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**"Mission accomplished"
says Laval Mayor**

Marc Demers

**An exclusive interview with the
man behind the mayor's desk**



Page 3



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'Mission accomplished', says Marc Demers

An exclusive interview with the man behind the mayor's desk



MARTIN C. BARRY
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In an exclusive interview with the Laval News following the recent announcement he won't seek a third mandate in the November municipal elections, Mayor Marc Demers says his decision to enter politics prior to the 2013 election was based largely on conclusions he reached decades earlier while working as a police detective investigating suspected corruption in former mayor Gilles Vaillancourt's administration.

Before he entered politics

Before being chosen by the Mouvement lavallois as their mayoralty candidate for the 2013 election, Demers had a lengthy career with the Laval Police Department as an officer and an investigator.



In the years leading up to the 2013 election, he'd also attended some Laval city council meetings where he had the opportunity to express his views to then-mayor Vaillancourt during the public question periods.

Demers said that before accepting the Mouvement lavallois's offer, he was initially concerned that his past political affiliation with the Parti Québécois (he had been slated to run in the riding of Laval-des-Rapides, but gave it up for Léo Bureau-Blouin) might damage support for the ML from voters in Laval's predominantly English-speaking areas.

Expected to be challenged

He said he also was aware – and warned ML organizers – that some political rivals might try to challenge his eligibility to run for a municipal elected office in Laval, because the length of his residency (although dating back to as early as 1971) wasn't continuous and was divided at times between Laval and another residence in the Laurentians.

Regarding Vaillancourt, Demers said that as early as 1977, when Gilles Vaillancourt was part of Mayor Lucien Paiement's administration, as well as on another occasion in 1981, he was given the task of looking into questionable activities at Laval city hall, and that the resulting reports he wrote were forwarded to the Sûreté du Québec.

Investigated Vaillancourt

Demers said that even though he executed a search warrant at Vaillancourt's household furnishings business, and seized documents were analyzed by a forensic accounting expert, the Vaillancourt file was transferred from the Laval Police Department's fraud investigation division to the major crimes division. In the end, the file was taken away from Demers altogether, he said.

"The thing is: they didn't want me to complete my investigation on M. Vaillancourt," said Demers, referring to the LPD's administration at the time. When asked whether he feels in retrospect that political interference may have been the reason for the decision, Demers said simply, "They took away my authority on the investigation."

City was under curatorship

With that, Demers said that he decided in 2013 to do something about the situation, guided by what he had learned, but which had been suppressed, he said. Facing mounting corruption allegations following a series of law enforcement raids at his home as well as police searches of his bank safety deposit boxes, Vaillancourt resigned in early November 2012. When Demers was elected in November 2013, he inherited a municipal administration that had been placed under curatorship by the provincial government.

While Demers acknowledges that some observers have criticized him for being so determined to see that all the money siphoned from Laval's coffers was returned to the city, he noted that to date the City of Laval has managed to recover around \$50 million, which has been used for various good purposes, including upgrading municipal infrastructures and creating a special fund to help youths.

'Mission accomplished'

"So, yes I feel that my mission has been accomplished," he said, pointing out that the money recuperation operation cost around \$6 million in legal fees altogether, but that more money is expected.

Demers believes he is also leaving the City of Laval with a greater sense of transparency in its administration than ever, including full public access over the internet to webcasts of city council meetings, and a freedom of information policy that grants residents access to all except the most confidential of documents.

In addition, Demers said the city councils he led during his two terms worked ardently to bring Laval's basic infrastructures up to standards after years of neglect, but without compromising the municipality's finances.

Keeping corruption at bay

In many areas outside Laval, there is a perception of the city (because of its apparent acceptance of corruption for more than two decades)

as still being susceptible to fraud and potentially open to future instances. Demers agreed that it will be challenging for those succeeding him to keep the city from slipping back into its old ways.

"I think it will be difficult," he said. "My thirty years experience in the police tell me that criminals always seek out the places that are weakest. But we now have a general management team that is no longer complacent and will no longer get involved in schemes, as some director-generals and persons in authority did in the past did in Laval."

On the 2018 council uprising

Regarding the tumultuous departure from his

administration in 2018 of executive-committee vice-president and ML founder David De Cotis, followed by a short-lived revolt by a group of ML councillors (most of whom eventually returned to the mayor's caucus), Demers lay much of the blame with De Cotis and St-Vincent-de-Paul councillor Paolo Galati.

"There were differences of opinion with David De Cotis and Paolo Galati, and I had put them on notice clearly," he said, while noting that the uprising happened just as he was learning that he needed medical treatment for prostate cancer. "This attempted putsch was very difficult for me because medically I was vulnerable," he said.

Laval News co-publishers presented with National Assembly Medals

George Guzman and George Bakoyannis receive rare honour from MNA Guy Ouellette



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George Bakoyannis and George Guzman, co-publishers of the Laval News, received a rare honor recently when Chomedey MNA Guy Ouellette awarded each with a National Assembly Medal in recognition of their many decades of contributions to the Laval community through their various publications.

A team effort



Photo: From the left, Laval News co-publisher George Bakoyannis, Chomedey MNA Guy Ouellette and Laval News co-publisher George Guzman.

"We are honoured, but also we can not forget the dedication and professionalism of the team of professional people that worked and are working for us to bring out the best newspaper for the community," the two Georges (as they are known to many) said in a statement.

Together, they founded the Laval News in 1993, and have since then expanded operations

into other Montreal-area communities with additional English and Greek-language news and feature-article publications.

According to a description and explanation of the medal on the Quebec National Assembly website, the Medal of the National Assembly of Québec is awarded by the Members of the Assembly to people of their choice who are deserving of recognition, or as an official gift to Members of other parliaments, elected officials or other public figures during parliamentary missions outside Québec or protocol receptions at the Parliament Building.

