the Rivière des Prairies.



Domaine des Forges III

**Cogir
263, boulevard Sainte-Rose, Sainte-Rose Laval, QC, H7L 4Y6**

In the heart of Old Sainte-Rose, Résidence Domaine des Forges offers a pleasant environment for independent seniors. Located along the Mille-Îles River, you will find plenty of services and activities to meet your needs.

Résidence Mimosa

**90, rue Nadon, Sainte-Rose
Laval, QC, H7L 1T2**

The Residence Mimosa is a private residence for seniors (RPA). This residence welcomes retirees persons, autonomous, with loss of autonomy (semi-autonomous) as well as persons requiring a short term stay for convalescence.

Résidence Manoise 1

**953, 22ème Avenue, Fabreville
Laval, QC, H7R 5G6**

Résidence Bel-Lyne

**1887, rue Capitol, Vimont
Laval, QC, H7M2H7**

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

Centre d'hébergement Champlain-de-Saint-François

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

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

Erma Santé 1

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

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

Manoir du Vieux Sainte-Rose

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

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

IVVI

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

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

Société Alzheimer Laval - Maison Francesco Bellini

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

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

Chartwell Les Écores

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

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

Résidence le Patrimoine

**1120 Rue Liébert,
Saint-Vincent-de-Paul
Laval, QC, H7C 2R9**

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



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We are proud of not having any COVID-19 cases
at Jardins Heritage.
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COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs).
- 2 Workers in the health and social services network who have contact with users.
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults.
- 4 Isolated and remote communities.
- 5 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase the risk of complications but who provide essential services and have contact with users.
- 10 Everyone else in the general population at least 16 years of age.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection. Nonetheless, given the current limited availability of the vaccine, people that contracted COVID-19 should wait 90 days from when they were diagnosed before being vaccinated.

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

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- Pineapple
- Berries
- Mango
- Spinach
- Asparagus
- Broccoli
- Zuchinnis
- Apples
- Oranges
- Grapefruit
- Lettuce
- Tomatoes
- Cucumber
- Brussels sprouts OR Swiss chard
- Bananas
- Dates
- Celery OR Panais OR Céleri rave
- Mystery item

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

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Cinémas Guzzo Theatre chain won't reopen Feb. 26

Vince Guzzo refuses Legault's compensation offer, citing lost snack stand revenues



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

In spite of a pledge by Quebec Premier François Legault to compensate movie theatre owners for revenue lost after not being allowed to sell snacks when theatres reopen in pandemic red zones on Feb. 26, Cinémas Guzzo owner Vince Guzzo is turning down the offer, saying it's not worth the trouble.

Film theatres in Quebec have been closed since earlier this year when the provincial government decided to reimpose wide-ranging measures to prevent the spread of COVID-19, including an 8 pm – 5 am curfew.

Looming March break

The lifting of the closings comes as the province heads towards the annual March school break, when parents seek ways to keep their children busy. One of the rules at reopened theatres will be that film-goers must wear masks at all times during screenings.

Last week, Legault insisted the government has no intention of allowing snack food sales when theatres reopen ahead of the March break. In the meantime, despite the reopenings, the province's curfew in the Montreal region will remain in place.

"I can understand that a part of the profits for the movie theatres is coming from popcorn," Legault told journalists last week. "So, we want to open movie theatres for the school break, the March break, for the children, and Mr. Guzzo said that he doesn't want to open movie theatres, and he has many in Quebec, if we don't permit him to sell popcorn."

'Not a good idea'

Legault said that public health officials have been telling the government that opening restaurants everywhere would not be a good

idea, so selling food in theatres should follow the same logic. "If you want people to keep the mask during all the movie, of course, you cannot sell popcorn," he said.

Vince Guzzo, who heads up the largest privately-owned chain of movie theatres in Quebec, has been known over the years, long before the pandemic struck, for stating that film venues rely on the sale of popcorn and snacks for half their revenue.

Possible legal action

"It's not what I asked for," Guzzo said in an interview regarding Legault's offer, noting that it was the theatre-owners' association that expressed satisfaction with the province's decision to compensate for the loss of snack food sales.

While Guzzo served as president of the association up to ten months ago, he said he is no longer even a member. "Somebody else asked for money," he said. "I just want the right to sell my product and offer my service."

