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GRAPHIC-LAREINE ZAKHOUR-NEWSFIRST

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Happy Rosh Hashanah
 to the Jewish Community of Laval.

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 health, happiness and prosperity!



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City of Laval's online services disrupted by a suspected hacking

'We believe we prevented the worst from happening,' says Mayor Stéphane Boyer



From the left, City of Laval director-general Jacques Ulysse, Mayor Stéphane Boyer and technology director Guy Germain speak to journalists about the digital services disruption during a webcast press conference last Friday.



MARTIN C. BARRY
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A major disruption of public access to the City of Laval's online computer services was expected to be resolved by last Sunday evening, although an assessment of the damage done will be ongoing over the next few days.

Late last week, the city was asking residents

who normally rely on web access to use the 3-1-1 telephone information option, or go to one of the city's in-person service counters.

Damage 'limited,' said Boyer

According to city spokespersons, technical teams got to work immediately trying to resolve the problem and hoped to have it fixed by early Monday morning when Laval city hall re-opened.

Mayor Stéphane Boyer told journalists

during a hastily-convened press conference last Thursday that it was believed a "limited" quantity of information was stolen from the city's systems during the attack, although what exactly was taken remained unknown.

The city's IT experts became aware something wasn't right around 4 pm on Wednesday last week. As a precaution against the possibility hackers were at work, they immediately disconnected access to part of the incoming and outgoing internet services.

Said personal info safe

According to Mayor Boyer, the hackers probably broke into the city's computer systems through an infected e-mail that may have been mistakenly opened by an employee. At the same time, he gave his assurances that the personal information of residents wasn't compromised.

Initially, it is thought that the data taken probably consisted of some photo files or a considerably larger number of files containing text – around 600 megabytes worth, which is considered to be a small amount of data. The City of Laval's in-house IT staff was being assisted by experts at global software maker Microsoft.

Worst didn't happen: Boyer

"We believe we prevented the worst from happening, preventing the hackers from doing

more when we stopped them," said Boyer, adding that it was expected to take several days for a more thorough analysis to reveal the full extent of damage.

"But for the moment, indicators suggest the outlook is positive, meaning that our databases don't seem to have been affected and seem to be okay," he continued. "So, it would seem we acted quickly enough to avoid the worst."

In the meantime, some of the major fallout from the IT services shutdown was being felt by the city administration itself, which was unable to process online payments. And, among other things, access to the city's online property valuation roll was also temporarily shut down late last week.

Payment systems impacted

"I can tell you that, despite the inconveniences caused by the situation, that today most of the city's services have been cleared to our great satisfaction," said city manager Jacques Ulysse. He said IT systems at the police, fire and public works departments, as well as at the public library, were all up and functioning.

However, he acknowledged that the city's payment systems were still a source of trouble, and for that reason access to them was shut last week. As a result, transactions were being completed manually, or were postponed to a later date.



I would like to express my gratitude and my sincere thanks to Mr. Guy Ouellette, for having given me all his trust in order to assist him as his political advisor and director of his office, at the best of my knowledge, soul and conscience, during the last years.

For 15 years, it was his honour to represent the voice of his constituents in Chomedey at the National Assembly, in Quebec.

It was a great honour for me to accompany him as his political advisor visiting the various associations and communities and working with him for the benefit of the citizens of Chomedey.

Mr. Guy Ouellette, I want you to know as well as all citizens of Chomedey that it was a great honour and a privilege that you gave me the opportunity to work with you the past years in the beautiful riding CHOMEDEY. I will never forget it.

Thank you

Vera Madic

Ottawa unveils triple-headed strategy to soothe average Canadian's inflation pain

Quebec Lieutenant Pablo Rodriguez defends new approach – and mounting Liberal spending



MARTIN C. BARRY
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As families in Quebec and other areas of Canada increasingly feel the pinch of inflation in the post-Covid economic era, last week the Trudeau government quietly announced new measures they claim will make life easier and more affordable for Canadians before the current year is finished.

During an interview with Newsfirst Multimedia earlier this week, Montreal-area Liberal MP Pablo Rodriguez, the Minister of Canadian Heritage and Quebec Lieutenant in the Trudeau government, maintained that the series of proposed measures had already been well received by economists.

Justifies new dental program

He cited the beginnings of a new dental insurance program as an example of something that could pay off in the long run by providing support so that families wouldn't have to give up some of their most important priorities to be able to afford others.

"I went to the dentist not too long ago, and my friend, you probably know this, it's expensive," said Rodriguez. "So sometimes people can't afford it. Quite often, actually. So, they make that decision, then you know what? They're going to sacrifice other stuff."

Regarding the Liberal government's rent subsidy program, he said they estimate it will help about 2 million people, who can expect to receive a "top up" of about 100\$ very soon from Ottawa. "We're working on the mechanism," said Rodriguez. "We'll have more details soon, but that's what it is."

Denies influence by Poilievre

According to recent news reports, newly-selected Conservative Party of Canada leader Pierre Poilievre claimed that his election was what actually motivated the Liberal government into finally taking decisive action against the country's mounting economic problems, including inflation.

"We started way before the election of mister Poilievre," Rodriguez responded. "We don't govern based on who's the leader of the Conservative parties. We govern based on the needs of Canadians. So, some of the programs that I've mentioned, like the increase of the pension, like the kind of workers benefit that the help of housing, you know, before the top up and many other programs were put in place way before mister Poilievre."

Defends spending record

Despite the new Conservative leader's further claims that the government's massive spending over the past two and more years may actually have been feeding inflation, Rodriguez defended the Liberal record, comparing it to the results obtained in the United Kingdom, following that country's strategy involving restrained spending.

"England, which is led by a Conservative party, didn't spend that much, okay?" he said. "Compared together, okay, well, they have an inflation around 22 per cent. It's crazy inflation. So no, we invested in Canadians view because we had to.

"We invested in our businesses because we needed them to stay alive. How do you want to rebuild the economy if your businesses are not there anymore, especially in small and medium

size fences? So, we invested. It wasn't perfect, we know that. But I think we invested smartly and Canada is considered among the top."

Three new measures

According to the PMO, the government's first pieces of the new strategy, to be introduced in the upcoming parliamentary sitting, would include the following measures:

- **Double the Goods and Services Tax Credit (GSTC) for six months**, delivering additional financial help to roughly 11 million individuals and families who receive the tax credit, including about half of Canadian families with children, and more than half of Canadian seniors. Single Canadians without children would receive up to an extra \$234 and couples with two children would receive up to an extra \$467 this year. Seniors would receive an extra \$225 on average.
- **Provide a Canada Dental Benefit to children under 12 who do not have access to dental insurance, starting this year.** Direct payments totalling up to \$1,300 per child over the next two years (up to \$650 per year) would be provided for dental care services. This would be the first stage of the government's plan to deliver dental coverage for families with incomes under \$90,000, and would allow children under 12 to receive dental care while the government develops a comprehensive national dental care program, as previously pledged following an agreement the Liberals made with the NDP in exchange of support in Parliament.
- **Provide a one-time top-up to the Canada Housing Benefit to deliver \$500 to 1.8 million Canadian renters.** This element would more than double the Liberal government's Budget 2022 commitment, reaching twice as many Canadians as initially promised. The new one-time federal benefit would also be in addition to the Canada Housing Benefit currently co-funded and delivered by provinces and territories. The federal benefit would be available to applicants with an adjusted net income below \$35,000 for families, or below \$20,000 for individuals, who pay at least 30 per cent of their income on rent.