Medal's specific characteristics



Composition: bronze, lacquered antique finish. Reverse: effigy of Jean-Antoine Panet, the first Speaker of the House of Assembly of Lower Canada (before 1968, the President of the Assembly was called the Speaker).

The effigy reproduces part of the painting, 'The Language Debate,' by Charles Huot, that hangs in the National Assembly Chamber of the Parliament Building. As a point of interest, a miniature replica of the Medal of the National Assembly is sold at the National Assembly gift shop.

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OPINION & Editorial



It's not pro-choice, it's pro-death: 60,000,000 innocent victims since the early 1970s

We are a nation of immigrants, some say, back to the onset of the second millennium with the arrival of the Vikings in places such as Newfoundland. Even before that, our first nations can trace their roots to ancestors who migrated to North America most likely on foot and sled, across the Bering Strait when it was a path of solid ice. Immigrants we were, immigrants we are, and immigrants we will always be as borders, despite any attempt to reinforce them, will eventually collapse under the weight of the good and evil that battle in the heart of humanity in search of the Kingdom of God, not in the skies, but here on Earth.

Sadly, Canada is not the melting pot needed to erase the fear factor that divides hyphenated Canadians from sea to shining sea. Yet I fear that we have become a nation of tolerance toward all and respect of none. We labour in search of the fleeting Utopian dream of good trouncing evil, but end up contradicting Abraham Lincoln's heartfelt desire of living in a world of 'malice toward none'. We have arrived not at Thomas Moore's Utopia but at the gates of the Dystopia so sadly acclaimed by too many, most of whom should know better, and in further sadness I believe they do but choose to ignore the stirrings of goodness and yield to the short-cuts of evil.

When did we become Dystopian? When did The Sermon on the Mount's "A City upon a Hill" descend into Dante's Inferno? Look no further than the early 1960s insidious rise of misguided feminism, a good thing hijacked by those who turned a fervent desire for equality into an out-of-control 1970s. This was and continues to be an attack on the Jerusalem of our day by those whose malice toward all gave birth to the normalization of the evil that is intrinsic in the killing of the unborn, under the guise of equality for all, but not necessarily for defenseless fetuses whose life was snuffed out, in some cases with abhorrent violence.

The opening line of the American Declaration of Independence states Thomas Jefferson's belief - that "We hold these truths to be self-evident; that all men are created equal; that they are endowed by their creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness."

True, he should have stated that men and women are created equal, but so are children, if they are allowed their God-given right to life. But it is not so. In the Dystopian World of 2021 Spaceship Earth, regardless of political stripe - from extreme left-wing authoritarian-

ism to extreme-right anarchism and libertarianism - the voices of equality for all submit to the absurdity of "but not for the unborn". And so, we have on our hands a culture of death, abortion on demand, abortion as gender selection, abortion as birth control, and can one believe, abortion after birth, all kneeling at the altar of rampantly out-of-control-feminism, which camouflages the killing of the unborn as a pro-choice claim when in fact it is really the negation of pro-life and the affirmation of pro-death.

Whether it be Roe v. Wade, upholding the right of the living to deny the unborn that same right to life, or jumping ahead to the insidious morally bankrupt Justin Trudeau who denied anyone who would not publicly endorse pro-choice the right to run for the equally bankrupt Liberal Party of Canada, and we have two of the many graphically pro-death realities of a society heading towards disaster.

Christ, in His confirmation and admonition of the responsibility of men and women to "let the children come unto me," meant that all children should be allowed to come unto him, not just the ones we decide should be allowed to be born, while the rest are sacrificed on the altar of selfishness, sinfulness, conscience-numbness and depravity to the point where it has now reached the dehumanizing level of "let the mother decide, after the birth, whether she wishes to keep the newborn" (or make of it a burnt offering to the heads of hell.)

Shame, shame, shame on a world conquered and enslaved by short-cuts to being human, short

Former Laval executive-committee v.p. David De Cotis cleared of wrongdoing after 30 months

De Cotis suspects UPAC complaint came from a vengeful Mouvement Lavallois



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Thirty months after an investigation into some real estate dealings involving Laval city councillor for St-Bruno David De Cotis was opened by UPAC, the former Laval executive-committee vice-president says he has no doubt the complaint behind the inquiry was motivated by a vengeful supporter of the Mouvement lavallois out to get him after he bolted dramatically from the party only months earlier.

Sees a link

In June 2018, the Mouvement lavallois was rocked by its first crisis since first being elected in 2013, when De Cotis was one of a group of 10 sitting ML councillors who decided to leave the caucus and sit with the opposition. Some eventually returned to the ML fold, while others remained in the opposition area.

The complaint, De Cotis said in an interview earlier this week with the Laval News, was filed in September 2018. Two weeks ago, UPAC, after completing a thorough investigation, informed De Cotis that he had been cleared of all suspicion.

Made it public

Besides the complaint to UPAC, a separate complaint, also concerning De Cotis's real estate dealing, was filed in 2019 with the Commission municipale du Québec (CMQ), another provincial agency with oversight on ethical issues involving municipal elected officials. In the end, both were tossed out.

According to De Cotis, news of the complaint was made public by a rival political insider who acted deliberately and with spiteful intent. "The

complaint was made public purposefully, politically motivated," he said. "The person who made the complaint to UPAC made sure that the complaint became public."

Politically motivated

He said he saw a direct link with the political events at Laval city hall in the summer of 2018, when "there was a little break between David De Cotis and the mayor of Laval and the Mouvement lavallois." De Cotis said he voluntarily submitted to four hours of interrogations by UPAC on two occasions (February and March of 2020), even though he was advised by his lawyer not to go.