He said he is considering taking legal action against the province, but is waiting until the damage can be fully assessed. "We've always seriously considered it on a damage level," he said. "You have three years after your damage to claim for it. So, damage is ongoing because they're still not allowing us to reopen adequately."

End restrictions, he says

"He [Legault] wants to compensate – I means it's his right to – but ultimately [reopening] is all that I want," he added.

Guzzo was adamant that, given the current conditions offered by the province, Cinémas Guzzo would not be reopening on the date proclaimed by Quebec. "I will not be reopening. I will be waiting for the food restrictions to be removed," he said.

"There is one restriction they've got to remove," he added, "which is the restriction forbidding us from selling food and drink to be consumed on the premises."



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



DIRECT? ANSWERS

From Wayne & Tamara

Coming of Age

Q I am 18. Since I was a little child, my mother promised she would pay for my education if I went to college. She emphatically said this when I was in high school. That is one reason I focused on extracurricular activities.

I knew she had large savings, and because she promised my education, I did not think much about money. But when the time came, she refused to help. Instead, she sent the money back to China so her brother could buy a new apartment.

I was furious.

She said it was no big deal, and I should apply for a student loan. I cried and she just let me cry. I applied for the loan because I had no choice, but I was heartbroken. I was also desperate.

In high school we did not have to worry about tuition, so I did not know what to do. This was totally new to me.

I have never been close to my mother, but I never thought she would do something like this. Emotionally, something died between us. Now I don't even want to see her at home. I would love to move out, but financially it is not possible.

My mother took advantage of my innocence. I was young and did not know what's up with the world. Now it seems she has set out to destroy me.

Deep down, I also fear her. There is so much I don't know about the world, and maybe I will be tricked again. I have one thought. If my own mother can do this, then who can I trust? Who am I to the rest of humanity?

Sometimes when I sit close to people on the bus, I feel scared. In the middle of the night I wake up furious, then the tears start coming. I cry and cry and cry until I go back to sleep. What am I supposed to do with my feelings?

Grace

A Grace, when Alice was in Wonderland she fought to keep her wits about her. You must do the same.

Your mom threw you down the rabbit hole, leaving you in a world of inside out and upside down. Alice escaped by waking up. That is your escape as well.

You have two problems. The first is financing your college education; the second is learning how to manage your mother. We'll talk about the first one first.

Focus on your main goal, which is to graduate from college. Sit down with a financial aid person at school and determine the amount of money you need, the economies you can make, and the scholarships or grants that are available. Add the total amount and consider part-time employment, especially jobs that come with tuition reimbursement. Also think about taking fewer classes, if that is needed.

With the assistance of people who have the expertise to help you, explore all possibilities. Come up with a realistic financial plan and focus on that. And get a personal bank account your mother cannot access.

That's part one. The second part is learning how to manage your mother.

She pulled the rug out from under you at the eleventh hour. If you believe she did that to keep you in her household and under her control, keep your plans and finances as secret as possible.

You must be careful and clever, because you don't have another place to go. You don't want to be homeless on top of this, and your mother may be capable of even harsher, unexpected surprises.

A tie has been broken. It left you in the lurch, and it told you that you don't matter. Like any betrayal, it left you wondering what else about the world is not true.

But your mother is one person. You cannot allow yourself to paint the world with the brush of one person. The world is full of people. We believe most of them are good and care about others.

S.L.A. Marshall, as army general and military historian knew many soldiers. He believed that the majority of soldiers shot over the heads of the enemy. It didn't matter that they were soldiers. Their humanity said, "That is another person, and I do not want to take their life."

Don't let your mother color the rest of your life. Don't let your mother make the rest of the world into your enemy.

Wayne & Tamara

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

City of Laval says it has improved snow removal – but not everyone agrees

◀ Continued from page 3

formed, [or] no salt has been applied and/or no aggregate."

Much improved, says Khalil

As the executive-committee member responsible for public works, Sainte-Dorothée city councillor Ray Khalil has the unenviable task of dealing with snow removal (and the numerous complaints it brings) every winter. Still, he maintains, two years after he was appointed to get the city's snow removal act together, things have improved, and he has dozens of positive remarks and e-mails from residents to prove it, he says.

'There is a disconnect that was there even when I was a councillor,' former Mouvement lavallois city councillor Raynald Adams says regarding the ML administration's current approach to snow removal

"Most councillors, if not all, have received a lot less complaints, and for the first time I've received over 20 thank you e-mails," said Khalil, noting that he can back up the better snow removal claims with more than just testimonials.

