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## Laval Police Dept.'s 2023 dog-handler calendar now on sale



LPD chief Pierre Brochet presents the cover page of the 2023 dog-handler calendar with Laetitia Leclerc, executive-director of the Fondation Martin-Matte, Isabelle Gagnon from the Fondation Martin-Matte, LPD assistant-director Serge Gagnard, staff sergeant Nicolas Normandin and Jerry the polic dog.

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
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Senior administrators and officers with the Laval Police Dept. – including at least one four-legged staffer – gathered at LPD headquarters on Chomedey Blvd last week for the launch of the 2023 Dog Handlers Calendar to raise funds for the Fondation Martin-Matte for head-trauma victims.

### Help for head trauma

Since 2009, the calendar has raised more than \$500,000 for the cause, which helps pay for recreation and leisure activities for those diagnosed with head trauma problems.

"Since 2009, our police service has contributed to improving the quality of life of these victims who are far too numerous," said LPD police chief Pierre Brochet. "Every day, ten Quebecers lose their autonomy following a head trauma, of which at least half were the result of a car accident.

### Calendar costs just \$5

"We are proud to launch this brand-new issue of our dog-handler calendar," he continued. "Available for only \$5, the sums raised will make a real difference for those in need. We invite the population at large to buy one."

The LPD has been supporting the foundation through the annual publication of the calendar since the untimely death of former Laval Police Dept. dog-handler Éric Lavoie, who passed away following a head injury he suffered in a car accident while he was on the way to answer an emergency call.

### \$542,200 raised so far

Proceeds from the 2022 calendar, amounting to \$36,658, raised the total raised over the past 13 years to \$542,200.

The 2023 calendars are available at the Valérie-Gignac Building (3225 Saint-Martin Blvd East), at neighbourhood LPD stations, as well as at LPD headquarters at 2911 Chomedey Blvd. The calendars may also be purchased online through the Fondation Martin-Matte's website: [fondation-martinmatte.com](http://fondation-martinmatte.com).

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# Memories of Chomedey resonate in David Sherman's Crossing the Line

*Novel is more 'social realism' than about hockey, says retired journalist and author*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
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David Sherman remembers Chomedey back in the days, when the old Récréathèque at the corner of Notre Dame and Curé Labelle was a fun place for teenagers to go on Friday evenings, or on weekends to hang around for a while.

Or then again, there was the cozy little hole-in-the-wall, the Paragon Bar, that he and a few buddies liked to stop into for a drink or two or three when they were old enough to be seated without being carded.

"When we turned 18, we graduated from the Récréathèque to the Paragon, and that became our hangout," said Sherman. "Southern Comfort while listening to Janis Joplin and the Rolling Stones – that was my growing up."

Although it's been around five decades since he left Chomedey, a significant amount of David Sherman's experience while living in the area can be found in *Crossing the Line*.



## Remembering Chomedey

Perhaps more than anything, he remembers playing junior hockey on outdoor rinks on Lévesque Blvd in Chomedey during the winter in the 1960s. This was at

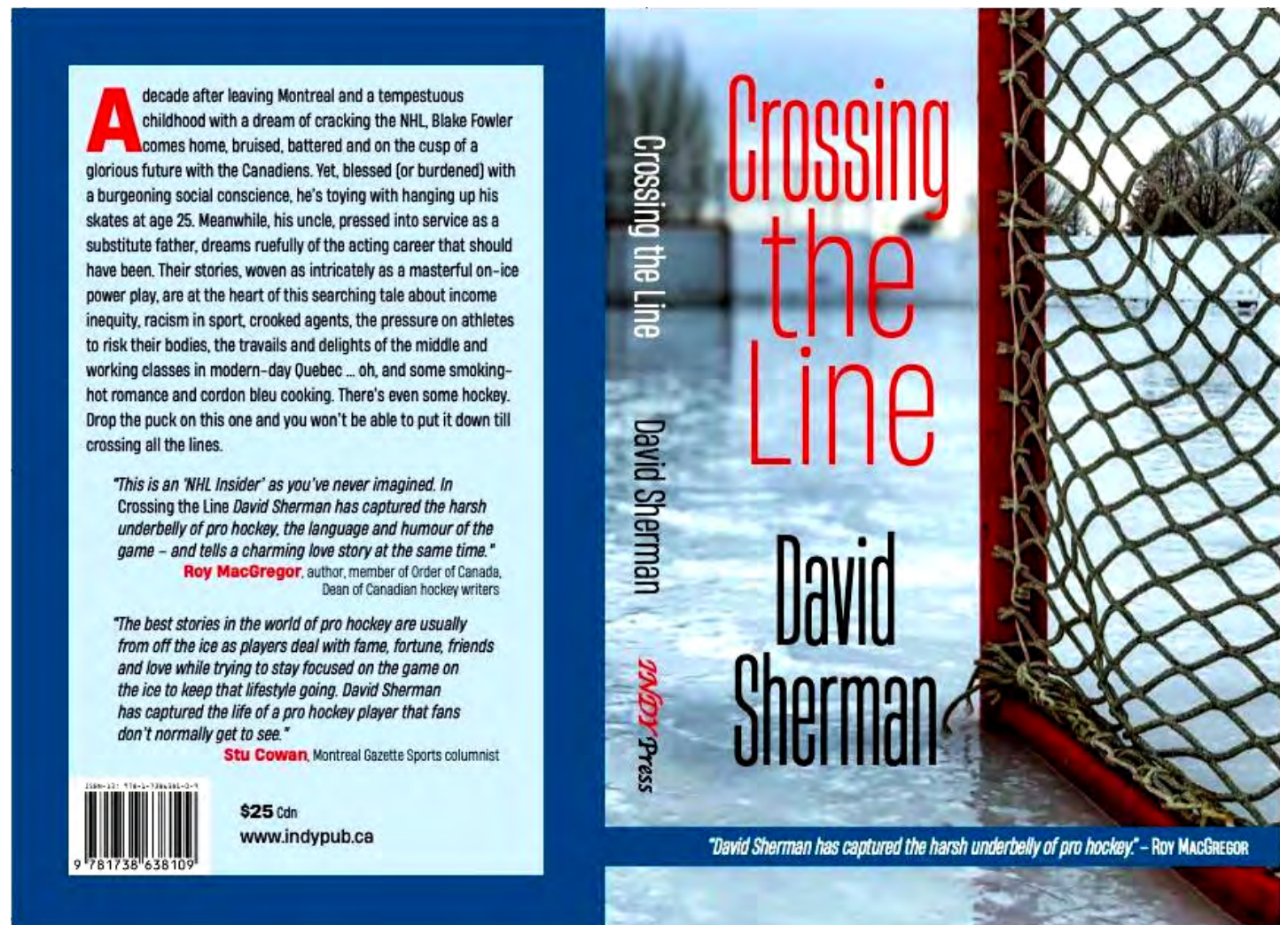
a time when heated indoor rinks were virtually non-existent in the local districts of Laval.

