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Laval, Engineering student

**Liliya**  
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Awarded bursary

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## City of Laval Urban Consultation



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# No new hospital in Laval's current plan for the emerging downtown

*Strategy for city's centre is being mapped out for the next 10-20 years*



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

The City of Laval's emerging downtown core will have a linear park, a high-tech industrial component, an urban boulevard, a cultural district, an esplanade and a commercial/retail street, but no new hospital, a city official acknowledged last week during a webcast public consultation on the massive centre city development plan.

Laval's planned downtown core has been partly mapped out and is gradually being developed within an L-shaped quadrant bounded in the north by Autoroute 440, Chomedey Blvd. in the west, de la Concorde Blvd. to the south, and a zigzag border in the east consisting of Le Corbusier and Saint Martin boulevards, along with the north/south Exo commuter railway line.

## A very large area

Some of the existing and more recent developments in the area include Place Bell, the high-rise condo towers that are now going up, the Centropolis shopping district, the Cosmodôme and future Armand-Frappier museum, and the Carrefour Laval interior shopping mall.

A significant physical obstacle that the city's urban planners hope to overcome is Autoroute 15, which cuts the downtown core in two. Their plan is to eventually join the two halves with pedestrian overpasses to effectively make Laval's centre friendlier and more accommodating to walkers.

## A 'vision,' Boyer says

In some preliminary remarks opening the consultation, Deputy Mayor Stéphane Boyer said the city's initial "vision" of the downtown core seeks to modernize it, while also retaining human aspects that reflect the existing and unique characteristics of the districts that converge in Laval's centre.

During a public question period, Stéphane Merizzi, who identified himself as a resident living near the city centre, asked whether the planners had thought to include a hospital in the downtown plan.

"There are many residences for elderly people which are being built there," he noted, while adding that almost certainly more families will also be moving in, and the Laval region will soon be needing a second hospital for its growing population. As it now stands, Laval has only Cité de la Santé in the east, while west end Laval

residents have been clamouring for years to have a second hospital built in their area.

## No hospital planned

"There isn't any hospital planned in the downtown area," replied Perrine Lapierre, a member of the City of Laval's urban planning staff.

"For now, we have no information about that. But there are several projects underway connected to retirement residences that we are looking at. But for the moment, I have nothing specific mapped out that I can tell you about this evening."

Merizzi pointed out that in the not very distant future, Laval will be reaching a population of 500,000, while Montreal is also on the verge of hitting the 2 million mark.

## Hospital needed, says resident

"It seems to be that a second hospital, at least in the downtown, is something that might at least be studied or taken into account in the plans for the city centre – especially with the plans you have to increase the population in that particular sector," Merizzi said.

Last week's consultation wasn't the first Laval has held on future orientations for the downtown area. An earlier consultation, held in December 2020, found, among other things, that some people in Laval want the city centre to have a lot of greenery and foliage, that the presence of cars should be minimized, that

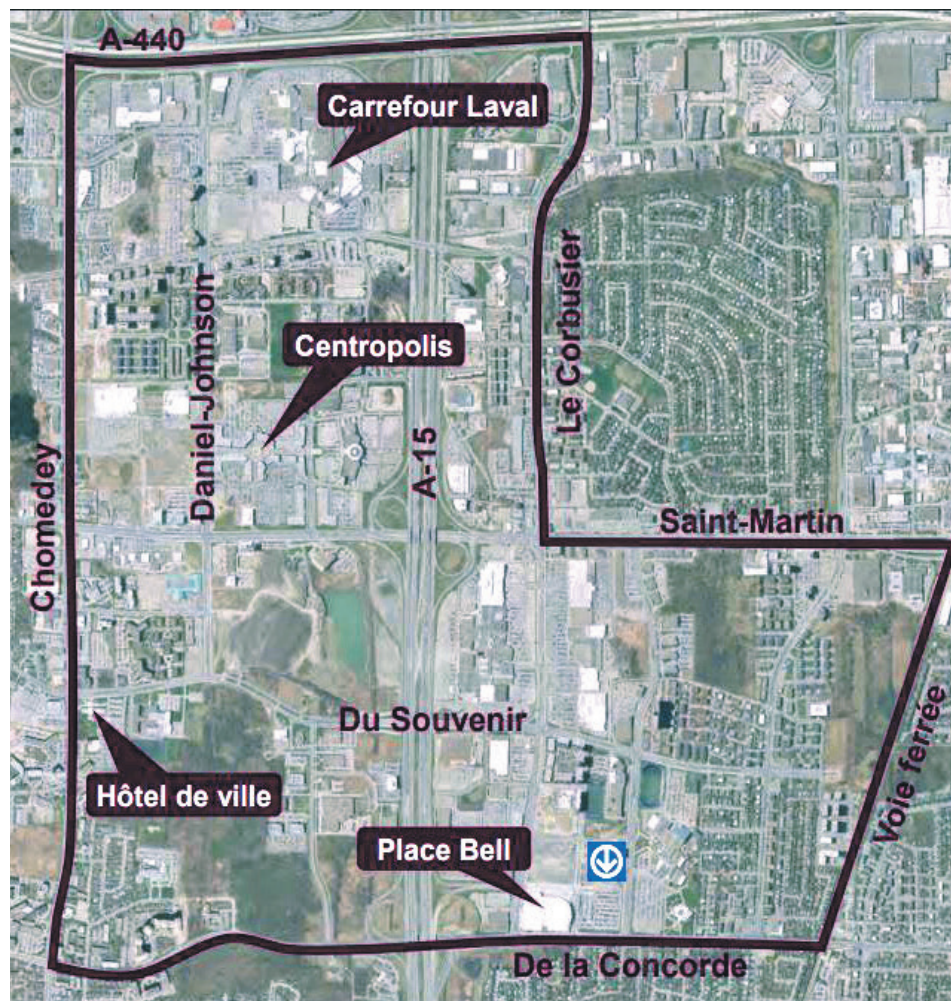
preference should be given to pedestrians and cyclists, and that the area should have an overall ambience that encourages activity at virtually any time of the night or day.

## Ongoing up to 20 years

While some elements of the downtown development would be implemented in the next 5-10 years, others would be introduced over a span of up to 20 years. These would include the possibility of building pedestrian overpasses over Autoroute 15 using extensions westward along Jacques Tetrault St. and Tessier Blvd.

As well, the city's urban planners envision developing a linear park along Souvenir Blvd., and a major redevelopment of Saint Martin Blvd. where it crosses the middle of the downtown core.

The city is accepting written memorandums, containing comments by residents on the downtown development plan, until June 16. Although the city will be taking the comments into consideration over the coming summer, no fixed deadline has been set for the adoption of a comprehensive plan, and the process could conceivably go on for years.



Laval's planned downtown core has been mapped out and is gradually being developed within an L-shaped area.

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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo



### Sovereignty-Association Achieved, Without a Referendum!

This is what Québec separatists have wanted since the beginning. René Lévesque understood that outright separation would be risky, so he opted for a much more palatable phrase that would have a much wider appeal. Something called sovereignty-association. It was a genial marketing ploy by the Premier. Hard core separatism appealed to only 20% of French Quebec at the time, but, the expression "sovereignty-association", don't forget the hyphen, would also appeal to softer leaning separatists called Nationalists, including some Liberal party supporters. The plan was for Québec to operate on its own, in effect, be a nation, separated from Canadian policy and politics, (here's the hyphen), but enjoy the luxury of Canada's currency, its transfer and equalization payments, its army, and more.

It has succeeded with Bill 96, and, without a referendum.

