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On Monday August 23rd the U.S. Drug Administration, the FDA fully approved the Pfizer/BioNTech alliance's vaccine for people 16 years of age and older. This official approval should help strengthen the vaccination efforts in the US and elsewhere.

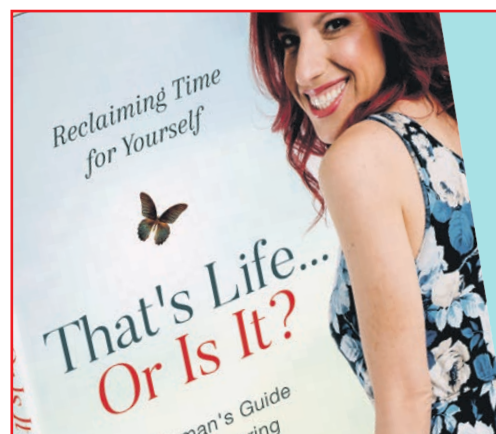
A reminder that Pfizer's vaccine had been granted emergency approval since December. It continues to be available to children and teens between the age of 12 and 15 under this conditional approval, the FDA said.

Furthermore the production process of the vaccine had also been verified, through official factory visits.

**Pfizer's Covid Vaccine  
officially  
approved  
by US FDA**

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# Laval is hoping Moderna will build a facility at Cité de la Biotech

U.S.-based vaccine maker has benefited hugely from the COVID-19 pandemic



**MARTIN C. BARRY**  
Local Journalism Initiative Reporter  
For The Laval News  
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With one of its most prized pieces of industrial parkland primed and ready to welcome major players from the domain of scientific technology and research, the City of Laval is making no secret of the fact it is inviting one of the world's largest Covid vaccine manufacturers to set up operations in the Cité de la Biotech.

In a statement issued by Mayor Marc Demers' office last week, the administration calls on Moderna to choose Laval and the Cité de la Biotech for an expansion the multinational company says it wants to make somewhere in Canada.

"As a leader in the domain of biotechnologies, Laval's economic community quickly contacted management at the company in order to let them know all the facts about the Cité de la Biotech, the qualified workforce and the strength of the economy in Laval," the mayor's office said in its statement.

## Laval's the place, says Boyer

Deputy Mayor Stéphane Boyer was more direct. "Laval has everything it takes to accommodate such an investment," he said, maintaining that the city has a base of highly qualified workers, an already-established international clientele at Cité de la Biotech, high-quality available industrial space, and a diversified economy guaranteeing

stability during potentially turbulent times. Caroline De Guire, president and CEO of the Chambre de commerce et d'industrie de Laval (CCILaval), is also sold on the idea that Laval has what it takes to welcome virtually any company that might wish to set up operations in Laval – including Moderna.

"Bolstered by around 12,000 enterprises, retailers and industries, the Laval business community has all the requirements in terms of diversity in its qualified workforce, as well as complementarity in its economic sectors and projects for sustainable mobility," De Guire said.

## Laval is courting Moderna

The CCIL says that key sectors of the city's industrial parklands, such as the Cité de la Biotech, will have a key role to play in the process for jump-starting the economy once the post-Covid recovery gets underway.

"Laval places a high value on the research and innovation taking place in this sector and has a highly resilient, inclusive and dynamic business community, conferring on the city a very attractive and competitive cachet," added De Guire. "We would be honoured to welcome Moderna into our business community and contribute to its arrival in Quebec."

"With the arrival of Moderna in the Cité de la Biotech in Laval, the company would be able to rely on a logistical chain specialized in life-sciences as well as expertise in infectious diseases and bio-manufacturing with the presence of the INRS biotechnology campus of the Armand

*"Laval has everything it takes to accommodate such an investment,"*

Frappier Institute," said Perry Niro, executive-director of the Centre québécois d'innovation en biotechnologie (CQIB).

## Moderna's fast rise

"Moderna will also be able to count on innovations from a new generation of entrepreneurs supported by our incubator," he added, referring to the CQIB, which leases out research and development facilities, while helping guide the way towards subsidized support for entrepreneurs launching startup biotech ventures.

Headquartered in Cambridge Mass. USA, Moderna was regarded in recent years as little more than a biotech startup. That is until the COVID-19 pandemic struck in early 2020. Moderna has come a long way in a short time, compared to other global pharma and biotech

companies whose fortunes have also been buoyed by the pandemic.

But while other companies involved in the development of Covid vaccines (Pfizer, Astra-Zeneca) have at least some history behind them and a degree of diversification, Moderna was founded just 11 years ago and focuses exclusively on producing vaccines based on a proprietary messenger RNA (mRNA) process.

## Future in Canada

As well, Moderna's only commercially-successful product to date has been its COVID-19 vaccine, although it is said to have as many as two dozen vaccine candidates for other health issues including influenza and AIDS.

In terms of its Canadian expansion plans, the company announced on Aug. 10 that it has signed a non-binding pre-contract memorandum of understanding with the federal government to build a state-of-the-art mRNA vaccine manufacturing facility in Canada.

This understanding with the federal government would presumably be a precursor for Ottawa to eventually provide significant subsidies to Moderna as an incentive for its establishing a production facility on Canadian soil.

Although details are scant, the idea is that Moderna Canada would use a Canadian site to supply this country with direct access to rapid pandemic response capabilities, including the company's current version of a two-dose COVID-19 vaccine, according to a statement issued by Moderna.

## LAVAL: GREENER THAN EVER

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Investment of over **\$ 50 million** for the acquisition of natural habitats

Launch of **organic waste collection** in Laval

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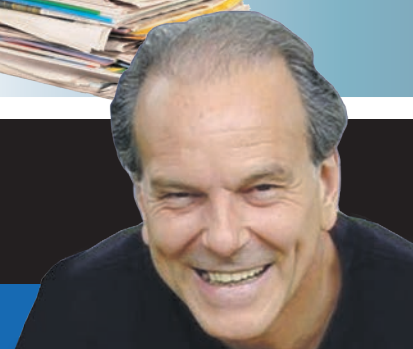
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# OPINION & Editorial



## THAT'S WHAT I'M THINKING

Robert Vairo

## An election win by inches, not yards.

I'm not sure why we are having a federal election at this time. Isn't it a four-year mandate? And is this only two years since the October 2019 campaign? We know what the ruling liberals are all about. A left wing, woke, millennial political party, that would continue that political route, if re-elected. The Liberals needed the support of at least one other party to pass legislation and they have been getting it, making a deal here and there, surviving in their minority government role. It was either a deal with the Bloc for debate closure on Bill C-10, the government's controversial plan to bring streaming giants such as Netflix under Canada's existing broadcasting rule, or the NDP for Bill C2. That was a confidence vote where the ruling liberals could have fallen but Jagmeet Singh shook Trudeau's hand, and a deal was made to assure a two-week sick leave for Canadians. There are many more examples of deals between parties. The point is, this government was working. There is a lot to be said about minority governments. Canadians benefit for the most part. So why an election after 23 months, and not the traditional 48?

Thankfully the campaign lasts 36 days, nowhere near the year long affair that goes on with the Americans every four years. The Trudeau liberals no doubt decided on the shortest campaign allowed under federal law, 36 short days, because the polls show them ahead, and with just over month, you would think that would mean less time for other parties to present their platforms, and less time to allow Canadians to change their minds and reverse the polls.

Well timed for the election is the compulsory vaccination of federal employees including travellers by air, plane or train in Canada. (The Conservatives leave the option for mandatory daily tests to the unvaccinated.) That decision pleases 80% of Canadians (Ipsos-Global pollster). In fact, Canadians are angry at those who are not jabbed. And with reason. The unvaccinated are mostly responsible for spreading the virus and creating variants, flooding the emergency rooms and occupying hospital beds, and weighing heavily on an overworked community of health care workers, grappling with mental health issues.

The bottom line for the liberals, and the academics who teach political science seem to agree, when the polls show a minority government with an opportunity for a majority, it usually means a visit to the Governor General's office. And it did.