By the time he was attending Chomedey High School (now Laval Senior Academy), Sherman had switched to basketball – a "much warmer" sport, he acknowledged during an interview with *The Laval News*.

The former journalist's work of fiction was recently launched under the imprint of INDYPRESS, a literary publisher founded by retired playwright and theatre director Guy Sprung with Montreal journalist and writer Susan Kastner along with Sherman.

## Hockey's untold story

According to a descriptive blurb furnished by the publishers, Sherman's book, which revolves thematically around hockey, is "a breakaway novel that exposes the seamier side of our national obsession: a love story, a story of uneasy stardom, and of tawdry truths beneath Canada's preoccupation with hockey."



**David Sherman, who grew up in Chomedey, wrote *Crossing the Line*, a fictional narrative that uses hockey as the backdrop for social realism.**

For the main protagonist, Blake Fowler who is in his mid-20s, the sport has been his life and his escape. He's been able to succeed quite nicely in a domain where most others fall by the wayside early on or at least eventually.

Traded to his native Montreal, where the fans expect, even demand that he lead the team to the Stanley Cup, he confronts the ghosts of his childhood and the racism, sexism and inequities inherent in pro sports, as well as the comforts of a loving relationship.

## An unusual hockey story

However, by Sherman's own admission, *Crossing the Line* is not a sports novel like any other – or at least not in the way most such narratives are usually written. "The book is

really not about hockey," he said, explaining that the sport serves primarily as a backdrop for a story whose meaning is rooted more closely in social realism.

"The book is a tale of struggling working people and a young star athlete now back in his home town," said Sherman. "Here, his consciousness is raised by all the poverty he sees. He battles with himself about making so much money to play when so many are fighting to survive, including his own extended family."

He said he deliberately tried to keep away from clichéd "he shoots, he scores" sports narratives, describing the action on the ice, "because it's really boring to read." As a result, "there's not a lot of hockey in the book," Sherman added.

## Calls it 'social realism'

"It's more about people who play the game. It tells the story of struggling working people: people who are homeless, people who are hungry and in between. And then those who are incredibly wealthy because they play a sport. It's one of the ironies of our society."

He explained why he chose the title for his book. "Pucks cross the goal line, a player is offside when he crosses the line ahead of the puck, and a person crosses the line when he does something unacceptable," he said. "Our protagonist's efforts to help the less fortunate and his confessing to the press that athletes make more money than they need, crosses the line for many."

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# Shield of Athena raises \$100,000 through annual auction of art

*Proceeds to support renovation of family violence shelter 'Athena's House'*

**MARTIN C. BARRY**  
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Following a two-year absence because of the Covid pandemic, a total of \$100,000 was raised on Sunday Nov. 13 by supporters of the Shield of Athena at their 27<sup>th</sup> annual Art Auction at the Casa d'Italia in Montreal.

Around 200 guests purchased up to 70% of the paintings during the wine and canapé event with a cool jazz musical background.

Debbi Marsellos, who does the traffic report at Global every morning, was co-auctioneer, along with her broadcast media colleague Era Melinda Boquer. Both over the years have also worked on-air at CJAD 800.

## Close to her heart

"This is something that is dear to my heart," Lambropoulos said in an interview with The Laval News. "Women need our support – especially those who are the most vulnerable."

"Melpa and Shield of Athena do an excellent job year after year to support these women, while helping to save lives not only of these women but of children as well," added Lambropoulos.

"There are not enough spaces in shelters, and there's not enough funding going towards shelters. So, this art auction is an amazing initiative which I really encourage everyone to support as much as possible."

Among the artists whose work helped lift this



**Saint-Laurent Member of Parliament Emmanuella Lambropoulos (right), seen here with the evening's auctioneers Debbi Marsellos and Era Melinda Boquer, praised Shield of Athena for the work it does to provide help to families enduring domestic violence. (Photo: Martin C. Barry, Newsfirst Multimedia)**

## A great success!

"We would like to thank all of the Shield of Athena supporters, volunteers and staff who participated and made this event a success," Shield of Athena, which provides support to victims of family violence, said in a statement last week on their Facebook page.

All proceeds from are going towards directly supporting a much-needed renovation and expansion of Athena's House, the Shield's 24/7 emergency shelter for victims of conjugal or family violence in Laval and Montreal.

## Providing support

Since the shelter's opening in 2004, thousands of women and children have sought refuge there. During their time, they are supported by experienced professionals within a secure and empowering environment.

Shield of Athena has grown greatly in the more than 30 years since its founding, as has its annual auction of art. "At that time, we had twelve artists, and now we have over twenty," Shield of Athena executive-director Melpa Kamateros said in an interview with the Laval News.

Among the dignitaries attending the art auction were the consul general for Greece in Montreal Katerina Varvarigou, Mount-Royal-Outremont MNA Michelle Setlakwe, and Saint-Laurent Member of Parliament Emmanuella Lambropoulos.

year's donations to the 100K level was Norma Akkelian, whose paintings sold out during an exhibit in September at the Galerie Erga in Montreal.

"I've been supporting Shield of Athena for years," she said. "It's a fantastic cause, and Melpa does a fabulous job helping many women, children and families."

## Artists giving support

Another accomplished artist and long-time Shield of Athena supporter, Katerina Mertikas, came in from Ottawa to take part. Mertikas' work is exhibited in galleries across Canada.



**Consul General for Greece in Montreal Katerina Varvarigou emphasized the growing need for services to deal with incidents of conjugal violence. (Photo: Martin C. Barry, Newsfirst Multimedia)**



**Sam Norouzi, vice-president of ICI TV and George Guzman, Producer and co-host of the ICI TV weekly Greek Television Program KALIMERA PATRIDA (also co-publisher at Newsfirst Multimedia), were presented with special awards for their support of Shield of Athena by the organization's executive-director Melpa Kamateros. (Photo: Martin C. Barry, Newsfirst Multimedia)**

"I love supporting Shield of Athena," she said.

"I think it's a very worthy cause, and it's wonderful to see people supporting the arts while enhancing their homes and at the same time doing some good," added Mertikas.

Located in Laval and Montreal, Shield of Athena's facilities offer multilingual services by professional social workers, trained cultural

intermediaries and supervised law students.

Across Laval and Montreal, the Shield's community outreach program also provides information to men and women in a wide range of languages. The organization's multilingual sexual violence referral and help lines can be reached at (450) 688-6584 in Laval, and (514) 274-8117 in Montreal.

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# OPINION & Editorial



## If you did not like Bill 96, pay attention to what feds are doing with Bill C-13

### *It's unacceptable and reprehensible*

If you think Quebec's Bill 96 threatens the future of the English-speaking community in this province, wait until you see what is coming down the pike as the federal government moves forward with its updates to the Official Languages Act.