According to the Liberal government, doubling the Goods and Services Tax Credit for six months will provide \$2.5 billion in relief to those who qualify for it. As well, the Canada Dental Benefit would deliver over \$900 million to support dental health, starting in 2022-23.

National dental coverage

The Canada Dental Benefit would provide direct payments to eligible applicants totalling up to \$650 per year per child for dental care services for applicants with a family income under \$70,000, \$390 for those with a family income of \$70,000 to \$79,999, and \$260 for those with a family income of \$80,000 to \$89,999. However, parents or guardians of eligible children would need to apply to access payments.

The government said that a new national dental program is under development, with the goal of expanding dental coverage to under 18-year-olds, seniors, and persons living with a disability in 2023, with full implementation for all families with incomes under \$90,000 by 2025.



**On this Rosh Hashana 5783,
I would like to send my best wishes
for peace, health, and serenity
to the Jewish community of
Chomedey and Laval.**

**May love, prosperity, and
happiness guide this new year
filled with success and dreams
coming true!**

*Happy Rosh Hashanah 5783!
Shanah Tovah!*

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OPINION & Editorial



On International Day of Older Persons 2022, let's stop treating seniors as if they have one foot in the grave, the other on a banana peel

We are, all of us, aware that time does not exclude anyone from its impact on mind, heart, and soul. On the timeline of life, everyone transitions from "growing up" to "growing older". It's hard to pinpoint when that happens, but like terrorism, porn, or plain old creepiness, even if you can't describe it, you will know it when you see it. But to prevent getting down, we must be optimistic.

And this, despite the prevailing informed opinion on the part of many, that days or weeks designated to mark specific aspects of the human condition, are more sizzle than meat, as too much of the hullabaloo is just a smoke screen to distract from problems that plague the people being celebrated. Yes, the problems will forever persist in varying degrees of gravity, but there are lights at the end of the tunnel, beams of hope that the future will be better than the past.

Consider that for bad things about aging, there are counter-balancing good things. Our body deteriorates? Upon waking up in the morning, we're ahead of the game! Living on fixed income? Two words: compound interest! No one takes us seriously? We don't care! People tired of hearing talk of the way things used to be? It doesn't matter. Getting set in our ways? Chalk it up to character traits through the filter of time. Get the point? Besides, it isn't so bad maturing along with buddies who, for the most part, are getting older at about the same rate. Yes, it would be nice to be able to bend down to pick up quarters, or eating ice cream without wondering whether that will be the one to make you diabetic. But if living best is sweet revenge, just enjoy the ride, see what life brings, a pretty good philosophy no matter what the age. Keep it simple, don't over-think this whole thing.

Whether older or not, it's a blessing to have people of all ages around us, and that includes folks that come from family, friends, or simply general acquaintances. But much-too-often, because of circumstances beyond their control, too many older people's needs and rights are neglected or ignored at best, and sadly, denied at worst, by a world that seems to care only about

them as consumers. Despite lip-services uttered by politicians, business leaders, institutions and some, but certainly not all, churches synagogues, mosques, community organizations and younger generations – older people are not helpless souls who have one foot in the grave and the other on slick and thick banana peels.

Grandparents should be fully recognized, appreciated, and sought for their priceless wisdom, hard-earned experience, and delightful storytelling. If given time-of-day, even occasionally, older people can inspire peers and others to continue striving for better ways to live, in celebration of the gift of life. They can also help turn lives around by warning of perils which are not in the viewfinder of most, if not all, younger people.

Very often, with little or nothing to lose because they've been here, there, everywhere, and back, older people are a rich source of guidance on myriad realities that they have confronted, challenges which now stare younger generations in the face, rosy-cheeked and unlined as those faces may be.

What a terrible thing it is to waste older minds, hearts, souls, out of avoidable, preventable disregard bordering on disrespect. But make no mistake, it doesn't have to be this way. Yes, it's grand that the world has marked International Older Persons Day for 31 years, but it's time for older people to be welcomed into all lives every single day, lest it be forgotten that without them, none of us would be here.

Shout out to the United Nations for establishing International Day of Older Persons, proclaiming, in 1990, its intentions to promote "the full and equal enjoyment of all human rights and fundamental freedoms by older persons," following that seminal initiative with adoption of October 1 as the day on which the international community would annually highlight older persons, world-wide, starting with the first-ever International Day of Older Persons 1991.

On the happy occasion of the 31st anniversary of International Day of Older Persons, The Laval News gladly and proudly reminds its readers

and friends that we've been here for you, are here for you, and will be here for you as we have been for 29 years in service to the minds, hearts, and souls of the multiple hundreds of mature and maturing men and women who have relied on us for support through editorials and informative reports that relate to and respect the needs and rights of people of senior age, always in the spirit of giving, receiving, sharing, and promoting the hopeful realization that the best is yet to come.

Please accept our best wishes for another year, and many more after, in celebration of the richness of life in the company of family and friends. Rest assured that at The Laval News you will find friends among staff and management and, more enriching than that, you will vicariously share with other readers the benefits of friendship – a blessing you have earned and a privilege joyfully provided by our editorial board. As you will recall, we were honoured to celebrate the life-long contributions of 24 Laval seniors towards making the world a better place in which to live, learn, and love - in our Mature Life Series of 2020-21.

For this, all members of The Laval News Older Persons Family are granted a well-earned Lifetime Achievement Award, in recognition of your valiant efforts to stay focused on truth, self-awareness, and a warm sense of humour, placing these virtues at the forefront of your hopes and aspirations for what lies ahead for them:

In celebration of International Day of Older Persons 2022, you're invited to rejoice in these undisputed truths: You're only young, but you can stay young forever. The tragedy of life is not that it ends so soon, but that we wait too long to begin it.

As this is the first day of the rest of your life, welcome it and the rest of days with open arms and smiles that brighten the world. Getting older must not be regretted, for it is a privilege and gift denied to many.

Renata Isopo
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City of Laval ombudswoman dealt with 508 complaints last year

Office has at least 35 backdated cases left over from previous years



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In her latest annual report tabled last week, City of Laval ombudswoman Nathalie Blais said her office managed to open 473 new complaint dossiers up to Dec. 31 last year, in addition to 35 backdated cases left over from previous years, for a total of 508 dossiers processed by the office over the past year.

3,869 complaints in nine years

Among the complaints dealt with in 2021, according to Blais, 61 per cent concerned environmental and ecological issues, as well as problems involving the city's engineering, public works and urban planning departments.

Since its creation nine years ago, the Laval ombudswoman's office has processed 3,869 complaints dossiers. The office claims that after being received, complaints are forwarded to city departments within 15 working days. The ombudswoman says some of the dossiers that remain open after several years haven't yet been resolved because of their extraordinary complexity in certain cases.

Pandemic took toll

The office also claims that in 47 per cent of cases, the ombudswoman can resolve the problem by providing relevant information to complainants, including information on their rights and the city department they should be dealing with.

"The past year was again marked by its share of challenges engendered by the pandemic," said Blais. "In as much as communication delays are still present, our team works without stopping to reduce them, while at the same time fully playing its role as liaison between the citizens, the city and the elected officials."

Improving city services

"Now that we have a chance to get back together and re-establish dialogue, one of our priorities over the next year will be to contribute to the improvement of municipal services, which is after all at the heart of our mission following the treatment of complaints," she added.

According to Blais, statistics compiled by her

office show that the group asking the most for the ombudswoman's help is 51 to 65 years of age. She said the office is currently working with an external consultant to develop a plan to better communicate with younger members of Laval's population so that they are aware of the ombudswoman's services.