For the biggest spender in Canadian history, with the largest deficit ever, the Prime Minister has allotted an additional 100 million for mail in ballots during this fourth wave of the pandemic. It's estimated this election will cost Canadians close to 700 million dollars.

Strange that the most recent Ipsos poll shows the Liberals handily ahead, but the same poll shows 57% that say it's time for a change of party. (41% want a change, in a recent Moru poll) Hmm...it leaves one thinking of just how to interpret those results. Very often the national leaders' debates (SEPT 8,9), do not move the needle, but sometimes they do create a massive shift in voter intentions. In 2015, the third place Trudeau had everything to gain, and he did, but this time he is on top, with everything to lose.

Interesting to note that in the five pandemic elections held provincially, all re-elected the governing party. Except one. A week ago, Tuesday the 17th, Nova Scotians toppled a liberal party that had ruled 8 years, and had one poll actually leading by over 20 percentage points when the election was called. Premier elect Conservative Tim Houston, a chartered accountant, campaigned with a laser focus on eliminating "chronic shortages of family doctors, nurses and long-term care beds." It worked.

Some of the issues of concern, millennials, the biggest group of home buyers leaving their city apartments and moving to the suburbs in search of an affordable home, our abandoned Afghan interpreters, mixed vaccines not acceptable by all outside of Canada, Joe Biden no friend of Canada, begging Saudis for more oil, while cancelling our KXL pipeline to the U.S.

In this federal election, the Maru poll identified jobs, health care, taxes and public spending, equally, as top concerns for Canadians. Surprisingly, the dole out of billions of dollars the liberals are hoping will buy them votes, including the \$500 deposit to all seniors, is not that prominent in this poll where "just one in ten (11%) saying the government's response to the pandemic is most important to their vote." Affordability has suddenly taken center stage.

This could be an election of inches, not yards, or a big surprise.

**That's what I'm Thinking.**

**Robert Vairo**

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# Quebec aims to deploy 90,000 CO2 detectors in schools by mid-December

*Education ministry had wanted to complete task by autumn and back-to-school*



Quebec Education Ministry deputy minister Marc Sirois insists ventilation in most schools is adequate, although CO2 detectors will help improve it.



**MARTIN C. BARRY**  
Local Journalism Initiative Reporter  
For The Laval News  
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Air quality experts with the Quebec government are giving their assurances that up to 90,000 carbon dioxide (CO2) detectors will be installed in schools across the province by mid-December in a bid to improve the overall air quality in Quebec's public education institutions.

The news, delivered by Deputy Education Minister Marc Sirois and air quality researcher Ali Bahloul during a press conference in Montreal last week, contradicted Education Minister Jean-François Roberge's assertion in June that CO2 detectors would be installed in all Quebec's public schools by fall when classes resume after the summer break.

## Doing it correctly

Although Sirois maintained during the technical briefing that implementation of the detectors will begin in September, he added that the government wants to see they get installed effectively and correctly, hence more time is needed to meet the goal.

"This is a major undertaking," said Sirois. "We are talking about 90,000 detectors in 4,000 locations. We wanted to do this quickly, but also to do it well. In 90 per cent of cases, ventilation is adequate."

While saying that the government tried to do things as quickly as possible, he said the suppliers of the detectors needed time to get into the schools where the detectors will be deployed. "We proceeded at the greatest speed we could while assuring quality," Sirois said.

## December deadline

While the government had planned to issue calls for bids on the supply of the CO2 detectors at the beginning of June, it was only in mid-July that the process got underway. Installation of all the detectors is expected to be finished by Dec. 17.

Based on testing conducted last winter, the education ministry insists that the quality of the air at most schools across the province is "acceptable," although the detectors will help

maintain it at that level or lead to improvements.

## Health not an issue

Installation of up to three-quarters of the CO2 detectors is expected to be completed by the middle of November, half by mid-October, and a quarter by mid-September. "In 90 per cent of cases, the ventilation is adequate," added Sirois. "This is something involving comfort. So, there are no issues involving the health of students."

Ali Bahloul, who is a clean air specialist with the Robert-Sauvé Institute of research for Workplace Health and Security (IRSST), agreed the delay installing the CO2 detectors is justifiable and valid, and due in part to logistics impacting the suppliers.

"It's time to stop the fear campaigns," said Bahloul. "In addition to improving the quality of the air, we will be testing it as never before."

## Current levels 'acceptable'

The provincial government hopes to lower the concentration of CO2 to 1,000 parts per million (ppm) throughout the public school system. According to the government, the average level is currently 1,500 ppm, regarded as acceptable and much lower than the 5,000-ppm level Health Canada defines as posing health risks.

Explaining how the detectors will operate, Sirois said they will be taking air readings every five minutes during every hour when classes are in session in the schools. As CO2 levels fluctuate, teachers will be able to take measures to counteract excessive levels by opening doorways or windows as deemed necessary.

## No impact on Covid

In the meantime, health and air quality officials acknowledge that detecting the excessive presence of CO2 in classrooms will have no impact on the spread of COVID-19. Still, the education ministry is advising that the best protection against Covid in classrooms in the coming school year will be face masks to protect against airborne droplets which are the most common medium for Covid spread.

In addition to all this, the cost for the implementation of the CO2 detector program remains secret, since the CAQ government claims it didn't want public information on costs to interfere with the call for bids.



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## City signs cultural agreement with Collège Montmorency

As part of a long-term plan to expand its network of cultural facilities and infrastructure in the city-centre, the City of Laval says it has reached an agreement with Collège Montmorency, by which the CEGEP will be taking part in preliminary studies.

According to a statement issued last week by the city, Laval and the community college will be working together to develop complementary policies in which teaching and research will take place while the city provides support.

"Alliances between these sectors have existed for quite some time in Laval, and this approach

with Collège Montmorency will facilitate the creation of dynamic and innovative partnerships," said Laval deputy mayor and executive-committee vice-president Stéphane Boyer.

"We are happy to work in conjunction with the City of Laval to carry out these feasibility studies in view of the construction of a new building which will allow students to benefit from modern study spaces," said Olivier Simard, director-general of the college, noting that in June Collège Montmorency had announced an increase in its enrollment for the coming years.



## Laval pays homage to city employees after COVID-19

The City of Laval began a social media campaign last week, designed to publicly thank its employees for all the work they have done since the beginning of the COVID-19 pandemic last year.

"The employees have shown themselves to be greatly devoted and very adaptable in order to maintain a very high level of quality, while ensuring the security and well-being of the citizens and members of the staff," said Deputy Mayor Stéphane Boyer.

"Each of the actions they took illustrate not

only their love of public service, but also their capacity to innovate and be efficient during some of the most trying circumstances," he added.

"The pandemic has forced us to change the way we do things, and the mayor, all our colleagues and myself are proud of the cooperation and empathy shown by the various teams to answer to the needs of the population." According to the city, 25 per cent of the City of Laval's workforce is still working remotely.

## Work begins for redevelopment of Berge des Baigneurs

City of Laval officials were on hand Aug. 17 in Sainte-Rose to help begin work on a new public square outside Église Sainte-Rose-de-Lima and a new parking area near École Villemare, the two projects being part of a first phase to rehabilitate the entrance to the Berge des Baigneurs alongside the Rivière des Mille Îles.

"I was proud to be here for this important stage in the development of an exceptional site, very appreciated by people in Laval and located in the centre of a very dynamic neighbourhood," said Sainte-Rose city councillor Virginie Dufour, a senior member of the executive-committee.

"The major revitalization of this site will be added to by facilities better adapted to the needs of visitors, improved security and activities,

as well as more convenient access to the site and the nearby Mille Îles River," she continued.

"All of this wouldn't have been possible without the support of the Sainte-Rose-de-Lima parish, which I would like to thank for their collaboration."

Last year, the city conducted a significant archeological excavation on the site, prior to the beginning of the work.

