



Pilaros
COM

Introducing our new Pilaros Pital!
Also available in pita format!

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

www.pilaros.com
1.888.PILAROS • 450.681.6900

THE LAVAL news

Laval's English Paper, Since 1993



BARBIES
RESTO • BAR • GRILL

SKIP Uber
DOORDASH

Pick up / Delivery:
450.668.0033
Online Orders:
barbiesgrill.com

barbiesgrill.com

newsfirst
MULTIMEDIA

Vol. 29 - 31

September 15, 2021

450-978-9999

www.lavalnews.ca

info@newsfirst.ca

120,000 readers

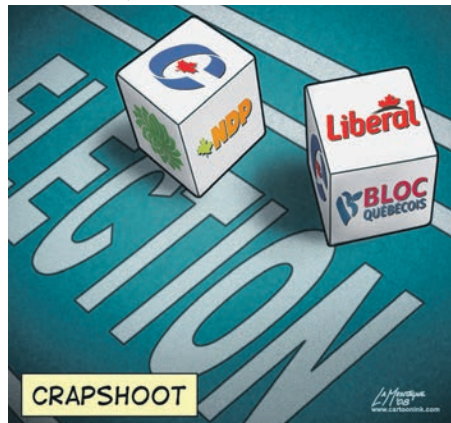
On Monday September 20th it's your call!



After the various promises, the two poker style table debates, the multitude of polls, comes the time where you, the taxpayer and voter, summarises this past month with one X on your ballot.

It is you, the voter, who has the power to keep what you have, or change it for better or for worse.

It is also you, the voter that has full pow-



er over your destiny and over that of your family.

It is you, the voter, who will chose whom to trust in spending your hard-earned money.

Who will be able to maintain the country in the right path? Who will be able to keep our economy strong in front of the latest economic crisis? Who will protect the environment for our children and future generations?

Your X on the ballot will make prophets or charlatans of the various pollsters.

Your X is the most valuable thing that the Canadian democratic society offers you. It is the most powerful tool you have in making your point.

And you can only make your point if you go out and vote. Every vote counts. Apathy is not the answer for any of our problems. You were given the power to elect who you want and you should use it.

On Monday September 20th go cast your vote. *It's simply your call!*

NEWSFIRST



Laval wants
Ottawa to
take action
**against gun
violence**

Page 3



Second annual Walk A Thon in Laval
**FILIA Association for
Seniors**

Page 12



FAYÇAL EL-KHOURY
LAVAL-LES ÎLES
351 boul Samson suite 300, Laval QC H7X 2Z7
514 396-9366 equipe.elkhoury@gmail.com



On September 20th re-elect
Fayçal El Khoury **Annie Koutrakis**



FORWARD. FOR EVERYONE.

Text Forward to 54222

Authorised and paid by the official agents of Fayçal El-Khoury and Annie Koutrakis



ANNIE KOUTRAKIS
VIMY
3870 boul. Notre-Dame, Laval QC H7V 1S1
514 778-5423 a.koutrakis.liberal@gmail.com



**Don't wait until
it hits you.
Get vaccinated.**

**A vaccination passport
is now required to enter
certain public spaces.**

Quebec.ca/COVIDvaccine

**Votre
gouvernement**

Québec 

Laval wants Ottawa to take decisive action against gun violence

Council question period dominated by victims of Bel-Habitat bankruptcy



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

Gang violence and firearms incidents have escalated to such an extent over the past year in the City of Laval that Mayor Marc Demers addressed the problem in his opening statement during the webcast Sept. 7 public meeting of Laval city council.

Earlier in the day, the City of Laval had joined together with the municipalities of Montreal, Quebec City, Longueuil and Gatineau to ask the leading candidates running in the federal election to clearly state their positions on banning assault weapons and establishing tighter controls on assault weapons and handguns.

Reacting to gun violence

"Case in point, we made this gesture due to the upsurge of violent acts in the various areas of Quebec," said Demers, while insisting that in spite of the violence, Laval remains a relatively safe and secure place compared to other cities in Canada and across North America.

However, "We can't wait around for the situation to get out of control," he continued. As such, he noted that in August, Deputy Mayor Stéphane Boyer launched a new intervention plan to deal with gun violence, in conjunction with the director of the Laval Police Department, Pierre Brochet.

Seeks assault weapon ban

"It would be important for the government of Canada to ban assault weapons on our territory which are not at all for hunting," added Demers, "as well as handguns which unfortunately are involved in too many crimes on our territory – and when I say our territory, I mean all of Canada.

"They, too, are not used for hunting, and so there should be a means of controlling the spread of those weapons. And this is a unanimous request. And I can also tell you that the mayors of the other major Canadian cities will also be joining in for this request."

Re: Bel-Habitat victims

Item 10.1 on the council meeting agenda mandated the administration to seize a large deposit left with the city by the owner of the bankrupt Bel-Habitat homes construction company. The city will be using the funds to help the many individuals and families who lost money they paid to Bel-Habitat for houses which were never built.

"Council has been listening carefully to all the personal dramas that families impacted by the bankruptcy have been going through," said Laval-Les Îles city councillor Nicholas Borne who is responsible for housing issues as an associate member of the executive-committee.

According to Borne, the money will be used to help complete the purchase of plots of land on des Abeilles St. in Sainte-Rose that Bel-Habitat clients had already made deposits on. Auteuil city councillor Michel Poissant (who is running for mayor as leader of the Laval Citoyens party) had this to say about the action taken by the city.

Problem far from over

"This is a gesture which is very humane," he said. "A million dollars which the city had from the owner as a guarantee deposit is being used to free up the legal mortgage being held by the owner."

But while Poissant acknowledged that Laval is



Laval mayor Marc Demers speaks during the webcast Sept. 7 meeting of Laval city council.

'It would be important for the government of Canada to ban assault weapons on our territory,' said Mayor Marc Demers

proceeding in a positive way for the residents, he said he was concerned by the lack of available information, considering the issue is complex and involves a bankruptcy, and that he had personally dealt with the aftermath of many bankruptcies during his career as an investment fund administrator.

"We don't even know the costs of the work to be completed, but here the city is sticking its head out," he said. "For those who are impacted, this is not their problem, and bravo to the city for doing something important. But as for the sound management of public finances, there will probably be more to say later."

House buyers out of luck

During the meeting's public question period, the largest number of questions by far came from Bel-Habitat house buyers who were directly impacted by the company's failure. "We are trying to help all these people as much as we can," Mayor Demers replied, while adding that there are certain restrictions and laws that restrain what the city can do.

"We are still analyzing additional measures which could be implemented to try to help families within the means available to us," said the mayor, while adding that refunding deposits is not allowed by the law. "We are somewhat at the mercy of provincial regulations," he said.

City buys more police cars

As an indication perhaps of a move by the city to boost public security because of a growing number of gang-related firearms incidents, council voted to approve the purchase of nearly \$1.4 million worth of new police vehicles.

The contracts, awarded to Landry Automobiles

of Laval and Jacques Olivier Ford of Chambly on Montreal's South Shore, are for the purchase of Ford utility hybrid Police Interceptors. Both are vehicles specially-adapted for North American police forces.

Residential and commercial asphalt



with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

- Cracks
- Pot holes
- Edges of garage entrances and foundations
- Replacement of drains



Scellant Propre

Call Natale for a
FREE ESTIMATE
(514) 777-3774

THE LAVAL news

120,000
Readers

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

Tel: 450-978-9999 • Fax: 450-687-6330

E-mail: editor@the-news.ca

www.lavalnews.ca

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



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Costa Hovris
Elena Molter
Thomas Bakoyannis

Advertising Consultants:

Peter Stavropoulos
peter@newsfirst.ca

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Renata Isopo
Maria Diamantis
Savas Fortis
James Ryan

Columnist:

Robert Vairo

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

ISSN number : 1923-0605

Annual subscription : \$89.95 • Per copy : \$1

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

Layout: Media Trek

Distribution: TC. Transcontinental/DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation:

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056

Project funded in part by
Canada



Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association



ComBase



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

ENTIRE CONTENTS COPYRIGHT 2021

OPINION & Editorial



Vaccines are not bullet-proof Covid-19 vests ... travellers beware

I tested negative in my follow-up after quarantine.