De Cotis insisted that he doesn't blame UPAC for anything, and takes issue only with the anonymous person who was the source of the complaint.

"I have always trusted the system that was in place. I know that I did nothing wrong. I think the UPAC interviewers behaved like gentlemen. They had received a complaint and they did their due diligence. They were very professional and were only out to find out if there was any truth behind the complaint.

Issue with complainer

"The real issue was that the person who had submitted the complaint was on a political vendetta, and they exposed this complaint to the media and that's what caused the injustice," he continued. "The person who went to UPAC went out of their way to inform the media, and that hurts. And it can hurt anyone who is honest and who wants to go into politics, because you have to be subjected to this kind of harassment."

Despite the shortcomings, De Cotis said he doesn't want to focus his energy on that. "I want to continue being the best city councillor and keep serving the citizens of St-Bruno who have



Seen here with several of the nine ML dissidents, former Laval executive-committee vice-president and deputy mayor David De Cotis explains some of the group's reasons for breaking away from the Mouvement Lavallois and Mayor Marc Demers.

ARCHIVE PHOTO JUNE 2018 : MARTIN C. BARRY-NEWSFIRST

elected me to represent them at city council."

Some De Cotis motions

He noted some of the proposed resolutions and by-laws he tabled in Laval council in recent years, including a January 2020 proposal to include Laval in the City of Montreal's tentative plans to build a "pink" line in the subterranean Metro public transit system.

Or his October 2020 proposal asking the administration to freeze taxes in the 2021

budget. Or his September 2020 request that Laval city council create annual pre-budget public consultations.

Some of his other council proposals: Implementing free public transit in Laval for persons less than 12 old; implementing a pilot project to recycle polystyrene; abolishing municipal taxes for community organizations; deferring the date of payment for municipal taxes in 2021; and a moratorium on penalties and interest on 2021 tax accounts.

ML mayoralty candidate Stéphane Boyer has backing of Demers



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Laval city councillor and executive-committee vice-president Stéphane Boyer, who was acclaimed last week as the Mouvement lavallois's official candidate for mayor in November, has the backing of Mayor Marc Demers.

"Mr. Boyer demonstrated on numerous occasions that he has the requisite experience to assume the functions of mayor," Demers said in a statement, noting Boyer's involvement in important past and current economic dossiers.

First elected city councillor for Duvernay-Pont Viau in 2013, Boyer was appointed vice-president of the executive-committee (the second-most important city council post after the mayor) a year after the 2017 election, when then-executive-committee v.p. David De Cotis decided to abandon the Mouvement lavallois.

Boyer is currently leading the city administration's first tentative effort to relaunch Laval's post-pandemic economy through a wide-ranging program known as the *Relance de Laval*.



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CITYWATCH

By Martin C. Barry



City of Laval and ADRIQ sign cooperative agreement



The City of Laval announced last Monday that it has signed an agreement with the Association pour le développement de la recherche et de l'innovation du Québec (ADRIQ) for a strategic partnership whose goals will include organizing webinars and training sessions.

The themes for these activities will revolve around innovation, digital transformation, and the adoption of disruptive technologies, some of these being 5G, the Internet of Objects and Artificial Intelligence.

Expert advice

According to a press release issued by the city last Monday, businesses in Laval will get access to an important network of experts through the new agreement with ADRIQ.

"Businesses in Laval let us know, during the major economic forum we held in September last year, about the importance they place on digital transformation and innovation," says Laval executive-committee vice-president Stéphane Boyer who is responsible for economic development dossiers.

"This new agreement with ADRIQ illustrates our willingness to work with partners who will have a direct effect on the businesses regarding technological transformation issues or digital change," he adds.

Coming innovation

"This new agreement with the City of Laval consolidates even more our willingness to support innovation of businesses in Quebec," says Pascal Monette, president and CEO of ADRIQ. "By

working together on different targeted activities, we will be in a position to propose Trans Num, our digital transformation program to all the businesses on Laval's territory."

Businesses from Laval's industrial sector are invited to take part free of charge in the first webinar, dealing with artificial intelligence and the Internet of Objects, during an innovation clinic being held today Wednesday April 14 from noon to 1:15 pm.

Fire safety starts in the kitchen, says Laval Fire Dept.

While noting that up to 22 per cent of fires in Laval can be traced to cooking, the Laval Fire Department says it wants to raise awareness among people of all ages of the fire dangers lurking in the kitchen.

"Unfortunately, burns and smoke inhalation, but also fatalities and significant damages to property, are often caused by distractions," says City of Laval executive-committee member Sandra Desmeules, who is responsible for public safety issues.

Lurking fire dangers

"The fire department is thus hoping to raise awareness among all our citizens of the dangers that inattention can cause," she adds.

According to the Laval Fire Department, inattention and distraction are the most important causes of cooking fires, accounting for 43.7 per cent of directly-related injuries, while also needlessly setting off sensors and alarms.

The LFD says that in 2019 alone, 520 fire calls were made because of food-related incidents which never actually ended up causing a fire.

Distraction and fire

The LFD has decided to draw attention to its latest fire safety message with a campaign that uses a slogan urging people not to combine certain activities with cooking, such as doing a manicure, working at the computer or taking smartphone selfies – because distractions cause fires.

Here are a few other tips offered by the LFD for safety in the kitchen: Always stay near the kitchen; avoid distractions; use a timer when cooking; make sure the kids stay away from the stove.



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CPE managers and workers in discussions for new collective agreement

Increased sharing of duties and responsibilities among the issues to be discussed



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Following the start of regional negotiations prior to renewing a collective agreement with daycare centre employees, an association representing daycare managers in Laval and Montreal says it wants to draw attention to the principal role and responsibilities of managers in daycare centres.