"One of the main things I look at is the speed at which everything is removed with each snowfall," he said. "In previous years there's been snow storms where it's taken us weeks to get the work done. Whereas now, almost everything gets done within a week. We've managed to cut the time by an important amount."

Khalil defends city

Regarding the snowed-in sidewalks on Hector Charland Ave., Khalil said he was aware of the



Raynald Adams

complaint, but insisted the sidewalks were cleared within 24 hours after the end of that particular snowfall, which he called "a reasonable delay." Regarding the streets in Chomedey about which there were also complaints, Khalil said he was surprised, as the city's snow removal crews had been paying particular attention to them this winter.

Regarding the alleged communication breakdown between public works and local councillors, Khalil said the system now in place requires residents with snow removal complaints to call 3-1-1 before anything else can happen.

"The reason for that is that we don't want any questions coming up about anyone playing favourites just because you've called your councillor and expect your street to be done first," he said. "We want to normalize things so that it's fair to everybody. If you see a problem, call 3-1-1. Then if it's not resolved, call your councillor and we will get involved to try and fix the situation."

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SQ rules parking lot death of Chomedey woman a homicide

The Sûreté du Québec, which is investigating the death of the woman found in the parking lot of a Chomedey condo building last Sunday morning, ruled on Monday that it was a homicide.

Quebec's Bureau des enquêtes indépendantes (BEI) said on Sunday that it was launching an investigation into the death of the woman. In news reports on Monday, the 32-year old woman, was identified as Marly Edouard, a musical performance management agent who came to Canada from Haiti in 2016.

She was found not long after daybreak Sunday outside a condo complex on des Châteaux St. near Daniel Johnson Blvd. The body bore marks of violence, according to an LPD spokesperson. Police investigators and officers with the Crimes Against the Person Division, the Forensic Identification Service, as well as dogs from the canine unit, were on the scene trying to determine a cause of death.

In a statement issued Sunday evening, the BEI (which investigates suspicious deaths involving the police) said the woman had filed a complaint



Marly Edouard

with the police a few days earlier about receiving death threats. Officers went to the woman's home to meet her, then left, according to the BEI.

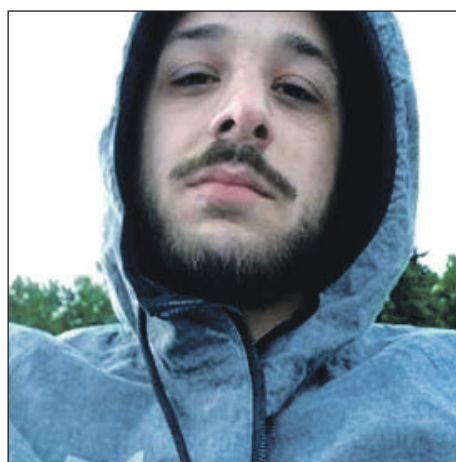
The BEI is currently seeking useful information from witnesses who can contact the agency at this web address: <http://www.bei.gouv.qc.ca/>.

LPD seeks sexual assault suspect who skipped out on rehab

The Laval Police are seeking the public's help to find a 29-year-old man who is wanted for breaking bail conditions related to charges of sexual assault and death threats last summer.

A warrant was issued for the arrest of Kevin Scott last Oct. 19. According to the LPD, Scott was ordered to live at a substance abuse rehabilitation centre while waiting trial, but failed to do so.

Police authorities believe that Scott is still somewhere in the region of Laval or else in Saint Jérôme north of here. Anyone who thinks they have information on his whereabouts is asked to call the LPD's confidential Info-Line at 450 662-INFO (4636), or 9-1-1. The file code number is LVL 201 002 023.



Kevin Scott

Man charged with assault after incident at Notre Dame Blvd. home



Photo: Costa Hovris -NEWSFIRST

The Laval Police say a man in his 30s is facing a number of assault-related charges following a violent incident on Feb. 15 at a home on Notre Dame Blvd. in Chomedey, which left a 20-year-old male victim with bruises and lacerations. Several Laval Police Department cruisers as well as an Urgences-Santé ambulance were summoned to the home near the corner of Dover Ave. after someone called 9-1-1 around 1:30 pm to report serious trouble at the address. According to LPD community relations officer Érika Landry, the victim was visiting someone at the home when an altercation broke out. The investigators have determined that the victim

suffered bruises to the face as well as wounds to the body from an unspecified weapon.