Adamant about getting home, I decided to help myself by consulting a reputable medical practitioner on the controversial issue of the validity of Covid tests, having heard far too many conflicting reports about their reliability/accuracy.

So I stomped on Mr. and Mrs. Covid. Following the practitioner's advice, I engaged in a routine of mouthwash, at least four times a day, salt water to drown and purify my nostrils, drank tons of hot water and lemon. What was I thinking? Will this work? Only a scientist will know. After all, I am fully vaccinated, and I was only going to accept a negative verdict, which is what I got on being tested.

We know that traveling is at best difficult, at worst impossible these days. So what are the positives of Covid-19 on the road? The world has turned upside down, descending into depths of debilitating impact on the ability to move. At the moment, everything is shrouded in fog and the effects of the pandemic on crucial tourism are tangible: from border restrictions to flight delays, and cancellations.

A rare positive Covid-19 effect? Some cities, usually full of tourists, are quieter, more livable. Fewer line-ups at main attractions or sharing small spaces with eager visitors. The popular destinations are less crowded, more enjoyable. It's putting up with all the politics of Covid-19 and the repercussions that come with it that has become a problem of crisis proportion.

Rome's Fiumicino Airport is the first hub in the world to earn a "COVID-19 Five-Star Rating" from Skytrax's annual ranking of the world's best airports. Why? Not only is it super-organized, the airport scores points for having easy-to-read signage in multiple languages, strictly enforces mask-wearing, visibly showcases cleaning staff, and excels in efficiency, consolidating all incoming/outgoing flights to a single terminal.

The dark side? I had gotten my boarding pass online, completed the ArriveCan online questionnaire. It seems that a PHD is needed to travel these days. How horrible for senior citizens without access to cell-phone internet, if they even have a cell phone. It's a time-consuming disaster. Old folks panicking, asking for help. Nothing I could do since they didn't have internet on their phones. Dejected, I directed them to ground agents for help.

There's more: At Rome's Fiumicino, I'm in queue, keeping my distance, ensuring that all my documentation was available for presentation. Air Canada check-in personnel were extremely efficient, perfectly bilingual/multilingual (Italian/English). The first request - official attestation of negative molecular Covid test. Without it, you're out of luck. I was good to go. Relief. The rest was easy, the organization was impeccable.

Into my assigned seat. First announcement: You know the drill ... "This is Captain John Doe speaking. There's an electrical problem." I wanted to slap myself. Another nightmare. Hey...problem solved. We're taking off. Everyone, including staff, were double-masked. I wore three for obvious reasons. More drama...a gentleman sitting behind me was refusing to mask. He was threatened several times by the flight attendant with a \$1600-fine, and told he would be arrested in Montreal. He gave in, begrudgingly putting on his mask. Unbelievable!

Absolute chaos coming home. Lines barely moving. All vaccinated people in one area and non-vaccinated and those who had connecting flights all lumped together. Nonsense. Some travellers cited missing flights completely because of the overly-long-tedious-process of getting through the airport and to their gate.

Although seasoned globetrotters know to expect the worst at lineups at security, flight and baggage delays, customs wait times and other fun quirks of air travel, many don't seem prepared for chaos that YUL (Montreal) has become as staff and customers adjust to new realities. Frustrated people stuck in uncomfortably overcrowded scenes — no physical distancing in sight — while complaints of hours-long

lineups at customs, for COVID-19 tests, and more abound. It took two hours to exit the airport.

And while some have noted helpful ground staff from various airlines, others were left enraged at lack of help and absence of leadership from airport personnel, with "zero organization," no crowd control, and no efficiency. Why were the connecting flights thrust with the non-vaccinated? Senseless.

The end goal is helping passengers understand that airport experiences today differ from pre-pandemic times, and many may not have travelled by air in the last year or more.

Due to government-imposed travel requirements, passengers from international destinations must expect additional screening, health checks and delays during arrival. We're all aware. It's no longer easy-breezy, if it ever was. Travel has become tiresome and complicated. If not for the dreams and longing for seasonal change, Balconville would be most-appealing.

Regardless, I don't foresee leisure travel happening on large scales until second jabs, and likely third. A passionate globetrotter, I fear for student travel, and the travel industry in general. It has to be made easier and safer. Even if the population is well-vaccinated, there will be risks from variants and new COVID-19 strains. The question is for how long? Months? Years?

Vaccination is not a bulletproof vest. Because you're vaccinated doesn't mean you can't be a carrier and bring on infection. There must be, and there is, public-health-control and efficient surveillance. I'm questioning the effectiveness of the vaccine and why it isn't bulletproof. Amen.

Renata Isopo

renata@newsfirst.ca

ANGRY? FRUSTRATED?



You've
got a
place
to vent

Send a letter to the editor
and get your opinion heard
loud and clear.

editor@newsfirst.ca

Bill 96 will set off a constitutional crisis, language rights lawyer tells QCGN

'In the face of the right to French, no other rights can stand,' says Michael Bergman



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

A Montreal lawyer and language rights expert predicted during a preliminary public hearing on Quebec's Bill 96 last week that the CAQ government's controversial Bill 101 update, if passed intact, will trigger "a constitutional crisis like never before" in Canada.

The looming crisis

That crisis could occur in the next two to five years, Michael Bergman, who has pleaded before the Supreme Court of Canada and who has lectured on Canadian language rights and constitutional law at McGill University, said during the opening presentation of a webinar on Bill 96 sponsored by the Quebec Community Groups Network.

That time-frame would reflect how long it would take any contestations of Bill 96 to slowly make their way up through the legal system to finally reach the Supreme Court, he added.



Quebec language rights lawyer Michael Bergman told the QCGN last week that Canada will face a serious constitutional crisis in two to five years if Quebec's Bill 96 gets passed unamended.

Those who aren't

"The biggest problem with Bill 96 is that without saying so, but behind the scenes, it says the problem is those who are not Francophones," said Bergman. "The Anglos and the Allos, they're the tip of the spear aimed at the heart of the Quebec identity."

He said identity is a big problem in Quebec, "because Francophones have not yet decided how their identity can be so elastic as to accommodate others. It does not mean that Francophones are against other people, it doesn't mean they're racist, it doesn't mean they don't want anybody. It doesn't necessarily mean they're xenophobic."

An ongoing problem

"It means this is the place that has historically been the motherland of the descendants of the colonists of New France. They have a shared experience, a shared culture, history, religion, whatever. And they haven't quite figured out where the rest of us fit in a modern, dynamic, cosmopolitan place."

Bergman said Bill 96 would essentially impose "a new social contract between all Quebecers. In that social contract there is one right and there is one obligation. The right is the right to the French language. The one obligation is that every single person living in Quebec must support the right to the French language."



New social contract

He said Bill 96 would create a new political arrangement between Quebec and the rest of Canada by unilaterally amending the Canadian constitution in such a way that in Quebec the only right would be the right to be addressed in French and the only obligation would be to speak it.

"In the face of the right to French, no other rights can stand," he said, adding that Bill 96 would essentially give to Quebec "the effective exclusive jurisdiction over language and culture, to reinterpret the Canadian constitution consistent with those rights, and arguably to require that all Supreme Court decisions on language rights in this country be reassessed in light of the duty of Quebec and its right to legislate a language and culture."

A suggested amendment

Regarding the wording of just one crucial passage of Bill 96, Bergman suggested that "Quebecers form a nation" should be amended to say instead, "Quebecers, regardless of origin, form a nation," because "at least that means that we are part of that nation and we have the rights of that nation whatever they may be," he said.

Bill 96 is believed to be the most rigorous revision that Bill 101 – the wide-ranging language law first introduced by the Parti Québécois – has undergone since 1977 when the PQ government, then in its first mandate, passed the Charte de la langue française.