The proposed legislation, known as Bill C-13, could fundamentally change the nature of Canada, stripping it of the distinction as an officially bilingual country.

As it is proposed now, the bill will no longer require the federal government to protect minority language rights in Quebec. It would, essentially, as one analyst put it, eliminate more than 50 years of official language policy as we know it. It will drive a stake into the heart of the notion that Canada has two official languages from coast to coast to coast.

So if you had consoled yourself that the provincial government's move to limit the use of English in the past year will be tempered somehow by the federal government's protection, let this be a wake-up call. The federal cavalry is poised to abandon its post in the fight for minority linguistic rights in this province.

Too alarmist, you say?

Recently, the Quebec Community Networks Group, the umbrella organization that includes just about every English-language organization in the province – from the Townshippers' Association to the Quebec Farmers' Association, the Quebec Community Newspapers

Association to the Quebec Federation of Home and School Associations – issued a call demanding the federal government withdraw the bill.

In a statement, QCGN said Bill C-13 "dramatically alters the Official Languages Act in ways that would profoundly damage the vitality of English-speaking Quebec."

The bill is deeply flawed in its intent.

At its heart, Bill C-13 would specifically recognize Quebec's Charter of the French Language within the framework of the Official Languages Act. This means that Quebec's Charter of the French Language, which was amended this year by the CAQ's Bill 96 that makes French the only language of Quebec, would be incorporated into the federal legislative framework.

If this sounds like a lot of legislative gobble-dee-gook, it is. But it represents a fundamental and profound shift in Canada's commitment to bilingualism. It will eliminate the federal government's obligation to promote minority language rights in this province.

The bottom line is that this would be a first. No longer would Quebec's language laws govern what falls simply under provincial jurisdiction, it would also dictate language provisions for all things that fall under federal jurisdiction in Quebec as well. That includes banks, the post office and federally chartered companies.

In essence, if this bill becomes law without amendments, forget about receiving information in English in Quebec from Canada Post.

But in other provinces, the postal service would continue to provide services in both languages.

But that is not all. By doing this, the federal government would be saying that its Official Languages Act would be beyond the reach and protection of the Canadian Charter of Human Rights and Freedoms because it officially looks to uphold Bill 96, which was passed in Quebec completely shielded by the notwithstanding clause of the charter.

That would be a first since Canada became an official bilingual country in 1969 and since the 1982 Canadian Charter of Rights and Freedoms guaranteed the right of official-language minorities to instruction in their language. Essentially, what was envisioned by Lester B. Pearson and Pierre Trudeau would be swept away.

As QCGN pointed out, the federal government is proposing "by amending the Official Languages Act, to make the protection and promotion of only one of Canada's official languages its fundamental purpose" in this province.

How can that be acceptable?

And doing it by side-stepping its own charter of rights, how is that not reprehensible?

As proposed, Bill C-13 cannot be allowed to move forward.

Brenda O'Farrell

Editor-in-chief

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# Ottawa announces funding for COVID-19 autism challenges in Quebec

*Projects to improve capacity to address issues stemming from pandemic*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
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The Trudeau government last week announced funding of over \$1.8 million for four projects aimed at addressing the negative impacts of COVID-19 on autistic individuals in Quebec.

COVID-19 presented significant challenges to accessing resources for autistic people and their families and caregivers. Disrupted routines and restricted or reduced access to programming, services, and activities had and continue to have a negative impact.

As well, due to the pandemic, many people in Canada, including autistic people, continue to experience increased stress, anxiety, and depression.

## Here are the projects:

- Spectrum Productions will receive \$464,945 to adapt its in-studio programs and services into a nationally scalable virtual hub where Autistic creatives of all levels can engage with an inclusive, diverse and supportive community and access various social and educational training and employment opportunities online.
- McGill University will receive \$470,000 to create an online platform where caregivers of Autistic children can acquire the necessary knowledge, skills and resources to empower children, improving their well-being and functioning. The project will reach low-income populations disproportionately affected by COVID-19 and seek to increase skills and support training to help improve the lives of Autistic individuals, their families and caregivers.
- The *Centre Hospitalier Universitaire Ste-Justine* will receive \$469,485 to deliver the AUTISME 5SSE (Social Support, Stigma-Free Care, and Experiential Knowledge) project to address the effects of the COVID-19 pandemic on the determinants of health of autistic individuals and their families through social support and reducing barriers to care.
- The *Centre d'innovation sociale en agriculture* in Victoriaville will receive \$442,020 to develop and test the *L'insertion socioprofes-*

*sionnelle des jeunes adultes présentant un trouble du spectre de l'autisme par l'agroalimentaire* program. The program will support young autistic adults entering the workforce in the agrifood industry.

## Overcoming barriers

"Our government is committed to addressing barriers for autistic individuals when it comes to their health and well-being," said Outremont Liberal MP Rachel Bendayan, announcing the funding on behalf of federal Minister of Health Jean-Yves Duclos.

"The pandemic has been a stressful and life-altering experience for many people, and many autistic Canadians and their families have struggled to access critical services while dealing with social isolation," she continued. "The projects announced today will make a real difference in the lives of those who need them."

"Our government is working to improve the health and well-being of people on the autism spectrum and support their families and caregivers," said Duclos.

"To do so, we are committed to working with organizations like the ones announced in Quebec today to help provide community-based autism resources. By easing access to care and important services, we are working towards better support for autistic individuals, their families and caregivers."

## Fed funding for autism

According to the 2019 Canadian Health Survey on Children and Youth (CHSCY), 1 in 50 (or 2%) of Canadian children and youth aged 1 to 17 years were diagnosed with autism. The federal government's budget 2018 allocated \$20 million over five years to better support the needs of autistic individuals, their families and caregivers.

Of this overall investment, \$9.1 million was allocated to establish the Autism Spectrum Disorder Strategic Fund to support community-based projects.

The four projects announced last week are the last under the Autism Spectrum Disorder Strategic Fund. The government says it is working collaboratively with provinces, territories, families, Indigenous organizations and other stakeholders toward the creation of a national autism strategy.



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# Winter 2022-2023: Laval's snow removal crews ready for action

With the arrival of the winter season, officials with the City of Laval say they are ready for whatever Mother Nature will be throwing at them over the next five months.

According to the city, more than 740 trucks and equipment (including street plows, snow blowers, road graders and Bombardier sidewalk clearers) are ready to be deployed whenever the weather turns nasty.

“Laval’s territory is vast, and so the snow clearing operations are sometimes complex and unpredictable,” says city councillor for Sainte-Dorothée Ray Khalil, who is responsible for public works issues on the executive-committee.

“Citizens can make a difference by working proactively with the city,” he adds. “Every little gesture counts in order to improve the quickness and quality of snow clearing.”