Tree problem resolved

The ombudswoman's office provided examples of some of the most outstanding cases it dealt with last year. In one, a resident drew the office's attention to the fact a tree growing in an open public place was creating a safety problem because of its location on a narrow street.

The city's position was that the municipality's policy for preserving trees all but ruled out the possibility of cutting down the tree. After several months of discussions between various city departments, including exchanges with affected residents, the ombudswoman's office finally persuaded the public works department that security ranked higher as a concern than the preservation of the tree.

Some other cases

The office had to intervene in a case where the public works department wasn't being as transparent as it could be. A resident had made a request for asphalt resurfacing to take place on a certain street. Although public works knew the request was unlikely to be fulfilled, they withheld that information rather than risk the consequences of saying no.

The ombudswoman's office convinced the department that frankness and transparency are almost always the best policy, as they allow residents at least to understand what is going on.

Upcoming challenges

The ombudswoman says she has a number of goals over the next two years, including a possible revision of the office's branding and logo, the adoption of a new policy for working with the municipal services using new tools, increased accessibility, and the enlargement of the ombudswoman's office team.

Since the launching of a new ombudswoman's office website at the end of 2020, they found that 42 per cent of complaints received last year arrived through the interactive form provided on their website.



Nathalie Blais, the City of Laval's ombudswoman, says her department processed 508 complaints about various City of Laval services last year.



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New Laval-Ouest firehall finally opens

The people of Laval-Ouest have a new firehall. Firehall No. 6, located at 580 Dagenais Blvd. West at the corner of 51st Ave., replaces an old aging firehall on 35th Ave. that once served the area. The new building cost \$12.4 million.

According to Councillor Sandra Desmeules (Concorde-Bois-de-Boulogne), who sits on the executive-committee where she is responsible for public safety dossiers, the city decided to relocate the firehall in order to improve the fire department's response time to fires.

"In Laval, we are already in a position to say that a minimum of 10 firefighters will be present on the scene of an emergency within 10 minutes of a distress call being received," she said. "These numbers are more than statistics: they are a reflection of lives saved year after year."

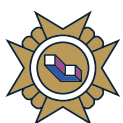
Here are some facts about the new firehall:

- It is currently being considered for LEED environmental construction certification;
- The garage doors have been designed higher and wider to allow access by new and larger fire trucks;
- The firehall can accommodate eight firefighters per shift;
- It has a special platform for training novice firefighters;
- A solar-power wall will provide additional electricity for various needs;
- The building's exterior architecture has been designed so as to fit into the neighbourhood.



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Councillors Cifelli and Piché ask city to recognize Quebec sign language

Action Laval opposition city councillors Isabelle Piché (Saint-François) and Achille Cifelli (Val-des-Arbres) are asking Laval city council to request that the provincial government officially recognize Quebec Sign Language used by the deaf.

An estimated 10,000 persons in Quebec use Quebec Sign Language, while more than 500 of these live in Laval. The federal government has already taken the step of recognizing Quebec Sign Language.

“In Laval, we already recognize LSQ, since our council meetings are signed directly for

rebroadcasting online,” says Piché. “I am now asking my colleagues on council to send a message to Quebec.”

The last Parti Québécois government, under

former Premier Pauline Marois, had initiated proceedings to recognize LSQ, although the legislation died on the order paper when elections were called.

“If this is a simple gesture for us, the municipal councillors, it is very significant for these people,” said Cifelli, referring to those who use LSQ.

Laval becomes a bee-friendly city

In an effort to add to its commitment towards biodiversity, the City of Laval says it has decided to sign onto the Bee City program.

A Bee City is a municipality or First Nations community taking action to help pollinators. The program is overseen by Pollinator Partnership Canada, which recognizes communities across Canada which take action to protect pollinators such as bees.

“Pollinators are essential to the preservation of biodiversity and contribute to the maintenance of food security,” said Laval city councillor Alexandre Warnet who is responsible for environmental and ecological dossiers.

“What’s important to keep in mind is that around 40 per cent of our food pantry depends on them, while 25 per cent of bees are threatened with extinction,” he continued. “So, we must act. I am therefore very happy to announce that Laval will be doing its part and will contribute to their protection.”

In becoming a Bee City municipality, Laval will be part of a North American network of municipalities which are being mobilized to protect pollinators.

The Bee City Canada program was launched in 2015. The City of Laval will be deciding in the near future what further actions to take in conjunction with Bee City to help pollinators here.

In addition to this new commitment to help preserve bees, the City of Laval decided in 2020 to follow a program dedicated to ensuring the protection of monarch butterflies.

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September 2022



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- 2-trip All Modes AB fare will cost \$9, down from \$10
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Chomedey seniors enjoy a BBQ lunch courtesy of Councillor Sandra El-Helou

They also caught a glimpse of Wellness Centre's new rec room at end-of-summer event



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A BBQ event held on the morning of Sept. 9 outside the Agape Senior's Wellness Centre on Notre Dame Blvd. in Chomedey also was an opportunity for many of the seniors to take a tour of the exciting new recreation room.

Councillor's invitation

The members of the Wellness Centre had been invited by Laval city councillor for Souvenir-Labelle Sandra El-Helou, who is responsible for senior citizens' dossiers at Laval city hall, to come out and enjoy the BBQ which she sponsored and hosted.

According to Youth and Parents Agape Association executive-director Kevin McLeod, El-Helou offered to put together the late morning to noon-hour event and more than 200 senior citizens and other members of the community from Laval accepted the offer.

On the lunchtime menu were chicken brochettes, potatoes and salad. Afterwards there were free gifts for the guests, including complimentary scarfs courtesy of Councillor El-Helou. The Coco Loco Family Breakfast Restaurant donated all the food. Background entertainment was provided by a professional musician who played keyboards.

Brand new recreation gear

At the same time, the seniors joined Agape staff in helping to open the new recreation room at the Agape Senior's Wellness Centre. Caisse Desjardins de Chomedey played a key role in making the recreation facility possible through a \$10,000 gift.

As well, outgoing Chomedey MNA Guy Ouellette provided an additional \$2,000, while Sainte-Rose MNA Christopher Skeete gave \$2,500. The money purchased a range of recreation equipment for the room, including a billiards table, an air hockey table, wall-mounted television screens and a variety of other games equipment.



Agape executive-director Kevin McLeod (far left) and Laval city councillor for Souvenir-Labelle Sandra El-Helou are seen here with two guests during the Senior's Wellness Centre's annual BBQ on Sept. 9. (Photo: Martin C. Barry, Newsfirst Multimedia)



Just some of the more than 400 senior citizens who are now active members of the Agape Senior's Wellness Centre are seen here gathered around the new billiards table in the new recreation room. (Photo: Martin C. Barry, Newsfirst Multimedia)

A great day for a BBQ

"It was a wonderful event, a beautiful lunch served to recognize their importance and the end of summer, and just to thank them for being there," McLeod said in an interview with the Laval News.

Fun and recreation await

"We just can't wait to get all the seniors in here," added McLeod, while noting that bringing all the financial support together to open the recreation room was a challenge in itself because finding funding isn't always easy for

non-profit organizations.

The Agape Senior's Wellness Centre promotes physical, mental, social and emotional well-being among Laval's English-speaking senior citizens 55 years of age and older. As described

on the Agape website, "It is a place where seniors can go for health-related conferences, resources and referrals by our coordinator. For more specific needs, seniors can request an appointment with our social worker."