This year until Aug. 20, the city was conducting an additional inventory, the principal goal of which was to uncover vestiges of the former parish enclosure in order to document it and come to a better understanding of its historical significance.



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Get on board



# Société de transport de Laval launches 'Compagnon' app for special-needs clients

*Autistic, intellectually disabled and dysphasic will get help riding the bus network*



**MARTIN C. BARRY**  
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The Société de transport de Laval (STL) has launched a comprehensive new program and smartphone app, designed to provide real-time guidance to help reduce the anxiety sometimes experienced by special-needs bus passengers when they are using public transit.

The STL says the Compagnon program will empower users to travel more safely and become increasingly autonomous and confident as they make public transit a regular part of their active lifestyle.

The transit agency says its new program and app will help people in this category travel by themselves to their place of study or work, or to medical appointments.

According to the STL, for the time being the program is aimed at people 12 years and older living with an autism spectrum disorder (ASD), a mild intellectual disability (MID) or a language impairment (dysphasia).

## CISSS and CSSL helped

Users of the program will be referred by an affiliated agency and must meet certain eligibility criteria, including having the ability to move around on their own. The STL says that the Centre des services scolaire de Laval (CSSL) and the CISSS de Laval, who provided input that helped create the program, deserve to be recognized for their contribution.

While the project has been running as a pilot for some years, the STL says it is now official and part of the STL's regular operations. For now, a maximum of 10 active users will be accepted in the program at one time. Spaces will be then be reassigned to new users as they become available (registration required, available on Android only).

## Some Compagnon features

The STL says the Compagnon program will have the following distinctive features:

- Customized and user-tailored routes;
- Monitoring by STL customer service agents;
- Guidance in collaboration with the partner organization's stakeholders;
- Registered users only: user record with emergency contact in case of need;
- Possibility of free telephone loan for a trial period, as most of the young people targeted do not have one;
- Free first month of transportation.

## Parents pleased by project

The STL says the project was made possible through funding granted by the Ministry of Transport of Quebec and the ministry's Programme d'aide gouvernementale au transport collectif des personnes (PAGTCP).

"We are immensely pleased to have the privilege of promoting the Société de transports de Laval's STL Compagnon program," said Ingrid Falaise and Cédrik Reinhardt, stepmother and father of an autistic child. "As parents of an autistic teenager, we know how important it is to guide our child to success with independence, pride and dignity."

"We salute the STL's ambition, their involvement in our society and their commitment to making a real difference in the development of people with special needs. Thank you to the STL for taking over and holding our children's hands, if only for a bus ride."

## Fostering independence

"This is a tremendous program full of promise that will foster the independence of young

Laval residents living with functional or intellectual limitations," said Laval Deputy Mayor Stéphane Boyer, who is also vice-president of the executive-committee and city councillor for Duvernay-Pont-Viau.

"This gives them greater freedom to use public transit with confidence and without any anxiety as they will always be supported by someone who can help them find their way should the need ever arise. This program is another innovation by the STL and like me, all Laval residents have every reason to be extremely proud of it, which

meets our values of inclusive active mobility on our exceptional island."

"This initiative is in line with the STL's innovation values," said Éric Morasse, president of the board of directors of the STL and city councillor for Saint-François.

## Alternative to paratransit

"Empowering as many people as possible to include public transit in their travel habits is at the heart of our corporate mission, our strategic plan, and our universal accessibility plan," added

Morasse. "It's also a way to provide an alternative to paratransit for those who have the inclination and ability."

"Promoting and enhancing public transit are priorities, much like access to this service for the greatest number of people," said Quebec Transport Minister Chantal Rouleau. "That's why I am proud of the support provided by your government for this innovative project. There's no doubt that the mobile app users will also feel a sense of pride when they get on an STL bus by themselves."

## STL news August 2021



## We're getting ready for back-to-school

As of August 28, the fall schedule will come into effect on the regular network, which includes our buses and shared taxi service.

**New:** Routes 45 and 46 are now accessible to people with reduced mobility (buses equipped with access ramp).

[STLaval.ca/network/schedules-buses](https://STLaval.ca/network/schedules-buses)



## New phone number for our on-request shared taxi service

To book an on-request shared taxi ride, you now need to call **450 575-8204** – 30 minutes in advance as usual.

Learn how to use this service at  
[STLaval.ca/network/schedules-shared-taxis](https://STLaval.ca/network/schedules-shared-taxis)

## Appointment required to renew or get an OPUS card at the ticket office

The OPUS card is issued and renewed by appointment only at the metropolitan ticket offices located at the Montmorency and Cartier terminuses.

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[inscriptweb.com/stlaval/EN](https://inscriptweb.com/stlaval/EN)

## Farewell to Chronobus

Since July, the Chronobus phone system has been permanently removed from service. A situation beyond our control prevents Chronobus from working, and the system cannot be fixed.

Fortunately, there are other more efficient ways to get your bus schedule:

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# ELECTIONS 2021

## Restaurants need sector-specific support to survive devastating pandemic debt

*A quarter of independent restaurants struggling with pandemic debt do not expect to recover unless current conditions change with assistance from the federal government*

(GLOBE NEWSWIRE) -- Restaurants Canada is calling on all parties seeking to form the next federal government to help hard-hit foodservice businesses recover from their pandemic debt so they can continue feeding Canada's recovery.

### Restaurants Canada survey conducted in July:

- 8 out of 10 foodservice business operators said they've taken on new debt over the course of the past 17+ months of the ongoing COVID-19 crisis.

- More than a quarter (26%) of single-unit restaurant operators who said they took on new debt during the pandemic said their business will not be able to recover unless current conditions change.

"Our member surveys throughout the pandemic have consistently revealed that foodservice businesses will need at least a year to recover from this crisis," said Restaurants Canada President and CEO Todd Barclay. "Canada's hard-hit restaurant operators deserve a reopening plan that will ensure they can preserve their livelihoods, continue employing 1.2 million Canadians and keep contributing to vibrant communities across the country."

### Sector-specific support needed to revive hard-hit restaurant industry

Canada's restaurant operators are innovative and resilient, but many are still at risk of closing down from crushing debt that they are continuing to incur due to the ongoing pandemic.

Eight out of 10 foodservice business operators responding to the latest Restaurants Canada survey said they are continuing to lose money or are barely scraping by:

- 55% said they are still operating at a loss

- 20% said they are just breaking even
- 9% said they are making a pre-tax profit of less than 2%

This reflects the reality that the majority of Canadian foodservice establishments are still operating at reduced capacity due to restrictions still in place within most jurisdictions across the country. In addition to these ongoing limitations, consumer confidence in restaurant dining is still rebounding after a year and a half of "stay at home" messages from political leaders and health officials.

Working together with Restaurants Canada, the next federal government can help foodservice businesses continue playing an integral part of the social and economic fabric of our communities. Below are recommendations for measures in key areas where restaurants continue to require government support to successfully transition from survival to revival and keep feeding Canada's COVID-19 recovery.

### Restaurant Survival Support

As Canada's hardest-hit industry, restaurants continue to need sector-specific support to survive the ongoing pandemic, including:

- An exemption from the scheduled phase-out of the rent and wage subsidies for the highly affected foodservice sector, and an extension of these vital programs for restaurants until at least April 2022. This will be necessary, as Restaurants Canada survey data has consistently revealed that restaurant operators expect they'll need at least a year to return to profitability once the COVID-19 pandemic subsides.

- The option for any restaurants eligible for the wage subsidy to be able to apply for added funding through the Canada Recovery Hiring Program, so that they can hire new workers in

addition to keeping the ones they already have on payroll.

- Partial forgiveness for all government-backed loans. Currently loan forgiveness is only available through the Canada Emergency Business Account (CEBA). Restaurants Canada would like to see this as well for the Highly Affected Sectors Credit Availability Program (HASCAP) and any other loan program that the government introduces to help businesses recover from the pandemic.

- Tax credits to defray the exorbitant costs incurred from COVID-19 health and safety expenditures.