From the moment a snowfall is announced, residents are asked to respect and follow the winter-time parking regulations on Laval’s residential streets, which have been in force

since Oct. 1. When snow removal ops aren’t underway, parking is allowed on the street, depending on the parking rules shown on posted signage.

Until the next snowfall, residents are encouraged to adopt some of the following advice to help maximize snow removal operations:

- Always shovel snow onto your own property, rather than into the street;
- Place recycling and trash bins on your own property, near the property line, rather than on the street or on the sidewalk;
- If possible, park in your own driveway on snow removal days. When parked on the street, keep 30 cm from the sidewalk so the sidewalk tractor can pass more easily, while making sure at the same time there’s enough space on the street for emergency vehicles to drive through.
- Each fall, install driveway snow shelters 60 cm (2 ft) from the sidewalk or 1,2 m (4 ft) from the street.



Photo: Vincent Girard

# Up to \$35,000 available to homeowners with damaged foundations

The City of Laval is reminding homeowners with damaged foundations from collapsing soil that the provincial government has renewed a program of subsidies, of which Laval has been allotted \$1 million.

Homeowners wishing to apply for some of the funding have until March 17 next year to fill out an application, while submitting necessary

documentation.

“Since 2019, through this subsidy, the city supported more than 40 owners from Laval who were impacted by building foundations with cracks in them,” said Duvernay-Pont Viau city councillor Christiane Poirier, who also sits on the executive-committee.

To be eligible, here are some of the criteria:

- You must own a residence with one to eight units, while residing in it up to the time when the subsidy is paid;
  - You must wait for the arrival of a certificate of admissibility, as well as a construction/renovation permit, before starting work;
  - The work to be done must be worth at least \$5,000;
  - At least one piling must be installed;
- The total amount of each subsidy will be two-thirds of the total cost of the work, to a maximum of \$35,000 per residence. The cause of the failure of the foundation must be attributable to condition of the soil, rather than a defect in foundation construction.

# A new accessible nature trail opens in the bois de l'Équerre

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Latent Defects

A new one-kilometre-long nature trail opened recently in Laval’s bois de l’Équerre woods, which are located in the city’s north-central area, a short distance from the Champfleury neighbourhood.

The pathway, which includes a 32-metre section with bridges mounted on pylons, is an addition to the 2.65 kilometres of trails in the forested green space.

The trail has been modestly landscaped so that there are small hills. As well, large tree roots and other potential obstacles have been removed to make walking safer for persons with limited mobility.

The new path was created with financial support (\$212,500) provided by the Communauté métropolitaine de Montréal (CMM) and its Trame verte et bleue project.

“Laval is replete with exceptional natural areas, and we are truly spoiled as citizens to be able to enjoy this,” said Mayor Stéphane Boyer. “To this end, we made a commitment to develop them, while also making them more accessible to the largest number of people.

“This new trail offers to users of all ages, regardless of their physical condition, a means to be able to fully appreciate the outdoors, while becoming aware of the magnificent urban forest which is the bois de l’Équerre.”

The new trail was established over an old agricultural roadway that was being used by visitors

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# Société de transport de Laval chooses a woman to head its operations

## Josée Roy becomes regional transit agency's general manager

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
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Following a lengthy and careful selection process, *Société de transport de Laval* president Jocelyne Frédéric-Gauthier last week announced the appointment of a new general manager at the regional transit agency.

The winning candidate for the position, Josée Roy, is currently executive director for operations at the STL. Her term as general manager will start on January 30 in the new year and her contract runs for five years.

Among the challenges Roy faces, the STL is starting a critical transition to electrification that will have to take into account not only a balanced financing plan, but also an overall reconsideration of how the agency conducts its business.

As well, Roy is taking the reins at the STL as the transit agency is attempting to recover from the drastic drop in ridership and resulting reduction in revenue which came about during the three-year-long Covid pandemic.

"Above all else, I wish to continue showcasing all the heart and talent of this wonderful team of STL employees, who get up every day to provide the highest quality service possible to Laval

residents," said the STL's new general manager.

### 32 years in public transit

Josée Roy has a Bachelor of Landscape Architecture degree from *Université de Montréal*, and has been working in the public transit industry for 32 years. One of her first jobs was with the Quebec Ministry of Transport in 1990.

She also explored the service industry before she began a 19-year stint at the former *Agence métropolitaine de transport* (AMT) in 1998, during which time she climbed the corporate ladder to become director of infrastructure, a position she held for eight years.

### At STL since 2017

Roy has been working at the STL since 2017. She held the position of senior manager of infrastructures for a year-and-a-half, before being appointed to her current position as executive director of operations. In her new position, Josée Roy will be overseeing a team of more than 1,100 dedicated employees.

Besides its highly visible bus network, the STL also develops and operates an integrated public transit system that includes school service buses, shared taxis and para-transit vehicles. The STL's regular bus service operates 47 routes, with close to 2,700 stops across more than 1,500 kilometres in the Laval area.



Josée Roy, whose appointment as the STL's new general manager was announced last week by STL president Jocelyne Frédéric-Gauthier, will be starting her new position next January 30.

### GM Picard retiring

She will be succeeding Guy Picard, the STL's general manager since 2012, who announced his retirement earlier this year after a nearly 40-year-long career in the public transit sector.

"The selection committee is confident that it chose the best candidate from among all internal and external candidates it met with over the past few months," Frédéric-Gauthier said in a statement, adding that a specialized firm supported and guided the selection committee in finding the right fit for the position.

### Knows the industry

"We are all the more proud to appoint the first female general manager in the STL's history," she added. "Ms. Roy not only sets herself apart through her wealth of experience in the public transit industry, her extensive knowledge of the transit agency and her proven management skills, but also through her recognized leadership and her strong motivational skills."

"I would like to thank the members of the selection committee, the board of directors and Ms. Frédéric-Gauthier for placing their trust in me," said Roy. "I especially want to commend Guy Picard on his vision, for the trust he showed me, and for instilling his love for the STL in me, which I now have etched in my heart."

### Challenges she faces

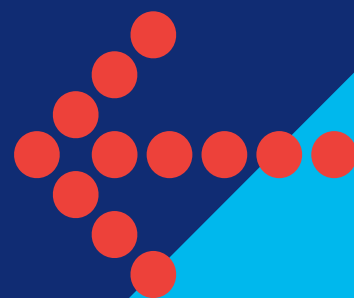
"I am honoured and proud of the headway I have made. I will start this new mandate focused on helping to revitalize public transit and to make the STL and the City of Laval an example for the industry to follow."



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# Laval residents still flocking to Florida's warmth, hospitality, and affordable living

*Neither Covid nor Hurricane Ian will deter Laval Snowbirds from flocking to the warmth of The Sunshine State*

**RENATA ISOPO**  
renata@newsfirst.ca

Maturing Canadians have looked to South Florida for affordable winter-month properties for decades, but stiff competition in the rental and home ownership markets, compounded by the rising cost of living, are making it more difficult for the nation's snowbirds to enjoy paradise the way they once did. Hurricane Ian was the cherry on the cake. Definitely not getting better anytime soon, with everyone paying the price, including Snowbirds.