The new air hockey table at the Agape Senior's Wellness Centre is certain to liven up seniors' gatherings from now on. (Photo: Martin C. Barry, Newsfirst Multimedia)



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ELECTIONS 2022



A family doctor for all, promises Dominique Anglade



(NEWSFIRST) A Liberal government promises to offer a family doctor to all Quebecers who want one.

This is what the leader of the Quebec Liberal Party (PLQ) is promising making this issue a “flagship commitment” of its electoral platform in view of the elections of October 3.

Denouncing that the fact that the waiting list for a family doctor has increased from 400,000 to one million people since 2018, Dominique Anglade criticized the government of the Coalition avenir Québec (CAQ) for having “abandoned Quebecers” on this issue and to have “changed the rules of the game”.

“The CAQ is simply trying to circumvent the problem by offering consultations without an appointment, without guarantee of care and follow-up,” says Ms. Anglade.

“We cannot give up like François Legault does simply because the objective is difficult to achieve,” she insisted.

Ms. Anglade criticized the Legault government for allowing the health system to deteriorate. Referring to the disruptions in services and the emergencies that had to close for lack of personnel, the leader of the PLQ stressed that

the pandemic, on its own, could not explain the setbacks of public health.

Health access

Anglade, proposes a model that she calls Health Access, thanks to which people will have “their” family doctor, nearby, in a team of health professionals including nurses and social workers.

To succeed where the model of family medicine groups (GMF) does not seem to succeed, the Liberals first intend, unlike the CAQ, she underlines, to recognize that there is a shortage of doctors and nurses and speed up recruitment.

The Liberals also want to re-evaluate the activities of family doctors in hospitals, reduce the administrative burden on nursing staff, increase the number of medical clinics in the regions and work on the attractiveness of the profession.

Dominique Anglade recognizes that the commitment is ambitious. She did not give a horizon to empty the waiting list of the access counter to a family doctor.

However, it targets three clientele as a priority, namely seniors, mental health cases and chronic illnesses, which it estimates represent a third of the million Quebecers currently waiting.

Access to a family doctor is in her eyes the most essential problem to be solved, Ms. Anglade promised the addition of 1000 doctors over the next five years. Her party also wants to

increase the number of specialist nurse practitioners from 1,000 to 3,000.

It is sure that it will require to reopen the agreements, in particular with the family doctors, she explained. Some of the specific activities carried out today in hospitals [...] could be carried out in the clinic, she argued.

“We must give ourselves a horizon of at least one term,” she added, announcing her intention to reach out to the Federation of General Practitioners of Quebec.

More beds

To remedy the problems of hospital capacity, the PLQ has undertaken to add 2,000 beds in hospitals to the 2,000 already planned by the outgoing government, for a total of 4,000. A Liberal government would thus add 6 billion dollars in infrastructure in the Quebec Infrastructure Plan (PQI) to fulfill this promise.

Asked about the means that the PLQ intended to deploy to finance these measures, Ms. Anglade assured that she was able to fit into the envelope.

You don’t need extra money; we need reorganization, she suggested. With a different approach, we will use the same amount of money to achieve this.

End to compulsory overtime

In order to ensure that it has the necessary

personnel to welcome these new patients, the PLQ intends to put an end to compulsory overtime and adopt a law for the implementation of a professional-patient ratio.

The Liberal leader also intends to act to increase the number of registrations in medicine and nursing programs and accelerate the recognition of diplomas.

The political party also promises to make a big catch-up of the surgeries that have been postponed, in particular by having recourse to the private sector, and this, at no cost to patients.

Telemedicine accessible to all

The Liberal Party would set up a mobile application that would allow patients to interact with the professionals of its Health Access Team. This new tool would be free and “easy to use” for everyone.

Facilitating organ and tissue donation

The Quebec Liberal Party intends to establish a presumption of consent in the event of death.

A public psychotherapy program

A Liberal government would establish a public psychotherapy program to ensure universal access.

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ELECTIONS 2022



Québec solidaire wants public health independence



(NEWSFIRST) National Public Health has experienced “difficult” times and lacked efficiency during the COVID-19 pandemic, analyzed recently, a candidate for Québec solidaire and former regional director of public health. The party proposes to improve the independence of health authorities by reopening the Public Health Act.

“National management was a bit difficult,” agreed Dr. Yv Bonnier-Viger, who until recently held the position of regional director of public health for Gaspésie-Îles-de-la-Madeleine. “The independence of National Public Health is critical to being able to provide autonomous advice to decision makers. »

The co-spokesperson for the political formation Gabriel Nadeau-Dubois was flanked by seven candidates, including Mr. Bonnier-Viger and the former regional director of public health in Estrie, Mélissa Généreux.

In the eyes of Dr. Bonnier-Viger, the decisions of the national director of public health – first Horacio Arruda, then Luc Boileau – during the two years of the pandemic “were not effective”. “You may remember that at a press confer-

ence, the Legault government announced that it was going to make vaccination compulsory [for health network employees]. We have experience based on several years of good practice, and persuasion gave better results in terms of prevention”, he underlined.

Mr. Nadeau-Dubois intends to “give back all its letters of nobility” to this apparatus of the Québec state. “The perception of a lack of distance between political power and public health is widespread in Québec,” he said, flanked by his “health team”. A united government would therefore modify the law so that the General Directorate of Public Health of Québec reports to the National Assembly rather than to the Ministry of Health and Social Services.

811 and CLSC's as the first line

Québec solidaire also pledged to make 811 the new first line for health care, in particular by allowing it to be used for making appointments. According to this model, Quebecers could call “811 2.0” to be directed to the appropriate establishment.

QS is also reiterating its long-standing promise to open CLSCs 24 hours a day and “upgrade” their use by patients.

The party promises to recruit more nurses to achieve this, and estimates the cost of these measures at \$500 million a year.

“The quality of health care in Québec is good.

The problem is access to care: it's too complicated to enter the health system,” said the Mr. Nadeau-Dubois.

Mental health and dental coverage

Public coverage of mental health services would be offered so that all Quebecers have access to psychosocial intervention members. The party would also set up a public, universal and free dental insurance.

Implementation of a public and universal prescription drug insurance plan

Québec solidaire is committed to setting up Pharma-Québec and a public, universal prescription drug insurance plan. Pharma-

Québec would create a local production center for vaccines, generic drugs and health equipment.

Free contraception

Québec solidaire is committed to making contraception free and eliminating the “pink tax”. Access to menstrual hygiene products would also be free.

Making mental health services accessible

QS would invest \$280 million so that mental health care “is no longer a luxury”. These sums would be used to increase the salaries of psychologists in the public sector and to hire 900 new psychologists and 1,000 professionals who can provide psychotherapy services (social workers, psychoeducators, sexologists, etc.).

Conservative Party of Québec health plan



(NEWSFIRST) The health presented until now by the Conservative Party of Québec, has more promises than any other party.

Changing how hospitals are funded

The PCQ would change the method of financing several hospital centers in Québec by putting an end to the system of fixed budgets and by allocating resources to them based on the number and quality of cases treated in previous years.

Digitize the healthcare system

The PCQ is committed to computerizing the health system, with technology that will be based, among other things, on the Alberta Netcare Portal (ANP) system.

Decentralize the health system

A Duhaime government would establish competition between health establishments and make more room for the private sector to improve the efficiency of care. It also plans to significantly reduce the number of deputy ministers and assistant deputy ministers in the Department of Health.

