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CHSLDs had been grappling with staff shortages for a long time, but the authorities had put the problems on the back burner,' said the ombudswoman

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City officials cave in to 100th Ave. 'lane reduction' petitioners

Rita Rosati, a Beauchesne St. resident who helped gather petition signatures, is seen here at the corner of 100th Ave. and Hurtubise St. last Saturday afternoon.

(Photo: Martin C. Barry, Newsfirst Multimedia)

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Bill 96
public consultations...

Laval's Sainte-Rose CAQ MNA Christopher Skeete, who is also Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers, questioned the QCGN on its Bill 96 memorandum.

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City officials cave in to 100th Ave. ‘lane reduction’ petitioners

Unpopular traffic calming measure won’t be back next spring, say Khalil and Dib



MARTIN C. BARRY
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A simmering dispute between the City of Laval and some Chomedey residents over traffic calming near the corner of Hurtubise St. and 100th Ave. reached a boiling point last Saturday when dozens of supporters signed a petition demanding the traffic department remove “lane reduction” markings that were painted onto the street in hopes of slowing speeding motorists.

According to Peter Caruana, who started the petition with his daughter Gabrielle, he and others had been complaining that a stop sign should be put in at the corner to replace yellow lines and traffic bollards the city painted on 100th between Couturier and Hurtubise to slow cars down by reducing the traffic flow to one lane.

Simple solution wanted

Caruana said a stop sign that used to be in place at the corner was removed around a decade ago. “What we want is a simple thing: a three-way stop sign,” he said in an interview with The Laval News. “It would help ease the pain.”

“It would slow the race track that we have here now,” he added, noting that this section of 100th Ave. has become a virtual drag strip for an increasing number of motorists who’ve discovered that the three-kilometre-long street beginning at Samson Blvd. in the south has become a handy shortcut to get to Autoroute 440 at the north end.

Another resident, Jim Katsigiannis, who’s lived in the neighbourhood 27 years, agreed that ever since 100th Ave. was opened up from Saint-Martin Blvd. northward towards the A-440, 100th has become a speedway. “The police can only do so much,” he said.

‘It’s not working,’ said Dib

The elected official responsible for the area, Saint-Martin city councillor Aline Dib, was invited to the gathering by the petition organizers. Several candidates running for city council or for the mayoralty in the Nov. 7 election also turned up. “I had a lot of complaints about speeding and racing and the people called the city about this,” Dib said.

She said a city council traffic committee set about to resolve the problem. They came up

with the idea of closing the north-bound left-side lane beginning at Couturier. “But I’m telling you, it’s a pilot project,” she insisted. “So, now we’ve figured out it’s not working. So, we are working to find help and to give solutions.”

Sainte-Dorothée city councillor Ray Khalil, who sits on the executive-committee with responsibilities for traffic engineering issues, said he was aware of the complaints over speeding, and that some residents had suggested a new stop sign would be the right fix.

Stop signs not obeyed

“But we’ve had past experience in the area where people were burning through stop signs,” he said. “So, what the services said is instead of adding a problem to a problem, let’s try a measure that’s a bit more aggressive, like a calming measure, in order to slow down traffic. But we’ll do it just with paint and bollards just to test it out and see how it goes, the winter is coming, we know we have to remove it for snow clearance, and we’ll see how people react to it.”

Khalil said if the pilot project had answered to the demand for slowing the speed and was judged satisfactory, then the city would have proceeded with something more permanent eventually. But if not, they would at least have learned from applying a traffic calming method other than a conventional stop sign.

However, after implementing the measure, Khalil said that what the city realized was that because of the configuration of houses along 100th Ave., the lane reduction “wasn’t ideal and was causing other types of issues.”

‘We’ll re-evaluate,’ said Khalil

“So, I don’t think it will be kept in the future,” Khalil added. “We’ll re-evaluate. We’ll go back to the drawing board and see how we can answer people’s needs for slowing down traffic, but also having the fluidity of coming in and out of the sector.”


Councillors Dib and Khalil gave their assurances that the painted areas and bollards were going to be removed by the city before winter in any case to allow for proper snow removal, and that they won’t be restored next spring.

Nicolas Macrozonaris, who is running for Action Laval in Saint-Martin, agreed the pilot project should be cancelled and the traffic calming infrastructure removed immediately. “This is very unpopular,” he said. “When people are complaining about it – and citizens are putting together a petition today on their day off – it means it’s extremely unpopular and probably also unsafe.”



Traffic makes its way northward on 100th Ave. between Couturier and Hurtubise, with the controversial closed lane for traffic calming on the right of the photo. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Residents from near the corner of 100th Ave. and Hurtubise St. turned out in large numbers last Saturday to sign a petition demanding the removal of a traffic calming pilot project at the corner. (Photo: Martin C. Barry, Newsfirst Multimedia)

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



A Pandemic of the Unvaccinated, and Tip Toe Through the Tulips with China

It's obvious to anyone treating Covid infected patients that those taking up hospital beds and ICU departments are the unvaccinated. Meanwhile, the vaccinated, waiting for urgent surgery, albeit elective, continue to suffer waiting for the un-vaccinated to get vaccinated, to free up beds, relieve pressure on our doctors and nurses, and generally, allow entire hospital teams to return to some sane level of operation. To be clear, 'elective surgery' does not mean unnecessary or non-urgent. Early diagnosis of cancer for example, can actually lead to a cure, not a treatment. A delay in kidney replacement causes tiring and disruptive daily dialysis much longer than expected. These unvaccinated are getting priority treatment while needy kids and their parents, wait. The cost of anxiety and potential loss of life, is incalculable. One headline recently read, the 'unvaccinated are getting better treatment than the vaccinated.' How sad, but true.