Quebec as a 'nation'

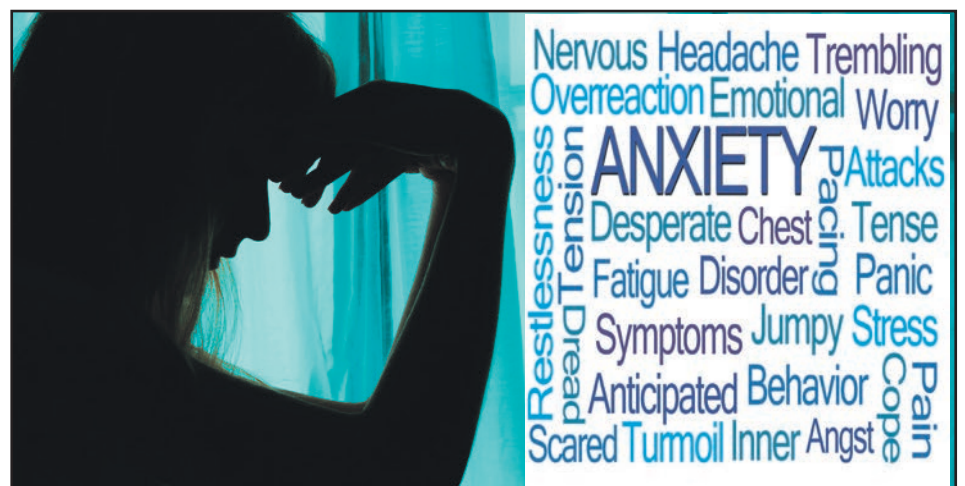
This past May, the Legault government tabled a draft version of Bill 96, whose broadest proposal would be to amend Canada's constitution by adding clauses to define Quebec as a "nation," with French as a single official and common language.

Reacting to rising political pressure from Quebec nationalists, as well as academic and anecdotal evidence of the growing dominance of the English language in metropolitan areas of Quebec as French declines, the Legault government seeks to raise the use of French generally, with increased emphasis within the province's work places.

Country's unity threatened

Also during the webinar, Montreal lawyer Anne-France Goldwater suggested Bill 96 would strike a potentially deadly blow to Canadian unity, spurring other provinces into asserting greater autonomy, while undermining the Canadian federation.

Feedback from presenters in the four-day webinar will be gathered into a QCGN brief to be presented at National Assembly public hearings on Bill 96 later this month. The QCGN is one of the few Anglophone lobby groups in Quebec to be allowed to address and submit a brief on Bill 96 to the government.



REGISTER FOR THE FREE ANXIETY SELF-MANAGEMENT WORKSHOPS OFFERED IN ENGLISH FOR LAVALLERS BY:



Association Amicale des Jeunes et Parents AGAPE Inc.

The Youth and Parents AGAPE Association Inc.

The psychoeducational workshops offered, provide self-management support. A key component in effectively treating people living with mood and anxiety disorders Workshops will be held on ZOOM.

Some of the common symptoms of Anxiety disorders:

- often feeling nervous or on edge
- nearly always worrying
- feeling like something awful will happen
- often feeling irritable or annoyed

How the workshop will help you to improve self-management skills:

- Intensive 10-week program of 2 .5 hours sessions
- A different topic each week
- A wealth of theoretical information shared
- Practical exercises carried out each week
- Discussions as an integral part
- Group size limited to 12 participants

Starting October 11

Key themes of the workshop

1. Improve self-observation, self-knowledge, and observation of anxiety
2. Identify anxiety triggers and maintenance factors
3. Learn about techniques to reduce anxiety levels
4. Understand the role of avoidance and exposure
5. Explore the acceptance process and committed action
6. Examine filters of perception and their influence on anxiety
7. Consider the relationship between yourself, anxiety, and others
8. Aim to reclaim your health and take an active role in managing anxiety

No cost to participate, must have fluency in English, and commit to attending to the 10-week sessions.
To Register call (450) 687-5691 ext: 81022 or at 450-686-4333

THIS PROGRAM IS POSSIBLE IN COLLABORATION WITH



Santé
Canada

Health
Canada



The Youth and Parents "Agape" Assoc. Inc.
3860 Notre-Dame #204 Laval, H7W 1S7
www.agapeassociationinc.com



Laval taking part in Mille Îles River aquatic tourism project

The City of Laval announced last week that it is allotting \$200,000 in funding towards a regional project that will see new recreational facilities developed on the Rivière des Mille Îles with an eye towards attracting more tourists to Laval.

The first phases of the project, which are expected to be completed by 2025, will see a network of electric shuttle buses, bikes, canoes and kayaks put into place in various areas along the river.

The project, which is being led by the non-profit Éco-Nature group, is expected to help promote knowledge of nature along the Rivière des Mille Îles, as well the history of the area.

In all, up to seven stations along the river are expected to be set up, all with welcoming pavilions providing services, and they will be linked by pedestrian and bike paths.

The riverside areas along the Rivière des Mille Îles that are expected to be part of the project are the Berge aux Quatre-Vents in Laval-Ouest, the Berge des Baigneurs in Sainte-Rose,

and the plage Idéale/plage Jacques-Cartier. Improvements are also expected to be made at the Berge du Garrot to facilitate access to docks.

The total cost is expected to be \$600,000 in all, although the Quebec government and the Montreal Metropolitan Community are also putting in \$400,000 through the CMM's Trame verte et bleue du Grand Montréal program.

In addition to the City of Laval, several other communities established on the banks of the Rivière des Mille Îles are also improving their public frontage along the river. Hundreds of species of birds make their habitat along the river, as do many other animals including amphibians, fish and reptiles.

"This is one of the Trame verte et bleue's spotlighted projects as announced last spring, and of which the city is especially proud," says Laval Deputy Mayor Stéphane Boyer, who is vice-president of the executive-committee. "My colleagues and I are anxious to see this project get off the ground."

Laval adopts universal accessibility policy

The City of Laval has decided to adopt a policy of making all its facilities universally accessible to all persons regardless of their limitations.

The policy is meant to encourage the greatest number of Laval residents to go freely about the city, take part in its democracy and access all facilities and buildings without encumbrances.

"It is our ambition to make Laval into a city that is more inclusive, welcoming and community-minded," says Deputy Mayor and executive-committee vice-president Stéphane Boyer.

"The actions coming from this policy and a declaration we made will allow the city to

pursue the development of its expertise in order to turn words into actions and encourage the full participation of the entirety of the population without exception."

The new policy comes after extensive consultations were conducted by the city on accessibility issues. Around 50 individuals greatly involved as leaders in this domain took part in the consultations. The new policy will be implemented through the adoption by city council of an action plan, allowing the gradual adoption of the orientations and goals.

City adopts new policy for integration of public art

The City of Laval wants to integrate art into public places and within municipal buildings in a more organized way. For this reason, it recently adopted a new policy to meet this goal.

As part of the policy, 1.75 per cent of costs for renovations, construction and refurbishments at municipal buildings must be allotted for the inclusion of public art. In this way, the city will be able to acquire new works of art for public places to add to the 53 art works now in the

city's collection of public art.

"Since 1961, buildings erected with a subsidy from the Quebec government must include a work of public art equivalent to 1 per cent of the construction budget," says Mayor Marc Demers. "This requirement does not exist for investments made in municipal buildings, which is why the city is adopting this even more ambitious policy."

Let me help you find
your dream home.



Voula Kottaridis
514 993.5010



REAL ESTATE BROKER

ROYAL LEPAGE

HUMANIA CENTRE
Agence immobilière
450.682.2121

Laval Regional Seniors Table to mark International Day of Older Persons

Mayor Marc Demers to serve as honorary chair for TRCAL event on Oct. 1



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

The Laval Regional Senior Citizens Table plans to celebrate the International Day of Older Persons in style this year with special webcast event featuring two celebrity guests on Friday Oct. 1.

Live from the pavilion in Rivière-des-Mille-Îles Park, Laval mayor Marc Demers will be officially opening the day as this year's honorary chairperson.

"It is with great pleasure that I accepted to be the regional honorary chair for International Day of Older Persons next Oct. 1," Mayor Demers said in a statement. "This year's theme, 'Seniors always present,' means a lot to me ... This day in their honour gives us the opportunity to point out the contributions of the seniors population in Laval."