Privatize part the health system

The Conservative government would allow mixed practice for doctors. It would set up pilot projects to entrust the administrative management of certain hospitals to private institutions and would launch a pilot project for an entirely private hospital.

Reimburse private medical care

Under the Conservatives, the RAMQ could reimburse medical care provided by the private sector after waiting times in the public deemed unreasonable or if they are less expensive than

in the public. Quebecers would also be allowed to voluntarily subscribe to private supplementary insurance covering medical and surgical procedures.

Increase the number of doctors

Éric Duhaime would increase university medical admissions from 300 to 500 per year in addition to increasing the number of super nurses to reach a ratio similar to that of Ontario in his first term.

Home care insurance

Quebecers would be offered insurance coverage for home care and long-term care through state or private insurance.

Protect civil rights

The PCQ intends to include in the Public Health Act the primacy of the Québec Charter of Rights and Freedoms over any other legislative provision. The continuation of the state of health emergency beyond 30 days would require the agreement of 80% of the elected members of the National Assembly, a commitment which would be renewed every 30 days.

Transparency of contracts

Contracts without a call for tenders would be made public each time the state of health emergency is renewed.

Promote access to gymnasiums

The PCQ promises a tax credit of \$500 to anyone who buys a gym membership or a sports team. The political party also intends to make 30-minute physical education sessions compulsory every day of the week, from kindergarten to the end of secondary school. The Québec sales tax (QST) would finally be suspended on sports equipment and subscriptions to a sports activity.

A Mental Health Summit

A PCQ government will hold a Mental Health and Youth Summit within the first 100 days of its first term.



The **Shield of Athena** launched a new multilingual public awareness campaign on family violence, “**For the love of women**”, on March 10, 2022. Its goal is to assure that all Canadians can access important information.

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Week 4 – Arancinis



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See how it's made on the following link:
<https://www.youtube.com/watch?v=CJw8UjyOzMc>

Along with other international recipes, it is part of the Shield of Athena's new outreach campaign, “**For the love of women**”.



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ELECTIONS 2022



CAQ promises funding and a health care agency reform



(NEWSFIRST) CAQ Leader François Legault promised an additional \$400 million to recruit 660 doctors and 5,000 health professionals if he's re-elected premier. He also blamed the COVID-19 pandemic for his failure to implement last election's health-care promises — such as ensuring all Quebecers have access to a family doctor.

"It's only normal that with the pandemic we weren't able to do what we would have if there hadn't been COVID, and I think everyone understands that," he told reporters.

"It's not unique to Quebec; we see that in other provinces and other countries."

He was joined by several candidates including outgoing Health Minister Christian Dubé, who said the party is avoiding making false promises on health care to voters. Dubé says voters have become jaded from politicians who have made big health-care commitments and failed to follow through.

"In health care, there have been a lot of promises that have been made that were not achieved," said Dubé, who announced a health reform action plan earlier this year.

Labour reform

One of the keys to that plan is labour, and he said the CAQ will intensify efforts to counter the shortage of health workers by winning them over with small successes that will help bring workers back to the network. He said the goal is to make the public system the first choice for health workers.

There are 11,000 positions unfilled in the public health-care network, but the CAQ says it will hire 27,000 people over the next four years to address retirements and departures.

"There's no magic solution, but if Quebecers, the patients and health employees see small successes, these successes bring about others that will permit us to bring people back," he said.

Legault defended his promise to cut income taxes, despite the problems in health care. "I think we need to do both and we're able to do both," Legault said.

New health care agency

Outgoing health minister Christian Dubé has promised to "de-bureaucratize" the province's health-care network by creating a new government agency to co-ordinate operations, if his ruling Coalition Avenir Québec party is re-elected Oct. 3.

Dubé, who is seeking re-election in October, made the announcement to journalists.

"We've all seen the shortcomings of our health

system during the pandemic. Everyone agrees we must change the way things work in health and social services," Dubé said.

The agency would be called Santé Québec and "will have the mandate to co-ordinate the operations of the health system while the Ministry of Health and Social Services will focus on its role of planning, orientation, measuring the system's performance and budgeting."

Dubé, who is the MNA for La Prairie, said the agency would help "de-centralize" and "de-bureaucratize" the system, giving as an example the COVID-19 vaccination campaign in Quebec.

Agency is not a reform...

While the Quebec Immunization Committee provided clinical guidance for the campaign, a separate team was in charge of operations, he explained.

"The idea is not to embark on a major reform of structures that would upset everything on the ground."

He said the agency would empower local health board directors to act on decisions more quickly. The Health Ministry's response to COVID-19 at the beginning of the pandemic was heavily criticized, namely for its lack of decisive actions.

Quebecers and health-care workers have become wary of big and ambitious projects,

after several large-scale reforms meant to streamline operations ended up creating large-scale disruptions and worsening staff shortages.

Creation of the "Votre Santé" platform

The "Votre Santé" platform will allow Quebecers to obtain a medical appointment in person or via telehealth in a single step. The service will be available on the Internet or accessible by telephone for those less comfortable with technology.

Creation of private medical centers to reduce pressure on hospitals

If re-elected, the CAQ would set up a new concept of private medical centers in the East of Montreal and in Quebec in which medical services would be reimbursed by the Régie de l'assurance maladie du Québec (RAMQ).

Home hospitalization

A future CAQ government would make home hospitalization accessible in all healthcare facilities by 2026. The first five home hospitalization units would be deployed in the Greater Montreal and Capitale-Nationale regions by the end of 2023. All health facilities would offer this new service by 2026.

\$500 million for CLSCs to put an end to private agencies



(NEWSFIRST) The Parti Québécois wants CLSCs to once again become the gateways to the health care system and promises to increase their budget by \$500 million. He believes he can thus be able to completely stop the use of private agencies, and this, in a first mandate.

The party intends to improve the resources of these health facilities located throughout the province to relieve emergency room congestion and facilitate access to primary care. At the same time, the working conditions of nurses would also be improved.

The party also promises to abolish mandatory overtime and would adopt a law defining professional/patient ratios.

"Under the CAQ, the CLSC model has been undermined," says Chief Paul St-Pierre Plamondon, who adds that François Legault's party was unable to maintain services in rural CLSCs

Moreover, the party proposes to create a special status for rural regions. "You have to give incentives," the chief explained. This status would make it possible to grant specific bonuses or negotiate collective agreements differently.

He wants to put an end to the "wall-to-wall" approach and return to an approach adapted to each region.

Reform of salaries for doctors

A PQ government would reduce doctors' compensation to reinvest the funds elsewhere in the health care system.

PQ leader Paul St-Pierre Plamondon is counting on a drop in the salaries of practitioners, in addition to a better use of resources.

"It will lead to lower costs. And therefore, we will have more money to reinvest in the health care system," said Mr. St-Pierre Plamondon.

For the moment, in Quebec, doctors make most of their money by performing medical procedures. In 2019, general practitioners in Quebec earned an average of \$274,000 per year, according to the Canadian Institute for Health Information. In 2021, more than 7.5 billion dollars have been invested to pay the medical profession.

"In Ontario, part of the remuneration is linked to the care of patients. The caquist leader, François Legault, had pledged in 2018 to imitate Ontario by establishing a mixed system; he hasn't done it yet. The fee-for-service system has never been reformed," observes "PSPP". "It costs us a lot more than if we [operated] by capitation."

A PQ government would negotiate new agreements with the professional orders of physicians to set new coverage rates, without however completely abandoning fee-for-service. Such a proposal would not discourage professionals who wish to enter medicine. "There are several doctors in favor of a public and accessible system," he notes.