#### You could not dream up this deal!

The elder Pierre Trudeau refused to accept Quebec even as a 'distinct society'. Suddenly his son, Justin, agrees Québec can now rewrite the 154-year-old document signed in 1867 by the Fathers of Confederation, which took years of intense debate. No, our current Prime Minister will not stand in the way, in fact he will take a knee to Québec and allow those changes without the provinces, without debate in the House of Commons, much less the Senate, a supposedly wise group who are supposed to give any new changes or legislation "a sober second thought". Québec could not achieve this through 2 referendums (or is it referenda) but it may have now, through the wisely chosen timing of Premier Francois Legault.

The Québec Premier made his move just prior to a federal election call by a minority government leader, who absolutely needs Québec seats to improve his standings if he is ever to form a majority. Legault knows this, and knows that Justin Trudeau is a neophyte, who has an obsession for Quebec votes and an obsession for power. And at home, Legault is on top of the polls. He is the most popular Premier in Canada right now. (76% - Leger Marketing) No one wants to start a divisive debate with the popular premier. So his timing was perfect, if not brilliant. His choosing of Section 45 of the 1982 Constitution Act to alter the Canadian constitution seems to find agreement with politicians blinded by a hunger for votes.

But not all jurists will agree. You can bet constitutional lawyers will have a plethora of arguments, for and against. For example, what does it mean to give Quebecers "the right to form a nation"? What is a nation?

Is it a sovereign state with its own laws and governance? If so, how can a Quebec nation exist within the nation of Canada?

Québec collects its own taxes, administers its own social programs, receives the largest share of Ottawa's equalization programs (2019-2020) as a 'have-not province'. In general, Québec yearly receives the biggest share of federal transfer funds. Would that be Croix Rouge, as it is across Canada? Mais non, pas au Québec. It's Héma Québec. We are the only NHL team that has a filter on the Habs head coach application. Only French speaking need apply.

It always seems to be the Québec way or the highway, and Quebec wins, all the time. So too with the Constitutional change.

And be careful of that "notwithstanding clause", which threatens to take away decisions from judges, and give them to premiers.

I don't know about you, but I was painfully disappointed when neither of the opposition leaders stood up for our Constitution. (except for Independent MP Jody Wilson-Raybould)

I am not sure any of them, including Trudeau, even read Bill 96 before agreeing to it. That's how obsessed these guys are for votes. The separatist Bloc is a given. And I frankly don't expect much cerebral manoeuvring from the NDP's Jagmeet Singh. But Conservative Erin O'Toole is the one I anticipated would approach this issue more intelligently than with a knee jerk 'yes'. Alas, that did not happen. Unfortunately, much like the rest of Canada, O'Toole does not seem to understand Québec's DNA.

There are 1.1 million Quebecers who speak and want to preserve their English language and heritage. (Almost 100 thousand live in Laval-2016 Census). There are French Quebecers who are bilingual, because they want their children to learn and prosper in the international language of business. There are Quebecers of Arabic, Spanish, Italian, Chinese, Greek, Vietnamese, Russian decent who speak, and want their children to speak and prosper in English, as well as French, as well as in their first language. No, they are not bilingual. They are trilingual Mr. O'Toole (Mr. Trudeau, Mr. Singh). How can they exercise those rights under another nation?

The freedom in our Canadian Constitution, and those who defended it, have made all this possible, so far.

That's What I'm Thinking.

Robert Vairo

robert@newsfirst.ca

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# Letters to the Editor



## Italian Canadians receive official apology from the RT. Hon. Prime Minister Justin Trudeau

The National Congress of Italian Canadians, The Order of Sons and Daughters of Italy and the National Federation of Canadian Italian Business Professional Association have been working tirelessly, for close to 40 years, towards an official and formal apology from the Government of Canada with respect to the treatment of Italian Canadians during the Second World War. Together, these three national organizations represent 1.6 million Italian Canadians.

On June 10th, 1940, over 17,000 families of Italian origin were declared enemy aliens and required to report at least once a week to the RCMP or authorized government reporting centers including men, women, and children. This caused irreparable damage and a grave injustice with many being interned in camps across the country. 6000 were arrested and over 600 were imprisoned; some for up to 3 years, without ever being charged. The entire Italian Community was humiliated by the unjust elements of discrimination and harassment. To this day, descendants of these individuals continue to come forth, for some sort of closure. Acknowledging the historical injustices that

those of Italian origin endured in Canada during this dark time in Canadian history, creates a path towards closure and a final chapter to the endless story of these families. The Internment caused irrevocable harm and hardships not only to the families but to whole communities who suffered ongoing discrimination.

On behalf of the many families and the Italian Canadian communities affected and its respective memberships, the National Congress of Italian Canadians, the Order of Sons and Daughters of Italy, and the National Federation of Canadian Italian Business Professional Associations, graciously accept this formal apology by the Rt. Hon. Prime Minister of Canada and the Government of Canada.

Let us now embark on the task of educating Canadians about these events thereby ensuring that they are never repeated.

**Roberto Colavecchio,**  
président | president  
National Congress of Italian-Canadians

## Never consulted...

Dear editor,

The residents of the following streets in Chomedey, Korman, Webb and Ridgewood were not consulted on a major project from the Ville de Laval which will reduce the overall quality of life. Under the guise of replacing the decades old sewers and water pipes, which we are in full support since they have been doing it to other streets around us, they had another agenda. The other sneaky project is to increase the width of the sidewalks on both sides of the street BUT eliminate completely one side of parking completely.

This will be a nightmare in the winter since where will the citizens push the snow to, with no parking lane ... on to oncoming traffic? Where can you stop to drop off groceries for 5 minutes? This also presents a problem with several handicapped people that require a parking spot in front of their house. This also presents a hazard

for pedestrians walking on a sidewalk (full of cracks to trip on) so close to traffic, without the parking lane buffer should someone take a fall or slip. We really believe that the decision from whomever at Ville de Laval was not well thought out in practice. It appears these 3 streets are the guinea pigs for what will eventually happen to all of Laval.

The quality of life will go down as well as the value of properties on the side of no parking. I stress again, we were NEVER consulted on this part of the operation. The outgoing mayor Demers and his team of engineers do not even want to hear us. Our City councillor for Chomedey, Aglaia Revelakis, is desperately trying to fight for us. We are also looking for a lawyer since this made up in the courts.

-  
**Emmanuel (Manny) Axis**  
Chomedey Resident

## CRTC's Chairman should resign

Dear editor

As the largest independent internet service provider in Quebec, -employing more than 450 people and serving over 130,000 clients for 23 years-, EBOX is calling for CRTC's Chairman resignation.

In a stunning reversal, CRTC has decided to backtrack on their 2019 decision that was lowering internet rates for Canadians. Evidence was found in a 3-year-long process that highlighted rates being inflated by large providers. In a multi-year court process following 2019 decision, the Federal court of appeal concluded that the case brought up by large telecom providers were of dubious merit. However regardless of

what the court of appeal and supreme court of Canada said, CRTC decided to do a 180-degree stunt and rollback on old tariffs essentially selling out Canadians to the big telecoms and throwing competitors under the bus. The CRTC chair and ex-Telus VP have a clear bias towards large telecom providers' facilities-based competition. The appearance of a conflict of interest due to pressure from the major providers, the incompetence, as well as the inefficiency in handling this case are simply too great to be ignored.

**Jean-Philippe Béique BAA, MIS**  
Ebox Chief Executive Officer

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# CITYWATCH

By Martin C. Barry

## City moves to implement First Responder services in Laval

Beginning in 2022, firefighters in Laval will be trained to provide First Responder services for medical situations involving cardio-respiratory arrests or acute allergic reactions, city officials have announced.

According to the city, all firefighters in Laval will receive the training beginning this fall, and the service will become available in stages in conjunction with Urgences-Santé.

The city says that currently around 1,600 calls are received for this type of priority medical service. They say the early intervention of firefighters will allow lives to be saved, since firefighters typically arrive on the scene of incidents within three to six minutes.