### Restaurant Relaunch Measures

To rebuild public confidence in dining out and help the hard-hit foodservice sector return to pre-pandemic levels of operations, restaurants need the following forms of support from the federal government:

- An expansion of the current "meals and expenses" business tax credit from 50% to its original 100%.

- A national dining rebate program allowing Canadians to save 50% when they eat at restaurants, as well as a culinary tourism incentive encouraging Canadians to support local foodservice businesses while travelling across the country.

### Labour Development

To help the restaurant sector overcome pre-existing labour shortages exacerbated by the COVID-19 pandemic, a National Foodservice Labour Development Strategy is needed, including measures such as:

- Support for the expansion of impactful labour pilot programs, such as the Atlantic

Immigration Program and Alberta Foodservice Labour Connections.

- An increase in federal funding to ensure efficient and effective processing of immigration applications by reducing wait times, administrative burdens, and increasing information-sharing between sponsors.

- An extension of work visas for a full year and suspension of fees until 2022.

- The addition of a foodservice stream into the Temporary Foreign Worker Program (TFWP) to address seasonal and long-term labour shortages, as well as a redesign of the national occupational classification structure to broaden the categories of positions that foodservice employers can use the TFWP to help fill, as well as a lower administrative burden on small businesses who use the TFWP.

### A "Do No Harm" Approach to Taxes & Red Tape

To create the best possible conditions for recovery after 17+ months of either losing money or barely breaking even, foodservice operations need government to take a "do no harm" approach with taxes and regulations, including:

- A whole-of-society approach to single-use items, built on evidence-based policies and consistent standards across jurisdictions.

- A freeze on any further excise duty increases on beer, wine or spirits.

- A cap on credit/debit card interchange fees and the removal of merchant fees from the tax portion of restaurant bills.

- Indexation of the passive investment income threshold to support restaurateurs making investments to safeguard or grow their operations.

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# ELECTIONS 2021

## Affordability and the cost of living is the top issue for Canadians

**By David Coletto**

Although many Canadians say they are financially better off or have not been impacted by the pandemic, the cost of living is clearly the top issue for most people as this election campaign kicks off.

Last week we released some new data with the Broadbent Institute and the Professional Institute of the Public Service of Canada about the role affordability, tax fairness, and paying for the pandemic may have in the campaign.

In our own pre-election survey, we find that 62% of respondents ranked the cost of living as one of the top 5 issues that will drive their vote this election. This is higher than any other issue and has increased by 7-points since this point of the 2019 federal election campaign.

But the cost of living isn't the only "affordability" issue respondents rank high. We also see taxes, housing, and the cost of prescription drugs as being important to at least 1 in 4 eligible voters.

And the power of affordability as an issue is that it crosses the political spectrum. It is the top issue for Conservative and NDP voters and the second-highest among Liberal voters (climate change is the top issue for Liberals – more to come on that later this week).

### Cost of Living

Affordability may not ultimately become the ballot question in this campaign, but there's no doubt that Canadians are feeling the squeeze as prices for almost everything rise due to supply shortages and other macroeconomic factors.

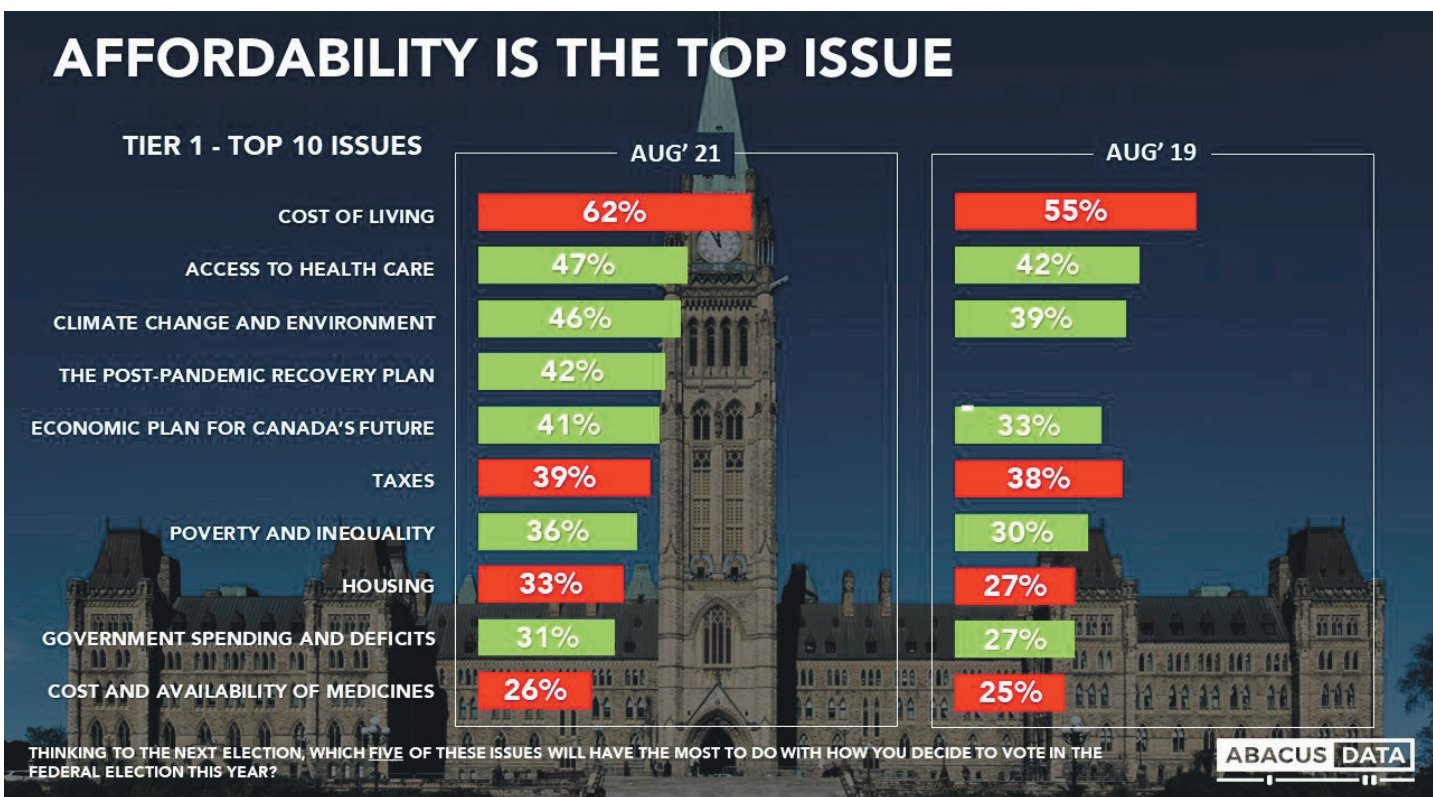
Political leaders and candidates can expect to be asked their plans on the cost of living as household budgets get squeezed and perceptions of this problem increase. In this environment, there's absolutely no appetite for tax increases (except on the wealthiest Canadians).

For businesses and associations that represent them, there will be pressure on policymakers to ease this pressure and as we have found in the past, there's broad support for policy tools that force companies to lower their prices.

The 2019 campaign started as the affordability election. Will the 2021 one repeat that?

### Here's what we found:

Affordability anxiety persists. 83% of Canadians worry at least a little about their cost of living, with 39% saying they are pretty or very worried. Overall, this is slightly down from 2019 but remains elevated. Younger Canadians and those in households earning less than \$50,000



per year were more likely to feel worried about their cost of living rising.

Affordability anxiety crosses the political spectrum but highest among Green, NDP and undecided voters. Worry about a rising cost of living crosses the political spectrum. Those who say they are pretty or very worried about their cost of living rising by current vote:

- Liberal – 33%
- Conservative – 31%
- NDP – 46%
- Green – 51%
- BQ – 41%
- Undecided voters – 49%

3. Cost of living, healthcare, and housing affordability are the top three vote drivers. When asked which three issues are most likely to impact how they vote, cost of living (35%), healthcare (33%) and housing affordability (28%) along with economic growth and job creation were in the top four.