The leader of the PQ, also plans reduce the share of the private sector in the health network.

Continuos. CAQ

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Valérie Schmaltz VIMONT

'Notte In Bianco' raises \$250,000 for youth mental health initiatives

Guzzo family's dress-white fundraiser supports children's psychological well-being



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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The 13th annual edition of *Notte in Bianco*, held on Sept. 8 in support of the Guzzo Family's foundation for youth mental health, raised more than \$250,000 for youth mental health initiatives.

Nearly 400 guests mingled, dined and danced the night away during the late-summer, dress-white fundraiser held at the Terrebonne home of Maria and Vincent Guzzo of Cinémas Guzzo fame.

Mental health research

Maria Guzzo, vice-president and head of charitable donations for the company, specializes in youth mental health at McGill University.



Vince and Maria Guzzo, seen here during the 2022 *Notte in Bianco* on Sept. 8, hold the event each year as a fundraiser for youth mental health initiatives. (Photo: Martin C. Barry, Newsfirst Multimedia)

Her husband, Vince Guzzo, president and CEO of Cinémas Guzzo, became well-known across Canada and elsewhere as a Dragon on the hit TV show *Dragon's Den*.

Both have directed their philanthropic energies in support of youth mental health research, hoping to offer children and teens a better outlook on life through new research funded by their charitable organization.

Each year, several hundred guests pay \$1,000 a ticket to take part in the *Notte in Bianco* event, which is regarded by many prominent Montrealers as a must-attend on the city's social calendar.

Dressed for the occasion

Based partly on a summertime party tradition the Guzzos brought back to Montreal from the Hamptons on the ocean coast of New York State where they have spent many of their summers, dress white is considered 'de rigueur' each year at *Notte in Bianco*.

If not for the Covid pandemic, the year 2022 would have marked year 15 for *Notte in Bianco*. "I think we're coming back pretty quickly," Vince Guzzo said in an interview with Newsfirst Multimedia, referring to the more than two-year-long pandemic.

Returning to normal

Regarding the family's business, Guzzo was guardedly optimistic about its prospects – especially with the pandemic now retreating. "I think things are coming back pretty quickly – a quick return to normality," he said, while noting that Tom Cruise's summertime hit, *Top Gun: Maverick*, delivered well at the box office. He was hoping for business to be back to pre-pandemic levels by the end of the last quarter of 2022.

Although Cineworld, the second-largest movie theatre chain globally after AMC Theatres, filed for bankruptcy protection on Sept. 7, and



Vince Guzzo (second from left) is seen here with Foodtastic restaurant chain president and CEO Peter Mammias, along with Nicky Didaskalou (far right) and Shireen Morrissey.

Guzzo expected AMC to follow suit despite their insistence otherwise, he suggested the downturn for these giants may lead to opportunities for medium and small players in the industry.

"We want to see what the opportunities are with the bankruptcies of those theatres, how many theatres they're going to let go if any, what are the landlords going to do, can we strike some deals," said Guzzo.

A keen interest in films

Following his arrival in Quebec from Italy in 1967, Vince Guzzo's father, Angelo, became one of the pioneers of independent multi-screen movie theatres in Canada. As a business person, he built a solid reputation for himself in the screening of movies, earning widespread respect in the industry.

Vince Guzzo started going to the movies with his parents when he was four and soon became fascinated with the selection of films to be seen.

He developed what he calls a flair for a good film. During his teens, he was actively involved in the family business. His father took him along on many business trips to the United States to select movies for their programming.



This year's *Notte in Bianco* supporters had a chance to sample some of the exotic offerings of Paris-based women's fragrance maker Guerlain.



Some of the evening's entertainment was provided by the Montreal-based jazz band The Showmen.



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FILIA Association for Seniors holds third annual Walk a Thon in Laval

Smaller turnout attributed to some supporters taking long overdue post-Covid vacations



MARTIN C. BARRY
Local Journalism Initiative Reporter
For The Laval News
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The 16th annual FILIA Walk a Thon last Saturday, which was also the third held in Laval, drew a smaller crowd than is normally the case each year.

Even though the weather was beautiful, an organizer of the event in St. Norbert Park attributed the lesser turnout to a number of the group's members being on long summer vacations in the aftermath of the more than two-year-long Covid pandemic.

Vacations and donations



"I don't think that we are going to have too many people this year," said FILIA executive-director Johanna Tsoublekas. (photo above) "Because you can't imagine how many members are in Greece on vacation."

Despite that, she said they had already received a good number of donations from absent patrons for FILIA's meals-on-wheels and other programs, while helping to lead the way towards FILIA's 40th anniversary celebration next year.

Although a provincial election is taking place in just a few weeks, and in past years the Walk a Thon has offered campaigning politicians a venue to meet and greet, the only politicians who turned up last Saturday were elected officials from the federal and municipal levels of government.

Support from elected officials

Among them were Laval-Les Îles Liberal MP Fayçal El-Khoury, Sylvie Bégin from Vimy Liberal MP Annie Koutrakis's riding office, Montreal city councillor for Park Extension Mary Deros, and Laval city councillors Vasilios Karidogiannis (l'Abord-à-Plouffe), Aglaia Revelakis (Chomedey) and Sandra El-Helou (Souvenir-Labelle).

The Walk A Thon is held in September every year as a fundraiser for the FILIA meals-on-wheels program. While FILIA's mission



From the left, Sylvie Bégin from Vimy MP Annie Koutrakis' riding office, Laval city councillor Sandra El-Helou, Montreal city councillor Mary Deros, Johanna Tsoublekas, Laval-Les Îles MP Fayçal El-Khoury, Laval city councillor Aglaia Revelakis and Laval city councillor Vasilios Karidogiannis. Photo: Martin C. Barry, Newsfirst Multimedia

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.

Although FILIA held the Walk a Thon during its first 13 years in Park Extension, which is still regarded by most Hellenic Montrealers as the centre of the Montreal Greek community, FILIA has been focusing increasingly on making its services available in Laval, while continuing to offer those in Park Extension.

Raising funds and exercise

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

For most of the guests, including El-Khoury, there was no better way to start the day. "It's very good to be here on a sunny day like today in Laval," he told the Laval News, noting that among

his top priorities is attending the many community events that he gets invited to regularly in his riding.

Vital to the community

"Johanna and FILIA are very important to the city," said Karidogiannis. "They help us help our senior citizens. That's why we're here supporting her and to wish continuing success to Johanna in the years to come. Whatever help she needs, we're always by her side."

"I'm here to encourage FILIA and all the work that Johanna does in Laval and Montreal," said Revelakis. "I'm here to support her and to wish her all the best. She does so much for all the seniors here and in Montreal."

"I see being here as my duty and the very least I can do to support FILIA," said El-Helou, who is responsible for senior citizen dossiers on Laval city council.

"Especially after Covid, many seniors are now afraid of getting out," added El-Helou. "I feel very honoured to be here with everyone. I am always more than happy to provide any kind of help they may need."

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Laval Police is looking for a woman driver in the fatal hit-and-run that occurred last Thursday

LPD seeks suspect after driver struck down in A-15 road rage

The Laval Police say they are intensifying their search for a suspect wanted in connection with a road rage incident along Autoroute 15 last week. A man who allegedly was deliberately run down died later in hospital.

The 50-year-old male victim was taken to hospital in life-threatening condition last Thursday morning after the altercation along the service road of A-15 northbound near Souvenir Blvd.