Actress spokesperson

This year, for the second time, esteemed Quebec actress Marie-Josée Longchamps has agreed to serve as official spokesperson for the province-wide network of Quebec regional senior citizens' tables. Longchamps has had an extensive career in Quebec television, drama and theatre since the 1950s and 60s. (She sang the opening theme for Radio-Canada's long-running drama series Rue des Pignons.)

Still very active as a performer even though she is into her senior years, Longchamps has been acting lately in a two-person show with another famed Quebec acting talent, Béatrice Picard. The two are currently touring towns and cities all over the province with their show.

During TRCAL's Oct. 1 event, seniors from the Laval region will be able to express their views on various issues impacting local seniors, including how to age gracefully, how to recognize ageism (stereotyping and discrimination based on age), and how to live fully while aging.

Pre-registration needed

The TRCAL's Oct. 1 webcast is a free event which is open primarily to all seniors from the Laval region, although pre-registration is necessary to receive a special invitation. To receive the link by e-mail, go to the following website: <https://kastio.com/journeeinternationaledesaines>.

International Day of Older Persons is observed on October 1 each year. On December 14, 1990 the United Nations General Assembly voted to establish October 1 as the International Day of Older Persons as recorded in Resolution 45/106. The holiday was observed for the first time on October 1, 1991.

The holiday is celebrated by raising awareness about issues affecting the elderly, such as senescence and elder abuse. It is also a day to appreciate the contributions that older people make to society.



Other Seniors' days

The holiday is similar to National Grandparents Day in the United States and Canada, as well as the Double Ninth Festival in China and Respect for the Aged Day in Japan. The observance is a focus of ageing organizations and the United Nations Programme on Ageing.

In order to increase the public's awareness of the importance of this internationally-celebrated day, the Conférence des Tables régionales de concertation de aînés du Québec (CTRCAQ), as mandated by the government of Quebec, is promoting the 2021 International Day of Older Persons. The CTRCAQ believes it is increasingly important to affirm the role and significance of senior citizens in our communities.

Importance of seniors

Senior citizens in Quebec today are living longer than ever. In 2017, they made up nearly 20 per cent of the population (1.6 million Quebecers are 65 years of age and older out of a population of more than 8.4 million inhabitants). The number of seniors is also expected to keep rising. In the meantime, 3.4 million Quebecers are more than 50 years in age.

Regardless of the numbers, more and more seniors are maintaining active lifestyles while remaining fully active in their communities. In this sense, seniors are more than ever a key component in the economy, social development, continuing education and the overall well-being of families.



Professional Auto Body Repair & Painting

- Insurance Work Accepted • All Work Guaranteed • Expert Color Matching
- Factory Genuine Parts • Import Car Specialists • Major & Minor Repairs



A2 AUTO

1385, Boul. des Laurentides local 103,
Vimont, Laval 514 476-4565

ELECTIONS 2021

One week to go: Conservatives and Liberals still locked in a tie but Liberals open up clear leads in Ontario and Quebec

September 13, 2021

By Bruce Anderson & David Coletto

We just completed a national survey of 2,000 Canadians eligible to vote in the current federal election completed entirely after the French and English leaders' debates last week.

Don't miss any of our research and analysis, sign up for our weekly newsletter.

Subscribe

If an election were held now, the Conservatives would win 32% of the vote (unchanged), the Liberals 32% (unchanged), the NDP 21% (unchanged), the Green Party 3% (unchanged) and the BQ at 29% in Quebec (down 2). The People's Party is at 4% nationally.

- In BC, we see a very tight three-way race with the NDP at 31%, the Liberals at 31%, and the Conservatives at 29%.

- In Alberta, 57% would vote Conservative compared with 23% for the NDP, 11% for the Liberals, 3% for the People's Party and 1% for the Maverick Party.

- In Manitoba and Saskatchewan, the Conservatives lead with 43% followed by the NDP at 24% and the Liberals at 18%.

- In Ontario, the Liberals have opened up a 7-point lead over the Conservatives (38% to 31%) with the NDP at 23%.

- Within Ontario, the Liberals have a 21-point lead over the Conservatives in Toronto and a 14-point lead in the surrounding region. The Liberals and Conservatives are tied in eastern Ontario while the Conservatives lead by 12 in the southwest.

- In Quebec, we see the Liberals ahead of the BQ by 7-points with the Conservatives at 17% and the NDP at 13%. This is a rise for the Liberals of 4-points and a drop for the BQ of 2-points.

- In the Atlantic provinces, the liberals are ahead by 3 over the Conservatives (39% to 36%) with the NDP at 15%.

The Conservatives lead among those who say they will definitely vote by 4-points (35% to 31%) This is largely unchanged from our last poll.

Leaders' Debates

About half of francophones (49%) said they watched all of some of the French language Commission debate. The audience among anglophones for the English language debate was smaller, with only 41% indicating they had watched some or all of it.

For the French debate, four of the five leaders left more positive than negative impressions, with Mr. Blanchet (+25), Mr. Trudeau (+14),

Mr. Singh (+8), and Mr. O'Toole (+7). More said Ms. Paul's performance left a negative view than a positive one (-13).

When asked which leader did the most to earn their vote, Justin Trudeau was the choice of 30% ahead of Mr. Blanchet 24% and Mr. O'Toole at 20%. When asked which leader did the more to lose their vote, Mr. Trudeau also came out on top with 26% selecting the Liberal leader followed by Mr. O'Toole at 19%, and Mr. Blanchet at 15%.

For the English debate, four of the five leaders left more positive than negative impressions, led by Mr. Singh (33), Mr. O'Toole (+11), Mr. Trudeau (+2), Ms Paul (+9). Mr. Blanchet was the only leader who had a net negative reaction (-20).

When asked which leader did the most to earn their vote, Justin Trudeau was the choice of 29% slightly ahead of Mr. O'Toole at 26% and Mr. Singh at 22%. When asked which leader did the more to lose their vote, Mr. Trudeau also came out on top with 33% selecting the Liberal leader followed by Mr. O'Toole at 26%, and Mr. Singh at 8%.

Overall, reaction to the debate was largely aligned with one's vote inclination.

- 69% of LPC supporters felt Mr. Trudeau did the most to earn their vote.

- 76% of CPC supporters felt Mr. O'Toole did the most to earn their vote

- 69% of NDP supporters thought Mr. Singh did the best.

Among LPC/NDP switchers, 46% thought Mr. Trudeau did the best, 34% picked Mr. Singh.

Preferred Election Outcome

Asked which of four (most likely based on today's numbers) outcomes they would prefer, 60% would prefer a Liberal victory (30% majority, 30% minority) while 40% would prefer a Conservative win (15% minority, 25% majority). This is mostly unchanged from our last survey.

Expected Election Outcome

As of today, 37% expect the Liberals to win (unchanged from our last poll), followed by 28% who expect the Conservatives to win (down 2 since the last wave and +10 since the start of the campaign), and 7% who expect the NDP to come out on top.

When asked whether the election will be close or will one party win by a lot, 75% think it will be close (up 4 points) while 13% think one party will win by a lot. 12% are not sure. Among LPC/NDP switchers 82% think it will be close.

Those who would prefer the LPC to win but

think the Conservatives are going to win makes up 5% of the electorate – holding steady from last week.

Desire For Change

Today, 49% definitely want to see a change in government (unchanged from last week) while another 21% say it would be good to have a change, but it is not really that important to them (up 1), for a total of 70% who would prefer a change in government.

The vote preference by change group is important to understanding the election. Among those who prefer change but say it isn't that important to them (21% of the electorate at the moment), the Liberals have opened up a 13-point lead over the NDP with the Conservatives in third. Liberal re-election hopes continue to ride on how this group ultimately leans and Mr. Trudeau's party seem to be gaining over timing.

Among those who say they want to keep the Liberals in office but it's not important to them, 74% would vote Liberal compared with 9% who would vote NDP.