In Alberta, I watched Premier Brian Kenney at a news conference say the 17% unvaccinated in his western province, make up 92% of Covid infected hospital patients. And the stats may vary somewhat in each province, but the overwhelming numbers point to the fact, yes, the fact, that those who are responsibly immunized, are having their paid medical and surgical care refused. Dr Edward Les, an Alberta pediatric emergency room physician says their tax paid services are "curtailed by the pandemic of the unvaccinated."

Like you, I need a break from elections. But I'm a bit uncomfortable because of 'a small stone in my shoe'. I noticed that across the country the Conservative vote plunged in Canada's most Chinese electorates. At least three Conservative candidates in BC, all Asians, were not re-elected. And one of them has spoken out, Kenny Chiu, the defeated incumbent in Canada's largest Asian electorate, Richmond BC, blaming Chinese agents who used the social media www.wechat.com, to spread misinformation. More to the point, Chinese agents in Canada are messaging lies. Chiu presented a private members bill to form a registry of foreign agents in our country, much like the United States and Australia have already done. He ought to be congratulated, not chastised. He wants an investigation. The Conservatives were the only party prior and during the campaign to push Trudeau to stand up to China. And Canadians expect that.

The Chinese use coal as their primary source of energy. And they are running out. They actually are experiencing an energy crisis. Black outs are everywhere in that country these days. They don't care about pollution, much less about climate change. Short of

resources to feed a hungry nation, they have now partnered with Russia to mine Afghanistan with a giant corporation called China Africa Resources. It's easy to understand why Russia, China and the Taliban, are just one big happy family.

So why is Justin Trudeau so soft on Asia? Why has this liberal government not yet told China we do not want your military-owned Huawei as part of our 5G grid, the only western country to stall on what should be an obvious decision? The reason is the following. Mr. Trudeau admitted to a CTV question period during his leadership race "Obviously, my family has historical ties with China." And add to that, the old Liberal party guard "has close and lucrative ties to corporate interests that are deeply invested in trade relations with China" wrote the National Post. Most recently our foreign affairs minister Francois-Philippe Champagne was forced to payoff the \$1.2 million dollar balance owing on his house mortgage held by the Bank of China. It's only a small example of what Canadians know about the relationship our political elite have with China. And it should make it amply clear why Mr. Trudeau tip toes through the tulips with China.

I hope our tax dollars reach those to whom it was intended. A recent federal court decision, awarded \$billions to native children who suffered discrimination in the welfare system. It's fair to continue to ask where all federal funds end up. During the debate Trudeau proudly talked about the billions allocated to natives across the country, but was quickly flagged by the guest native moderator who questioned not the amount, but its minimal results. This year, another 25 billion dollars will be allocated to address native issues, but the question remains if this will reach the people to whom it was intended. Every federal auditor general in recent memory has identified an "incomprehensible failure" of the Indigenous Affairs bureaucracy. There is absolutely no accountability, nor any cap on increased yearly spending as there was under previous governments. No one monitors the results of these enormous expenditures, despite the added abuse and corruption of a few Chiefs. It's no wonder natives still complain about not having safe drinking water, poor housing and education. There was nothing wrong with our Fiscal Accountability Act, scrapped by Trudeau. Bring it back. Canadians want value for their buck, and need to know where their money is going.

That's what I'm Thinking.

Robert Vairo

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Executive-committee approves grants to 4H and for conservation

During their Sept. 29 public meeting, the members of the City of Laval's executive-committee decided to provide subsidies to help promote the use of wood for various purposes, while also providing sums to promote the conservation of some underused forestlands on Laval's territory.

In accordance with a provincial program for managing wildlife, parks and forests, the members of the executive-committee awarded a subsidy of \$118,000 to the 4H Clubs Québec in order to encourage the use of wood in Laval.

With the money, 4H Clubs Québec is expected to develop several projects for the education and familiarization of the public to the value of wood. As part of the program, they will be doing the following:

- Leading awareness-raising activities on the recovery of wood in Laval, as well as the value of wood as a forest resource impacted by climatic changes;
- Produce teaching tools, while raising awareness among people in Laval;
- Develop awareness-raising activities on the transformation of wood during major events;
- Develop educational programs on how wood is transformed from beginning to end, and how climate change is affecting it.

City says street parking in Laval will be easier this winter

The city has announced that from Oct. 1 until the end of the coming winter, it will be possible to park on two sides of the street throughout Laval when snow removal operations are not underway.

The new policy is an important shift from the old way of parking during the winter, when car owners were expected to park on alternate sides of the street throughout the winter whether snow removal was taking place or not, drawing numerous complaints over the years.

The city says that with the help of special information resources, it will be keeping residents informed when parking on one side of the street will be prohibited during snow removal operations. The rest of the time, they will be able to park without hindrance from Oct. 1 to April 30.

In targeted areas, which is around 85 per cent of Laval's territory, new street signs providing information on the new parking rules have been added to existing signage. The city says that alternating from one side to the other is now only applicable during street maintenance operations, and there is a phone number to call if necessary.

"I am very happy to see the reflections and public consultations undertaken by the city with teams of professionals becoming a reality in order to answer to the parking needs of citizens," said Mayor Marc Demers. "With this new way of doing things which has been tested with earlier pilot projects, car owners in Laval will more easily be able to park during the winter season."

Conservation program approved

The executive-committee decided to associate the city with the Société d'histoire naturelle de la vallée du Saint-Laurent (SHNVSL) and the Fondation de la faune in order to carry out a conservation project aimed at analyzing the potential for connecting Laval's open nature areas to other green spaces on the island.