4. The pandemic has hurt the personal finances of 1 in 3 Canadians – or almost 10 million people. 33% of Canadians say the pandemic left their household budget and savings worse off while 14% they are better off financially.

5. Most Canadians believe the cost of things they use day-to-day and the income differences between the richest 1% and your personal salary have gotten worse over the past 2 years. When assessing whether several things have gotten better or worse over the past two years, 64% feel the cost of things they use and consume day to day have gotten worse. Moreover:

- 53% think the income difference between the richest 1% and their salary is worse over the past two years.
- 42% say their ability to save for retirement has gotten worse over the past two years
- 41% say their feelings of stress about money has gotten worse over the past two years.

6. What would help make life more affordable? There's no silver bullet and reactions depend on someone's life stage and economic position. But millions of Canadians believe that covering more under public health care, ensuring every-

one has a stable job with a decent wage, and taxing wealthier Canadians and large corporations more to pay for better public services for everyone would help.

For others, forcing companies to reduce prices, cutting taxes for middle and working-class Canadians, and making childcare more affordable would help a lot.

Those under 30 are more likely to think the following would help make their life more affordable:

- Making childcare more affordable, raising the minimum wage, reducing tuition fees, creating incentives to encourage employers to raise wages, improving public transit and reducing transit fees, and making it easier for workers to unionize.

Those aged 60 and over are more likely to think the following would help make their life more affordable:

- Covering more services under public health-care, taxing wealthier Canadians and large corporations more to pay for better public services for everyone, and forcing companies to reduce the prices they charge for things.



Suggested presentation.



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A close-up photograph of a person with dark curly hair, wearing a blue surgical mask and clear safety glasses, working on the engine of a car. They are wearing a blue long-sleeved shirt and black gloves. A blue cloth is draped over the engine area. The background is blurred, showing a car and some foliage. The text "Getting through a pandemic takes a good dose of resilience." is overlaid in white, bold, sans-serif font in the center of the image.

**Getting through  
a pandemic  
takes a good  
dose of resilience.**





## **And above all, a 2nd dose of vaccine.**

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longer-lasting and better protection  
against COVID-19.**

**Getting your 2nd dose  
of vaccine is a must.**



# Laval's Angela De Paola launches new self-help book for women

*'That's Life... Or is it?' could become an international bestseller, says publisher*



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

When Angela De Paola wanted to publish her new book, 'That's Life... Or is it?: A Woman's Guide to Discovering Lasting Happiness,' she also decided that a portion of the sales would be going to Shield of Athena, the Laval- and Montreal-based organization that also has a stake in the well-being of women and their families.

## 'Role model,' says Kamateros

De Paola, a social worker, self-development coach and Laval-des-Rapides resident, officially launched the book last week with a webcast event, during which Shield of Athena executive-director Melpa Kamateros was among the guests.

"We have to thank Angela for her perseverance and for being a nice role model for other women, because that's what we all aspire to be: Autonomous, independent and doing what we really want to do," said Kamateros. "We look forward to reading her book."

## Possible bestseller, says publisher

"Listen, because of what's happened in the last year and more through the pandemic, people are more anxious, more stressed, more overwhelmed than ever before," said Gerry Robert,



head of Black Card Books which published De Paola's book.

"And that's why we feel, and are extremely confident, that this book's going to become an

international bestseller."

De Paola suggested the book is just right for the times we now live in. "As people are coming out of COVID and adjusting to their new reality, my book offers simple strategies they can easily implement so that they can have the life they want," she said

## A labour of love

"I help women gain the clarity and mindset needed to achieve goals that matter to them so that they can feel energized, confident and living life on their own terms without fear, overwhelming and guilt. My book has been a labour of love and I am pretty excited with the timing of the launch.

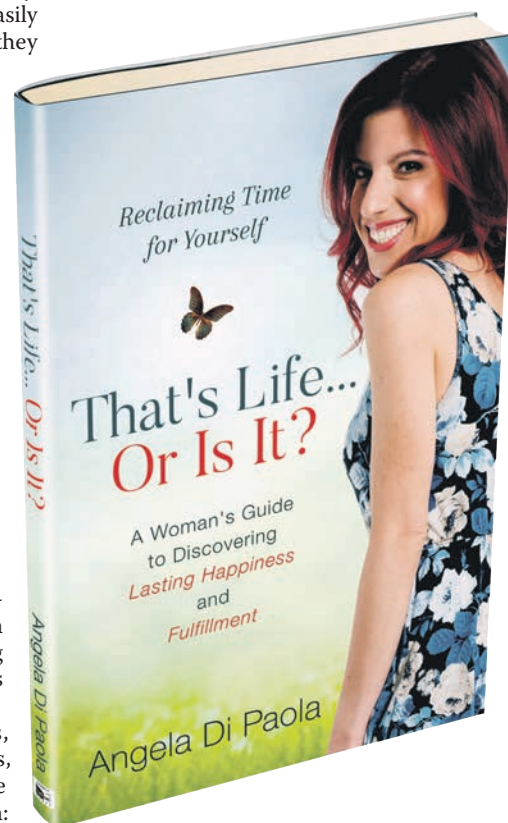
"COVID has been so challenging, and a time of reflection and self evaluation for a lot of us," she added. "My book doesn't just offer hope that life can get better, but provides concrete and simple strategies to put all that self reflection to good use."

## Book available

'That's Life... Or is it?' is available through Amazon and Kindle. The book is also available in paperback in Canada, but not yet in the U.S., although she said they are working on that issue. And an audiobook version is also expected.

The following professional life coaches, performance coaches, wellness consultants, psychologists, physical therapists and life planners also took part in the book launch:

Justin Muniz, Toni Rebic, Rusiana Tjiu, Tamara Liebmann, Georgiana Kovell, Carmen Robles Macy, Tanya Gutierrez and Carol Ketelson.



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# Laval holds its 48th blood donor clinic Sept. 9 - 10

*No walk-ins, pre-registration necessary to give blood*



(TLN) Keeping in mind that blood is essential for assuring everyone's health, the City of Laval will be holding a blood donor clinic on Thursday Sept. 9 and Friday Sept. 10, from 10 am 7 pm each day, at the Bois-de-Boulogne Sports Centre in the district of Pont-Viau.

## 48th annual clinic

It will be the 48th time the City of Laval holds this now-annual blood donor clinic.

However, given the current restrictions imposed because of the ongoing COVID-19 pandemic, the city is asking all those who want to give blood to make an appointment online at [https://www.hema-quebec.qc.ca/formulaire-](https://www.hema-quebec.qc.ca/formulaire-demande-de-rendez-vous.fr.html)

[demande-de-rendez-vous.fr.html](https://www.hema-quebec.qc.ca/formulaire-demande-de-rendez-vous.fr.html), or call 1 800 343-7264 to make an appointment.

## Covid protections

Protective measures against COVID-19 (including face masks and hand-washing) will also be used during the blood donor clinic. The clinic is being organized by the city in conjunction with the municipal employees and the province's official blood collection agency, Héma-Québec.

The Bois-de-Boulogne Sports Centre is located at 955 Bois-de-Boulogne Ave., Laval (Québec), H7N 4G1.



# A brief history about The Sacred Heart School of Montreal



*Like all Sacred Heart schools around the world, our school is committed to the legacy of our foundress, Saint Madeleine Sophie Barat. Our philosophy and goals reflect the uniqueness of a Sacred Heart education and the strong bond among Sacred Heart schools worldwide. Our mission is to nurture the mind, body and spirit of each student in a supportive and caring environment.*

The Society of the Sacred Heart was founded in 1800 by Saint Madeleine Sophie Barat and The Sacred Heart School of Montreal is a member of the worldwide network of Sacred Heart Schools. Each school has the same five goals that govern our mission and guide our educational philosophy.