"Just months away from retiring, I can confirm that I will be writing this announcement in the book about our greatest successes," Mayor Marc Demers said last week while announcing the new development.

"This is the concretization of a commitment that we made to save the lives of Laval residents. It isn't every day that this can be said."

"The population of Laval will be able to count on more than 280 firefighters certified as First Responders to intervene in situations involving pre-hospital emergencies," said city councillor Sandra Desmeules, an executive-committee member responsible for public safety dossiers. "I thank them sincerely for having accepted to take this step forward to improve safety in Laval."

The role of the PR-1 First Response certified firefighters will be to maintain the stability of victims suffering from cardio-respiratory arrest and anaphylactic shock, until the arrival of paramedics from Urgences-Santé.

"The implementation of this major project changes considerably our ways of intervening, and this transformation took colossal efforts," said Laval Fire Department chief Patrick Taillefer.

"I would like to salute the contributions of all those involved



Photo: (left to right) Mayor Marc Demers, Laval fire chief Patrick Taillefer, Yvan Gendron, president and interim general manager of Urgences-santé, Sandra Desmeules, executive-committee member responsible for public safety. (Photo: Vincent Girard)

since 2014 in the work to build a service based on results and being close to people. Everything is now in place so that the First Responder service can be deployed gradually. More lives will be saved, strengthening the primary mission of the LFD."

Laval becomes the fourth city in Quebec to deploy a First Responder service provided by its firefighters. An agreement between the firefighters and the city was signed at Laval city hall on May 19. The agreement is good for six years, retroactive to 2019.

### 'Plume d'Or' for Laval libraries' digitization efforts

The City of Laval was recently honoured with a Plume d'Or for a digitization program it undertook in its municipal library system. The award was given during the annual Gala for the "Plumes d'excellence," hosted by the Association des communicateurs

municipaux du Québec (ACMQ) on May 27.

Because of the pandemic, the city's library branches doubled up their efforts to convert their programs to 100 per cent digital offerings. Among other things, YouTube was used for conferences, seminars and video capsules made available free of charge.

"With the pandemic, access to leisure activities for families in Laval was an essential need," said Mayor Marc Demers. "This campaign represented our commitment to encourage dialogue with our citizens in order to better understand their vision of the city and better respond to their needs."

"The creativity and originality in this campaign, as well as in the other campaigns which were finalists, allows us to draw the attention of a larger than ever number of people from Laval towards what is going on in our big city, which is beneficial to all," he added.



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# Société de transport de Laval purchases its first all-electric buses

*Transit agency will be buying only electric beginning in 2025*



**MARTIN C. BARRY**  
Local Journalism Initiative Reporter  
For The Laval News  
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Despite the reputation battery-electric motor vehicles have acquired for reduced efficiency in cold weather, elected officials gave assurances last week that such problems have been largely overcome and Quebec's gruelling winters won't impact the performance of the Société de Transport de Laval's growing fleet of electric buses.

Over the coming weeks, the STL expects to deploy the first of 10 new 100 per cent electric buses. They are part of a new generation of electric vehicle technology that optimizes battery performance, while allowing the buses to roll 250 kilometres under normal conditions before recharging becomes necessary.

## The future of transit

The 10 buses, built by New Flyer Industries of Winnipeg MB, were acquired as part of a group purchase – the largest ever in Quebec, according to the STL – through the Association du transport urbain du Québec (ATUQ) in conjunction with the Société de transport de Montréal (STM).

Like many other public transit agencies, the STL believes that electric vehicles are the future of transportation. As such, the company is investing in electric technologies and stands committed to only purchasing electric buses beginning in 2025.

In 2019, the STL began testing Quebec's first slow-charge electric bus, which has a 250 km range, taking one step further toward the goal of electrifying the entire fleet.

## Transmissionless power

The New Flyer 40-foot Xcelsior electric buses are powered by direct-drive (no transmission), seat 32 passengers and are equipped with Thermo King rear-mounted air-conditioning units. Four years from now, the STL plans to open a new garage built especially for its fleet of all-electric buses.

According to the STL, the benefits of electrification include: lower energy costs per kilometre, with an estimated reduction of 40 to 50 per cent; lower maintenance costs, with a reduction of 15 to 20 per cent, because the vehicles have no engine, transmission or exhaust; reduced GHG emissions, with a reduction of 70 to 80 tonnes per bus per year; and improved passenger experience thanks to the quiet electric motor.

## Step in the right direction

"Laval is the first city in Quebec to actually have this type of electric bus," Sainte-Rose MNA Christopher Skeete said in an interview with the Laval News during a launch event at the STL's Cartier intermodal public transit terminal last Friday. "This is a really big deal and good news. I think we're taking a step in the right direction of electrifying all our transports eventually."

He noted that the efficiency of electric buses has been growing exponentially over the past decade. "The evolution of technology is such that in 2012 buses like this took seven hours to charge for 100 kilometres of autonomy," he said. "Now, 13 short years later, we're at 250 kilometres of autonomy with a three-hour charge. So, the technology is moving really fast."

## Winter heating issue

According to Laval city councillor for Saint-François Éric Morasse, who is the STL's president, the heating of battery-electric buses during the



From the left, Vimy MP Annie Koutrakis, Alfred-Pellan MP Angelo Iacono, Sainte-Rose MNA Christopher Skeete, STL president Éric Morasse, Auteuil city councillor Jocelyne Frédéric-Gauthier and Laval deputy mayor Stéphane Boyer are seen here last week with the first of 10 new 100 per cent electric battery buses the Société de transport de Laval is buying to add to its public transit fleet. (Photo: Martin C. Barry, Newsfirst Multimedia)

winter does indeed use up a larger amount of battery energy. But he noted that the new buses come equipped with auxiliary heating systems that will kick in when the temperature drops below minus -5° Celsius.

The new buses are being paid for largely with the assistance of the federal and provincial governments. Ottawa is providing more than \$6 million and Quebec is providing nearly \$5 million. The STL expects to have replaced all its buses with a 100 per cent electric fleet by 2035.

## Makes sense to electrify

"The STL is always very innovative in everything it undertakes, and this marks another first for them," noted city councillor for Auteuil Jocelyne Frédéric-Gauthier.

"Transportation is very important to the federal government and there are multiple reasons why it makes sense to electrify it, including the environment," said Alfred-Pellan MP Angelo Iacono.

"I think this is the future," added Vimy MP Annie Koutrakis. "Everybody's concerned about the environment. So, what a great example Laval is setting for other cities in Quebec to follow their example."

The STL believes repair costs will be significantly lower because electric bus engines aren't as complex as traditional gas-fuelled motors and require far less maintenance.

## Reduced GHG emissions

"In addition to reducing greenhouse gas emissions in Laval, the electric bus allows us to save money, whether in fuel or maintenance costs, and to improve customer experience on board," said Stéphane Boyer, the City of Laval's deputy mayor and executive-committee vice-president.

According to an online encyclopaedia, at least 37 major cities in the U.S. have begun regularly using electric buses (both battery electric and trolley buses). In Canada, the adoption of electric buses appears to be concentrated in Quebec, Ontario and British Columbia.

Globally, the Russian city of Moscow currently leads on the European continent with at least 500 electric buses in its public transportation fleet as of October 2020. (This should not be surprising, since Russia, as a former communist society, always placed greater emphasis in its priorities on public transit rather than on private transportation.)