According to media reports, the two vehicles had just been involved in a collision, following which one of the drivers got out of his car, while the other driver reportedly struck him down with his vehicle and then left the scene.

On Sept. 16, the LPD issued a statement saying the hit-and-run victim had succumbed to his injuries. "So, investigators are treating this event as a fatal hit and run and are still looking for

significant witnesses," they said.

"Investigators with the Laval Police Service are asking for the public's assistance in connection with a hit-and-run crime causing injuries that occurred on September 15 in the service lane of North Highway 15 at Souvenir Boulevard," the LPD said in social media post.

"They wish to get in touch with anyone who witnessed the event or had any information, including the person or people on board the vehicle pictured below."

Specifications about the vehicle of interest:

- Hyundai Accent in grey color;
- Year 2007 to 2010.

Anyone who has information about the event can communicate confidentially on the LPD's Info Line at 450 662-INFO (4636), or call 911. The file number is LVL 220915 016.



At press time, investigators have passed on new information about the person who was behind the wheel of a vehicle that would be involved in this accident which could be a case of road rage.

The driver would be a woman between 30 and 40 years old with long hair. She would have white skin, wears glasses and have a tattoo on her neck.

The SPL has also released new images of the wanted vehicle. This is a Hyundai Accent in grey color. A model from the years 2007 to 2010. The rear bumper of the vehicle is damaged.

Anyone who has information about this vehicle or the driver can contact the police at 450-662-INFO.

Recall that a 53-year-old man was found seriously injured around 7:45 a.m. Thursday morning, on the service road of Highway 15 in Laval.

Transported to the hospital, Stéphane Taillon succumbed to his injuries Friday morning.

Woman, 87, dead after being struck by SUV at Centre Laval

An 87-year-old woman died on the afternoon of Sept. 15 after being struck by a vehicle in the parking lot of the Centre Laval shopping centre on Le Corbusier Blvd.

Around 2:50 p.m., the woman was crossing the roadway in front of the mall's entrance, according to police, when she was struck. She

was pronounced dead at the scene.

According to a spokesperson for Urgences-Santé, the driver of the SUV that struck the woman was trying to avoid hitting another pedestrian. The SUV driver was later questioned by investigators analyzing the accident.

LPD sends condolences to Toronto Police colleagues

On Sept. 13, members of the Laval Police Dept. expressed concern and condolences to their colleagues at the Toronto Police Service after a TPS officer was shot and killed in the line of duty.

"Our thoughts are with our brothers at the

Toronto Police Service following the tragic death of Officer Andrew Hong, in the line of duty," they said. Another person was shot dead and three others injured in the chain of events in Toronto's suburbs.

Railway Safety Week is from Sept. 19 - 25

The LPD, as well as the firefighters at the Laval Fire Dept., have noted in recent weeks that Railway Safety Week is taking place from Sept. 19 to 25.

The week-long event aims to raise awareness

about the risk of accidents near railway tracks. The LPD is asking those who live near or who pass by railway tracks to respect the signs and cross at level crossings.

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DIRECT ANSWERS

FROM WAYNE & TAMARA

CUTTING THE CORD

Q *I am of Indian descent and come from a very good family background. A boy from abroad has asked for my hand in marriage, and my parents accepted his offer. We are expected to marry early next year.*

My parents say I will finally get to love this boy, but in my heart I know I never will. I am madly in love with a boy no one knows about. Our relationship is a secret. I love only him and no one else, and if my parents found out I would be in big, big trouble.

If I sat down and talked to my parents, they would explode because they are old-fashioned people. Wayne and Tamara, I love my parents as well as this boy no one knows about. I don't want to hurt anyone's feelings, but I don't know who to please.

The reason why I write to you is because I think only the two of you could help me. I am 18 years of age, and my parents don't want me to work so I am still a minor.

Devi

A *Devi, whether one believes in arranged marriages or not, one thing is clear. Arranged marriage belongs more to the human past than the human future.*

Slavery was a common feature of the ancient world, but it is an unusual one of the modern world. In the same way, arranged marriage is becoming less common. In marriage, as in other areas, things are

moving toward more choice, more freedom, and greater self-determination.

Some people argue that arranged marriages are more successful than freely chosen ones, but it is not a fair comparison. Arranged marriage is often enforced by the threat of expulsion from the family, the social group, and the culture. How does a young person stand up against that?

To be put in this position in itself means you are now an adult woman, not a minor child. You must make a choice and that choice, though difficult, will give you the solution. But you must be willing and prepared to accept the consequences.

The first thing we suggest is don't marry your boyfriend to prevent this forced marriage. He may, or may not, be the right one for you. Then decide whether being pushed into a marriage by your parents is an act of love on their part, or simply the desire to have their own way. Finally, consider what it would mean for a woman to be intimate with a man she does not love.

People are more than breeding stock, and going against your parents' wishes doesn't make you a bad child. It is not a reason to disown you, though that may happen. You are simply a woman who needs time, and the freedom, to decide on her own future.

Wayne & Tamara

MALPRACTICE

Q *I am a 32-year-old male, married for five years. My married life has not been happy because I daily regret marrying the woman I married. Even as I said the vows, I knew I was not being honest. Our values and loves are vastly different.*

Stupid as it sounds, I went through with it. Perhaps as a consequence, I never felt committed and cheated throughout our marriage. I often think we are merely meeting a social expectation by remaining married.

I went to a counselor, but ended up having an affair with her. Now I feel I need to find

happiness, but have no idea how to end my marriage.

Sergio

A *Sergio, you stood at the altar and spoke what you knew to be a lie. You sought counseling as if a counselor could undo this lie.*

It is poetic justice your counselor proved by her actions she doesn't have one of what she is selling. Both of you need to go back to where you made your first mistake. You to the courthouse. She to her academic advisor.

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

WAYNEANDTAMARA.COM

Immigrants: transfer your skills to boost your career

If you've recently immigrated to Canada, you may not be able to practice the trade you did in your home country immediately. This is especially true for certain industries and positions with specific requirements. However, you can work on transferring your skills to launch a new career without starting from scratch.

LIST YOUR TRANSFERABLE SKILLS

Analyze your past experiences and make a list of your skills and education. If a job posting catches your eye, read it carefully and determine how your experience matches what the company is looking for. Use this information to build a convincing application.

GET YOUR CREDENTIAL RECOGNIZED

It's good to get an educational credential assessment (ECA) when coming to Canada. Choose a designated organization to assess your education and provide a report that tells you what your foreign degree, diploma or certificate is equal to in Canada. This'll allow you to apply for jobs with specific



education or skill requirements.

GO BACK TO SCHOOL TEMPORARILY

Depending on what you want to do, you can register for a higher education course related to your field. You may also be able to obtain missing credits for a diploma in Canada or write an equivalency exam to validate your professional licence.

Are you unsure where to start? Meet with a career counsellor or recruiter to discuss your situation.



How to find a job you'll love



As the saying goes: "if you love your job, you'll never work a day in your life." If you're looking for your dream job, here are some tips for setting you in the right direction.

- **Identify your passions.** Discover your interests by asking yourself the right questions. What websites do you visit when you want to relax? What types of movies or books do you enjoy? When was the last time you put extra effort into something, personally or professionally? Your answers may provide insight into what you love.
- **Set salary and money aside.** If you concentrate too much on salary expectations, you may be missing out

on jobs you'd love. Pretend you don't have any financial commitments. What would you do? You may find you'd be willing to work longer hours at reduced pay if you're in an environment that motivates and engages you.