However, Florida is booming in part because the expansion of remote work and restrictions imposed to combat COVID-19 changed the calculus on where people wanted to live; Americans and Canadians flocked to the Sunshine State. The last year's US Census Bureau, revealed that the state experienced the largest net-domestic migration with an influx of 220,890 people, adding 38,590 from outside the country, some of these legal immigrants, others not.

Undoubtedly, Florida attracts Canadians, as 3.5 million of them temporarily migrate to the

sun, with 500,000 snowbirds making the state home for at least a month. While most don't head south until November, peak departure time, the Canadian Snowbird Association is encouraging property owners to check their insurance coverage now.

## Insurance is a must

"Not having insurance, in a storm like Hurricane Ian, you risk not being able to make any claims, having to pay for damages out of pocket," cautions Evan Rachkovsky, the association's director of research and communications. The Association also cautions against visiting Florida before officials say it's safe. The Canadian government has also issued a travel advisory, urging Canadians to avoid all travel to the southeastern coast of the United States, for now. However, rain, snow, earthquakes, hurricanes, or the weakening loonie which has fallen to its lowest level in almost two years, nothing will stop Canadians from flocking south.

These Canadian snowbirds are mainly flocking from Ontario, Quebec and Atlantic provinces, according to Florida's Tourism Office. While snowbirds also travel to other states,

Florida is prime destination for Canadians looking for attractive, affordable winter getaways even with the loonie at 70% US.

What separates snowbirds from casual Florida vacationers is their stay. Lavaller Ida Teolis Venafo has averaged about five-months-a-year, for three decades in Deerfield Beach. Venafo sees herself lucky having excellent travel-health-insurance, considering unexpected gall-bladder surgery while vacationing, telling TLN she'd never travel without it. "It could be financial nightmares without insurance in the U.S. Snowbirds should have insurance or they could end up in the poor house," Venafo cautions.

Generally-speaking, retirees tend to escape 3-6 months to rental or purchased homes. "It's directly related to what's going on in Canada. For example, in Quebec snow and frigid weather can be expected early November, when Florida starts seeing more Canadian license-plates. On the downside, as Covid up-ticked demand for car rentals, cars at reasonable prices became scarce. "It's more feasible to drive or ship your car, saving thousands of dollars," Venafo offers.

"With four to six months of winter, it's obvious that people would like to go south even for a short period," said Chomede's Lina Varano who's passionate about Florida's welcoming climate and lifestyle. Her home in Lake Worth is "paradise away from home." For many snowbirds, flying south for the winter is traditional, a virtual and actual religion. Canadians of many generations have been going south, parents and grand-parents before them. That trend continues according to Lina and Ida, both of whose children and grandchildren love Florida.

Florida Tourism cites appealing weather and seductive cost-of-living, as obvious factors in this migration. No winter clothes and plentiful relatively-inexpensive-food are also major motivations.

## Destination worth the drive

Other factors include accessibility, particularly proximity to Canada. In the opinion of Venafo and Varano, the 26-hour drive to Lake Worth isn't unreasonable; accessibility also involves language. "Since many Quebecers speak French, maybe exclusively, they're more

comfortable in French, and there's plenty of it in Florida," confided fully-bilingual Venafo.

Some Florida communities are home to so many Canadians that some snowbirds can live entirely in French during their stay, adds Varano. "A community that speaks French and functions in French provides comfort." The annual sojourn of millions of snowbirds has had an impact on Florida's culture and economy.

Large annual festivals, such as Canada-Fest (South Florida) and Snowbird Extravaganza (Central Florida), have seen the light of day. These celebrations, at end-of-January - early February, according to Florida Tourism, reflect the substantial effect of the snowbird-wave. "People come, settle in, ready for fun events," the Tourist Office reveals, with unabashed pride.

Floridians should recognize that they're actually involved in international trade. "Selling services like meals or car-repairs to foreigners, you're actually exporting that service," says Florida Tourism. Other economic effects include real-estate-spending, as snowbirds rent or purchase property during extended stays. Canadians are top international purchasers of residential properties, estimated by Florida officials at a whopping \$60 billion. With these numbers, Canadians contribute about \$580 million in property taxes across Florida. Canada is Florida's most important international economic partner, and tourism is the tip of that iceberg (excuse the pun).

## Come on down, you're welcome

"People go where they're welcome. Floridians make Canadians feel welcome," Venafo and Varano conclude. Although Covid has kept some Canadians and other international travelers at home, the future of tourism in Florida is secure. If you have warm, sunny, economically-welcoming places where people can spend more money if they'd like to and feel safe - that's what Florida offers. Considering all this, to which can be added that Florida is one of North America's most successful jurisdictions in handling Covid, these are many reasons for tourism to blossom, towards which snowbirds whisper quite prayers. Florida is doing a good job attracting Canadians, Laval residents no exception. Once a snowbird, there's no flocking away.

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# Centre de pédiatrie sociale Laval launches its annual fundraising campaign

*Canvassers hope to raise \$55,000 for children's care services by December 20*

**MARTIN C. BARRY**  
Local Journalism Initiative Reporter for The Laval News  
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On Nov. 20, International Children's Rights Day, the *Centre de pédiatrie sociale Laval* launched its annual fundraising campaign, which will run until December 20.

The *Centre de Pédiatrie Sociale Laval* is a non-profit organization that provides activities and care to children in its community. The Centre contributes to the overall development of children and adolescents with developmental, social or health problems in disadvantaged areas.

### Vulnerable clientele

The Centre also promotes the interests and rights of children and their families. Its mandate is to offer, in a living environment integrated into the community, interdisciplinary health services to a vulnerable clientele, that finds itself sometimes excluded from the current service network.

Over the next month, the organization will solicit the Laval population in various ways to raise \$55,000, which will be used to provide medical and psychosocial care to children in vulnerable situations.

### Children's rights

"All children have the right to grow up healthy, the centre's supporters maintain, saying that children's rights are at the heart of the *Centre de pédiatrie sociale Laval*'s mission.

"All children have the fundamental right to access care adapted to their needs," explains Mylène Du Bois, executive director. "Our work with young people in Laval aims to offer them every possible opportunity to develop to their full potential.

"Our workers target the children's most pressing needs, and we invest the money received from our valued donors to provide them with personalized services such as medical care, psycho-education, speech therapy and music therapy," added Du Bois.

### Adapted and essential care

Since 2011, the organization has been offering multidisciplinary health services in a community-based environment to a vulnerable clientele that isn't adequately dealt with by the current service network.

To date, according to the centre, interventions by the dedicated team have had a direct impact on more than 2,000 families living in precarious and disadvantaged conditions.