Upshot

According to Bruce Anderson: "The debates are over and the campaign enters its final week with more good news for the Liberals than for their competitors, although the outcome is far from clear. Mr. O'Toole's reputation gains have stalled, and the Liberals have gained some precious margin in Ontario and Quebec. BC looks like a vital and potentially determining race. Perhaps the most important news in this poll for the Liberals is that the desire for change may be softening and among those who were leaning towards a change but not committed to that position, the Liberals find more support this week.

None of the leaders performed badly enough to affect their prospects in this election, and it's arguable that the PM accomplished more of what he needed to accomplish than his main rivals did in the debates."

According to David Coletto: "With a week to go the race remains tight nationally but the Liberals have opened up some leads in vote-rich Ontario and Quebec. Right now, the Liberals have the advantage as the debates don't seem to have made much difference except for reinforcing



some pre-existing ideas people had of the leaders.

In my opinion, the most important data point in this release is the question about the desire for change. At 49%, those definitely wanting a change in government remain below the 2019 number and has hasn't moved in a few weeks now.

Instead of articulating a clear rationale for why the Liberals should be replaced, the Conservative and NDP campaigns have focused on the election call itself. Undoubtedly people are annoyed by the election, but so far, it doesn't look like either has made much progress in convincing past Liberal voters to switch their support.

Because they have repeatedly claimed this election was "unnecessary" they may have inadvertently helped the Liberals buffer against growth in a desire for change."

Methodology

The survey was conducted with 2,000 Canadian adults eligible to vote from September 10 to 12, 2021. A random sample of panelists were invited to complete the survey from a set of partner panels based on the Lucid exchange platform. These partners are typically double opt-in survey panels, blended to manage out potential skews in the data from a single source.

The margin of error for a comparable probability-based random sample of the same size is +/-2.1%, 19 times out of 20.

The data were weighted according to census data to ensure that the sample matched Canada's population according to age, gender, educational attainment, and region. Totals may not add up to 100 due to rounding.

This survey was paid for by Abacus Data Inc.

Abacus Data follows the CRIC Public Opinion Research Standards and Disclosure Requirements that can be found here: <https://canadianresearchinsightscouncil.ca/standards/>

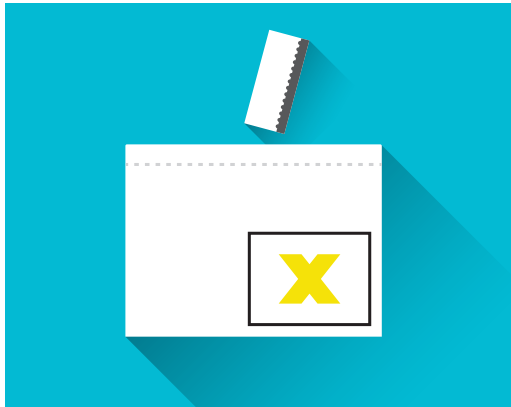
BARBIES

RESTO • BAR • GRILL

LAVAL | barbiesgrill.com

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

Are you planning to vote?



You can register and vote at your polling station on election day if you:

- are a Canadian citizen
- are at least 18 years old
- prove your identity and address



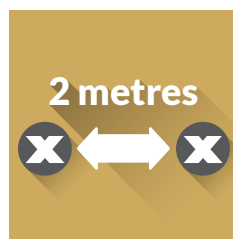
Check your voter information card to find out where and when you can vote.

Your health and safety is our priority.

At your polling station, poll workers will be wearing masks. There will also be:



Hand sanitizer stations



Clear physical distancing markers

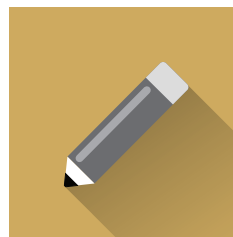


Only one poll worker per desk behind a plexiglass barrier

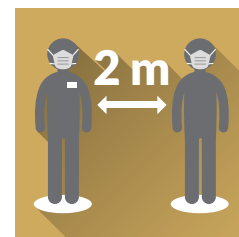
When you go to vote, don't forget:



Wear a mask



We will provide you with a single-use pencil to mark your ballot, or you can bring your own pen or pencil



Practice physical distancing by staying at least two metres away from voters and poll workers

If you think you have COVID-19, follow your local health authority's guidelines and stay home.



Stay safe. Vote safe.

Visit elections.ca for the official information on voting and the health and safety measures in place

1-800-463-6868 / elections.ca / TTY 1-800-361-8935



Proof of COVID-19 vaccination and the vaccine passport: Be well prepared

Proof of vaccination

When you receive a vaccine in Québec, you are given proof of vaccination. It is usually recorded in your vaccination booklet or provided to you in paper format. This applies for all vaccines, including COVID-19.

Electronic proof of COVID-19 vaccination is also available. It shows the following:

- Your first and last names and date of birth
- Which vaccine(s) you received
- Where you were vaccinated
- A QR code
- If applicable, the positive result of your first COVID-19 screening test.



How can I get my electronic proof of vaccination?

- 1 Go to [Québec.ca/proofvaccination](https://quebec.ca/proofvaccination) then click on the Self-service portal.
- 2 Enter the requested information to confirm your identity.
- 3 After identity confirmation, download your electronic proof of vaccination.

The QR code in a nutshell



The QR code is a two-dimensional code that includes lines, squares, dots, polygons or other geometric figures used to store information.

The digital information in a QR code can be revealed by scanning it with a Smart Phone, using a QR code app.

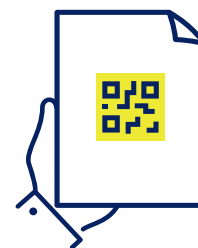
The vaccine passport

The vaccine passport is an official tool. It confirms that the holder is adequately vaccinated against COVID-19. It relies on the proof of vaccination QR code.

Starting on September 1, the vaccine passport will allow people 13 years of age and over who are adequately protected against COVID-19 or are clinically contraindicated, to enter specified locations and take part non-essential activities where the risk of interpersonal transmission is high.

How to use the vaccine passport

In order to enter a location where the vaccine passport is required, you need to show **proof of COVID-19 vaccination, including a QR code**. Your proof can be shown in any of the following ways:



A printed on letter or business card size paper (the QR code must be digitally readable and not altered in any way)



A PDF on your mobile device



The VaxiCode app.

A piece of ID will also be required when you show your vaccine passport, for compliance purposes.

The VaxiCode and VaxiCode Verif apps

Two applications are available and can be downloaded free of charge from Google Play and the App Store.



VaxiCode is meant for individual use.

With it, you can:

- Register your proof of vaccination containing a QR code
- Confirm your COVID-19 protection status in advance (green/red).
- Store all your family’s QR codes in a single location to save time when doing an activity together.

Your personal information is protected by encryption when you register proof of vaccination in the VaxiCode app. VaxiCode does not have the ability to go online, and your proofs never leave the application, which acts as a secure wallet.



VaxiCode Verif is meant for use by venue operators or activity managers.

With it:

- The QR code on the proof of vaccination can be read
- The operators and/or managers can check the individual’s protection status

This application only displays the name of the vaccine passport holder and a green or red colour indicator that confirms the individual’s level of protection.

No other identification or medical information is displayed.

Any questions?

You can find complete information about the vaccine passport at Quebec.ca/vaccinationpassport

If you need help, ask a friend or call **1 877 644-4545**.

Please call **1 877 644-4545** as soon as possible if your paper or electronic proof of vaccination information contains errors.

If you do not have Internet access and a printer, you can call **1 877 644-4545** to receive your paper proof of vaccination by mail. You can plasticize your printed proof if you so wish.

REMINDER

It is your responsibility to ensure the protection of your personal vaccination information. To avoid potential fraud:

- Keep your proof of vaccination private, just like a one-time email or text message.
- We do not recommend that you share a picture of your proof of vaccination on social media.

How can I download the app and install my QR code?

- 1 Search “**VaxiCode**” on Google Play or the App Store from your mobile device and download the app.
- 2 Once VaxiCode is activated, follow the instructions on the screen.

More detailed information is available at Quebec.ca/vaccinationpassport

Not yet vaccinated?