- **Seek advice.** Your friends and family know you best. Therefore, ask them for their opinions on your perfect job. They may see qualities in you that you've downplayed, like public speaking or cooking. Moreover, meeting with a career counsellor can help you identify industries or roles you may have overlooked.
- **Know your values.** If you love being outside in nature, you may not find an office job fulfilling. On the other hand, if you value having free evenings and weekends, then a Monday-to-Friday job may suit your lifestyle best.

Once you've identified your preferences, find ways to put them to work. Volunteer, take classes or earn certifications in those areas. Do some research into companies and job opportunities in your fields of interest.



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In Memoriam & Obituaries

How to talk to children about death

Death is a difficult but unavoidable topic. Talking to children about death gives them the chance to get used to this reality in the cycle of life. No living being is eternal, and it's important to remember that dying is a part of living.

The death of a beloved pet is often a child's first experience of this reality. For them, the loss of their hamster or goldfish is far from trivial. For the parent, this is an opportunity to broach the theme of death, to explain in simple words that every living thing has a life span. If children ask questions, parents should reply as best they can. Above all, they shouldn't make anything up. If they don't know the answer, they must tell the children that they don't know and that there are things that even adults find hard to understand.

If someone close to them dies, it's best to tell children the news without delay. In any case, children are able to sense their parents' pain very quickly. Young children between the ages of three and five can't fully grasp the concept of death so it's better to avoid using round-about words like "Grandpa fell asleep" or "Aunt Julie has gone away." Such expressions can cause children to develop a fear of falling asleep or be anxious about departures.

Supporting children through the mourning period means letting them express their emotions in their own time, without forcing them to talk. A hug is sometimes worth a thousand words when you're feeling sad.

Talking to children about death gives them the chance to observe the natural cycle of life.



LANIER, François
1960 — 2022

In Laval, on September 15, 2022, at the Cité-de-la-Santé Hospital, after a long battle with cancer and surrounded by his loved ones, Mr. François Lanier passed away.

He is survived by his wife Johanne, his son Jonathan (Kassia), his grandson Tyler, his parents Claire and Raymond, his brothers Guy (Francine), André (Chantal), his sisters Denise (Robert) and Louise (Jean-Marc) as well as several nephews, nieces, cousins, relatives and friends.



PRÉVOST, Jeannine
1933 — 2022

It is with sadness that we announce the death of Ms. Jeannine Prévost, which occurred on September 14, 2022, at the age of 89.

She was the wife of the late Mr. Gérard Fournier. She leaves to mourn her sister-in-law Denise (late Noël), her nephews and nieces, as well as many relatives and friends.



ARCHAMBAULT, Yvon
1939 — 2022

On September 13, 2022, at the age of 83, passed away Mr. Yvon Archambault, husband of the late Huguette Sariol.

He is survived by his children Michel, Josée (João Luis Carreiro) and Sophie (Daniel Paquette), his grandchildren Patrick, Karine, David, Kim and Émilie, his 7 great-grandchildren, his brother Serge (Claire Boisvert), as well as several relatives and friends.



LOYER, Rita
1930 — 2022

In Laval, on September 12, 2022, at the age of 91, passed away Mrs. Rita Loyer, daughter of the late Irène Grenier and the late Emery Loyer.

She leaves to mourn her sister Germaine Loyer, her sister-in-law Gabrielle Charlebois, her numerous nieces and nephews, as well as several relatives and friends. She will join her deceased brothers and sister (Marcel, Philippe and Jacqueline).

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Στέφανος Σβουρένος

HOROSCOPE

Week of **SEPTEMBER 25 to OCTOBER 1, 2022**

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS

♈ ARIES
You'll witness an injustice and take it upon yourself to resolve the situation. You'll play the judge and jury. You may need to approach a complex issue with delicacy.

♉ TAURUS
You'll work hard to reach a fair agreement or conclude a transaction at work. You may feel anxious and suffer from insomnia this week. Fortunately, success is on the horizon.

♊ GEMINI
You'll be offered a promotion at work. However, you should think twice before accepting it. You must learn to manage and express your emotions to avoid feeling physically unwell.

♋ CANCER
A new diet combined with regular exercise will give you the results you're looking for. You'll be proud of yourself for making your health a priority.

♌ LEO
You'll be very articulate and express what others are thinking. However, you may be just as easy to criticize. Beware of making comments that could hurt or shock someone.

♍ VIRGO
Your financial situation is complicated; make sure you double-check all your bills. After discovering an error, you'll feel a deep sense of relief and recover a considerable amount of money.

♎ LIBRA
You'll be involved in an activity that will bring out your competitive nature. You really don't want to come second and must take all the credit. You'll be congratulated for your efforts.

♏ SCORPIO
If fatigue has gotten the best of you, you may need to change your lifestyle. Having a more active social life or trying a new diet should give you the energy boost you need.

♐ SAGITTARIUS
Stress will be good for you this week. It will give you the motivation you need to achieve brilliant feats. Finding a balance in all areas of your life will help you channel positive energy.

♑ CAPRICORN
Everything will fall into place for you to start your own business or accept a position of power at work. You'll discover new talents within yourself.

♒ AQUARIUS
You'll be going on holiday soon. Even if the trip is a few months away, start preparing now. For example, get your passport, vaccination record and other details in order so you don't forget.

♓ PISCES
You'll witness an injustice that will awaken your chivalrous spirit. You'll play an important role in reaching a fair resolution and make helpful suggestions.

Coffee Break

CROSSWORDS

PUZZLE NO. 133

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
18				19		20		21		
		22		23		24		25	26	
27	28	29				30		31		
32			33			34		35		
36			37		38			39		
40				41		42				
		43		44		45		46	47	48
49	50			51		52		53		
54				55				56		
57				58				59		

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ACROSS

- Undergarment
- Meaning
- Tango need
- Ponder, with "over"
- Yodeling sound
- Spat
- Group
- Sign gas
- Skinny fish
- Dwell
- Mama's spouse
- Period
- Rodeo rope
- Student's pad
- Deaden
- Wood-chopping tool
- Radio receiver
- Fish eggs
- Heal
- Method
- Door sign
- Household
- To another place

DOWN

- ___ of the moment
- Only
- Eye part
- Small
- Benevolent
- Break the ___
- Mart
- Of sound
- Value deeply
- Misery
- Bird that gives a hoot
- Liability
- Frying utensil
- August, e.g.
- Haze
- Follow orders
- Designate
- Yoked draft animals
- Octopus's arm
- Coal oil
- Sloped walkway
- Morning drop
- Tempest in a ___
- Speedy
- Time past
- Nucleus
- "The River's ___"
- Leak
- Previously
- Green
- "Do, re, mi, fa, ___ ..."

Sudoku

PUZZLE NO. 858

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

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

A	S	P	S		A	C	T	S		R	O	B
S	L	A	W		S	H	A	H		I	R	E
K	A	L	E		H	A	L	O		T	E	A
S	T	E	E	L		L	O	O		S	E	S
			P	I	M	E	N	T	O			
M	A	P		M	A	T				S	O	D
O	R	A	T	O	R		S	T	O	W	E	D
M	E	S	H		D	I	E			E	W	E
				E	T	E	R	N	A	L		
A	N	Y	M	O	R	E		M	I	L	E	S
C	O	O		T	O	D	O			L	O	V
N	E	W		E	D	G	E			A	S	E
E	L	L		D	E	E	R			C	E	N

Sudoku

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

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