"For the young people we work with, the

*Centre de pédiatrie sociale* is a space where they can talk freely, without judgment and in complete confidentiality," said the organization's clinical coordinator, Laurence Cadieux.

"Our team welcomes them with kindness and creates a safety net for each of them. Often, a child comes to the Centre spontaneously to confide in us about a success, a difficulty or a feeling they have."

### Many ways to support

Laval residents are known to be generous when it comes to the children in the community. "It's wonderful to see that children are a priority for the people of Laval," said Me Jean Marius Mottet, founding president of the *Centre de pédiatrie sociale Laval*. "As caring adults, it is our duty to ensure that the rights of children are respected. Their development depends on it."

As the drive is underway, it is possible to make a donation online at [cpslaval.org](https://cpslaval.org) to support the organization. In addition, the centre's team and volunteers will be in the four corners of Laval on November 25 and 26 to collect donations from Laval residents.

### How to donate

You can find them at the corners of Jean-Béraud/Daniel-Johnson and Notre-Dame/Lavatière streets; at Laval's Metro stations; at

Toys R Us in Laval; and at Canadian Tire Vimont and Fabreville. "We are fortunate to be part of a caring Laval community that takes care of its children. It is the future of our society that is at stake," added Me Mottet.



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# The best is yet to come at 7<sup>th</sup> phase of quality-living at Marquise residences

**RENATA ISOPO**  
renata@newsfirst.ca

If you dream of experiencing the alchemy of glamour, celebration, seduction and intimacy – then Marquise VII, a residential lifestyle impeccably curated by DeMeta and Groupe Monsap, is the place for you.



In this seventh phase of residences, to be located in sizzling downtown Laval, illuminated by the infinite shimmer of the sun and the moon, a radiant tower will soar in the heart of downtown Île-Jésus. Offered the best of enlightened design, artful service and city amenities, residents can expect lifestyles infused with laid-back luxury.

## Award-winning precedents

This residential project follows the renowned builder's previous award-winning Marquise VII expressions of rarefied, refined, and perfected aesthetics, at a venue in the heart of Chomedey.

More-than-a-home is not just a slogan at Marquise VII; it's embodiment of unique living, conceived, designed and personalized with precision, passion, and finesse. The dazzling fifteen-story tower, housing 112 expertly-crafted units, is enhanced by the location's natural energy. The extraordinary architecture, customized interiors, lush gardens and city promenades create masterpieces of life and light. Resplendent in style and spirit, every day promises to be more vibrant, more sensuous, more serene.

Begin an affair-of-the-heart with the Marquise VII luxury residence, beautifully reflected by

the vistas of over 100 luxury two-or-three bedrooms, with central-air, indoor-parking, and storage-space. Following the success of the previous six Marquise manors the 7<sup>th</sup> phase, starting at tag \$500,000 per condo has already begun, with 2024 guaranteed delivery.

A stunning residence set apart by meticulous attention to enriching community ambiance, Marquise VII opens doors to elite networks of

daily life at Marquise VII.

Appropriately branded for its comfort, spacious corridors, impeccable design, distinctive layout, and so much more, this latest concretization of all-purpose quality-living also features dream kitchens, the envy of all men and women, combining quality material with soft finishes and high-end appliances.

A large-scale project particularly responsive to the needs of people desiring to move from a home, and/or from single life's responsibilities to condominium life, Marquise VII is the solution where everything is taken care of. "This is possible because the living spaces have been designed to offer the ultimate luxury, space and light, in the heart of a residential urban environment," stated Genevieve Lussier, on behalf of Agence Six.

## Everything that is needed

Ida Teolis who purchased a Marquise 1 unit in 2014, said she simply adores the place. "I love living here. I will not move anywhere else. I would not change it for anything. We have everything we need. It's also mobility-accessible. I recommend it for all ages, and there's a crowd of young people here. My adult grandson Giovanni Gentile lives with me and he will buy here when the time comes," Mrs. Teolis told TLN, smiling radiantly.

DeMeta and Groupe Monsap is one of the leading property specialists providing stylish innovation properties, which set new benchmarks in condominium development. The team's vast experience across multiple property segments ensures the highest standards in design and construction of every project. Moreover, the model condo was awarded the prestigious *Grand Prix Habitat Design*, recognizing builders and professionals in the construction industry who stand out.

"Living at the Marquise really means living in

a privileged environment. Our team has really put everything in place to meet the needs of a demanding and experienced clientele. We're very proud to present phase VII to the latter," explains Michel Guilbault, Vice-President of Development at DevMeta, adding that the project was conceived as a luxurious and exclusive private domain, where co-owners can enjoy a relaxing community, respectful of privacy.

The Marquise is designed as an oasis in downtown Laval, a favourite spot for active people who want independence and a worry-free lifestyle. Located near Chomedey Boulevard, a few minutes away from highways 440, 15, and 13, it is a convenient choice. Some of the nearest places include Carrefour Laval, Centropolis, Marché 440, trendy bars and bistros, restaurants galore, sporting and cultural events, theatres, Place Bell, Musée-des-Arts, parks, clinics, shopping centers, and public transit, including the metro.

Crafted with best floor plans from the first tower and newest features and design, Marquise VII's tower is an ideal blend of space-and-serenity, built to provide limitless opportunities to enjoy what life has to offer. Focusing on creating livable functional spaces, designers create future-oriented projects that deliver flexibility. Whether you are looking for a *pied-à-terre* or forever-home, Marquise VII gives access to services that are creative and intuitive, with power to positively transform people's emotional and practical life, a nexus of personal craftsmanship and art intimately entwined with the finer sides of living, leaving residents inspired and at ease.

Marquise VII is an iconic neighbourhood of all-day all-night lifestyles - the best of both worlds, where one can truly have it all. It is the future of downtown Laval, made real and livable for today's modern residents.



## Masterpieces of tradition and modernity

Resplendent in its timeless beauty, Marquise VII evokes a living Eden of sweeping gardens, in the elegance of bygone times in ultimate contemporary luxury, a masterpiece nestled in relative exclusivity in Chomedey's prized downtown; a welcoming place of uniqueness and strength providing invitingly-designed common spaces.

A fully-equipped urban-chalet of bar, bistro, and superb lounge with giant TV, will add spice-to-life. A swimming pool of coolness-and-warmth will be center stage of spacious lush terrace with dreamy pergola. A gymnasium, high speed elevators for fast movement, a receiving-room for packages will all facilitate



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## SQ arrests four, including two from Laval, in car theft operation

The *Sûreté du Québec* announced last week that it had arrested four men, including two from Laval, believed to be connected to a car-theft ring specialized in shipping stolen vehicles overseas.

Two men from Laval, 52 and 54 years old respectively, and two others from Terrebonne, 41 and 51 years, were scheduled to appear via

video conference at the Montreal courthouse to face charges related to the thefts, which according to police took place in Montreal and Toronto.