Managers' responsibilities

According to the Association patronale des CPE Montréal-Laval (APCPE), general managers at the Laval and Montreal CPEs are responsible among other things for planning and organizing work teams, managing and evaluating programs, and fulfilling the needs of children and parents.

The APCPE, which represents 64 CPEs, says its CPE general managers are expected to have the necessary qualifications to fulfill all the following tasks:

Development of services

Strategic planning
Ability to adapt services according to needs
Project development
Quality control of services

Leadership

Personnel management
Ability to adapt
Coaching
Mobilization of personnel

Operational management

Optimisation of activities and resources
Problem solving
Decision-taking

Recruitment

Schedule management

Interpersonal relations and communication

Efficient communications
Conflict resolution

The APCPE says its CPE general managers are dealing on a daily basis with support staff, educators, food service workers and other types of employees. The APCPE also says that the current negotiations with CPE staff are taking place with other issues in the background,

including labour shortages, potential impacts on children being served, quality of services and financial considerations.

Lilia Lemire-Bertrand, director-general of CPE Génies en Herbe on Saint-Martin Blvd. in Pont-Viau, said in an interview with the Laval News that the question of "co-management" or increased sharing of responsibilities was an issue that came up in past negotiations between CPE managers and the workers.

Smooth negotiations expected

"Each time we have had negotiations, this has been part of the discussions between the union and the management side," she said. "To understand the context, we are just beginning the negotiations and we have every hope that they will go well."

Despite the managers' position as overseers of CPEs, Lemire-Bertrand maintained that their role isn't authoritarian and there are many shared tasks. "For example, I work on a daily basis with the entire work team and we all work together," she said.

"When we talk about co-management, this takes into account that the team is always

working together in all decisions, because we work together daily. And with the pandemic, this has become even more so because we needed to adapt to the situation quickly."

Many issues on the table

Asked whether the negotiations could lead to a clearer division of duties between managers and employees, Lemire-Bertrand said, "For sure that in the various aspects there will be details to be worked out. On the other hand, the present negotiations are not just about co-management."

"Everything is being taken into account to ensure that we continue to work together on all the issues, including the labour shortage, to ensure that we continue to have the means to work efficiently and flexibly. We can't continue to manage as it was done 20, 30 or 40 years ago."

"We have to modernize our ways of doing things, and we also have to have stability in our operations," she added. "And, of course, everything we do is for the children and their parents. So, we take that greatly into consideration in all the decisions we make."

Hydro-Québec responds to mystery of missing overpass lights

City blamed 'incompatibility' for non-functioning street lights



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Responding to some recent coverage by the Laval News regarding malfunctioning street lights along des Laurentides Blvd. on an overpass over Autoroute 440, Hydro-Québec says delays caused by the COVID-19 pandemic have slowed their operations, but that the lights should be functioning in a few weeks time.

When Laval city councillor for Vimont Michel Poissant first reported the situation, a spokesperson for the City of Laval blamed the failure on incompatibility with Hydro-Québec electrical equipment, while saying the city was working towards fixing the problem as quickly as possible.

An ironic situation

Poissant had drawn attention to the problem, noting that the city was encouraging residents to report broken streetlights through an online web portal or through a smartphone app.

Ironically, part of the City of Laval's promotion campaign recently included outdoor advertising billboards, one of which stands on the edge of the des Laurentides Blvd. overpass, adding irony to the issue.

A spokesperson for the City of Laval said in an e-mailed response to questions from the Laval News that the city is doing its best to fix the problem.

"We are aware of the problem in that sector and we are actively working to fix everything," said Anne-Marie Braconnier, adding that the city recently undertook a major program to furnish and install new LED street lighting.

'Incompatibility' blamed

"During the connection of these new lights, we ran into major a technical issue, this being an incompatibility with the existing Hydro-Québec network in this sector," she continued.

"We are currently working in narrow collaboration with Hydro-Québec so that the situation gets fixed quickly, since we are aware of the importance of lighting in this very busy sector."

When asked whether the city had set an approximate date when the lights would be

operating, Braconnier added: "The city's goal is to re-establish as quickly as possible. We do not currently have a date set. As stated previously, this requires coordination with Hydro-Québec and we are actively working on it."

This week, in response to an e-mail from the Laval News, Hydro-Québec spokesperson Marie-Annick Gariépy gave the following explanation for the delay. "Hydro-Québec effectively received on February 11 2021 a request to connect the streetlights in question," she said.

A fix in a few weeks

"Hydro-Québec must carry out modifications to the electric line and its equipment in order to reach a good level of tension required for the installation of the new lighting on the street. We are cooperating with the City of Laval in order to make the adjustments on the new network within the briefest delays possible. We will be in a position to carry out the requested work over the coming weeks. It should be noted that these delays are normal for this type of request which requires several stages (notably the drawing-up

of engineering plans).

"In spite of our efforts, the months of slow-down of our activities because of the pandemic, as well as a number of new requests that are more important since the beginning of the year, have had the effect on our capacity to respond to all of these demands. In this context, we are doing everything we can in order to prioritize the requests to be connected for [households and businesses] moving and new construction."



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When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 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** People 80 years of age or older
- 6** People 70 to 79 years of age
- 7** People 60 to 69 years of age
- 8** Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9** Adults under 60 years of age who do not have a chronic disease or health problem that increases 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

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

Québec.ca/COVIDvaccine

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Québec 



How to communicate with someone who has dementia

Conversations tend to be challenging for people with dementia, especially as the condition progresses.

Here are some tips for effectively communicating with them.