## Timeline to the electrification of the STL fleet

2012 - Purchased the first 100 per cent electric 40-foot bus in Canada	2019 - Purchased Quebec's first 100 per cent electric slow-charge city bus with 250 km of range
2014 - Purchased hybrid buses only	2021 - Start using the new electric buses
2017 - Announced a project to develop electric buses with range extenders	2024 - Open a new garage for electric buses
2018 - Opened a call for tenders for the purchase of 10 slow-charge electric buses	2025 - Purchase electric buses only
	2035 -
	2040 - 100 per cent electric bus fleet



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# Ottawa throws in additional support for Laval's families

## Region's four MPs say they are making life more affordable for parents

(TLN) The Laval region's four federal Members of Parliament say families have been hit hard by the pandemic and many have had to choose between paying for groceries, rent or their electricity bill.

They note that since the beginning of the pandemic, the federal government has been there for families, notably through the temporary increase of the Canada Child Benefit (CCB).

In the Fall 2020 Economic Statement, according to the four MPs, the government reiterated its commitment to low- and middle-income Canadian families with a supplement to the Canada Child Tax Benefit of up to \$1,200 per child under the age of six. Families who are eligible to receive the CCB in January, April, July or October 2021, and whose net income is \$120,000 or less, will receive a payment for each child under six.

### Those most in need

"Since 2015, the Canada Child Benefit has been making a difference for Laval families by providing more support to those who need it most," say the four MPs from Laval (Annie Koutrakis [Vimy], Fayçal El Khoury [Laval-Les Îles], Angelo Iacono [Alfred-Pellan], and Yves Robillard [Marc-Aurèle-Fortin]).

"With the Early Childhood Supplement, our federal government continues to be there for families with children under the age of six," they say. "The first payments will be issued on May 28, 2021 and will include January and April payments for those who qualify. The other payments will be made on July 30 and October 29, 2021."

Since its implementation, the CCB has supported more than 80,000 Laval children and has helped lift nearly 435,000 children out of poverty across the country.

### Details from Prime Minister

Last week in Ottawa, Prime Minister Justin Trudeau provided details about the government's additional COVID-19 pandemic-relief for families.



**Annie Koutrakis**

**Yves Robillard**

**Fayçal El-Khoury**

**Angelo Iacono**

Under terms of the program, families with a net income of \$120,000 or less will receive up to four tax-free payments of \$300. Families with a net income above \$120,000 will receive up to four tax-free payments of \$150, for a total benefit of up to \$600.

To ensure that more money goes to the families that need it the most, families with net incomes that are too high to be entitled to the CCB will not receive these additional payments.

### Helping parents, says Trudeau

The first and second payments were issued last week, with subsequent payments on July 30 and October 29, 2021. The government says the measure will benefit approximately 1.6 million Canadian families and approximately 2.1 million children under the age of six.

"This immediate investment in our children will help hard-working parents provide for their families by putting more money directly in their pockets. We will continue to make life more affordable for Canadian families, grow the middle class, and build a better country for everyone," Trudeau said.

"Having raised my children as a working mother, I know the challenges that parents face when balancing the well-being of their children with economic necessity," added Diane Lebouthillier, Minister of National Revenue. "The Government of Canada is committed to supporting families with young children as we work together towards recovery and a return to a new normal for all Canadians."

### Tax returns must be filed

Families that already receive the CCB will not need to take any action to receive the payments. However, families do need to file their 2019 and 2020 tax returns to access them. The payments made last week were for each of the first two quarters – January and April – based on the family net income for 2019.

The July and October payments will be based on the family net income for 2020. This may mean that payment amounts differ for some families midway through the year. Families that have not yet filed for either year could still be entitled to receive the CCB and the CCB young child supplement by filing their income taxes as soon as possible.



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# Local engineering student awarded \$5,000 bursary by foundation

## Liliya Boyadjieva hopes to make breakthroughs in health technology



**MARTIN C. BARRY**  
marty@newsfirst.ca

A young Laval woman with aspirations to advance in the traditionally male-dominated domain of electrical engineering is one of five female university undergraduates from across Canada who've been chosen to receive scholarships from the Canadian Engineering Memorial Foundation.

### An ÉTS student

Liliya Boyadjieva, who currently is attending École de technologie supérieure (ÉTS) in Montreal, is a second-year electrical engineering student. She and the others were selected as 2021 CEMF Undergraduate Women in Engineering Scholarship winners, the CEMF says.

They were chosen as the strongest regional ambassadors in their profession, based on their leadership, volunteerism and community involvement. Each award is valued at \$5,000 and comes with extensive networking and promotional opportunities for the recipients.

### Women in engineering

The scholarships are awarded annually to the most promising women in an accredited undergraduate engineering program in Canada.

Since 1990, the CEMF has been promoting engineering as a career choice for young Canadian women through an extensive award and networking program.

While the level of competition is always outstanding, with many strong contenders among the women in engineering, the CEMF says the five women chosen this year stood out as the very best. All of the recipients are actively involved in their communities, volunteer many hours to helping others and are strong role models for the engineering profession.

### Inspired by robotics

Liliya, 23, lives in Laval's Sainte-Dorothée district. She went to high school at École internationale de Laval in Chomedey.

In an interview with the Laval News, she explained how she became interested enough in electrical engineering to pursue a career in the domain. "It was a long road," she said. "When I was in high school, I had the opportunity to participate in robotics competitions and I participated one year. And that sparked an interest for me in robotics.

"When I went into CEGEP at Collège Bois-de-Boulogne, they had a team in competition there. And it was there that I really just fell in love with creating things with my hands, the process of designing something from scratch. That's really when I started to love engineering."

### Interested in health technology

Currently studying at ÉTS for a Bachelor of Electrical Engineering, she hopes eventually to apply her learning and skills towards the development of health and medical technology, a field where robotics are increasingly being used in areas such as surgery.

"I think there's a lot of work to be done in that area, and not a lot of people going into it," she continued, noting that part of her current studies include health technology. While she had previously received awards for her entries in robotics competitions, she said the CEMF scholarship "is the biggest honour I've been given so far. It is indeed a great honour for me."

### Worthy award winners

"It is heartening to see so many qualified and capable applicants," said Julie Lassonde, the CEMF's president.

"Each of these young women are worthy award winners and we look forward to watching them continue to help connect young Canadians, through their passionate volunteerism, with engineering and its vast possibilities as a viable career choice for other young ladies.

"We're delighted to see their infectious enthusiasm for engineering, and are thrilled to be supporting them in their future endeavours."



**Twenty-three-year-old Liliya Boyadjieva of Laval, who is studying for a Bachelor of Electrical Engineering at École de technologie supérieure in Montreal, was recently awarded a \$5,000 scholarship by the Canadian Engineering Memorial Foundation.**

## STL offering \$1 fare on smog days

From June 1 to September 6, whenever Environment Canada issues a smog warning for the Laval region, the Société de transport de Laval (STL) will reduce its fare to \$1 the following day throughout its regular bus and shared taxi network.

The STL hopes that this initiative—which is unique in Canada—will encourage public transit use in Laval and reduce the number of cars on the road, which are responsible for a large part of atmospheric pollution during the summer.

"Once again this year, we are proud to launch our Smog Alert program. Public transit plays a crucial role in fighting climate change, and this initiative reflects our commitment to improving air quality," explains STL Board President Éric Morasse.

The special \$1 fare in effect the day following a smog event is equivalent to a reduction of almost 70% off the regular single fare.

### Watch for smog alerts!

When there is a smog alert, the STL will issue a special bulletin on its website, on its newsletter, social media and on variable message signs operated by the ministère des Transports (MTQ) along the region's main highways, in addition to providing announcements to media outlets.

## STL to provide accessible transportation to disabled women fleeing domestic violence

To mark Quebec Week for Disabled Persons, the Association Lavalloise du Transport Adapté (ALTA) and Société de transport de Laval (STL) are proud to announce a new initiative making it possible for disabled women who are victims of domestic violence to use accessible transit services free of charge, with no registration required. The arrangement, which comes into effect today, is a first in Quebec.