The arrests were part of a special investigation overseen by the SQ, involving eight police forces. Nearly 50 vehicles and \$300,000 in cash were seized during the operation.

## Woman critically injured in car crash at downtown Laval grocery

A female pedestrian was left in critical condition last week after a car hit her in the parking lot of a downtown Laval grocery store, after which the vehicle crashed into the store entrance.

Paramedics received a 9-1-1 call at 4:15 p.m. on Nov. 15 and responded to the Metro supermarket on de l'Avenir Blvd. in the Laval-des-

Rapides sector.

The pedestrian, in her 40s, suffered serious injuries and was sent to hospital in life-threatening condition, according to Urgences-santé. In the meantime, paramedics treated two other people at the scene, although they didn't require hospitalization.

## Ontario police charge two from Laval in 'grandparent scam'

Police in Hamilton, Ontario have arrested two men from Laval who face charges of conducting a "grandparent scam" involving the exploitation of a senior citizen in his 90s.

On Nov. 1, according to the force, the victim from Hamilton began receiving phone calls from a male suspect impersonating an RCMP

police officer.

He was told that his grandson was arrested for having a large quantity of drugs in his vehicle and was in police custody. The scammer then demanded the victim pay a \$120,000 bond to release the grandson.

## Chomedey Lebanese restaurant hit by suspected arson twice in 24 hours

The Nuits de Beyrouth restaurant on Curé Labelle Labelle Blvd. in Chomedey was the target of apparent arson attacks during the early morning hours on Nov. 7 and 8.

According to media reports, it was the second suspected arson incident at the landmark

Lebanese restaurant within a 24-hour period.

A spokesperson for the Laval Police confirmed that the Laval Fire Dept. and the police responded twice to a fire at the address at the Centre St-Martin shopping mall.

## Father of slain Sainte-Dorothée children deemed fit to stand trial

A 46-year-old man from Sainte-Dorothée who was in a coma in hospital for most of the past month after his two children were found dead in the family home was deemed fit to stand trial last week following a video linkup with justice officials at the Laval courthouse.

Kamaljit Arora, who is currently being detained at the Philippe Pinel Institute, was formally charged after doctors who conducted an evaluation of him at the psychiatric hospital on Henri Bourassa Blvd. in Montreal declared

him fit to face justice.

Arora faces two charges of first-degree murder, as well as one charge that he assaulted his wife by strangling her on the same day the children were found dead.

It is alleged that Arora killed his 13-year-old daughter and his 11-year-old son in the family's home on Lauzon St. in Sainte-Dorothée on Oct. 17.

According to several media accounts, they were drugged and drowned in a bathtub.

## Boyer seeks more help from Quebec to deal with rising violence

Reacting to the recent gunfire incident outside Collège Montmorency which sent up to four people to hospital, Mayor Stéphane Boyer said he was asking the provincial government for additional financial support to combat the rising tide of armed violence.

"It's not the first time that issues of public security have been raised over the past year, whether in Laval or Montreal or elsewhere," he told journalists after speaking with Quebec Public Security Minister François Bonnardel.

Boyer said Laval wants Quebec to provide the

city with additional funding, comparable to what the City of Montreal received recently to deal with its own escalation of armed violence.

"It is our hope to be able to receive the same financial support so that we can be certain that our police have all the necessary tools in hand to stop these waves of criminality," Boyer said.

In the past year, the City of Laval added \$1.2 million to amounts already budgeted for police services in order to deal with the local wave of gun violence.

## LPD officer suspended after spouse's arrest during narcotics raid

The Laval Police Dept. has suspended a police-woman following the execution of a warrant to arrest a suspected drug trafficker at a Laval home where she was living under the same roof as the suspect to whom she is married.

LPD officers were assisting investigators from the Montreal Police Dept.'s organized crime division last week, when they spotted the police-woman, said to be in her 30s.

A spokesperson for the Laval Police told media that the officer's access to LPD facilities has been cut off while an internal investigation takes place. According to reports, the officer has around five years experience.

This unexpected development came about as the Montreal and Laval police were conducting a major raid, in which as many as nine suspects were arrested on alleged drug trafficking and illegal arms possession charges.

During an earlier raid, the LPD arrested three drug trafficking suspects – in their early to late 40s – at two residences in Chomedey and Vimont.

According to reports, the raids resulted in the seizure of more than \$95,000 in narcotics, including 300 grams of cocaine, 11,000 tablets of methamphetamine, an unspecified number of counterfeit Xanax tranquilizer tablets, and Canadian denomination cash.



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# Quebec's manufacturing/export sector suffering from labour shortage, according to MEQ

*39 per cent of businesses have thought of moving outside province, says lobby group*

**MARTIN C. BARRY**  
Local Journalism Initiative Reporter for The Laval News  
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According to the Manufacturers and Exporters of Quebec (MEQ), at least \$356 million was lost in the past year because of ongoing labour shortages in the province's manufacturing sector.

### Losses piling up

The MEQ represents 1,100 manufacturers across Quebec. The manufacturing sector in Quebec employs more than 497,000 people, representing 12.6 per cent of the Gross Domestic Product, as well as 86.1 per cent of exports.