The project in question fits in with Laval's standing plan for the conservation of its natural spaces, as well as the Montreal Metropolitan Community's Trame verte et bleue program.

In Laval, the SHNVSL's conservation project is expected to have a positive impact on a multitude of animal and vegetation species that live in Laval's woods, including birds, pollinating insects, but especially brown snakes which are currently in decline in Quebec but remain present on Laval's territory.

Executive-committee members

The City of Laval's executive-committee meets each week to make decisions on a variety of issues. The executive-committee includes the following people: Mayor Marc Demers, vice-president Stéphane Boyer (also councillor for Duvernay-Pont-Viau) councillors Sandra Desmeules (Concorde-Bois-de-Boulogne), Ray Khalil (Sainte-Dorothée), Virginie Dufour (Sainte-Rose) and associate member Nicholas Borne (Laval-les-Îles).



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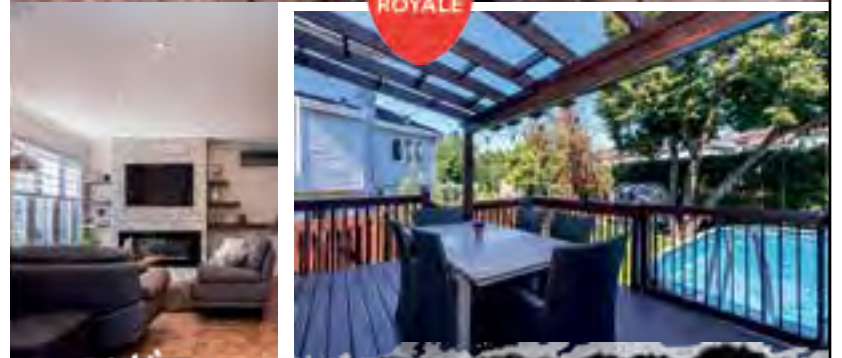
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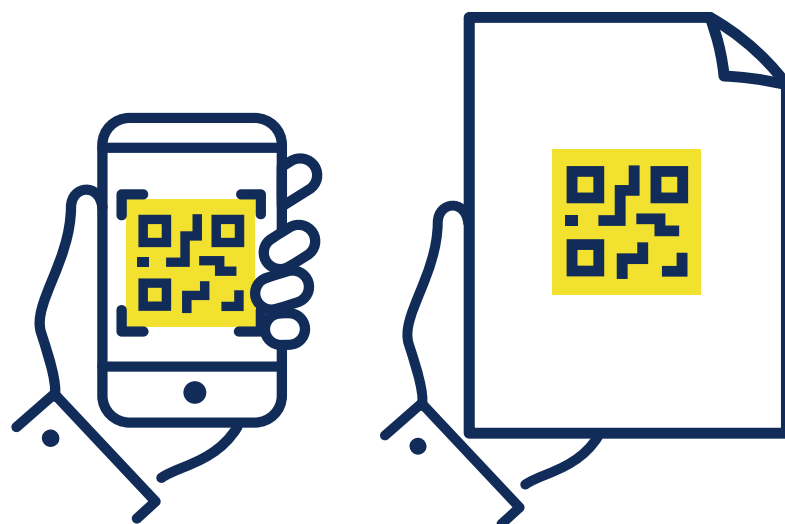
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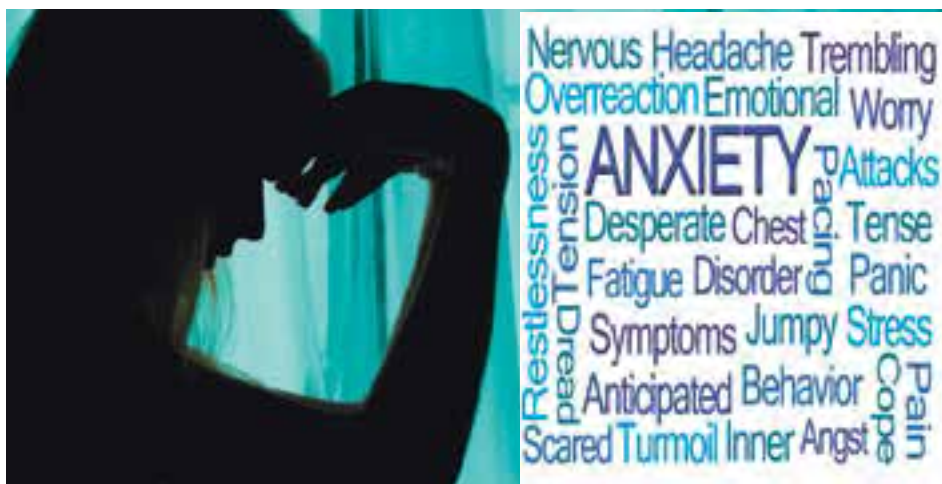


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Bill 96 should be scrapped 'in its entirety,' says Quebec Community Groups Network

*New language law 'will change Quebec, and not
for the better,' QCGN claims in scathing brief*



The Quebec National Assembly's
Committee on Culture and Education
heard from the Quebec Community
Groups Network last week.



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In a memorandum presented last week to the National Assembly committee working on the provincial government's Bill 96 to strengthen Quebec's language rules, the Quebec Community Groups Network said that even though the French language in Quebec "can and should be protected," Bill 96 is not the way to go about it.

"Bill 96 is deeply problematic," said QCGN president Marlene Jennings, reading from the conclusion of the English-language community lobby group's statement.