Although the victim was taken to hospital by Urgences-Santé, Landry said he was released later the same day. She said the LPD closed off a one-block area of Notre Dame Blvd. in order to establish a security perimeter while providing assistance to the victim and taking the suspect into custody.

Landry said that after being taken in for processing, the suspect was released with conditions and he now awaits a court date on charges of simple and armed assault.



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Outplay prostate cancer during Procure's 'Hockey Nights'

Help raise money to combat prostate cancer in men



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

Missing your regular hockey games with your favourite team? Is your sense of competitiveness itching for a new challenge? Like many people, cancer isn't on the ice either. When the world went on pause during the COVID-19 pandemic, the relentless disease continued to progress.

From now until March 1, you can participate in the second edition of PROCURE's 'Hockey Nights' and get the chance to bring your team to play a game at the Bell Center in the presence of this year's Honorary President Dany Dubé, a well-known play-by-play announcer among Quebec's French-language radio listeners.

Financing research

PROCURE is a Montreal-based charitable organization engaged in the fight against prostate cancer. It educates, supports, and informs people affected by this disease. It promotes and contributes to the financing of scientific and medical research.

Last year, amateur hockey enthusiasts were invited to dedicate a match from their regular playing schedule to efforts being made to combat prostate cancer. This year, since no

one is able to get onto the ice because of the COVID-19 pandemic, supporters are being encouraged to raise funds for the cause. Up to now, 26 teams and leagues have signed up.

Common in men

Prostate cancer is a disease that usually progresses quite slowly and is completely curable when detected at an early stage. It is the most commonly diagnosed cancer in men. In the majority of cases, and in the absence of spread elsewhere in the body (metastases), the survival rate is excellent. Hence the importance of screening for middle-aged men. In Quebec, twelve men are diagnosed daily. How can you help in the current campaign? Encourage your loved ones to support men with prostate cancer and their families by donating or by buying the La Soirée Hockey PROCURE box, containing hockey essentials for only \$99 (Real value: \$155).

Remembering Jean Pagé

The participant (individual, team or league) that raises the most funds will win the Jean-Pagé Cup, Jean Pagé being the inspiration behind Les Soirées du Hockey PROCURE. Pagé, who did the play-by-play for the Soirée du Hockey on Radio-Canada for many years, died from prostate cancer in December 2019 more than 20 years after he was first diagnosed. "We were all very impacted by what happened

to Jean Pagé," Dany Dubé said in an interview with the Laval News. "Prostate cancer is a disease that affects a lot of men in Quebec. And I think it's important for we who are involved in the field of sports to raise awareness of the cause. Men's health is important and needs to be talked about and shouldn't be concealed. I support this cause and I do it in the best way I can."

How you can help

GET INVOLVED IN 3 STEPS

- 1- Register for free as a participant here: <https://lsh.procure.ca/en/register>.
- 2- After registration, you can decide to take up the challenge alone or as a team. Simply open your profile to CREATE or JOIN an existing team.
- 3- Raise funds.
- 4- As soon as your registration is complete, rally hockey fans around you and suggest they make a donation or buy the LSH PROCURE box, intended for hockey players who want to make a real difference (Price: 99\$ - Real value: 155\$).
- 3- Pass the puck on social media. Share your engagement and your hockey memories on social media with the #LSHPROCURE. Keep remembering that everyday the health of 12 Quebecers is put into play. That's the equivalent of two teams on the ice.



Dany Dubé - Honorary President

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Cinnamon Buns, a treat for all seasons!

The moment you hear someone mention a cinnamon bun, you can't help it, but your mouth starts to water. Everything about it is therapeutic, from the moment you roll out the leavened dough, sprinkled with cinnamon sugar, watching it rise as it bakes, the wafting aromas in your kitchen, the gooey texture, you can then finally take a bite into it!

The cinnamon roll originated in Scandinavia. Roman spice traders introduced the Sri Lankan cinnamon spice to Europe.

Fun fact: in Sweden Since 1999, [October 4th has been promoted as Cinnamon Roll Day (Kanelbullens dag)! Swedish kanelbulle dough typically also contains cardamom (powder or buds), giving it a distinctive flavour.