The project began in spring 2019 with the creation of a task force made up of women working for the following organizations: Table de concertation de Laval en condition féminine (TCLCF), Société de Transport de Laval (STL), Regroupement des Organismes pour la Promotion des Personnes Handicapées de Laval (ROPPHL), Lina's Home, Maison le Prélude, Maison l'Esther, and the Association Lavalloise pour le Transport Adapté (ALTA). Evidence shows that 39% of women with functional limitations are likely to experience spousal violence, but they are underrepresented in shelters.

"Domestic violence against disabled women is a serious issue, and given that transportation to shelters has been identified as a barrier, I am very proud that the STL is part of the solution. The initiative provides women and children fleeing domestic violence with an option that is free of

charge, quick and easy to use," says Éric Morasse, Chair of the Board of Directors of the Société de transport de Laval.

"We are proud to work with the City of Laval and support the project as part of the sectoral development agreement to promote gender equality in the region. The Secrétariat à la condition féminine has provided close to \$100,000 in funding over two years to ensure the successful implementation of the project. This is a meaningful initiative developed jointly with a number of regional partners. The new project will enable women with disabilities to get out faster of abusive relationships and find their way to a shelter. Removing barriers for women who need to go seek help is a step in the right direction," says Isabelle Charest, Minister for Education and Minister responsible for the Status of Women.

"The new approach is a community-driven solution to the pressing issue of domestic violence against women with disabilities. The City of Laval is pleased to be the launchpad for this initiative, which is the first of its kind in the province. Quebec's disability awareness week is the perfect opportunity to spread awareness of the many barriers to inclusion and of the serious challenges disabled people are facing in their daily lives, even when they find themselves in abusive situations," says Stéphane Boyer, Deputy Mayor.

The service is easy to use. Women can call any of the three shelters in Laval and the shelter then contacts the STL to book a ride without disclosing the victim's name. Rides can be booked for the same day with a minimum of two hours' notice. The drivers, who have experience working with people with functional limitations, are sensitive to the issue of domestic violence and will respect the women's privacy.

### An awareness campaign led by ALTA

In addition to the initiative, ALTA is distributing awareness materials to better support at-risk women with functional limitations who are fleeing abusive relationships. "It is critical that we address the issue of domestic violence against disabled women. We want to circulate the awareness campaign logo and posters to give a voice to women with disabilities. More information and details will soon be available on the project website. We are proud to continue working on this initiative and other projects over the coming months," says Mara Audet-Leblanc, Chief Executive Officer of ALTA. The website can be accessed at [www.fshlaval.ca](http://www.fshlaval.ca) as of June 15.

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# Cinémas Guzzo theatres reopen, as Quebec relaxes rules for pandemic

## But popcorn and snacks won't be sold in Laval or Montreal until June 7



**MARTIN C. BARRY**  
marty@newsfirst.ca

Following the COVID-19 pandemic shutdown which kept most movie theatres in the province closed since last year, Vincenzo Guzzo, President and CEO of Cinémas Guzzo, has announced the reopening of all Cinémas Guzzo theatres, in accordance with provincial health and safety guidelines.



'I'm confident people will return to cinemas as they are tired of being confined,' says chain owner Vince Guzzo

The owner of the largest independent chain of movie theatres in Quebec, and a "Dragon" on CBC Television's entrepreneurially-focused show Dragons's Den, says moviegoers will finally be able to enjoy the complete experience Cinémas Guzzo offers its guests in all nine of its locations throughout the province.

### End of confinement

Mega-Plex Marché Central 18 (IMAX,) Mega-Plex Taschereau 18 (IMAX,) Mega-Plex Lacordaire 16, Mega-Plex Pont-Viau 16 (IMAX,) Mega-Plex Lacordaire 16, Mega-Plex Terrebonne 14 (IMAX,) Mega-Plex Jacques-Cartier 15, Mega-Plex Deux Montagnes 14 (IMAX,) and Cinéma Guzzo des Sources (IMAX) will once again greet movie goers with feature films.

Additionally, according to Guzzo, later this summer the ever-popular movie theatre chain's new state-of-the-art Mega-Plex Saint-Jean 12 will be inaugurated on Montreal's South Shore.

"I'm confident people will return to cinemas as they are tired of being confined mainly to their homes and they crave that special moviegoing experience," Guzzo said in a statement. "There is simply nothing like seeing a good movie on a big screen.

### Long-awaited reopening

"We've been closed since late September of last year and from the overwhelming feedback we've received, it's clear that our loyal customers are

anxiously awaiting our reopening and it will be an honour to welcome them back," he added.

"I'm also excited to announce that our tenth theatre will soon open in the community of Saint-Jean-sur-Richelieu and it will feature Giulietta Pizzeria," Guzzo said.

Following official health and safety measures, each Cinémas Guzzo auditorium will be allowed a maximum of two hundred and fifty guests, while maintaining the required physical distancing. Furthermore, government-approved air filtration systems and disinfection protocols will be in place.

### Some restrictions 'til June 7

Guzzo wasn't waiting for Laval or Montreal to become Orange pandemic zones to reopen his theatres. Although the government decreed a general relaxation of the curfew beginning on May 28, Laval and Montreal still remain under some Red zone restrictions, such as the sale of popcorn and other snacks in theatres, until June 7.

"I am a little disappointed because I was hoping to reopen my food counters at the same time as my theatres, beginning on May 28," he told a Montreal daily last week. "But I understand the situation and I can live with it."

However, Montreal's South Shore, as well as the Laurentian and Lanaudière regions, entered Orange zone status beginning on May 31, meaning that Cinémas Guzzo was able to reopen the

snack concessions at its theatres there.

### Waited until now

Since February, only theatres in Orange and Yellow zones have had the right to sell snacks to customers. It was for that reason that Cinémas Guzzo had decided in February not to reopen its theatres, since the loss of revenue from the food concessions made reopening before then impractical.

Vince Guzzo is widely regarded as a seasoned entrepreneur, with a diverse portfolio of businesses that includes his multi-theatre chain, restaurants, a construction company, an e-commerce gourmet food platform, and a personal fashion brand called "Mr. Sunshine."

### A true 'Dragon'

In addition to these business successes, in 2007 he and his wife, Maria, established the Guzzo Foundation to centralize their philanthropic endeavours, through which they have raised millions of dollars to support medical research aimed at the prevention of cancer and the support of mental health initiatives.

As well, his role as a "Dragon" on CBC's wildly popular and internationally syndicated Dragons's Den program has provided Vince Guzzo with a platform to share his personal insights on entrepreneurialism, while giving entrepreneurial guidance to people around the world.

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# Action Laval recruits 'Jacynthe' to run in Laval's Vimont district

Retired singer is being billed as opposition party's 'star' candidate



**MARTIN C. BARRY**  
marty@newsfirst.ca

For decades now, Quebec's television viewers and music-buying public have purchased her records and watched her on reality TV.

However, voters in Laval's Vimont district will decide in November whether Jacynthe Millette-Bilodeau – better known professionally simply as Jacynthe – also scores a Top 10 with them when they go to the polls during the city's municipal elections.

The Action Laval party announced last week that Jacynthe Millette-Bilodeau would be the party's "star" candidate in the Nov. 7 vote.

## Galati connection

Incumbent Action Laval city councillor for St-Vincent-de-Paul Paolo Galati, who built a career as a showbiz agent prior to entering politics, is credited for having used his connections to recruit her as a city council candidate for the party.

The 41-year-old native of Quebec City has recorded five albums since 1996, when she launched her career while still in her teens. She had two Top 10 hits with Seize the Day and Look Who's Crying Now, a series of No. 1 hits on Quebec radio stations, and a significant base of fans in Japan.