- Get their attention. Address the person by their first name and maintain eye contact.
- State your message clearly. Speak slowly, use simple words and short sentences and be direct. If initially the person doesn't understand what you say, repeat the message using the same wording. If he or she is still unable to understand, wait a couple minutes then try again, simplifying your phrasing if possible.
- Show warmth and positivity. Encourage the person, show your affection for them and take care not to reveal frustration or impatience.
- Rely on nonverbal cues. Use facial expressions and touch (when appropriate) to convey your emotions and your message.

When speaking, pay extra attention to your tone of voice. Such considerations are especially important when the person is having difficulty or is unable to comprehend what you say. The affection and respect you show will be understood regardless.

- Use names, not pronouns. Avoid pronouns like "he," "she" and "they," and instead repeat the names of the people you're talking about. Doing this helps those with dementia better follow the thread of the conversation.

Finally, know that your affection is reciprocated. Although people with dementia sometimes forget names and even faces, they recognize when they're speaking with someone who cares about them.



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:-

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- Distributing important COVID-19 updates
- Returning all emails and phone messages
- Possible food delivery for isolated seniors

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Alzheimer's disease: myths and truths

Alzheimer's is a disease that can inspire fear and anxiety as we imagine ourselves or loved ones in its grip. **To combat this fear, we can gain a better understanding of the illness by dispelling some of the myths that surround it.**

- **Myth: Having a parent, brother, or sister with Alzheimer's means my risk of developing this illness is greater.**

Truth: In fact, a relatively small percentage of cases involve an inherited form of the disease.

- **Myth: When a person suffers memory loss, it means they have Alzheimer's.**

Truth: It is normal to have memory loss as we age. However, if these memory lapses cause difficulty in performing familiar tasks, problems with communication, disorientation, poor judgement, and problems with abstract thinking, it is advisable to consult a doctor to discuss the cause of these symptoms.

- **Myth: Alzheimer's can be prevented.**

Truth: Unfortunately, there is still no treatment for this illness. However, staying physically active, eating well, reducing stress, stimulating the brain, and maintaining a social network can reduce the risk.

- **Myth: Once you have been diagnosed with Alzheimer's you lose all quality of life.**

Truth: On the contrary, many people lead active and interesting lives for many years after they have been diagnosed with this illness.

- **Myth: Only older people can get Alzheimer's.**

Truth: Of course, age is an important risk factor, but not everybody contracts the disease as they age.

Are you hydrated enough?

Constipation, loss of balance, dementia, uncontrolled blood sugar — dehydration is a serious health problem commonly observed among the elderly. Why? With age, the body's ability to feel thirst and retain water diminishes. Furthermore, age-related issues such as incontinence and reduced mobility can also lower the amount of fluids ingested overall.

To prevent dehydration, make sure to:

- **Drink** 1.5 to 2 litres of fluids each day (water, milk, juice, etc.). Tip: always keep a glass of water close at hand!
- **Avoid** drinking too many diuretics (coffee, tea, etc.).
- **Eat** lots of foods with a high water content (fruit, veggies, soup, fish, etc.).
- **Treat** diarrhea and vomiting at the onset.

Finally, pay careful attention to these warning signs: concentrated urine or reduced flow rate, dry mouth, weak-



ness, weight loss, confusion, irritability, dizziness and extreme thirst. If you think you may be dehydrated, consult a health professional without delay!



By Martin C. Barry

Gunshots heard on Terry Fox Ave. near Cosmodôme



The Laval Police responded to at least one call made to 911 around 3:15 pm on Friday last week about the sound of gunshots being heard near the corner of Terry Fox and du Cosmodôme avenues in central Laval.

By the time the police arrived, there were no signs of suspects or victims, although officers found spent bullet casings on the ground outside 2100 Terry Fox Ave., according to a published news report.

According to that report by the Montreal daily news site La Presse, shots were exchanged by the occupants of two vehicles.

LPD investigators have started looking for possible video images of the incident that may have been captured peripherally by security cameras. The investigators are also said to be seeking out eyewitnesses.

Curfew at 8 p.m. in Montreal and Laval started Sunday

After less than a month with a 9:30 p.m. COVID-19 curfew, Lavallers are once again facing longer night-time at-home lockdowns.

The official hour for the COVID-19 curfew moved an hour and a half earlier to 8 p.m. last Sunday evening in Laval and in Montreal, and will remain so until further notice, according to provincial officials.

With COVID-19 cases still going up in Quebec, the government announced the stricter measure last week.

The curfew was initially set at 8 p.m. when it was first announced in early January. In Montreal and Laval, it changed later to a 9:30 p.m. start time, beginning last March 17.

The curfew, which lasts until 5 a.m., carries \$1,550 fines for those who break it. In Quebec City, Lévis, Gatineau and other municipalities outside the greater Montreal area, schools and non-essential businesses are closed until at least April 18.

Young man, age 26, reported missing

The Laval Police Department is asking for help from the public to find a young man named Salim El Aribi, age 26, who left his Laval residence last March 24 and hasn't been seen since then.

According to a notice issued by the LPD, his family and friends are concerned and worried about his safety, although they believe he is probably somewhere in the Montreal area.

Salim is French-speaking, Arab in origin, is 5'7" tall, weighs 150 lbs, has black hair, brown eyes, a beard, and has a distinctive tattoo on his left arm.

Anyone who believes they might have information about his whereabouts can call the LPD's confidential Info-Line at 450 662-INFO (4636), or 911. The file code number is LVL 210401-073.

Christopher Skeete grants \$10,000 to Laval sexual assault recovery centre



(TLN) Sainte-Rose MNA Christopher Skeete has announced a \$10,000 subsidy to the Centre d'intervention en délinquance sexuelle de Laval.