'Outdated and odious'

"Its measures are based on outdated and odious approaches to enforcing the use of the French language. It will create barriers and mistrust. It upsets a social and linguistic peace that has lasted for decades. And it sends a signal to speakers of other languages:

"No matter how integrated into Quebec society or how willing to speak French in the public space, speakers of other languages are not fully 'members' of Quebec society," the statement continued. "Like Bill 21, it re-shapes Quebec law and society to create clear 'insiders' and 'outsiders. And at the same time, it withdraws fundamental human rights protection from everyone."

Overriding human rights

More fundamentally, Jennings and the QCGN contend that Bill 96 is aimed at an entirely different objective – that being "the refashioning of the Quebec state, and the move away from liberal constitutional democracy."

They said that the use of constitutional human rights overrides (notwithstanding clauses) effectively dismantles human rights protections that have been in place for 45 years.

"It expands the power of the National Assembly – and the government in power – and removes the role of the judiciary in reviewing laws for compliance with the Constitution. It increases and centralizes executive power and control over both the public and private sectors.

"These changes are of serious and major concern for democratic governance in Quebec, and should be troubling to all Quebecers. Bill 96 will change Quebec, and not for the better."

Should withdraw Bill 96

The QCGN's number one recommendation is that Bill 96 be withdrawn "in its entirety." If the bill is not withdrawn completely, they say it ought to be overhauled and include changes such as these:

Remove the human rights overrides;

A reference question on the constitutionality and meaning Bill 96 should be sent without

delay to the Court of Appeal of Quebec;

The right to communication and services in English should never be based on eligibility for English instruction;

Remove provisions which have the most egregious impact on business, including francization requirements, justification of hiring practices, language of contracts, justice provisions and education permit restrictions.

The QCGN also emphasized in its brief that "Bill 96 should not in any way interfere with the right to receive health and social services in English as guaranteed in the Act respecting health services and social services. Bill 96 should include an explicit carve-out for this right."



'You accept Bill 101?' Skeete asked

CAQ MNA for Sainte-Rose Christopher Skeete (who is Parliamentary Assistant to the Premier for Relations with English-Speaking

Quebecers) asked Jennings whether the QCGN agrees with Bill 101, which was passed by the Parti Québécois government in 1977 and forms the basis for Quebec's current language laws.

"Does the QCGN accept that this law was necessary for the survival of French in North America?" he asked. "The QCGN is a defender of the French language," Jennings replied. Skeete interrupted, insisting he be given a yes or no answer, "because there are plenty of defenders of the French language, but they're not all for Bill 101," he said.

Jennings responded, "Yes, the QCGN agrees with Bill 101, in the sense that we think it has had positive influences, and we think that it wasn't used to one hundred per cent. So, we are asking the question why Bill 96, taking into account that there are plenty of things in Bill 101 that are never used."

'Why then not Bill 96?'

Skeete continued, "Why then, if the QCGN accepts the notions in Bill 101, would it want to allow, for example, the schooling of people coming from Great Britain, Australia and India in the public school system as Anglophones or receiving documents in English? Why does the QCGN, if it accepts Bill 101, not want the integration into French of newly-arriving people in Quebec?"

Replying, Jennings said she hadn't understood the question. By the time Skeete rephrased it, Lise Thériault, chair of the Committee on Culture and Education, who was carefully keeping tabs on the time allotted to each participant, declared Skeete's time had run out and Jennings was cut off before she could answer.

Ombudswoman gives Quebec a failing grade for COVID-19 performance

She said they took into account exceptional circumstances during the COVID-19 crisis



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Findings in Quebec ombudswoman Marie Rinfret's 2020-2021 annual report, which was tabled in the National Assembly last week, raise serious questions about the provincial government's ability to ensure the quality and integrity of the services it provided in the past year during the COVID-19 crisis.

Action needed, said Rinfret

The Quebec ombudswoman's office is mandated to act impartially and independently of the government to ensure that the rights of citizens are upheld in their dealings with publicly-provided services.

In a statement issued by the ombudswoman's office, Rinfret suggested quick action will be absolutely necessary to correct known and recurrent problems in the system that compromise citizens' rights.

"We think immediately of the full brunt of the tragedies in residential and long-term care centres during the first wave," the ombudsman's office said.

Impact of the pandemic

The provincial ombudswoman said the past year exposed an alarming society-wide situation affecting people who were severely impacted by the pandemic, who suffered physical and mental health problems, bereavement, loss of income, increased poverty, isolation, anxiety and violence.

At a press conference in Quebec City, Rinfret pleaded for Quebec public service providers to show more empathy to the public. They must learn "to deal with situations that are outside the rules, outside the framework," she said.

The COVID-19 pandemic has only accentuated already problematic situations in the provision of public services, notes the ombudswoman.

Examples documented

Beyond the daily case statistics, she said the pandemic created and exacerbated many vulnerabilities for an incalculable number of individuals. Here are some examples cited by Rinfret's office:

A student in an anglophone school was about to start her last year of secondary studies when she informed her that she no longer qualified for instruction in English. The reason: a change in her father's immigration status. In June 2020, her father had approached the examining committee and the decision was cancelled. However, the department was sluggish to act on it. In late September, the ombudswoman intervened. The department immediately sent the family the authorization needed for the student to go back to her school.

The ombudswoman received complaints from the residents of a housing cooperative about, among other things, harassment and bullying by the administrator and the manager. The SHQ had refused to investigate on the pretext that it was not empowered to do this. The ombudswoman argued that the SHQ did have jurisdiction to intervene under the applicable act, and in the end, it agreed to do so.

Rinfret noted that in the past year, the Quebec Ministry of Work, Employment and Social Solidarity took measures to adjust to its clients' difficulties during the COVID-19 crisis, for example suspending recovery measures and

postponing sending out claim notices.