From its inception, the Society of the Sacred Heart opened its doors to any girl, regardless of circumstance, who desired a Sacred Heart

education. Moreover, unlike most advocates of girls' education in the early nineteenth century, Sophie did not see her mission solely in terms of preparing young women either to be good wives and mothers or to enter a religious congregation. Her schools were rooted in a much broader vision: to deliver an education that would inspire young women to be agents of social transformation in their own times. Today, our school prides itself on its commitment to social justice and

empowering young women to take their place in an ever-changing world.

Our current home on Atwater Ave., is the sixth home of the school since its inception in 1861. City House, as it is fondly known, is a building rich in history and equipped for the modern student. Rooted in tradition, but always evolving, The Sacred Heart School of Montreal aims to instill the values that Saint Madeleine Sophie so valued all the while promoting creative education and

leadership framed by the five goals of a Sacred Heart education. The truly international character of a Sacred Heart School aids in fostering a global education and citizenship in our girls.

The Sacred Heart School of Montreal has undergone many changes since it opened its doors on Atwater Ave., in 1928. Although things may look different than they did all those years ago, the same warm, welcoming environment is contagious the minute you step foot inside its doors.

## Preparing Girls to Change the World

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The Sacred Heart School of Montreal is a private English high school for girls, from grades 7 to 11, leading to a Quebec Secondary School Diploma. Grade 12 also available.





# DIRECT? ANSWERS

From Wayne & Tamara

## Boy Friend or Boyfriend?

**Q** I have a distant cousin who is a year older. We used to play together as children.

Five or six years back, I visited her family during the holidays. I was happy to see her. We talked for a while, then she had to go out to meet a friend.

One day, she called and said she was breaking up with her boyfriend. This was the second boyfriend I knew about, and I tried to console her. He is a married man she lived with for four years. When she told me that, I was so disappointed in my cousin, but I still tried to help.

Then a previous boyfriend came back into the picture. She told me all about him and all about her past relationships. Sometimes she texted me when we were both working, and we would ask about each other's weekend. Sometimes we went out, like a couple, except we did not hold hands.

She told me she always looks for older men. That made me sad. Then she told me about a man she had admired from afar for seven years. She said she loved him but dared not make the first move.

Again, I was sad, but I could see how happy she was when she mentioned him. I encouraged her to take the initiative and take happiness into her own hands.

In the end, there were problems with that man and she called to talk. I gave her advice, and she went back to him.

But one day, she called me crying. When we met up, she cried on my shoulder, and I regretted encouraging her to go back to him. I did not want to see her hurt again. I told her I would be by her side whenever she needed me.

All this time, I wanted to be her boyfriend, but she still treated me like a buddy. That was two years ago.

A few days ago, she was feeling down and needed to talk. We went out for a drink, and during the conversation, she mentioned she

might try dating someone younger. She also told me I needed someone, but not someone like her.

Now I am confused about what she might be thinking. I would like to have a long-lasting relationship with her.

**Ward**

**A** Ward, you are almost there. "She treats me like a buddy."

If you think about it, you know she sees you as a relation, not as a relationship. You are family. The years you have known each other built a bond, and sometimes, when people lack a romantic life, they look at the bonds they have.

You say you went out as if you were dating, except you didn't hold hands. That means you were not dating. It means your one-way romantic attraction to her is an impediment which prevents you from being attracted to other women.

Go back to: "She's family. She tells me things she would tell a girlfriend. She told me about living with a married man, a thing she might share with a girlfriend and withhold from a man she wanted to date."

One-way attractions are dangerous because they make a person read too much into what the other person says because their need is so great. Three failed relationships do not mean she is giving you hints.

Some people waste years of their life, unable to accept what is not to be. You never mention your girlfriends. It's as if you are saving yourself for her.

Unrequited love is like a cloud of dust that obscures a person's vision while letting them think they know what might be on the other side. The only cure is to see her in the same light in which she sees 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

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By Martin C. Barry

# LPD working on new strategy, as murders and gunshot incidents increase

Officials at the Laval Police Department were mobilizing last week, and the Sûreté du Québec was taking over a gang violence-related murder investigation, in the wake of a recent increase in gun violence that saw a man shot down in Laval-des-Rapides, while more gun shots were fired in some otherwise peaceful Laval neighbourhoods.

Around 2:30 am on Aug. 17, a 27-year-old male, later identified as an influential associate of Montreal-area street gangs, was struck and killed by bullets on Saint-Luc St. near the corner of Meunier St. in Laval-de-Rapides.

Upon arrival at the crime scene, officers with the LPD found the lifeless body of Nitchell LaPaix, who is said to have just left a nearby bar and was heading towards his car. According to the Journal de Montréal, LaPaix, a father of two young children, was an associate of alleged street gang leader Jean-Philippe Célestin, who in turn is an associate of alleged street gang 'Big Cheese' Gregory Wooley.

In recent weeks, there were several fatal shootings and reports of gunshots in and around the Montreal region, including a triple homicide in Montreal's Rivières-des-Prairies neighbourhood in early August. All in all, up to last week,

there had been six shooting deaths in the greater Montreal area since the beginning of August.

The Journal de Montréal noted that on the morning of Nitchell LaPaix's shooting, LaPaix's remains were still spread out under a yellow tarpaulin on the sidewalk as the police pursued their on-site investigation.

In the following days, the LPD set up command posts and assigned extra patrols, while investigators with the force's Azimut, Équinoxe and Prévention anti-gang and anti-street violence units were working overtime.

The LPD said it had issued a warrant for the arrest of a suspect, 21-year-old Joseph Abou Rjeily. Gunfire incidents also took place in other neighbourhoods in Laval, including Sainte-Rose and Vimont, in the following days.

"The events which took place in the neighbourhoods of Sainte-Rose and Vimont are unacceptable and will not be tolerated, and that is why we are stepping up our presence, while mobilizing our resources to continue to ensure the security of the citizens of Laval," said Laval police chief Pierre Brochet, adding that "we will be highly visible and present on the streets."

According to a summary of other recent

gunfire events issued by the LPD, on Aug. 19 around 8:34 pm, gunshots were fired on a residence and at a vehicle located on Grenier St. in Sainte-Rose. A little later, around 11:45 pm, gunshots were also fired at another residence, this time on Marc St. in Vimont district.

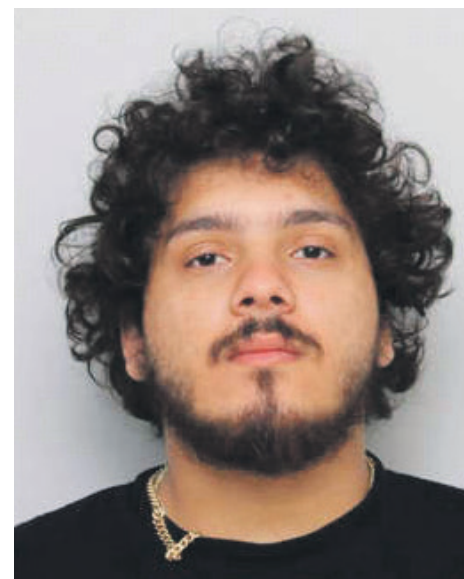
Then, according to the police, around 4:51 am on Aug. 20, more gunshots were heard on Grenier St. in the same area as the first incident. The LPD said no one was injured, and no arrests had been made up to that point.

However, a security perimeter was set up around the scene and an investigation was launched with the help of the LPD's identification unit, investigators, police officers and the canine squad.

## A description of Joseph Abou Rjeily:

- Male, Arabic, age 21 years;
- Height : 1 m 75 (5 feet 7 inches);
- Brown hair and eyes
- Weight: 90 kgs. (around 198 lbs.);
- No other special features.