There is still time. Vaccination clinics remain open. Learn more at Quebec.ca/COVIDvaccine

Quebec.ca/vaccinationpassport
 **1 877 644-4545**

FILIA Association for Seniors holds second annual Walk A Thon in Laval

A dual-election year brought out candidates running for federal and municipal office



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

The 15th anniversary of FILIA's annual Walk A Thon last Saturday marked the second time the outdoor fundraiser took place in the City of Laval, while also reflecting how increasing numbers of Montrealers with Greek roots have gradually been migrating from Park Extension to Laval.

2nd year in Laval

It was the second year the senior citizens' association held its health and awareness-raising event at Saint Norbert Park on the eastern fringe of Chomedey.

And this being an election year for federal and municipal politicians, a good number of candidates from both levels of government seeking re-election or running for the first time took a break from their door-to-door campaigning to stop for a while at the park on Cartier Blvd. to show support for FILIA.

For meals-on-wheels

The Walk A Thon is held in September every year as a fundraiser for the FILIA meals-on-wheels program. While FILIA's mission at one time was to provide assistance to Greek women of the Park Extension Hellenic community and later throughout Montreal, the organization's mandate now is to serve senior citizens and people of every description are welcomed.



The participants FILIA's 2021 Walk A Thon, including many elected officials and election year candidates, gathered to be photographed in Saint Norbert Park before setting off. (Photo: Martin C. Barry, Newsfirst Multimedia)

Although FILIA held the Walk A Thon during the first 13 years in Park Extension, which is still regarded by most Hellenic Montrealers as the emblematic centre of the Montreal Greek

community, FILIA has been focusing increasingly on making its services available in Laval, while continuing those in Park Extension.

Shifting demographics

At one time, according to Park Extension city councillor Mary Deros (who took part in this year's walk), up to 20,000 people of Greek origin lived in Park Extension. However, the number of Greeks remaining in Park Extension has dwindled to 3,500, she said, noting that extended families will often choose to relocate to one place like Laval because they want to be close to one another.

Led for many years by executive-director Johanna Tsoublekas, FILIA's services include home housekeeping and supervision, volunteer training and a healthcare clinic for the feet. During this year's and last year's Walk A Thons, the walkers made their way along a circuit that went around Saint Norbert Park on Cartier Blvd. in eastern Chomedey.

Officials and candidates

Those who wished could later stop to rest and chat with longtime friends in the park, while also enjoying a bagged lunch prepared by FILIA volunteers for everyone who took part in the walk.

Among the special guests this year were Chomedey MNA Guy Ouellette, federal MP for Vimy Annie Koutrakis, Chomedey city councillor Aglaia Revelakis, L'Abord-à-Plouffe city councillor Vasilios Karidogiannis, Souvenir-Labelle city councillor Sandra El-Helou, and Action Laval leader and mayoralty candidate Sophie Trottier.

An honour to attend

"FILIA has been doing an amazing job, especially during the Covid, to make sure that all members stay connected and don't feel isolated," Koutrakis told The Laval News. "It's my pride and my honour to be able to participate here today."

"It's a must to be here," said Ouellette, who was the only elected official at this year's Walk A Thon not facing an imminent election. "Even if she [Johanna] started FILIA in Montreal, she now has groups in Chomedey and we appreciate that."

"Our seniors are the most important priority," said Chomedey city councillor Aglaia Revelakis, noting that she is the administrator for a local seniors retirement home. "I think there is a lack of activities for Greek seniors. But Johanna does an extremely good job organizing activities to motivate the seniors."



The walkers made their way along the streets surrounding Saint Norbert Park during FILIA's 2021 Walk A Thon. (Photo: Martin C. Barry, Newsfirst Multimedia)

Trusted care since 1996

Foot pain? WE CAN HELP!

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

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

Dr Martin Scutt,
PODIATRIST & Assoc.

podiatrerivenord.com

450 979-0303

260 Grande Cote,
Rosemere
(near the train station)

Beyond the bin:



**Think about the workers
who handle the material.
Show respect and sort it right!**

**Consult
the app**



**Votre
gouvernement**

RECYC-QUÉBEC
Québec

The advertising placement of this campaign falls under the Environment Quality Act (Chapter Q-2) and its related regulations. Newspapers subject to these regulations are required to contribute their fair share of advertising space.



DIRECT? ANSWERS

From Wayne & Tamara

Return to Sender

Q *I don't know which way to go. Four years ago, I met a wonderful guy. Unfortunately, our career paths took us to two separate continents. We have been "together" off and on for the last four years, but physically with each other for about a week.*

We talked through email with the occasional phone call thrown in. When he proposed, I knew it was coming and did somewhat dread it, because I wasn't certain what I would say.

When he did propose, I almost too quickly said yes. I was overjoyed at the time, but as these past few months have gone by (we are still on separate continents), I've been in turmoil.

It almost seems I am doing this because it's what everyone expects or wants. But this is not what I want. I really want to let him know I don't think either of us is ready for marriage.

But most everyone already knows we are engaged. It wasn't until after I went back to work that I realized I did not know that much at all about him. And he has a drinking problem, in my eyes.

When we talk, it's always about how he went to this bar and passed out in the bed of his friend's truck. One time, he told me he had just gotten rid of his "little black book." That was two weeks after he popped the question.

We live on different oceans. Would I have to mail the engagement ring back to him?

How can I tell him I think neither of us is ready for marriage, especially to each other. I love him with all my heart, but I think it's time we cut our teenage strings and moved on with life.

Sloane

A **Sloane**, magic words free us from the constraints of life. Magicians use Abracadabra, Hocus Pocus, and Alakazam. Cinderella's fairy godmother used Bibbidi-Bobbidi-Boo. Ali Baba used Open Sesame.

In your letter, you said some magic words. You said, "This is not what I want."

"This is not what I want" is truly a magical phrase. It releases us from the outlook and demands of others.

Knowing someone through email and the occasional phone call differs completely from in-person, day-to-day living together. At a distance, you can be whoever you want to be to the other person, because you are not together.

Two weeks after the engagement, he ditched his little black book. So, he has been intimate with and dating others this entire time. He was not exclusive with you. That part of the relationship was lacking between you, and he had that part with other women.

Then there is the drinking. He acts like a young guy with no responsibilities, and you admit this was like a teenage romance. But you are at an age where your careers are all important, and in four years, you have been together only a few days.

In the harsh glare of reality, you see you must go your separate ways.

When a relationship ends, people often see it as a loss when it is really a win. Sometimes it takes an engagement or a wedding before people understand the connection simply wasn't there.

You were pen pals. The relationship was mostly in your heads. The engagement ring broke the bubble of the fantasy. Now comes the final scene in your long distance, pen pal relationship.

Find a safe way to return the ring. You are now mature enough to understand that a magical marriage does not begin with a wish to stop the wedding.

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

HIRING!

THE LAVAL news IS SEEKING AN ADVERTISING CONSULTANT

- Bilingual
- Self-motivated
- Creative • Organized
- Enjoys meeting new people

Come join our dynamic team!

We offer

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

INTERESTED?

send us your CV to:

sales@newsfirst.ca



Centre Dentaire
Notre-Dame
Dental Center

4375, Notre-Dame, suite 7, Laval
(corner Elizabeth)

Serving the community for over 25 years...
Our priority is your **healthy smile...**

Dr. Savas Fortis, DDS
Chirurgien dentiste / Dental Surgeon

For your entire dental needs call :
450-682-3921



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



By Martin C. Barry

Attempted murder in Laval: a 28-year-old man shot and wounded



A 28-year-old man was the victim of an attempted murder in Laval on the night of Wednesday to Thursday last week.

The victim was shot several times near the intersection of Berlier and Bergman streets, before fleeing with his vehicle and calling 911 at approximately 12:40 a.m.

Police located the victim, injured in the upper body, on Guénette Street, near Cléroux Boulevard in an industrial district of Chomedey.

The man, known to the police for past criminal activities, was transported to a hospital where he rests in a stable condition, said a spokesman for the Laval Police Service (SPL).