On the downside, however, the ombudswoman also pointed out that the Ministry of Immigration, Francization and Integration refused applications for the Quebec Selection Certificate because candidates had to be employed at the time of filing. She noted that in the wake of massive business closures because of COVID-19, many applicants were laid off temporarily. On the ombudswoman's recommendation, the department agreed to review the requirement.

Provincial prison and correctional services tried to compensate for the suspension of family visits to detainees. As a result, the Ministry of Public Security decided to use videoconferencing so that detainees could maintain contact with the outside world, although the videoconferences were often cancelled because of staff shortages.

At the beginning of the pandemic, in accordance with a directive by the Ministry of Health and Social Services, family visits were allowed in hospital palliative care units and hospices. However, some hospitals didn't comply, meaning that many people could not be with loved ones when they died.



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as previously.

She said there are also disparities in the level of services provided depending on the region of the province. Rinfret also was concerned about the overcrowding of hospital emergency rooms, which she said could jeopardize the quality of care and the safety of patients.

The private sector in Quebec's health services network was not spared her criticisms. Among the shortcomings, she noted that private senior citizens' retirement residences had staff shortages, medication mistakes were made and there was lack of supervision. Her office also received complaints about long-term care facilities.

Exceptional situation

Despite her criticisms about the provincial government's oversights, Rinfret's department said it took into account the exceptional circumstances brought about by the COVID-19 crisis.

"It would be unrealistic and unfair to disregard the enormous challenges for government departments, agencies and healthcare insti-



'CHSLDs had been grappling with staff shortages for a long time, but the authorities had put the problems on the back burner,' said the ombudswoman

Just one bath a week

In other issues raised by the ombudswoman, the quality of home care was denounced. Rinfret noted that a growing number of institutional care facilities now give patients and residents just one bath per week, instead of two or three

tutions posed by an ongoing unprecedented crisis," the office said. "While respecting citizens' rights requires that public services carry out their mission effectively, the Quebec ombudsman is aware of the enormous weight of this unfamiliar situation.

'Gov't not exempted'

"However," the office added, "This does not exempt government from listening to the people who come to it and [from] responding with understanding, openness, creativity and compassion so that these citizens receive the public services to which they have a right."

The ombudswoman's office said it handled 21,803 requests over the past year, received 42,038 phone calls, answered 66 per cent of these in under 20 seconds, and had 98 per cent of recommendations accepted by the government's various departments.



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This artwork was created by Canadian artist Ola Volo in celebration of National Newspaper Week from October 3-9, 2021.

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Marie-Hélène Dubé is running for Action Laval in Sainte-Rose

Cancer survivor started campaign to get sick leave benefits extended



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

In yet another step towards completing their team before municipal elections take place on Nov. 7, Action Laval last week announced its candidate for the district of Sainte-Rose.

20-year friendship

Marie-Hélène Dubé and Action Laval mayor-alty candidate Sophie Trottier have been friends for more than 20 years, Trottier said during an announcement to the media at AL campaign headquarters on Saint-Martin Blvd.

A resident of Laval for the past 27 years, Dubé is a mother to two children and has been a teacher of criminology at the CEGEP régional de Lanaudière for 14 years. She has a bachelor's degree in criminology from University of Montreal.



From the left, Action Laval city councillors Isabella Tassoni, Aglaia Revelakis and Paolo Galati are seen with party leader and mayoralty candidate Sophie Trottier and Sainte-Rose candidate Marie-Hélène Dubé. (Photo: Martin C. Barry)

Survived cancer

She is also a cancer survivor and has worked with the Quebec Cancer Foundation and the Canadian Cancer Society to raise awareness of the cause. She has received the Queen Elizabeth II Diamond Jubilee Medal in recognition of her contributions and volunteerism.

Some might remember Dubé for a campaign ('15 Weeks to Heal Is Not Enough') that she started 13 years ago following several close calls with cancer that sidelined her for exten-

sive periods. The goal was to get the federal government to extend Employment Insurance sick benefits beyond the current 15 weeks.

El sick leave campaign

The campaign noted that in certain sick leave instances, such as the period when Dubé underwent treatment for cancer, the sick leave should be much closer to 50 weeks and this should be reflected in Employment Insurance benefits.

Through an online petition, she was able to collect over 600,000 signatures, of which 500,000 have been submitted to date to Parliament on multiple occasions.

Although more than seven draft bills were created and tabled in response to the petition, the issue remains unresolved. Trottier described Dubé as someone she has always been able to count on when she was in need.

Very action-oriented

"She's a person who is a problem solver, always thinking about solutions, is full of ideas and she's always in action, by the way," she said, adding that Dubé is also very community-oriented.

"I welcome Marie-Hélène onto our team with great pride. "We have been working together for numerous years, mainly on the dossier she has become well-known for. I can therefore promise you that she is a fighter who follows her dossiers to the end. Her knowledge and experience make her a candidate of very high quality."

Dubé said that becoming a Laval city councillor would be a "natural extension" of the community work she's undertaken over the years.

Centre de foire project

"It's with great joy that I join Action Laval, a party that I have been following for a long time and with which I have decided to take a leap into politics," she said. "It is the only party that has a constructive vision for all of the citizens of Laval.

"I can't wait to work with a team which has the future of the city in their hearts," she continued. "Especially with the pledge to build the Centre de foire internationale de Laval, which will be contributing not only to the economic development of our city, but which will put Quebec on the map internationally. I have always been a woman of action

and I am very happy today to join Sophie Trottier, an inspiring woman and a great friend."