According to an announcement issued last week by Skeete's riding office, the sum issued is in accordance with the CAQ government's policy of taking action against sexual assault. Skeete's office noted that Quebec Finance Minister Éric Girard set aside \$10.5 million in the latest provincial budget to deal with sexual violence, especially when it affects women. "We must all be ready to fight against sexual assault," said Skeete. "In Laval, we are fortunate to be able to count on the CIDS to follow adults or adolescents who are snared by deviant behaviours."

"As a member of the special commission on the sexual exploitation of minors, I repeat that this scourge remains a national priority," he continued. "Very happy to be able to help the centre in the pursuit of its mission."



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Coming of Age

Q *I am female and a triplet. Unfortunately, my relationship with my parents is almost nonexistent due to the anger I have felt toward them. Throughout high school my parents treated one daughter like gold, and the other two were left hanging.*

Both of my siblings have their drivers license. I do not, in fact, even have a permit. My parents forbade it because they think I have anger issues and will end up hurting someone. Sadly, the only people I feel anger toward are my parents.

I want them to understand how I feel. I want to prove to them I can act mature and safe behind the wheel and get along like any other civil adult. However, whenever I broach the question to them, they brush it off, which usually makes us end up in a screaming fight.

I will soon leave for college, and I don't know how to fix the relationship with my parents. I feel horrible about everything, and since I will be away at college, I want two things. Please tell me what to do to fix this strained and difficult relationship and how to stop blowing up at them?

Cecilia

A Cecilia, your letter sounds as if you are trying to win approval from your parents, or trying to disprove their erroneous beliefs. Your letter does not sound like a letter from an angry person.

You don't say your parents had you clinically assessed for anger, that you received a diagnosis, or that you have been counseled for anger management.

The reality is you got stuck with a label and labels are hard to pull off. It's not

that all labels are bad. When the label is positive, a child might try to live up to the label. But the label you received is damaging.

Perhaps you were a fussy baby; perhaps your parents' favored child resembled someone your parents wanted to curry favor with; or perhaps, as a child, you put your parents on their back foot when you caught them in a lie and they used this label to control you. We don't know.

But something here does not fit. You express yourself like an innocent person, a person misjudged. And if you were unjustly labeled, why wouldn't you be angry? Furthermore, how is it you are grown up enough to go off to college but are not grown up enough to drive?

Your parents don't get to have it both ways.

You sound to us like a young woman who is self-aware. You're off to college. You are of age. Once you leave home, you can solve the license issue for yourself. What's more, in college you are free to pull off that label once and for all.

Not all parents are fair. Some parents create rivalry among their children. Some parents mis-parent. Some parents act as if their child should be infallible when they themselves are highly fallible.

There is no reason to think your parents will outgrow their behavior. But there is reason to believe you can take the steps necessary to improve your life. Not to show them up, but to step into the adult world.

Near the end of Jane Austen's novel *Pride and Prejudice*, Elizabeth Bennet, the main character, says something wise. "Think only of the past as its remembrance gives you pleasure." That's the soundest advice we can give you.

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

A beautiful yard

THIS WEEK'S TIP

How to spruce up your front entrance

Your front entrance can have a significant impact on the curb appeal of your home.

Here are some tips to enhance this part of your property and make it look more inviting.

AN EMPHASIS ON GREENERY
Frame your front door by placing potted plants or flower arrangements on either side of the entrance. This will create symmetry and add a pop of colour. Just be sure the plants don't block the doors or stairs and that their size makes sense for the space.

To create a cohesive look, make sure the plants around your front entrance complement the rest of the landscaping. Choose species that also grow in your front garden or line the walkway. Alternatively, opt for flowers that match your yard's colour scheme.

In addition, consider the pots. You may want to select ones that resemble the shade or texture of your paving stones.

A WELCOMING WALKWAY
If you have a walkway, it's a good idea to embellish it with a bit of vegetation. For a curved walkway, or one with a sharp turn, it's a good idea to create a focal point where it's most angled. This might consist of a well-tended rosebush, a small weeping tree or a vibrant flowering perennial. Check to see how your choice of plant looks at various angles, including from the street, the driveway and the front door, before you dig into the ground.

For more advice about how to enhance your front entrance, consult a landscaper or an expert at your local garden centre.

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by Maria Diamantis

A Beautiful Bahn Mi Sandwich

When my Vietnamese neighbour brought back from her trip to Toronto a bag load of bahn mi sandwiches for me, I flipped!

Looking at them first glance they might look like a basic sub, but, These sandwiches are a little more exotic than your typical "hoagie" of ham and cheese or peanut butter and jelly!

Bánh mì is the Vietnamese word for bread. In Vietnamese cuisine, it also refers to a type of short baguette with thin, crisp crust and soft, airy texture inside that is often split lengthwise and filled with various savory ingredients like a submarine sandwich and served as a meal. Plain banh mi is also eaten as a staple food.

A typical Vietnamese roll or sandwich is a fusion of meats and vegetables from native Vietnamese cuisine such as chả lụa (pork sausage), coriander leaf (cilantro), cucumber, pickled carrots, and pickled daikon combined with condiments from French cuisine such as pâté, along with chili and mayonnaise. However, a wide variety of popular fillings are used, from xú mại to ice cream. In Vietnam, bread rolls and sandwiches are typically eaten for breakfast or as a snack.

The sandwich often contains a spicy element such as thinly sliced fresh chilies. You can omit the chilies ... I do! As much as I love the heat, my mouth can't take it!

This recipe for a bahn mi sandwich starts with a crusty French roll that's piled high with deli meats, pickled vegetables, avocado slices and fresh herbs. It's a hearty meal that's full of flavors, colors and textures!

I love to make my favorite restaurant style sandwiches at home, especially when I don't feel like cooking dinner, I can make these delightful sandwiches in a pinch!