Anyone who believes they have seen or knows the whereabouts of the suspect is urged



to immediately call 911. As he is considered dangerous and is armed, anyone who comes upon him is urged not to make contact, but to call the police immediately. Information can be provided confidentially to the LPD over the force's **Info-Line at 450 662-4636.**

## Citizen Dialogue on the Laval Police Department

In order to participate in the process to fight racial and social discrimination undertaken by the City of Laval, the Laval Police Department is launching a wide-ranging citizen consultation and invites Laval residents to express themselves on their feeling of safety and their vision of work. police officer. This approach aims to obtain an initial portrait of the situation which will be the basis of a plan carried out with partners from cultural communities and the social milieu.

Ville de Laval is pleased to invite you to discussion groups during which you will be able to express your views on police work as well as your experiences with the Ville de Laval Police Department.

These exchanges will take the form of a virtual discussion group, led by the Institut du Nouveau Monde. To participate, you will need to have access to a computer, tablet or cell phone equipped with a microphone and ideally a camera. The meeting does not require any preparation or preparatory reading.

### Dates:

- Thursday, September 17 from 5 p.m. to 6:30 p.m.
- Friday, September 18 from 2 p.m. to 3:30 p.m.
- Thursday, September 24, 6 to 7:30 p.m.
- Tuesday, October 6 from 6 p.m. to 7:30 p.m.
- Tuesday, October 13 from 6 p.m. to 7:30 p.m.
- Friday, October 16 from 3 p.m. to 4:30 p.m.





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# Laval's \$150,000 Covid vaccine lottery winner is media-shy

*Jocelyne Thibodeau 'does not wish to speak,' says Quebec Health Ministry official*



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

A woman from Laval who was the winner of the provincial government's \$150,000 first prize in the recent COVID-19 vaccine lottery has told the health ministry she doesn't want any media publicity and would

rather not be contacted by reporters.

Jocelyne Thibodeau won the \$150,000 prize in the Aug. 13 drawing. The second and third prizes – \$10,000 scholarships – were won by Nathan Francoeur Rivest and Marilou Leroux from Lanaudière and Estrie respectively.

## No comment from winner

A spokesperson for the health ministry

said Jocelyne Thibodeau had stated that she was not interested in receiving any additional publicity. "Unfortunately, the winner does not wish to speak to the media," said Marjorie Larouche, a spokesperson for the Ministry of Health and Social Services.

The vaccine lottery was announced by the Quebec Ministry of Health in mid-July in an attempt to win over those Quebecers still holding out from being inoculated against

COVID-19 for a range of reasons.

"I think every penny is worth it at this stage of the game," Quebec Health Minister Christian Dubé said of the vaccine lottery when it was first launched. Ultimately, the ministry intends to distribute \$2 million in prizes to get any non-vaccinated Quebecers alongside.

## First dose needed

Until Aug. 27, the ministry is drawing one prize each week of \$150,000 and two scholarships of \$10,000 for people between the ages of 12 and 17. A prize of \$1 million will be drawn and 16 \$20,000 scholarships for youth will be drawn on Sept. 3. Other prizes are also being offered by Bombardier and Air Canada.

To be eligible for the weekly prizes, Quebecers must have received their first vaccine dose. Those who are fully vaccinated by Aug. 31 will be eligible for the \$1-million grand prize. Eligible Quebecers who wish to take part in the lottery must sign up on the province's website.

## When are the draw dates?

Every Friday from August 6 to September 3. The next draw dates: August 27 (entries close at 11:59 p.m. on August 26). September 3: (entries close at 11:59 p.m. on August 31). The names of the winners will be announced Tuesdays after the draw, at 10 a.m.

Winners of the September 3 draw will be announced the day of the draw. You only need to register once to be entered in all the draws. You can also enter by phone if you don't have Internet access. Dial 1-877-644-4545.

## Additional prizes

- A 90-minute flight for the winner and six guests on a world-class Bombardier business jet produced in Quebec and powered by sustainable aviation fuel. Departure from Montreal or Quebec City
- One all-inclusive 7-night package for two at the Sandos Cancun Lifestyle Resort in Cancun, including round-trip economy airfare courtesy of Air Canada
- One travel voucher for two for a round-trip business class flight to any destination served by Air Canada
- 10 travel vouchers for two for a round-trip economy class flight to any destination in Canada served by Air Canada
- Three prizes of 100,000 bonus Aeroplan points offered by Air Canada
- Five Aeroplan 50K memberships offered by Air Canada
- One unlimited water circuit package at Bota Bota, spa-sur-l'eau for a period of one year, with a massage per month (or \$1,500 in cash)
- One Sea Doo TRIXX watercraft including a trailer, preparation and transportation to the winner's home

## Security measures

The Quebec health ministry says that security systems will be in place, and nominative information on eligible entrants will not be sent to Loto-Québec for the draw. The Ministère de la Santé et des Services sociaux will confirm winners' identity and contact them to deliver prizes. The process will also be audited by an outside accounting firm.



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*It is important to prepare both mentally and physically before a job interview.*

## Five tips for a successful job interview

It looks like your resume wasn't put at the bottom of the pile; you've been called in for an interview! When you find out you're on the short list of candidates for your dream job, it's only normal to be stressed. Not feeling that way would in fact be a bad sign, unless, of course, you're used to this sort of meeting. A job interview is a vital part of the process, for which you have to prepare both mentally and physically.

1. Punctuality, politeness, and looking smart are essentials that are not included in your resume, but they are big factors in getting further in the process. Feel free to consult a family member for advice if this is your first job interview.

2. Read up on the company. Think of questions you might ask about the company during the interview. Wait for the right time to ask them, bearing in mind that you are not the person in charge of the meeting and conversation flow.

3. A job interview is not a questionnaire with multiple choice answers. You must answer all questions, while remaining honest, positive, and constructive. Hesitating from time to time will not be interpreted as a failing. Thinking before answering demonstrates that you are interested in the question.

4. In your answers, show how your skills, strengths, ambitions, and particular interest in this company can be of benefit to the employer. Without actually saying so outright, demonstrate that you are the best candidate on the list.

5. Be ready to discuss working conditions, including salary. Opening the door to such a discussion will give you a good idea of what to expect.

Lastly, do not hesitate to ask what the follow-up to this interview will be. This is a question that deserves an honest and accurate answer.

## New job at 50: more common than ever!

There are many reasons why you might find yourself looking for a new job in middle age — the restructuring or closure of the company you work for; moving to a new city; yearning for a new challenge. Whether you do it out of necessity or desire, your job search at 50 or older must be well planned and carefully thought out.

- You act wisely. Exploit your skills and assets. Be positive and remember that anything is possible. After all, you have a well-stocked toolbox.

- Hone your CV. Update it; don't forget anything important, but don't tell your life story either. An interested employer will ask the right questions.

- You are ready to sell your skills. Experience is a gold mine and you are a worthy opponent for all the young people who apply for the same job.

Above all, keep in mind that over your career you have developed qualities that are highly valued by employers, such as diligence, maturity, confidence in your abilities, a sense of responsibility and a job well done, availability to help less experienced colleagues, and team-building skills.

Believe in your chances of achieving the goals you have set for yourself. Of course, retirement is just around the corner and time is running somewhat short. So this is no time to mess around; you must act now.

- Get family and friends involved
- Consult local newspapers regularly
- Read the bulletin boards
- Use social networks
- Contact companies that interest you
- Be available for any job interviews

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Vasileios Bourmpounis

E-mail: [vbourmpounis@rosehillfoods.com](mailto:vbourmpounis@rosehillfoods.com)

Tel.: (514) 745-1153 ext.: 245

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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.



**Mimose, Telsaint (Joseph)**  
1955 - 2021

It is with great sadness and deep pain that we share with you the passing of Mrs. Mimose Joseph Telsaint, on Sunday August 1, 2021 at the age of 66. She leaves behind her husband of 43 years of marriage, Mr. Raphaël Telsaint, her children Rossa, Mirkessa and Benixt Telsaint, her grandchildren Josiah, Alys and Jakob, her daughter-in-law Mélanie Roy and her son-in-law Marco Larivière. It will remain in our hearts and minds forever.