By the end of last week, Action Laval announced the last of its candidates. Nicolas Bouchard will be representing the party in the district of Concorde—Bois-de-Boulogne.

'She's a person who is a problem solver, always thinking about solutions, is full of ideas and she's always in action,'

says AL leader Sophie Trottier

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Action Laval's candidate in Sainte-Rose, Marie-Hélène Dubé, left, is seen here with party leader and mayoralty candidate Sophie Trottier (Photo: Martin C. Barry)



City and LPD lead safety campaign over the coming weeks

The City of Laval and the Laval Police are inviting motorists, pedestrians and cyclists to pay special attention while out using the sidewalks and streets, noting that a special safety campaign will be underway over the coming weeks.

According to the city, the LPD will be keeping an eye out for types of distracted behaviour that can lead to accidents, in order to help reduce the number of accidents and to encourage sharing of the roadways.

Each year, the LPD takes part in a province-wide operation to promote road security, which is conducted in conjunction with police forces across Quebec and the Société d'assurance automobile du Québec (SAAQ).

"Safety on the streets, on bicycle paths and on sidewalks is a constant preoccupation of the population," says Mayor Marc Demers. It must depend on a clear sharing of responsibilities between motorists, cyclists and pedestrians. Therefore, the city invites users of the streets to cooperate and to show civic responsibility so that everyone can feel safe, but especially our little ones."

The campaign has as its first objective to raise awareness among parents that they should adopt safe driving habits around schools and when they drop their children off there. During the campaign period, officers with the LPD will be out watching around schools very closely and will issue tickets to those found to have broken Highway Code rules.

A few facts regarding traffic calming measures implemented in recent years by the City of Laval:

In all, 157 sidewalks protrusions (121 in concrete, 36 painted) have been installed;

81 interventions have been made at primary schools, at 27 pedestrian crossings and at 42 crossings with crossing guards;

The city closed two streets permanently;

The city will be pursuing the installation of more speed bumps in 2022, with priority given to areas near parks;

As a result of citizen requests, 41 interventions for traffic calming were carried out.



Four arsons on Dagenais Blvd., including one at a Buddhist temple

Police in Laval are investigating four arsons that took place overnight on Sept. 29-29 on Dagenais Blvd. West, including one at a Buddhist temple that happened while clergy were there.

A fourth fire that police believe was intentionally set happened at 11:37 p.m. Sept. 28 at the Société bouddhique Laotienne at 3381 Dagenais Boul. West. The side door was burned as well as a chair that was outside the building.

Five monks were inside the temple when the perpetrator set fire to the door, according to one of the monks. He told media that he was concerned about the incident, but that unfortunately the security camera they had installed on the property stopped working.

He said it was the first time an incident like this had happened and he wondered why their building was attacked.

An LPD spokesperson said the perpetrators set fire to two dumpsters at two different addresses and burned a tire at a third location. All were in the same area of Dagenais Blvd. West and within a time-frame of about an hour, beginning at 10:24 p.m. Sept. 28.



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DIRECT? ANSWERS

From Wayne & Tamara

Once The Fuse Is Lit

Q I'm afraid to ask for your opinion, but even more afraid not to ask. I desperately need an outside perspective on my situation.

My wife and I dated all through college. I was her first serious boyfriend. The summer before her senior year, I gave Tisha an engagement ring, and we moved in together. I had just graduated with an engineering degree and landed a fantastic job. The next summer we married.

As the wedding day grew closer, Tisha started having doubts about marriage. Nothing specific, just vague feelings. We talked to her dad, my parents, and even some of our friends. We went through the pre-marital counseling required by our church. In the end, she decided she was sure about getting married, and we wrote her feelings off to wedding day jitters.

The honeymoon was incredible, and we had the time of our lives. After we came home, Tisha accepted a position with the company she interned with the summer before. She loves her job and goes out with the gang from work a couple of nights a week, usually eating dinner before coming home.

As I look back on it, after the honeymoon things started going downhill. Tisha was often moody or distant, and I sometimes had the feeling she was just putting up with me. Three months ago, after an especially bad week, I suggested more counseling. I think I stunned her. She said yes before she had time to think, but the counseling seemed to help.

A month ago she stunned me. I suggested we go house hunting. She blurted out, "I don't want a house. I'm not even sure I want to be married. All I've ever done is go to college, and now I'm married already."

In what turned out to be our final counseling session, Tisha said she wondered what it would be like to date other men. When I asked her where that was coming from, she admitted she has feelings for one of the guys at work. She's had these feelings since the summer she interned there, which was the summer before we married.

Now, she says, she has decisions to make. That was two weeks ago. She has hardly spoken to me since.

I'm at the end of my rope. Where is this going to wind up?

Tony

A Tony, you have been sitting on a powder keg since Tisha expressed doubts about your impending marriage. Everything since has only delayed the explosion. It would have been better if the blast occurred before the wedding.

Why didn't it? Because she didn't tell you the truth. Since you didn't know the truth, no amount of discussion between you could solve the problem.

Tisha suppressed her doubts long enough to get married, but that ended after the honeymoon. She is already separating herself from you. She wants a life of her own, and she wants to date other men, especially one other man. Until she acts on those feelings, they will not go away.

A few years ago we read a book by Brad Lewis called "Assault On Lake Casitas." Brad Lewis won an Olympic gold medal in rowing in the Eighties. One of the most important lessons he learned in life, he says, was while he had a job as a roofer. When he had gained some experience, his friend and mentor let Brad frame a roof on his own. It took Brad several days, and the roof ended up cockeyed.