## Works as an ESL teacher

In 2004, she was part of the cast of the French-language reality TV series La Vie Rurale,



**Jacynthe Millette-Bilodeau, seen here during a press conference last week**  
(Photo: Martin C. Barry, Newsfirst Multimedia)

which was produced by Quebec vocalist and businesswoman Anne-Marie Losique. In more recent years, she's been a teacher of English as a Second Language (ESL) at École du Bois-Joli in Duvernay/Laval.

"During my career as an entertainer, I always tried to establish a close connection with people and to give back by participating in telethons while working with a number of foundations," she said during a press conference. "Now, as a teacher and as a mom, I continue to be involved as a parent and a volunteer."



by Maria Diamantis



**DID YOU KNOW?**  
The modern chicken is a descendant of red junglefowl hybrids along with the grey junglefowl first raised thousands of years ago in the northern parts of the Indian subcontinent. The United Nations estimates there to be 19 billion chickens on Earth today, making them outnumber humans more than two to one.

## A classic roast chicken dinner

**Roast Chicken and Vegetables** is a classic Sunday family dinner (or any other day) recipe. We roast chicken in the oven over a bed of carrots, onions, and potatoes for an entire meal in one dish. I use any chicken seasoning and roast until the skin is crispy and the chicken is juicy.

Roast chicken is chicken prepared as food by roasting in a home kitchen. Roast chicken is a dish that appears in a wide variety of cuisines worldwide. Being of Greek descendant, my mother would make this dish quite often, mostly using the Greek traditional lemon olive oil oregano and plenty of garlic seasoning. This recipe is a classic but you can use the Greek style.



# Senior Wellness Center

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## A Classic Roast Chicken Dinner

Simple steps and VOILA!!

1. Wash and chop the vegetables
2. Tie the legs together using a piece of cooking string, then tuck the wings under the breasts.
3. Brush the chicken with olive oil and sprinkle with seasoning, and place it on top of the vegetables.
4. Roast the chicken until it reaches a temperature of 165°F.

The Trick to roasting any meat such as chicken, roast beef etc. is to preheat the oven on a high temperature then turning it down. This seals the juices in, think the method you use when browning beef cubes before you make a stew.

Also have in mind, a 4lb chicken usually takes around 1 hour and 15 minutes to 1 and a half hours.

Start with 12 minutes at 450°F and then you'll need an additional 20 minutes per pound. A meat thermometer inserted in the thigh (not touching the bone) should read 165°F.

Make sure to let the chicken rest like any other meat before slicing. This way the juices can remain in the meat.

Are use a dark roasting pan, and you can roast the chicken with the lid covered for the whole duration of roasting. The dark lid ensures a crispy chicken. I recommend to

removing the lid half hour before the roasting is complete to ensure more crispiness to the chicken and vegetables.

### Ingredients

- 1 chicken 3-4 pounds
- 3-4 cups chopped various vegetables such as carrots, potatoes, onions, zucchini and fennel root
- 4 tablespoons olive oil
- ½ teaspoon Italian seasoning or 1 tablespoon fresh chopped herbs, chicken seasoning

### Instructions

- Preheat oven to 450°F.
- Wash and chop vegetables. Drizzle with 2 tablespoons olive oil, salt and pepper and ½ teaspoon Italian seasoning Place in the bottom of a dark coloured roasting pan or any other shallow pan (9x13). If there's no lid, create a tent of aluminum foil and place over the whole pan if needed.
- Rub outside of chicken with remaining 2 tablespoons of olive oil. Season with chicken seasoning or rub.
- Place the chicken breast side up on the vegetables. Place the pan in the oven. Cook 12 minutes at 450°F.
- Turn oven down to 350°F and bake until the inner thigh reaches 165°F (A 4-pound chicken will need an additional 75-80 minutes).
- Remove the chicken from the oven and allow to rest 15 minutes before carving.





## Neighbour plows into Chomedey home's front window... again



For the second time in less than three years, a family living on Eiffel Ave. in Chomedey found themselves having to pick up the shattered pieces of their home's front window after a neighbour accidentally drove her car partly through it after backing out of her driveway.

A video of the incident last weekend, posted on Tik Tok, shows the aftermath of the incident: the woman who was driving the car was assisted as she got out, while the car itself remained partly lodged inside the home's living room.

According to the Journal de Québec which reported the incident, no one was injured inside the damaged home.

However, the owner told the Journal that it was the second time in the past 2-3 years that the woman driving the car had driven accidentally into their living room.

## LPD seeks victims of arrested child porn suspect



The Laval Police Department says it arrested 34-year-old Carlos-Rodrigo Perez-Martinez and charged him with extortion, possession of child pornography, criminal harassment, luring with a computer and distributing sexual images without the subject's consent.

The LPD says that during the summer of 2020, the suspect allegedly contacted the victim, who is a minor, while using Instagram, under the pseudonym Paranoid mexicain 2020.

The police allege that after establishing a bond of confidence with the victim, he took pictures of her. They also allege he demanded more pictures of her, threatening to post the picture he already had of her if she didn't comply.

The LPD says they have reason to believe that Carlos-Rodrigo Perez-Martinez may have had other victims and they would like to question them.

The suspect was arrested last February and was released with conditions to observe until his court date. He is due back in court on Aug. 4.

### Info-Line

Anyone who feels they have useful information can contact the LPD through their Info-Line at 450 662 INFO (4636), or by calling 911. The file number is LVL 200925-038.

## Laval woman jailed after embezzling at least \$127,000 from mom with Alzheimer's

A 64-year-old woman from Laval found guilty of misappropriating at least \$127,000 from her mother who was suffering from Alzheimer's disease was sentenced to two years imprisonment

on May 25 at the Laval courthouse.

Lynda Patricia Morinville was found guilty in April of embezzling the sum between 2010 and 2013 from her mother, Carmen Buckley.

According to evidence entered into the record during the trial, Morinville purchased a truck and a trailer for vacationing with the misappropriated amounts.

Quebec Court Judge Marc-André Dagenais ruled that through her actions, Morinville had deprived her mother of healthcare, while the mother's condition deteriorated.

He also stated that she had probably misappropriated additional amounts.

In a separate civil lawsuit filed by her brother, Morinville has been ordered to reimburse the mother's estate \$268,155, including \$40,000 in damages and interest.

Neighbour plows into Chomedey home's front window... again  
For the second time in less than three years, a family living on Eiffel Ave. in Chomedey found themselves having to pick up the shattered pieces of their home's front window after a neighbour accidentally drove her car partly through it while backing out of her driveway.

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According to the Journal de Québec which reported the incident, no one was injured inside the damaged home.

However, the owner told the Journal that it was the second time in the past 2-3 years that the woman driving the car had driven accidentally into their living room.

## Two high-end vehicles torched in Chomedey and Ste-Dorothée

The Laval Police Department is investigating fires that destroyed pricey cars last week in Chomedey and Sainte-Dorothée.

The first incident, around 11:30 pm, was on Devonshire St. in Chomedey. A witness contacted 9-1-1 to report hearing an explosion, after which the vehicle, parked on the street, was consumed in flames.

A few hours later, another expensive car parked on des Roseaux St. in Sainte-Dorothée was also destroyed by fire. Again, a witness called 9-1-1 after hearing an explosion followed by intense fire.

Although the LPD do not believe the two incidents are related, they have opened an investigation all the same.

## Car chase with stolen vehicle in Laval ends in Montreal

Two people driving a stolen vehicle led the officers of the Service de police de Laval (SPL) in a chase that finally ended in the borough of Ahuntsic-Cartierville, in Montreal, on Sunday evening.

The theft of the Subaru brand vehicle, in the Saint-Vincent-de-Paul sector, was reported to the police a few hours earlier. He had been seen in the neighborhood originally, but the driver had greatly accelerated and was difficult to catch up, according to Lieutenant Jean-François Gignac, of the SPL.