The size of a cinnamon roll varies from place to place, but many vendors supply a smaller size about 5 centimeters (2.0 in) in diameter and a larger size about 10 cm (3.9 in) to a side. The larger variety can be found in Finland, called korvapuusti 'a cuff on the ear', fig. "pulling someone's ear for disciplining", where it can be up to 20 cm (7.9 in) in diameter and weigh up to 200 g (7.1 oz).

In Sweden and Finland, cinnamon rolls are traditionally enjoyed during a coffee break, or fika, which is a get-together with friends. National Cinnamon Bun Day (Kanelbullens dag) is observed on October 4 in Sweden.

In North America, it is commonly eaten for breakfast or dessert. When eaten for a breakfast in the U.S., it may be served with cream cheese frosting. In this recipe, there are pecans and raisins.... the sky is the limit!

Deadline: Classifieds

WEDNESDAY before publication at 1 p.m.

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Ingredients

- 3 cups (450 g) unbleached all-purpose flour
- ¼ cup (55 g) sugar
- 1 ½ tsp instant yeast
- ½ tsp salt
- 2/3 cup (150 ml) warm water
- 2 eggs
- 1 ¼ cups (280 g) unsalted butter, softened
- 2/3 cup (140 g) packed brown sugar
- 1 tbsp ground cinnamon

Filling:

- 1/8 cup butter, melted
- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 cup chopped pecans
- 1/2 cup raisins

Frosting: (Optional)

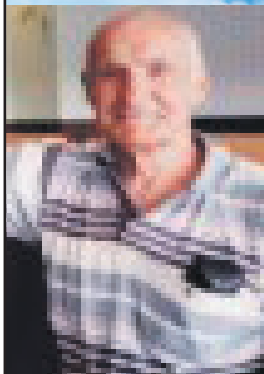
- 1/8 cup butter, softened
 - around 2 cups confectioners' sugar
 - 1 teaspoon vanilla extract
- Directions for the dough

Preparation

1. In a stand mixer fitted with the dough hook, or in a bowl with a wooden spoon, combine the flour, sugar, yeast and salt. Add the water and eggs. Mix just until the dough starts to form.
 2. Add ¼ cup of the butter. Knead the dough roughly for 5 minutes with the dough hook or with your hands on a lightly floured work surface. The dough will be soft and slightly sticky. Place in a lightly oiled bowl. Cover with plastic wrap. Let rise in a warm, humid spot for 1 hour 30 minutes or until doubled in volume.
 3. In a bowl, combine the brown sugar, pecans, raisins and the cinnamon. Butter a 13 x 9-inch (33 x 23 cm) baking dish.
 4. On a generously floured work surface, roll out the dough to form a 20 x 12-inch (50 x 30 cm) rectangle. Brush with the remaining butter and cover with the filling mixture. Starting on one of the short sides, loosely roll up the dough to get a 12-inch (30 cm) long cylinder, like a cake roll. Cut into 8 slices.
 5. Arrange the slices cut side up in the baking dish without letting them touch. Cover with plastic wrap and let rise in a warm, humid spot for 1 hour or until doubled in volume. At this stage, you can refrigerate the dough for up to 12 hours. In this case, let the dough sit at room temperature for 30 minutes before baking.
- Frosting is optional, just make sure they are completely cool before you frost...enjoy!

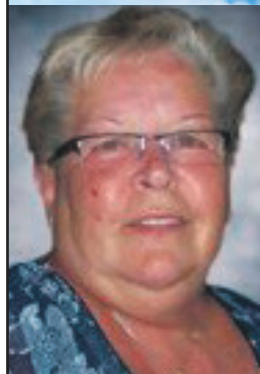
In Memoriam & Obituaries

AUDET, JACQUES 1940 - 2021



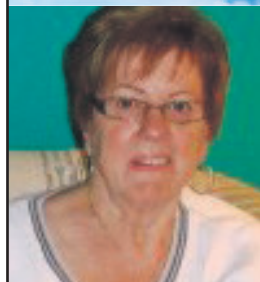
It is with sadness that we announce the death of Mr. Jacques Audet, on February 18, 2021, at the age of 80. He was the husband of Madame Odile Thériault. Besides his wife, he will be sadly missed by his children, Manon (late André) and Réal (Maryse), his grandchildren, Maxime (Émilie), Roxanne (Nicolas), Keaven (Julie) and William (Justine), his rear - grandchildren, Thomas, Léo and Louka, his brothers and sisters, Mariette, Dolorès, Roger (Louise) and Yvon, his brothers-in-law and sisters-in-law, his nephews and nieces, as well as several relatives and friends.