Brad expected his mentor to show him a quick fix, but when his friend arrived, he took a hammer to the roof. In ten minutes he knocked down every board Brad spent days putting up. It was a tough lesson to learn, but you can spend your whole life trying to turn a wrong into a right.

Tony, that is where you are right now.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

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How to avoid work-from-home burnout

Telecommuting has its perks, but it can also make you feel unmotivated, isolated, easily distracted and overwhelmed. Here are six tips to help you stave off burnout.

1. Create a morning routine

Wake up 30 to 90 minutes before work, and establish rituals that set a positive tone for your day. Ease into your morning by stretching, taking a shower, listening to a podcast, making a smoothie or reading the newspaper.

2. Connect with colleagues

Check in with your coworkers every morning and schedule virtual coffee breaks to keep up morale and maintain a sense of community. If you want to discuss a project, pick up the phone or hop on a video call rather than send an email.

3. Take effective breaks

Stepping away from your computer periodically allows you to recharge and renews your motivation. Go for a walk (without your phone), listen to a guided meditation, clean up your desk, read a magazine article or put on some music and dance.

4. Exercise every day

Regular physical activity clears your mind and relieves stress. It also helps you sleep better, gives you more energy and boosts your self-confidence. Make exercise a priority by scheduling a morning run, afternoon spin class or bedtime yoga session the way you would a work meeting.

5. Make time to cook

Putting together a snack or meal from scratch is therapeutic because it helps you tap into your creativity and feel productive. Cooking with fresh ingredients will also ensure you're eating nutritious food that gives you the energy you need to get through the day.

6. Establish boundaries

Set office hours and stick to them. Don't let your workday bleed into your evenings and weekends, as that free time is crucial to your well-being. Send your coworkers a sign-off email at the end of the day, then transition from work to relaxation by going for

a walk or taking your kids to the park.

If you're struggling to work from home and feel like you might be approaching burnout, don't hesitate to speak with a mental health professional.



SYMPTOMS OF BURNOUT

The tell-tale signs that you're approaching burnout include (but aren't limited to) chronic fatigue, increased irritability, lack of motivation, loss of enjoyment, trouble concentrating, anxiety and feelings of isolation or detachment.

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In Memoriam & Obituaries

After you're GONE

Funerals. Burials. End-of-life services.

4 services offered by funeral homes

Losing someone you love is difficult, both because of the emotional toll involved and the considerable work that goes into planning a funeral. When the time comes, you shouldn't have to do it alone. Fortunately, most funeral homes can alleviate some of the burden by offering these four services.

1. Legal assistance. Many funeral directors are familiar with the legal aspects that need to be taken care of. They'll be able to ensure nothing falls through the cracks.
2. Funeral planning. This involves choosing a coffin or an urn, determining what kind of reception to hold, when to hold it, whether there'll

be a viewing and more. You'll also need to select flowers and make decisions about other aspects of the ceremony. A funeral director can assist you with all of this, and some may even help you make arrangements with places of worship and cemeteries. They can also organize for there to be a hearse and driver.

3. Repatriation of remains. If the death occurred somewhere far away from the burial location, such as in another country, then you'll need the help of a funeral home to repatriate the remains. It's a complex process that's easier to manage if you have someone in your corner who's familiar with both the paperwork and legal requirements involved.

4. Pre-planning. Making your own arrangements in advance may feel strange, but doing so will give your loved ones peace of mind. They'll be assured that your funeral reflects your wishes and they won't have to make difficult decisions. This will help them process the loss and will ensure you're remembered the way you want to be.

Other services funeral homes offer include cremation, obituary publication and burial. Finding one that can take care of a variety of things will help the most in lightening the load placed on your shoulders.



Normandeau, Diane
1946 - 2021

In Laval, on October 2, 2021, at the age of 75 passed away Mrs. Diane Normandeau, beloved wife of Pierre Giguère.

Besides her husband, she is survived by her children Pierre (Karine), Martin, Johanne and Johanne, her grandchildren, Yan, Dilan, Amélie and Marie-Pier, her siblings, her nieces and nephews as well as many relatives and friends



Greco, Addolorata
1941 - 2021

It is with deep sadness that we announce the passing of Mrs. Addolorata Greco, beloved wife of the late Vito Viola.

She is survived by her children Mario (Carmela) and Salvatore (Silvia), her grandchildren Sabrina (Maxime), Lucianno, Stéphanie (Daniel) and David (Carina), her nieces and nephews as well as several relatives and friends.



Blais Lattaro, Aline
1930 - 2021

In Laval, on September 30, 2021, at the age of 91, passed away Aline Blais Lattaro, first wife of the late Maurice Paradis and second wife of the late Léon Lattaro and mother of the late Daniel and late Jean. She is also survived by her children Anne (Gérard), Sylvain (Sylvie), Maurice, Yvan (Joanne), Pierre, Monique (Tony), her grandchildren, great-grandchildren, parents and friends.

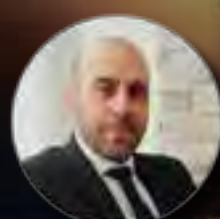


Picard Des Trois Maisons, Gilles
1945 - 2021

In Fabreville, on September 27, 2021 at the age of 75 passed away Mr. Gilles Picard Des Trois Maisons.

He is survived by his brothers Raymond, André, Jean-Guy and their respective spouses, his daughters, Ghislaine and Marie-France, his godchildren, Véronique and Nicolas as well as many other relatives and friends.

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Week of **OCTOBER 10 TO 16, 2021**

The luckiest signs this week:
ARIES, AQUARIUS AND PISCES



ARIES

You'll be handed all the urgent problems at work. At home, you'll have to trust other family members with the housework. Your great strength is to bring loved ones together and lighten the mood with your smile.