It was finally at the intersection of Boulevard Henri-Bourassa and Rue Saint-Hubert that the vehicle was abandoned, in very poor condition, after it lost control. The two suspects fled, and after police raided the area, one of them, a man in his twenties, was found and arrested.

The investigation is still ongoing to find the other fugitive.



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# DIRECT? ANSWERS

From Wayne & Tamara

## Low Standards

**Q** *My boyfriend of nine years and his two kids moved miles away today. He left because I asked him to. But now that he is gone, I feel lonely and confused.*

*I want to live my life not having to explain to anyone what I do every minute of the day. I am getting what I asked for, yet I feel bad. I wonder if I'm scared because I worry about making it on my own financially.*

*I don't want to answer to anyone anymore. I'm an adult. I shouldn't have to ask to visit my friends. I shouldn't have to ask to visit my family. But yet I think he is a nice guy because he is not physically abusive.*

*But he can't be all that good because he is so controlling.*

*I love him and care for him, but I am not in love with him. Is there such a thing, for me to feel this way? When we are together, I don't want to be affectionate in any way and have no desire. So I thought to let him go. But I hate seeing him in pain and knowing I am the one causing all his hurt.*

*I think that is why I feel so depressed right now.*

*He left in hopes to come back in a few weeks, but I don't think I want that. I've felt this way for three years, and I am barely realizing that I can't always be responsible for the way he feels. Not anymore. Please tell me what you think.*

**Taylor**

**A** Taylor, a saltine cracker looks different to a starving woman than it does to a woman who is not starving

In the same way, people starving in relationships find odd things to be grateful for. You are grateful your boyfriend is not physically abusive, as if that is a positive

aspect of his character. But when most people think of character, they think of things like honesty, loyalty, and compassion.

No statement in your letter shows a genuine connection to him. You're tempted to call it love because you have to call the last nine years something, but the only thing you miss about him is the money.

If you feel trapped with him because of money, he's not the answer. Money is. If you stay together, the wheel will come full circle and you will be back where you started—once again asking him to leave.

You ended a nine-year relationship. Of course there is some emotional residue. People are sad when relationships fail, even bad relationships. But now you have the chance for something new to begin.

Be the adult you say you are. Go to family and friends. In the next few weeks, enlist the help of people who care about you. Find a solution, because once the financial issue is solved, there will be no reason to look back.

People who are givers have a hard time saying no. When they are forced to say it, they feel bad. They think the pain of others is more important than their own pain.

What you feel is what givers feel, and like all givers, you have a hard time telling anyone what you need or want. Perhaps that's how he captured you, but there is no reason to place his feelings above your own.

You did the first hard step. When you stand on your own two feet, your options will be vast. But for now you need the support of your family and friends. Don't stay with him and make him feel better by making yourself feel worse.

He's a saltine cracker. His only appeal is to a woman who is starving.

**Wayne & Tamara**

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



# A beautiful yard

THIS WEEK'S TIP

**5** strategies to ward off squirrels

**Squirrels are agile creatures that like to snack on seeds and dig up flower bulbs.**

**This can make them quite a nuisance for gardeners. If you want to keep the squirrels in your area at bay, here are five tricks to try.**

- 1. Plant** bulbs at least 15 centimetres deep, and opt for species that squirrels tend to avoid such as daffodils, hyacinths and fritillaries.
- 2. Cover** your flower beds with chicken wire. This metal mesh will keep unwanted critters at bay without disrupting the germination of your seeds.
- 3. After planting**, cover the soil with blood meal or chicken manure fertilizer. The odour repels squirrels and helps mask the smell of bulbs.
- 4. Grow** aromatic plants that repel squirrels such as onion, garlic and herbs. Scented geraniums (*pelargoniums*) and certain other fragrant flowers will also do the trick.
- 5. If you have a cat or dog**, let it roam near your garden. Your pet's presence, as well as the fur and scent it leaves behind, will serve as a deterrent.

**Good luck!**





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## REVENUE DEVELOPMENT AND GRANT WRITING OFFICER

The Quebec Community Newspapers Association (QCNA/AJRQ) is seeking a mid-career **Revenue Development Officer** to manage and support the English-language community media of Quebec with grant application support, as well as sourcing novel revenue generating models that will help sustain the minority language community media in Quebec. We are seeking a professional with a successful track record in grant writing for Federal and/or Provincial grants. Bilingualism is essential.

### WHO IS QCNA?

Since 1980, The Quebec Community Newspapers Association is dedicated to the professional and economic development of English community newspapers and their enterprises serving minority communities in Quebec. Recognized as the official representative of Quebec's official language community newspapers by the federal and provincial governments, the public, and by the vast majority of Quebec's community press whether independent, corporate, or not for profit, the QCNA is as unique as the members it serves.

### Duties would include:

- Developing the capacity of English community media in Quebec (newspapers both print and online, and radios) to fully benefit from funding initiatives from all levels of government.
- Perform a continuous watch of all programs and funding opportunities for community media and relay ongoing information to targeted newspapers and radios.
- Provide targeted support and training to English community media representatives towards successful grant proposal writing and relevant project planning.
- Build a database of vetted external consultants and experts in various fields to support OL community media.
- Perform a survey to identify the needs of English community media and develop an action plan.
- Develop an online communication tool to disseminate information.
- Deliver training sessions and give one-on-one support to targeted media.
- Perform extensive research and maintain an up-to-date inventory of all potential funding opportunities for minority-language community media in Quebec.
- Support QCNA with annual core program funding, grant writing and reporting.
- Research novel revenue-generating models that will help sustain the sector (from marketing and advertising, to contests and events, and beyond.)

## PROGRAM AND EVENTS COORDINATOR

The Quebec Community Newspapers Association (QCNA/AJRQ) is seeking a **Program and Events Coordinator** to coordinate the Local Journalism Initiative Program and various QCNA events such as the Annual General Meeting and the Better Newspapers Contest. Other day-to-day office duties are also required.

### Duties would include:

- Overseeing the Local Journalism Initiative Program
- Creating and developing project documentation in accordance with the project's documentation standards
- Helping journalists and recipients navigate the Portal access, including the reporting process
- Complete all reporting with appropriate documentation to be approved by GM
- Manage Google Drive data storage and update QCNA Website
- Coordinate with judges and contestants for the Better Newspaper Contest
- Improve the operations of the Better Newspaper Contest
- Coordinate the Annual General Meeting including webinars and guests
- Assist in event preparation
- Answer phone and email enquiries and help with other office duties as needed

We are looking for someone who is self-motivated and self-disciplined, has excellent communication skills, can work independently but is team-oriented, and is dedicated to contributing to the growth of the English language community media sector in Quebec. Preference will be made to those who are bilingual and have a track record in applying for government grants.

The QCNA office is located in Gatineau, Quebec.

Please submit a cover letter and resume to: [info@qcna.qc.ca](mailto:info@qcna.qc.ca)

# Deadline: WEDNESDAY before publication at 1 p.m. Classifieds

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# In Memoriam & Obituaries



## Have you prearranged your funeral?

While it's true that thinking about prearranged funerals isn't the happiest of jobs, it's certainly an essential one. Not only does it enable you to discuss your wishes with your family, but you also find out if your plans meet their needs and expectations. Just remember that when the time comes, they'll need some kind of ceremony to help them begin the grieving process.

A funeral organized at the last minute (the type of service, how much it should cost, etc.) can become a source of conflict for bereaved family members at a time when they need to rely on each other more than ever. By prearranging your funeral service, (called a "pre-planned funeral"), you save your loved ones from having to make those tough decisions at a difficult time.

You also give yourself peace of mind, since you're making sure your wishes are respected and that the ceremony is personalized. However, try not to leave overly detailed instructions;

give some leeway to your loved ones so they have the possibility of getting involved in the organization of the funeral and expressing their feelings.