**Bruneau, Lise**  
1961 - 2021

Died August 13, 2021 at the age of 59. She was the spouse of the late Michel Auger and the daughter of the late André Bruneau and the late Laurette Châteauvert. She is survived by her adored daughters: Isabelle (Charles Bernier), Andréa (Nicolas Guertin), Natasha (Gordon Shuttleworth) and Catherine (Jean-Sébastien Milot); his grandchildren: Alexis, Sophie, Charles-Antoine, Émilie and Rémi. She also leaves her brothers: Gaëtan, Richard and Stéphane, as well as several brothers-in-law, sisters-in-law, nephews, nieces, cousins and friends.



**Allard, Nicole**  
1947 - 2021

It is with great sadness that we inform you of the death of Ms. Nicole Allard (née Bleau) in Laval on August 13, 2021. She is survived by her dear husband Jacques Allard, her 2 children, Sébastien (Caroline) and Sonia (Thierry) as well as his 3 grandchildren, Dave, Alexandre and Hugo. She also leaves in mourning her many brothers and sisters as well as her nephews, nieces, relatives and friends.



**Desrosiers, Lisette**  
1944 - 2021

In Montreal, on August 15, 2021, at the age of 77, passed away Mrs. Lisette Desrosiers daughter of the late Mrs. Régina Miron and the late Mrs. Sylvio Desrosiers. She is survived by her children Johanne (Gilbert Jr) and Stéphane, her grandchildren Isabelle, Gilbert and Caroline, her brothers and sisters Pierre, Denis, Jacques, Réjean, Sylvain, Diane and France, her brothers-in-law and in-laws. sisters, nephews and nieces, as well as many relatives and friends.

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

Week of **AUGUST 29 TO SEPT. 4, 2021**

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



## ARIES

You'll have a lot of running around to do. Whether it's at work or at home, there'll be many details to sort out. You might also be let in on a surprising secret. New friend-ships will form spontaneously.



## TAURUS

You might finally get the green light to finance a project. You may consider start-ing your own business from home with a fa-mily member. Inspiration and intui-tion will point you in the right direction.



## GEMINI

A lot of things are happening at once, but you might still feel like things aren't mo-ving fast enough. You'll have some great ideas to suggest, which will impress your significant other.



## CANCER

Your health might hold you back a bit. How-ever, this situation gives you an opportunity to pause and get a better perspective on your personal and professio-nal future. Spi-rituality will become a big part of your life.



## LEO

Stress is ever-present, but it's also a source of energy that can help you be more efficient. It's when you find yourself up against a wall that you can work miracles. You'll experience love at first sight, which may leave you confused if you're not single.



## VIRGO

At work, you'll be handed new responsibilities that don't match your skillset. Fortuna-tely, taking on this challenge will be what gets you promoted. It'll also help you get approval for a new and exciting project.



## LIBRA

You'll be inspired to go back to school and get a degree. With this new know-ledge, you'll be able to build a better future. A romantic getaway could give your relationship a boost of energy.



## SCORPIO

You're in a rut at work and could do with a change. It's just a matter of ma-king a plan and taking steps to redirect your career path. Being bold will have a po-sitive effect on you and your long-term goals.



## SAGITTARIUS

It's always easier to get along with people if you don't have a personal relationship. One of your children will give you a hard time about the way you discipline. If you're tactful, you can manage to resolve a major conflict.



## CAPRICORN

There are many details to consider this week. At work, you'll be in charge of an event that brings together a lot of people, and communication may not be easy. Fortuna-tely, your patience will pay off.



## AQUARIUS

Your leadership skills will be needed at the office or elsewhere. You might have to over-come your fear or a lack of self-confidence. Afterward, you'll be consi-dered a hero, or at least your accomplish-ment will be tou-ted for a long time.



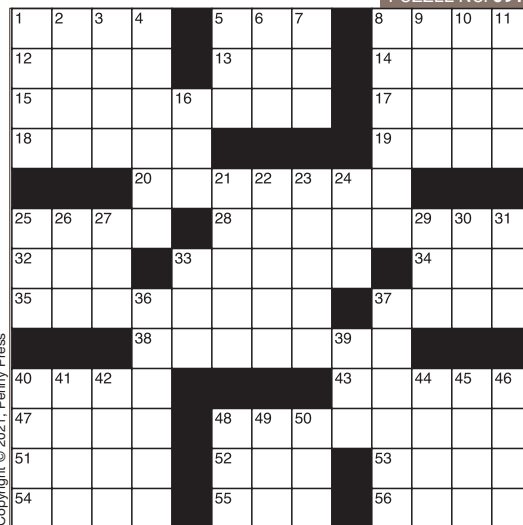
## PISCES

One of your children could slow you down this week, and you'll have to rush to get to an appointment on time. It might be the right moment to sell your home; there's too much empty space now that your child-ren are living on their own.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 091



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### ACROSS

1. Choir singer
5. Yak
8. Detail
12. Hired thug
13. She-sheep
14. Bright star
15. Revered
17. Competed
18. Hearty soups
19. Different
20. Headache cure
25. Pale
28. Self
32. Craps cube
33. Storm winds
34. Have bills
35. Shielded
37. Blizzard stuff
38. Flower
40. Messy type
43. Trench
47. Cab
48. Device for wingtips

51. Baker's box
52. Buddy
53. Sledder's delight
54. Sharp pain
55. Tack on
56. Auctioneer's word

22. Lazies around
23. Woodwind instruments
24. Outs' opposites
25. Commercials
26. Attack!
27. "\_\_\_ Alibi"
29. Charged particle
30. Duo number
31. Certain evergreen
33. Toothpaste option
36. Waning
37. Metalworkers
39. "\_\_\_ to a Nightingale"
40. Terminate
41. Volcanic fluid
42. Farm animals
44. Three musicians
45. Battery
46. Clutched
48. Fitness center
49. Owned
50. Dated

### DOWN

1. Eons
2. Did not win
3. Haul
4. Like some streets: hyph.
5. Sparkler
6. Astonish
7. Bunk
8. Coin
9. Work hard
10. 12/24 and 12/31
11. Manufactured
16. Curvy turn
21. Baby grand, e.g.

# Sudoku

## HOW TO PLAY:

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

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

PUZZLE NO. 816

3							2	
	6		2		3		1	7
	7			6		5	9	3
4	8				5			
	1	6	3	2	7			
				4	9	3		
2	3	8		7			4	
		7		3	4	9		
	4		5			7		6

## Last Issues' Answers

## CROSSWORDS

D	A	D		P	R	I	M		C	I	T	E
I	C	Y		R	A	V	E		A	R	I	A
E	R	E		O	M	E	N		C	E	N	T
T	E	R	M	S					D	O	T	
			E	E	L				L	I	S	T
C	A	D	S		A	P	E	D		M	E	T
U	S	E	S		K	E	Y		C	O	L	A
R	E	F		G	E	R	E		U	G	L	Y
B	A	Y	O	U		R	I	B				
			I	M	P				D	E	M	O
O	P	A	L		E	D	G	E		E	V	E
A	I	D	E		T	U	N	A		S	E	X
R	E	E	D		S	O	U	L		A	R	T

## Sudoku

6	7	5	2	8	9	1	3	4
3	2	8	4	6	1	7	9	5
1	9	4	5	7	3	6	8	2
5	3	9	1	2	6	8	4	7
7	8	1	3	5	4	2	6	9
4	6	2	8	9	7	5	1	3
9	1	6	7	3	5	4	2	8
2	5	3	6	4	8	9	7	1
8	4	7	9	1	2	3	5	6

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- Strawberries
- Cauliflower or Broccoli
- Peppers
- Baby Potatoes
- Pears • Melon
- Mango
- Bananas
- Peaches or Nectarines
- Avocados
- Cucumber
- Lettuce
- Fennel
- Lemons
- Fine herb
- Ginger
- Mystery Item

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