There are popular variations of the bahn mi recipes, but this version is with classic cold cuts, mayo, shredded carrots, sliced avocados and a fresh crusty baguette! By all means please do not forget the cilantro! It's a make it or break it situation! For me this herb does it all! I understand many don't like this herb it's either love it or hate it, but please do consider adding this you will not regret it!

Here's what you need:

- Cold cuts or any other grilled meat like chicken or thinly sliced pork. Even left-over rotisserie works well. It's the rest of the ingredients that give it the authentic Bahn mi flavour
- Very crusty baguettes – just really good, normal bread rolls. Crusty on the outside, soft on the inside! When you cut the baguette open, the crust should literally crumble everywhere and make a total mess!
- Pate – pork or chicken, any normal pate that's not heavily flavoured with liquor or a flavouring like orange is just fine.
- Mayo – mayo + pate creates a unique juiciness and savoury richness that we know and love about Banh Mi!
- Pickled carrot – simple to make, the soft crunch and tartness is such a great contrast to the other textures and flavours
- Cucumber, coriander/cilantro, avocado

Assembling

The beauty of this meal there is no cooking! Just assemble!

Here's how it's assembled:

- Split the roll or baguette down the top middle (not along the side like you'd normally do)
- Smear with pate then mayo on one side
- Jam in the ham, cucumber strips, carrot, avocado slices, then lastly coriander/cilantro (please use it!)
- Any other veg, meats or herbs are most welcome. Use whatever your heart desires!!

Now grab that crusty sandwich, close your eyes, give it a good bite and let the flavours take you to one of the most beautiful seven natural wonders: Halong bay!

Deadline: WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries



When Life Ends

How to support a loved one in mourning



The best way to offer your support to a loved one in mourning is to be present in their time of need.

There's no magic word or miracle formula to comfort someone in mourning. However, if someone close to you is stricken with grief from the loss of a loved one, lending them a sympathetic ear when they need to talk is the best way to be supportive in their time of need.

First, instead of making clichéd comments like "time heals everything" or "he or she is in a better place," let them know that you're available to listen, and respect their silence in the meantime. If, on the contrary, the grieving person wishes to talk, encourage them to reminisce about the good times they shared with the one they loved so dearly.

On the other hand, the person grieving may need space to mourn in peace. If so, respect their decision by remaining patient and compassionate to their plight. Remind them that you're always available to meet if they need to get their mind off things.

In addition, don't hesitate to offer more practical assistance. Simple gestures like preparing dinner, looking after the kids or tidying up the house allow a great weight to be lifted off the shoulders of the bereaved.

In short, always be present for your friend, colleague, neighbour, etc., and never judge their pain or suffering. If necessary, encourage them to consult a health professional who could offer them the necessary resources and support to overcome their heartache.



ROBITAILLE, PAUL
1931 - 2021

In Laval, on Saturday April 3, 2021, passed away, at the age of 90, PAUL ROBITAILLE, beloved husband of the late Mrs. Jacqueline Lefebvre. He is survived by his daughters Sylvie (Michel Bernède), Lyne (Gilles Dazé), his grandchildren Marilyne (Mathieu), Maude (Louis-Philippe), Amélie (Hugo) and Alexandre, his brothers and sisters, brothers-in-law and sisters-in-law, nephews and nieces as well as several relatives and friends.



HADDAD, TIANA
2012 - 2021

I desire to go away and be with the Messiah, for it is much better (Philippians 1:23) It is with a mixture of agony and consolation that we announce the sudden departure of our beloved daughter Tiana, to be in a much better place with the Messiah who said: God so loved the world, that he gave his only begotten Son, so that whoever believes in him may not perish, but may have eternal life (John 3:16)



PHILIPPE NÉE RATTIE, THÉRÈSE
1928 - 2021

It is with sadness that we announce the passing of Mrs. Thérèse Rattie Philippe de Laval on April 3, 2021, at the age of 92 years. She was the wife of the late Paul Philippe. She is survived by her children Daniel (Louise), Richard (Nicole), René (Suzanne) and Johanne, her grandchildren Sarah-Eve, Xavier, Florianne, Alexis, Léa, Stéphanie, Caroline, Ariel and Catherine, her 10 great-grandchildren, his sisters-in-law Aline and Philomène as well as other relatives and friends.



LABBÉ POULIN, FRANÇOISE
1928 - 2021

It is with sadness that we announce that in Laval, Thursday April 1, 2021, peacefully went to the house of serenity, our mother proud of her 93 years. She was the daughter of the late Parmélie Jacques and the late Irenée Labbé. Wife of the late Raymond Poulin, mother, grandmother and great-grandmother, she is survived by her 3 children Roch (Lise), Daniel (Sylvie) and Andrée (Yves) as well as her 8 grandchildren and her 12 great-grandchildren Noémie, Gabrielle, Magaly, Camille, Félix, Étienne, Louka, Alex, Mia, Édouard, Arnaud and Achilles. She was so proud of her family.

Contact us today to place an obituary or in memoriam in our next issue
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Week of **APRIL 18 TO 24, 2021**

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS



ARIES

In spite of yourself, you'll be the focus of everyone's attention. You'll cause a sensation and be applauded for an impressive ac-complishment. In an effort to do the right thing, you'll perform some kind of heroic act.



TAURUS

Your family needs you, so you'll spend part of the week at home. You may have to sell or purchase a property, which means you'll need to prepare for a big move.



GEMINI

You won't hold your tongue, and you'll have a lot of important things to say. Your words will have a long-term impact, and they'll be heard on the other side of the world, thanks to so-cial media.



CANCER

You deserve to spoil yourself every now and then. You'll pro-bably spend time shopping in lo-cal boutiques this week. Among other things, you'll buy a few trinkets to cheer yourself up.