DESROCHERS, Lise 1941 - 2021



The family of LISE DESROCHERS regret to announce her death on Friday February 19, 2021 at the Cité de la Santé hospital in Laval at the age of 79 years. Born in Montreal, she was the daughter of Lucien Desrochers and Yvette Brunet and the wife of the late Noël Dupuis. She is survived by her sisters Nicole and late Monique; his late brother Michel; her brothers-in-law and her sisters-in-law; his children Sylvain, Manon (Claude Pistagnesi), Jean-François (Karine Sicard), Marie-Josée (Steeve Lepage); her grandchildren Jean-Sébastien, Marie-Noël, Josiane, Jonathan, Michaël and Simon; her great-granddaughter Karolann as well as many other relatives and friends.

FAUDEL (NÉE BOURGEOIS), Jackie 1934 - 2021



At the Ste-Dorothée accommodation center, on February 15, 2021, at the age of 86, passed away Dame Jacqueline Bourgeois, wife of Larry Faudel, her husband and companion over 65. Daughter of the late Camille Bourgeois and the late Eva Leblanc She is survived by her sons, Gary (Manon Porlier), Terry (Carole Leathead) and Mike (Suzanne Lafleur) as well as her grandchildren, Bruno, Valérie, Vincent, Shirley, Pierre-Luc, Simon, Kimberley, Stéfán, Catherine, Gabriel and Nicolas His great grandchildren, Vincent, Cristophe, Williams, Olivia, Mathéo, Kellya, Kayden, Aliyah and Christopher-James

DRAPEAU, Nicole 1944 - 2021



At the Sacré-Coeur Hospital in Montreal, on February 16, 2021, passed away at the age of 76 years and 4 months, Mrs. Nicole Drapeau residing in Laval, native of St-Jean-de-Dieu (Rivière-du- Wolf). She was the daughter of the late Mr. Eugène Drapeau and the late Ms. Oline Bélanger. She is survived by her brothers and sisters: Joan of Arc (Jean-Marie Lafond), Cécile, Jean-Nil, Jean-Claude (Gisèle Dionne), Odette and Yves (Carole Boulay); her great friend Thovaren and her son Alex; his nephews and nieces, cousins and cousins and many friends.

ANDRÉ, Roger 1959 - 2021



In Laval, on February 4, 2021, at the age of 61, passed away Mr. Roger André. He is survived by his brothers and sisters, brothers-in-law, sisters-in-law, nephews and nieces, as well as many relatives and friends.

DESJARDINS, Yvan 1930 - 2021



In Laval, on February 15, 2021, at the age of 90, passed away Mr. Yvan Desjardins, husband of the late Ms. Janine Simetin. He is survived by his children, Claude, Danielle and Chantal, his grandchildren, his great grandchildren, as well as a few relatives and friends.

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HOROSCOPE

Week of **FEBRUARY 21 TO 27, 2021**

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO



ARIES

You'll have a lot of details to sort through at home or with your relatives. Fortunately, once tensions ease, you'll feel great about where you stand with your partner and loved ones.



TAURUS

After you purchase a new gadget, you'll have a lot of questions about how it works. You may have to go to a few different places to get satisfactory answers.



GEMINI

Your enthusiasm and dynamism will ensure you have a lot of fun this week. You might get your hands on some cash, and you'll decide to treat yourself to a vacation or an outing.



CANCER

Rest is essential before you jump into action. It'll do you good to get out of the house and break up your routine. Being more open and assertive will allow you to find inner peace.



LEO

You'll be easily distracted this week. Fatigue might be to blame, in which case some down time is in order. Many people will be impressed by your creativity when they see one of your masterpieces.



VIRGO

At work, you'll come across a mountain of documents that require your immediate attention. This will be what motivates you to get organized so that you can be more efficient and leave work earlier.



LIBRA

Before you commit to a project that will give you a lot of responsibilities, take some time to unwind and have fun. A promotion is in the works, and the future looks bright.