TAURUS

Before you get started on a new project, it's important to acquire all the necessary information. Even if you don't have a romantic weekend planned, you won't be able to resist temptation if the occasion presents itself.



GEMINI

A few changes are needed if you want to experience growth or stability at work. Be bold enough to sign up for training that will lead to a more interesting position. Any changes will be good for you right now.



CANCER

It's all about the details. How you dress and present yourself will have a significant impact on how your career unfolds. You have a tendency to spoil yourself, and your friends will be quick to encourage you.



LEO

In terms of your health, you should receive some excellent news. You'll finally find the right treatment or medication to suit your needs and improve your quality of life. At work, the emergencies always fall on your desk.



VIRGO

Your powers of seduction will increase exponentially, and very interesting people will be attracted to you. You'll easily expand your client base, to the delight of your boss, whose turnover will double thanks to your interpersonal skills.



LIBRA

You'll discover that you're an exceptional and irreplaceable person in the eyes of your boss. This will increase your salary and allow you to imagine a better future. In your love life, the scope of your plans will match the depth of your feelings.



SCORPIO

You'll turn long days at work into moments of happiness. You'll burn off some excess energy by having dynamic conversations with loved ones. You always have the best ideas to improve discussions with others.



SAGITTARIUS

Whether it's to settle a precarious financial situation or make a major purchase, you'll successfully negotiate a loan that will provide you with a better quality of life. As for matters of the heart, a more sustained demonstration of love would be welcome.



CAPRICORN

When it comes to matters of the heart, you may have to adjust your goals with your significant other. In your relationship, and elsewhere, be careful not to hog the blankets and always look for ways to share. At work, keep an eye on the details.



AQUARIUS

Avoid missing out on sleep this week. If you're tired, your concentration will wane and your health will be more fragile. You'll be struck by creativity, and you're sure to complete a great masterpiece.



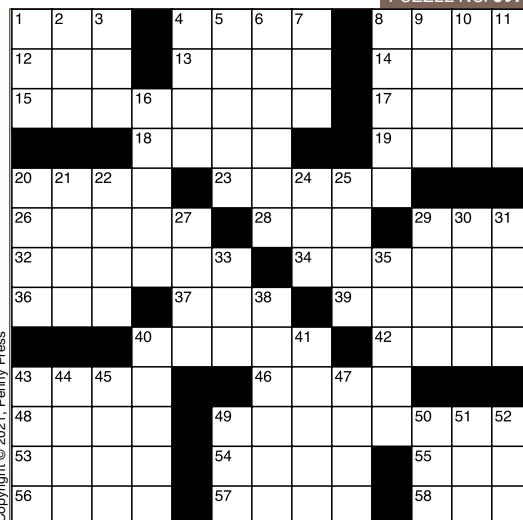
PISCES

You'll spend a lot of time on social media, and many friends will try to connect with you. A family obligation will get you back on track. You'll discover a new art form that completely captivates you.

Coffee Break

CROSSWORDS

PUZZLE NO. 097



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ACROSS

1. Weight measure
4. Sentence part
8. Random try
12. Be in the red
13. Rich Little, e.g.
14. Humdinger
15. Whole
17. Cain's bro
18. Mimicking bird
19. Assignment
20. Tent city
23. Room
26. Skating jumps
28. Goof up
29. Geese formation
32. Tinkered
34. Cornflakes, e.g.
36. Slippery as an _____
37. Sever
39. Spin
40. Frequently
42. Evils

43. Glided
46. Verb's partner
48. Lumber
49. Occurrences
53. Gambling stake
54. Army post
55. Acorn tree
56. 12-month period
57. Flowed out
58. Have a bawl

10. Pub drinks
11. Mass
16. Suggest
20. Hatteras, for one
21. Car's wheel shaft
22. Dinner, e.g.
24. Circle part
25. Ship's staff
27. Ego
29. Hide
30. British noble
31. Building wings
33. Small mark
35. Horned mammal, briefly
38. Friend by mail: 2 wds.
40. Weirder
41. Sound
43. Rock back and forth
44. Unconnected
45. Tad
47. Spent
49. Ease off
50. Medic
51. Cock an _____
52. Star's locale

DOWN

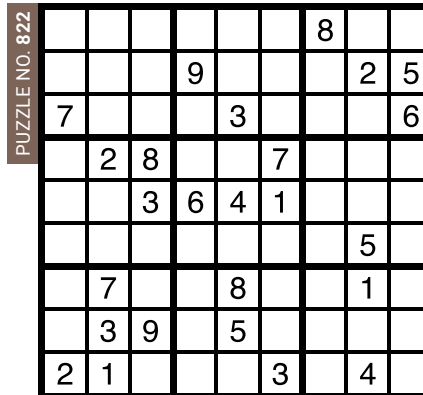
1. Tip of Italy
2. To each his _____
3. Fish snare
4. Cautious
5. Unlocks
6. Record again
7. Waterless
8. Clean _____
9. Large brass horn

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.**

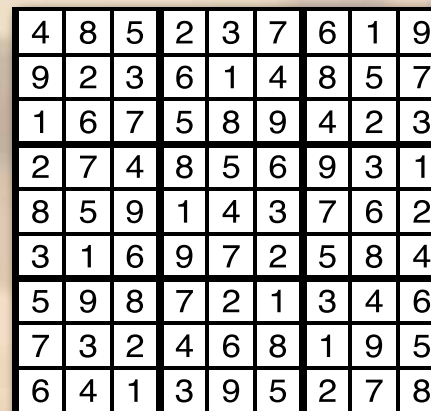


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