Do you believe that a prearranged funeral is unnecessary because your wishes are already set out in your will? Don't forget that a will is often read after the funeral. That means your family may not be in a position to receive your instructions about the ceremony before it takes place.

It's important that you prearrange your funeral services, not just for you but for your loved ones as well. Maybe now is a good time to think about it.



**COMTOIS, Cécile**  
1945 - 2021

It is with sadness that we announce the death of Mrs. Cécile Comtois, on May 19, 2021, at the age of 75 years. She was the wife of the late Mr. Jocelyn Myre. She is survived by her daughters Isabelle (Jean-Pierre) and Stéphanie (Martin), her grandchildren Marie-Pier, Marc-Olivier, William and Marie-Michèle, her brothers and sisters France, Armande, Lise, Mario (Lisette) and Réjean (Anne-Marie) as well as several relatives and friends.



**BILODEAU, Donat**  
1945 - 2021

It is with sadness that we announce the death of Mr. Donat Bilodeau, on May 21, 2021, at the age of 75 years. He was the husband of Madame Louise Delisle. Besides his wife, he is survived by his children Caroline (Frédéric), Valérie (Mathieu), Jean-Sébastien (Jo-Annie), his grandchildren Mathilde, Emma-Raphaëlle, Xavier, Antoine and Victor and his mother Anne, her sisters and brothers, sisters-in-law and brothers-in-law as well as several relatives and friends.



**YOUNAN, JAMAL**  
1937 - 2021

In Laval, on Tuesday May 25, 2021 passed away, at the age of 84, JAMAL YOUNAN. She is survived by her children Dani, Pierre and Charles husband of Éliane Akl; his grandchildren; his brothers and sisters; his nephews and nieces as well as many other relatives and friends in Canada and Lebanon.



**MAILLÉ, GASTON**  
1933 - 2021

We regret to learn of the death of Gaston Maillé, which occurred at Cité-de-la-Santé in Laval, on May 23, 2021 at the age of 87. He is survived by his wife Mrs. Denise Morin, his children, Claude-Andrée (Yvan), Linda (Vic), Daniel (Lisa), Marie-France (Martial), his 11 grandchildren and his 12 great-grandchildren. children, as well as several parents and Friends

Contact us today to place an obituary or in memoriam in our next issue  
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# HOROSCOPE

Week of **JUNE 6 TO 12, 2021**

The luckiest signs this week:  
**CANCER, LEO AND VIRGO**



## ARIES

You'll keep certain feelings to yourself, but sometimes talking things out can be very liberating. This is how you'll manage to ease your anxiety and improve your well-being.



## TAURUS

Double check your invoices. You might notice a big mistake that will help you save money later on or even allow you to negotiate better services in the future.



## GEMINI

Even if you have plenty of ideas and solutions in mind, you won't be able to satisfy everyone. There will be times when you simply have to make a decision to keep things moving forward.



## CANCER

You'll need a second cup of coffee on a few occasions this week to help you remain focused and complete your to-do list. Confusion will be a recurring feeling.



## LEO

You'll be feeling a lot of stress this week. All the more reason to unwind with a trip to the spa or your massage therapist. Bring a loved one along and just relax.



## VIRGO

You'll be in charge of an important meeting at work. It'll be a huge success, and you'll demonstrate skills that put you in the running for a promotion and a salary increase.



## LIBRA

The summer holidays are almost here, at least for your young children. This will allow you to slow down, shake off certain responsibilities and enjoy the present moment.



## SCORPIO

You'll spend more time than expected financing a project that's dear to you. A conflict could arise between you and your significant other regarding your relationship.



## SAGITTARIUS

Thanks to your negotiation skills, you'll sign some very satisfying agreements with new clients. Salespeople will dread negotiating with you, as you give them very little leeway.



## CAPRICORN

You'll be working a lot of overtime, which will help you save up for your next vacation, despite the extra pressure it puts on you at work.



## AQUARIUS

You'll be making some important decisions about your career and your health. Adopting lifestyle habits more in line with your goals will produce fairly quick results.



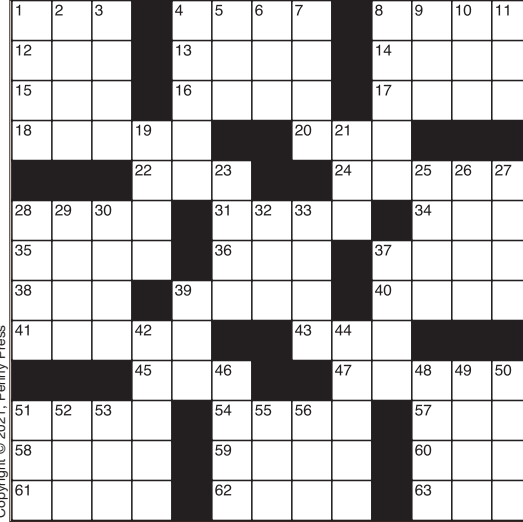
## PISCES

A family member will make you proud. One of your children may take their first steps or achieve something at school. An upcooming move will be a source of stress.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1009



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## ACROSS

- What it takes to tango
- Prepare for an exam
- Conform
- Concealed
- Not well-done
- Spur
- "Night \_\_\_ Day"
- Printing fluids
- Pranks
- Quizzes
- Volcanic residue
- Increases
- Tingly
- Doorway side
- Over
- Shade of color
- Clarinet's cousin
- Card-game cry
- Opposite of short
- High peak
- Release the pressure on
- Enfold
- Poor
- Descend Mt. Snow

## DOWN

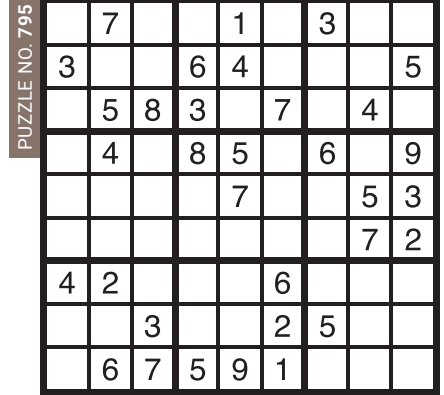
- "\_\_\_ Old Black Magic"
- Chablis or Chardonnay, e.g.
- Not evens
- Brittle
- Sought office
- Noah's ship
- Flat-topped formation
- Should
- Women's undergarment
- Easter edible
- Word of approval
- Duct
- Small swallow
- Tale
- Scorch
- Maui dance
- Canine's cry
- Actress Collins
- Skilled
- Sulk
- "\_\_\_ the season . . ."
- Singles
- Identical sibling
- Drops or chart
- Lived
- \_\_\_ up (tense)
- Periods
- Facts
- Fleecy females
- Below-average grades
- Remark further
- Guiding suggestion
- Catch
- Anger
- Kauai keepsake

# Sudoku

## HOW TO PLAY:

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

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

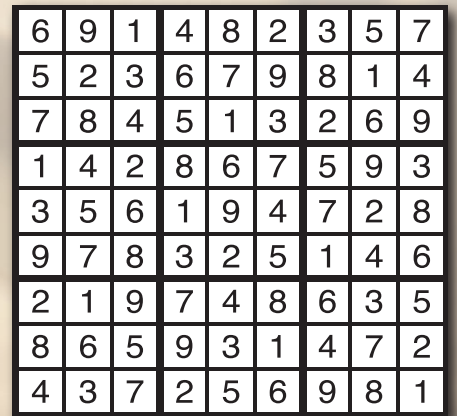


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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## THIS WEEK'S BASKET:

- Cherries
- Spinach
- Cauliflower
- Blueberries
- Peaches
- Potatoes
- Celery
- Zucchini
- Green Onions
- Oranges
- Corn
- Lettuce
- Cucumber
- Bananas
- Limes
- Mystery item

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