At the scene of the shooting, several spent bullet casings were found on the ground, where a security perimeter was erected.

Investigators and forensic identification technicians were dispatched to the scene to try to understand what happened.

Driver arrested after 61-year-old pedestrian hit by car

A pedestrian was struck and killed by a vehicle on in Laval on the evening of Wednesday Sept. 8 and police said the driver could face criminal charges. The 61-year-old victim was hit at around 10:30 p.m. on des Rossignols Boulevard, near Dagenais Boulevard and was declared dead

on the scene.

The motorist was arrested and provided officers with a blood sample. Accident analyst specialists with the LPD were on scene to investigate shortly after it happened.

Hip-hop festival cancelled following police concerns

A hip-hop music festival that was scheduled to take place from Sept. 16 to 19 in Laval was cancelled after police said they were concerned about security at the event.

In a message on Facebook, organizers said the digital lab and music festival had been cancelled "in conformity with a directive from Laval public security because of recent events."

"While this decision deeply saddens the LVL UP team, the health and safety of our fans, the artists, partners and employees are at the heart of the organization's concerns and cannot be placed at risk."

Laval police inspector Jean-François Roussele told a Montreal daily that the decision was made after the LPD received information about criminals and street gangs possibly attending and

event where some of the performing are known through their music to glorify the use of firearms.

The LPD says it has already dealt with 32 firearms and shooting incidents this year and has reached the record set last year, with three months to go before the year is over.

Roussele said that the situation currently is "very tense between gangs," while adding that the situation is more than the LPD is prepared to handle.

The event's promoters said that those who had already purchased tickets would be contacted and refunded what they paid. He said scheduled artists would also be paid. In the meantime, the event promoters said they would honour a pledge to made a donation to the Fondation du Centre jeunesse de Laval.



SÉCURITÉ
SPARTAN
SECURITY

Burglar • Fire • Cameras • Intercoms

20 years at your service!

(514) 289-8585

System
Includes:

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

**ALARM SYSTEM
INSTALLATION +
12 MONTHS
MONITORING!**

\$499⁹⁹



24 HOUR MONITORING

MEDIA-TREK®

Better service | Better quality | Better value for your money



**2500
Business
Cards**
\$97

16 pt, full colour,
2 sided

Business Cards

Qty. **1000** 16pt, full colour, 2 sided

as
low as
\$57

1000 Post Cards

4"x6" full colour, 2 sided

Only
\$97

100 Posters

12"x 18", 1 sided

Only
\$87

1000 Flyers

8.5"x 11" 100lb, 2 sided

Only
\$167

Presentation folders

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



Only
\$1287
500 folders

Retractable Premium Banner

- Protects your graphics in its aluminum base
- Free padded carry case included
- High resolution full color printing, waterproof, sunshine proof, premium banner material



33"x81"
Only
\$227

• Art and Graphic
creation available
for additional fee

Print your cheques with us!

Full
Banking
Security
Features!



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

as
low as
\$87
250
cheques

Call us at 450 978-0070 or via email info@newsfirst.ca

CAREERS and Classifieds

Careers Section

Classified Section

THE NORTH SHORE
News

Nouvelles
PARC-EXTENSION
News

THE LAVAL
news



What are YOU looking for?

Call 450 978.9999



Pre-employment tests: 4 preparation tips

As part of their overall recruitment strategy, some employers administer pre-employment tests. These examinations are frequently used to evaluate candidates' job skills, cognitive ability and personality. Here are four tips to help you prepare for this type of assessment.

1. Rest

Get a good night's sleep so that you'll be alert during the test. Being well rested also reduces stress.

2. Review

Does the job you're applying for require a certain level of computer literacy or other technical know-how? Take the time to refamiliarize yourself with the software used in your industry, and brush up on other skills or knowledge you may be called upon to demonstrate.

3. Reflect

Will you be taking a personality, integrity or emotional intelligence test? These types of assessments don't have correct answers. The important thing is to be truthful about who you are. Before test day, identify your core values and motivations so that you can answer questions more easily.

4. Run through

IQ tests and other assessments that aim to measure cognitive ability can be difficult to study for. However, it helps to familiarize yourself with their format by taking practice exams online.

Best of luck on your test!

Do you have what it takes to work in IT?

There's no shortage of employment opportunities in the field of information technology (IT). However, there's also lots of competition for positions, with numerous candidates who possess the baseline qualifications. If you're looking to land a great job in IT, here are some of the qualities that will help you stand out from the crowd.

• **Analytical skills.** The ability to interpret data effectively and see the big picture is essential to solving the sort of complex problems involved in IT work.

• **Communication skills.** It's likely you'll work in a team setting alongside people who aren't as tech-savvy as you. To have productive exchanges with co-workers and clients, it's important to be able to communicate technical concepts in terms anyone can understand.

• **Organizational skills.** In the IT field, it's common to work on several projects at once, and co-workers and clients will depend on you



to meet deadlines. You'll need to have the ability to prioritize and effectively manage your time.

• **Learning skills.** The IT field is constantly evolving. To have a successful career in this industry, you need to be willing to update your skills and knowledge on a continual basis. Moreover, there's often overlap between the worlds of IT and business, so you may be called on to develop your corporate skills.

If you possess these qualities and have a degree in information technology, then the digital world is your oyster.

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



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

Mon. to Wed. - 10am to 5:30pm

Thurs. and Fri. - 10am to 7:00pm

Saturday - 9am to noon

Sunday - Closed

solutionr1.com

*No price by phone

Same address since 1989

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



We are hiring!

If you are looking for a permanent position with full benefits, higher than average salary, a respectful working environment and additional performance based compensation, Rose Hill Foods may be the ideal workplace for you!

Located in Ville Saint-Laurent (Montreal), with nearly 40 years of continuous evolution since its founding in 1983, **Rose Hill Foods** has become a leader in the Canadian food industry.

We are currently looking for capable and energetic people to work in our **Production and Packaging Line.**

The most valuable asset of our business is our employees!

Want to know more? Contact:

Vasileios Bourmpounis

E-mail: vbourmpounis@rosehillfoods.com

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

ROSE HILL Foods Inc.

7171 boul. Thimens, St-Laurent, Qc. Canada H4S 2A2 • www.rosehillfoods.com

Tel.: 514-745-1153 • SF: 800-361-3102

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.



Gratton, Liette
1954 - 2021

It is with sadness that we announce the passing of Liette Gratton, née Beauchamp, who passed away peacefully surrounded by her family on Tuesday, September 7, 2021, at the age of 67. She was the princess of Jean-Guy Gratton; the daughter of the late Rodolphe Beauchamp and of the late Antoinette Henri; the beloved mother of Josée (Yvan Lalonde) and Jonathan; the adored granny of Camille, Maigane and Marilou. Also survived by two brothers, Gaëtan and Guy, brothers-in-law, sisters-in-law, nephews, nieces and friends.



Paradis, Marielle
1942 - 2021

Besides her husband Régis, she is survived by her children Nathalie (Yves Lavoie), Serge (Nancy Pelletier), her grandchildren Camille-Frédérique Lavoie, Charles Ouellet, her brothers and sisters, Pierrette (late Jean-Charles), the late Régine (Normand), late Eugénie, Georges, late Joseph, Huguette (Robert), Gisèle and Marguerite (Jean). She is also survived by her brothers-in-law and sisters-in-law of the Ouellet family, her uncles and aunts, her nephews and nieces, her cousins as well as many other relatives and friends.



Lalonde, Lise
1945 - 2021

Passed away on Monday September 6, 2021, at the age of 76. Married to André-Lionel Lalonde, daughter of the late Augustin Guindon and the late Laurette Saumure. She leaves her children: Chantal (Benoit Ouellette), Carole (Steve Mackney), Joanne (Geoffrey Sutton) and Rock; her grandchildren and her great-grandchildren. She also leaves her brothers and sister: Denis (Louise Guindon), François (Ginette Guindon) and Nicole, as well as several nephews, nieces and friends.