SCORPIO

You'll be enthusiastic about planning a getaway or going on an adventure. You'll finally find the time and money to take a much-deserved vacation, or at least an exciting day trip.



SAGITTARIUS

A rather irritating situation is developing, and it's a sign that changes need to be made if you want to truly be happy. Harmony is rarely restored by sticking to the status quo.



CAPRICORN

You'll need to make some compromises to restore harmony both at home and at work. New accomplishments will follow as you manage to broker deals with future clients.



AQUARIUS

You'll devote all of your time to your career this week. If you're looking for a job, you'll find a position that's highly demanding but that will give you better prospects for the future.



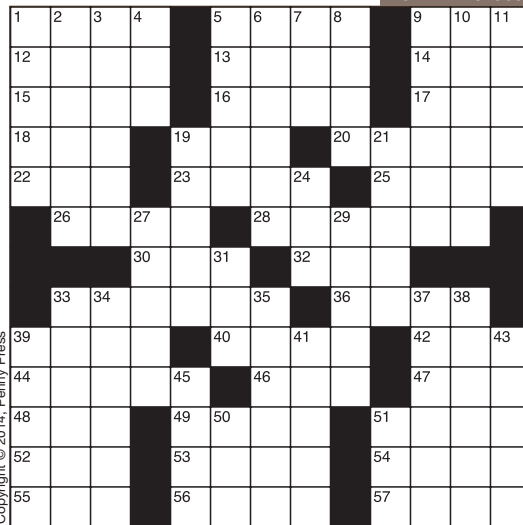
PISCES

If you feel the slightest bit of dissatisfaction with your career, you'll make changes and find a job that better aligns with your ambitions. You might also aim for a leadership position.

Coffee Break

CROSSWORDS

PUZZLE NO. 063



ACROSS

1. Cabbage salad
5. Landed
9. Behave
12. Contain
13. Moniker
14. Master
15. Mellowed
16. Variety
17. Handle roughly
18. Took first place
19. Intention
20. Site
22. Record
23. Wound covering
25. Laborer
26. Small salamander
28. In a prying way
30. Disguised
32. Hooter

33. Celestial being
36. Broadcasts
39. Yogi, e.g.
40. College housing
42. Halt
44. Untangle
46. Sharp knock
47. Week part
48. Function
49. Make a living
51. Mr. Ellington
52. Toe count
53. Catch sight of
54. Cake decorator
55. Road bend
56. Makes a dress
57. Confusion

DOWN

1. Wool wrap
2. "The Blue ____"
3. Exact retribution
4. Join in marriage
5. Caper
6. Nonprofessional
7. Brat
8. Golfers' pegs
9. Request
10. Crevice
11. Hauled
19. Out of bed
21. Ground beef dish
24. Casper's call
27. "____ Did Our Love Go"
29. Boggy area
31. Defective bomb
33. Stops
34. Shelters

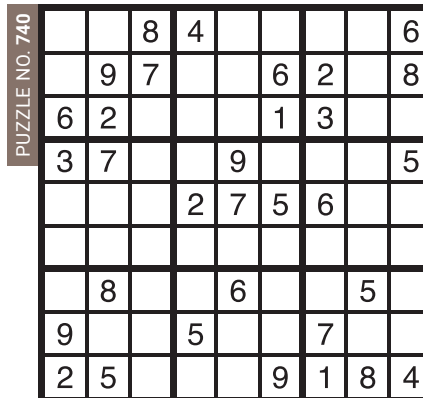
35. Take for a time
37. Diminish
38. Pythons, e.g.
39. Cruel person
41. Speaks wildly
43. Color changers
45. Not quite as much
50. Gorilla or orangutan
51. Faded

Sudoku

HOW TO PLAY:

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

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

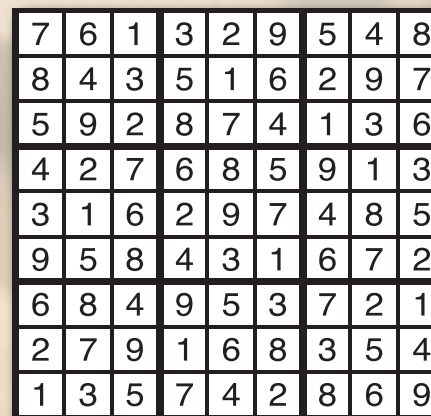


Last Issues' Answers

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