LEO

The next few days will be hectic. Your zeal and perseverance will allow you to stand out from the crowd. This will lead to a considerable boost in your income, which you'll be sure to celebrate.



VRIGO

You may feel that your fati-gue is building up. One night of insomnia this week could be enough to slow down a few pro-jects. Adopting better eating ha-bits is likely the solution.



LIBRA

You'll be in charge of planning an important meeting at work. There will be a lot going on in your social life. In addition, you may participate in some type of athletic competition.



SCORPIO

Don't be afraid of changes in your professional life; new responsibilities will lead to better working conditions. Time will be in short supply this week.



SAGITTARIUS

You'll be inspired to take a trip or go on an adventure, which will require a lot of planning. A training course or other learning opportunity will give you a new perspective about the future.



CAPRICORN

If there's tension between you and others, it's important to spend quality time with those people. They'll confide in you, and this new information will help you better understand the situation.



AQUARIUS

Your focus will be on your si-gni-ficant other. You'll need to make a few small changes in your re-lationship, and some quality time together will resolve seve-ral on-going issues.



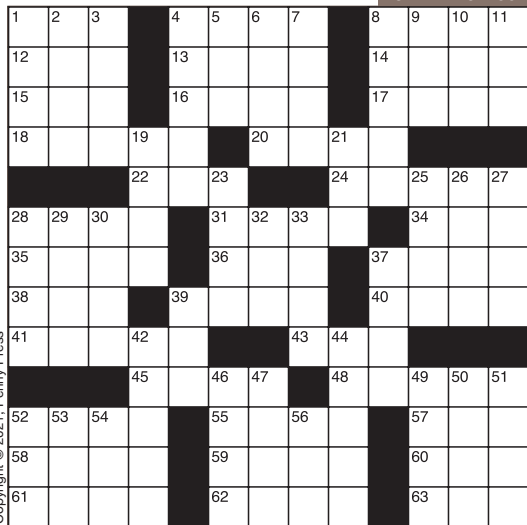
PISCES

You'll hear about an open position at work that's perfectly in line with your career goals. Some effort and patience will be necessary to get the results you want.

Coffee Break

CROSSWORDS

PUZZLE NO. 1002



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ACROSS

- 1 Find a sum
- 4 Basis
- 8 Husband's spouse
- 12 Scheduled to arrive
- 13 Jealousy
- 14 Constant
- 15 Slippery fish
- 16 Pile
- 17 Stared at
- 18 Piece
- 20 Security device
- 22 Mischievous child
- 24 Consuming
- 28 Door fastener
- 31 Found's companion
- 34 ___ good to be true
- 35 Yield to commands
- 36 Kind of grain
- 37 Skin condition
- 38 Long scarf
- 39 Old stringed instrument
- 40 "___ So Cold"
- 41 Wait on
- 43 Filled dessert

- 45 Slick
- 48 Unpleasant
- 52 Unruly kid
- 55 Diamond calls
- 57 Distinctive time
- 58 Price
- 59 Chimney duct
- 60 Walking on ___
- 61 Highly impressed
- 62 Printed words
- 63 Like a ___ of bricks

DOWN

- 1 Summer coolers
- 2 Fencing event
- 3 Snack store
- 4 Tailor again
- 5 Wallet stuffer
- 6 Shaped like an egg
- 7 Printed mistake
- 8 Calendar divisions
- 9 Climbing plant
- 10 Lawyer's payment
- 11 Discontinue
- 19 Detroit, e.g.
- 21 Used scissors on
- 23 Scheme
- 25 Urge
- 26 "___ but the Brave"
- 27 "Life ___ On"
- 28 Certain haircuts
- 29 Clarinet's cousin
- 30 "King ___"
- 32 Rowing device
- 33 Stair
- 37 Cruising
- 39 Floral wreath
- 42 Cast a ballot
- 44 Map graphic
- 46 Place for hay
- 47 Santa's time
- 49 Sofa
- 50 Set of three
- 51 Knitter's material
- 52 Bathing-suit part
- 53 Uncooked
- 54 Had food
- 56 Semiformal wear

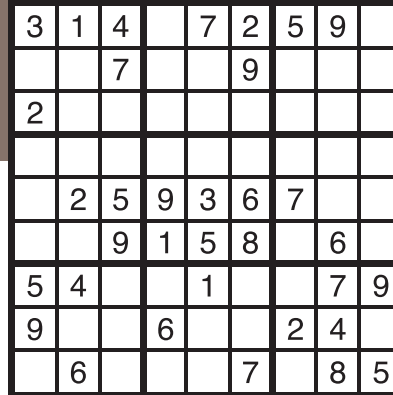
Sudoku

HOW TO PLAY:

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

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

PUZZLE NO. 753

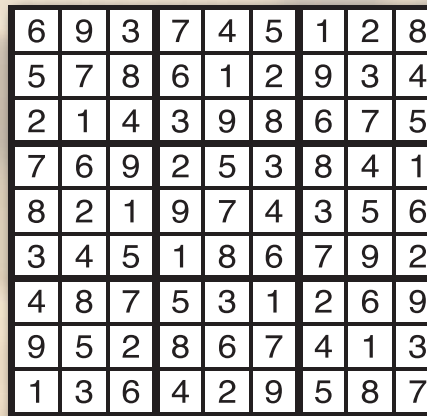


Last Issues' Answers

CROSSWORDS



Sudoku



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- Squash (butternut)
- Sage
- Zucchini
- Garlic
- Peppers
- Lettuce
- Cucumber
- Dry shallots
- Tomatoes
- Mango
- Pears
- Grapefruit
- Bananas
- Kiwis
- 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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