Innocente, Reta
1945 - 2021

Passed away peacefully on Wednesday, September 1, 2021 at the age of 75 years. Much loved sister of Mary, Elio (Buck) and Angelo (Linda). Dear sister-in-law of Peter Beghin and Eileen Innocente. Reta will be sadly missed by her sister Mary and nephew Richard whom have lived with Reta for many years and by her nieces and nephews. Predeceased by her parents Guido and Angela Innocente and her brother Mario and sister Joanne Beghin.

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



Στέφανος Σβουρέβος



Our family...caring for yours

AETERNA

Complexe Funéraire

55 rue Gince, Montreal | 514 228-1888 | complexeaaeterna.com

• Largest viewing room in Quebec

• Personalized service tailored to your needs

• Parking for 130 cars • Full support and help

• Reception Hall / Cafeteria • Available 24 hours - 7 days

• High quality services at a much lower cost

Live for the moment

AETERNA COMPLEXE FUNÉRAIRE

HOROSCOPE

Week of **SEPTEMBER 19 TO 25, 2021**

The luckiest signs this week:
TAURUS, GEMINI AND CANCER



ARIES

You need to think things through before you put your money where your mouth is. Also, making a budget and sticking to it will be crucial to achieving your personal goals. Stress will wear you down quickly.



TAURUS

At work and elsewhere, there'll be a lot of people around you. It'll be quite stressful and therefore imperative that you take some time to rest. A project or task of some kind is likely to be delayed.



GEMINI

Time is a commodity that's in short supply this week. Fortunately, you'll be ri-go-rous when it comes to getting organized. You'll be able to accomplish everything and have time to rest when you're done. Your lo-ved ones will be around for some type of celebration.



CANCER

You'll be able to clear your head with regards to your career by taking a step back from your responsibilities. If you didn't take a vacation this summer, you should give it some serious thought now. At least plan a weekend getaway.



LEO

Some adjustments are needed at home and at work. You'll instigate a few of these changes in order to move in the right direction and achieve your goals. An emotional upheaval will motivate this transformation.



VIRGO

A bit of patience will prove beneficial. You should be able to reach an agreement with certain companies regarding a legal matter. You'll successfully assert your rights and those of your community. Against all odds, you'll receive a marriage proposal.



LIBRA

Work brings its share of stress. Fortunately, your partner's love will ease any tension. All you need to do is spend some quality time together. A few changes to your routine and your relationship will find its se-cond wind.



SCORPIO

You'll be challenged in some way, and it's your chance to show your full potential. You'll need to become more active or exercise on a regular basis with your lo-ved ones if you want to get back in shape.



SAGITTARIUS

Achieving the right work-life balance isn't always easy. Fortunately, you'll be able to count on your loved ones to help you meet all your obligations. If you're a new couple, you'll soon begin to discuss the subject of living together.



CAPRICORN

Be careful behind the wheel. You'll receive several spontaneous invitations from lo-ved ones to participate in fun activities. You have good negotiating skills, and you'll manage to resolve a conflict simply with a smile.



AQUARIUS

To your surprise, you'll find the funds to start your own small business or do some much needed work on the house before winter. In your love life, the comforts of home will lead to a pleasant emotional exchange.



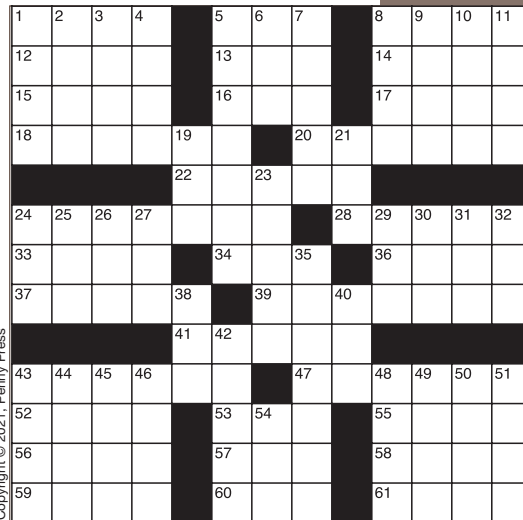
PISCES

You'll start the week with dynamism and a desire to conquer the world. You have to learn how to channel your energy in order to avoid burning the candle at both ends. When it comes to matters of the heart, it's best to let romance unfold naturally.

Coffee Break

CROSSWORDS

PUZZLE NO. 094



Copyright © 2021, Penny Press

ACROSS

1. Hole-punching tools
5. Pod vegetable
8. Wool eater
12. Send away
13. Coat sleeve
14. Cockeyed
15. Nails
16. Chat
17. Slender
18. Sleep
20. Homework
22. Relieves
24. Fee
28. Fodder
33. On a boat
34. Feather accompaniment
36. Per
37. Pier
39. Keepsake
41. Slip-up
43. Practical
47. Slanted font

52. Angler's tool
53. Approves, shortly
55. Filled tortilla
56. Storm
57. Great success
58. Across
59. Otherwise
60. Product pitches
61. Concocted

19. Final letter
21. Initial for Superman
23. Postage item
24. Fido's foot
25. Volcanic discharge
26. Affirmative vote
27. Dent
29. Golf gadget
30. Conducted
31. Play part
32. Which person?
35. Fights back
38. Common ailment
40. NYC opera house
42. Honolulu hello
43. Motivate
44. Emblem
45. Snake-like fishes
46. Skedaddle
48. Tiny particle
49. Volcanic flow
50. Frosted
51. Middle
54. Jest

DOWN

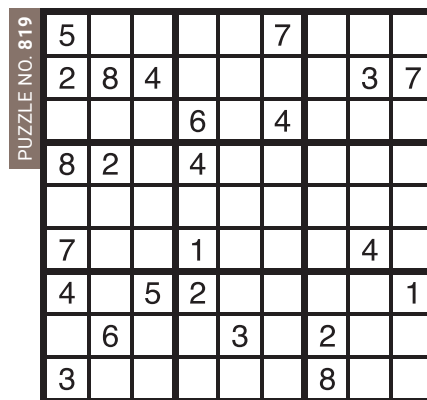
1. Some vipers
2. At what time?
3. Advertising symbol
4. All right: hyph.
5. Costumed parade
6. Distinctive time
7. Walk leisurely
8. Blob
9. Nighttime hooters
10. Singing group
11. Sacred song

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.**

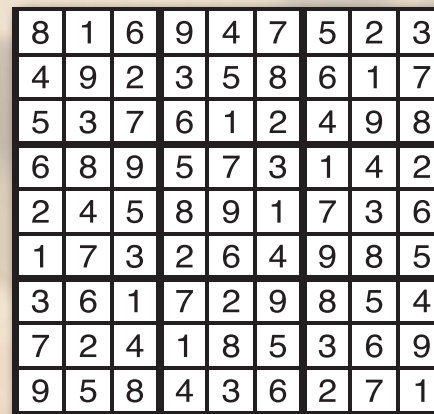


Last Issues' Answers

CROSSWORDS



Sudoku



SAVE MONEY

Print your cheques
with us with confidence

MEDIA-TREK
Communications - Promotions - Marketing

Call us for more information **450.978.9999**

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

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

Full Banking Security Features

THURSDAY ONLY from **10am to 7pm**
In-Store Cash & Carry with no reservations!

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



**Fruits and
Vegetables**
16 to 20 Varieties

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

THIS WEEK'S BASKET:

- Green Grapes
- Pineapple or Melon
- Green Beans
- Broccoli
- Squash
- Quebec Garlic
- Eggplant or Zucchini
- Leek
- Apples
- Pears
- Kiwis
- Bananas
- Carrots
- Shallots
- Tomatoes
- Lettuce
- Avocados
- Cucumber
- Mystery item

Ordering is so easy!

- 1** Place your orders online or by phone before 8 PM on Thursday
- 2** Pick up your baskets on Thursday, Friday or Saturday

**We also
deliver to
your home!**

Our customers
save
\$1,200
up to
per year

**...and save time
shopping, too!**

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

3151-B Boul. Dagenais Ouest (near Curé-Labelle) Laval, Québec H7P 1T8
(514) 473-4591 | panierdufermier.ca | panierdufermier@gmail.com