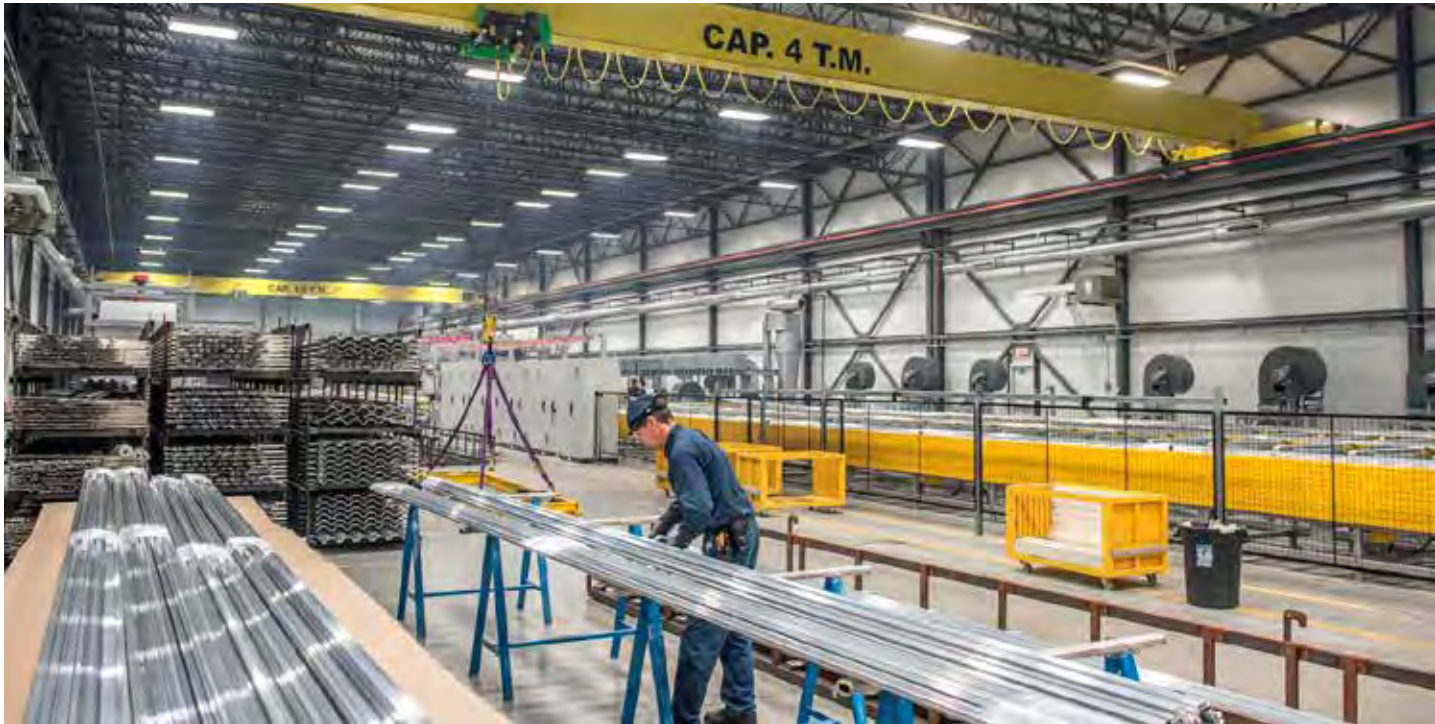
The lobby group says the losses were the result of cancelled contracts, repeated delays as well as losses resulting from investments that were delayed or cancelled.

### Jobs going unfilled

According to an annual survey conducted by the association, nearly all of the businesses in Laval, the Laurentians and Lanaudière that were contacted confirmed having an average 27 vacant job positions.

One of the immediate results, according to the MEQ, is that 39 per cent of businesses in the three regions have thought seriously about relocating at least part of the activities to another region of the world, or of contracting work to sub-contractors in other regions.

Fifty-four per cent of respondents said the



labour shortage is impacting the mental health of workers. The industrial sectors in Quebec most impacted by the labour shortage are parts and materials manufacturing for transport, machine manufacturing and the food industry.

### Quebec not doing enough

While less well-paid jobs are difficult to fill, those paying more competitive salaries are the most difficult to find employees for. According to the MEQ, nearly half the vacant positions are in the \$20 to \$29 per hour range, while 38 per cent pay more than \$30 per hour. Six out of 10 businesses in the survey were of the opinion that the provincial government could be doing a lot more to help relieve the problem.

"While there is more and more talk about an economic recession, Quebec and its regions have a greater need for prosperous businesses," says Véronique Proulx, president and executive-director of the MEQ. "In order to ensure their competitiveness against international players, they need people. There is no magic solution to fix the issues underlying the labour shortage in the manufacturing sector. But it is possible to use a series of levers to help alleviate the impacts on our businesses in Quebec, the Laurentians, Lanaudière and Laval."

### Immigration limits questioned

Among other things, she notes the CAQ government's current limits being imposed on immigration levels, the acceleration of auto-

mation and robotization, and an increase in the number of manufacturers benefiting from training programs as factors affecting the situation.

"We are at the dawn of a recession, so the government should be making the labour shortage a priority, while doing more, faster, to support manufacturing businesses, which are the pillars of our regional economic development," added Proulx.





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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## THE INNOCENT PARTY

**Q** Ten years ago, I am ashamed to say, I had an affair with my husband's best friend. My husband and I stuck it out, and I am happy to say we are still together.

The problem is this. A few months ago my husband went to this former friend's house to have a beer with some men from work. When I found out, I was very upset. After talking it over, my husband said he understood why I was upset and promised not to do it again.

Tonight, on the way home from picking up our son at daycare, I drove past this friend's house. Who did I see sitting at the picnic bench in his yard? My husband, the former best friend, and another man.

I am upset all over again. I told my husband I do not want this man in our lives, and that he is pouring salt in the wounds. He said he won't do it again, but that is what he said last time. I don't get it. Isn't this weird behavior on his part?

I should mention about six years after the affair, this friend took it upon himself to "clear his conscience" and tell my husband. That is how my husband found out. However, his best

friend did not feel compelled to tell his wife at the time about our liaison.

Viveca

**A** Viveca, there is nothing weird about your husband's behavior. His best friend was forcibly expelled from his life. He wants things back as they were before.

This man's presence reminds you of the affair, but his absence from your husband's life reminds your husband about the affair. You want to punish your former lover for telling, but paybacks don't work when you are the one in the wrong.

It is your husband's choice. You are trying to turn the tables on him for the very thing you benefited from, staying in a relationship. Are you afraid the bond between the two men is stronger than your marriage?

Two terms are being used loosely here. A "wife" doesn't sleep with her husband's friend, and a "friend" doesn't sleep with his best friend's wife.

Wayne & Tamara

## STILL IN LOVE

**Q** I am dating Bud, a 52-year-old widower. His wife, Bianca, dropped dead of a heart attack on the ski slopes 18 months ago.

He told me psychologically he is ready to move on, but the house has been left exactly the same.

Her clothes are still hanging in the closet, her perfumes and brushes still on the dresser, her sunglasses still on her desk. Pictures of them abound, and the urn with her ashes is somewhere in the house. I didn't ask where.

I haven't said a word about any of this, but I think it is a little bit strange. Recently we went boating, and the inside of the boat is the same as the house. I met Bianca's best friend Ava. In 48 hours she mentioned Bianca at least ten times, and even asked Bud to bring out pictures of one of their last vacations together.

I thought this insensitive and thoughtless on

Ava's part. Am I overly sensitive? Is Bud still grieving? I am not sure I want to meet any more of Bud's friends if they are going to spend the entire time talking about a man's dead wife. I don't know what to say except that I have lost loved ones too.

Laura

**A** Laura, if I lost Tamara the opening would not be there for another woman. Our lives are that tightly interwoven.

Bud's house is a testament to his love. It may take years or decades for him to move on. Or Bud may never love another woman as he loved Bianca. The connection he lost was his alone. It is not for you to set a timetable for him or for his friends.

Wayne

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com))

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964

or email: [DirectAnswers@WayneAndTamara.com](mailto:DirectAnswers@WayneAndTamara.com)

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# In Memoriam & Obituaries



## Have you prearranged your funeral?

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

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

You also give yourself peace of mind, since you're making sure your wishes are respected and that the ceremony is personalized. However, try not to leave overly detailed instructions; give some leeway to your loved ones so they have the possibility of getting involved in the organization of the funeral and expressing their feelings.

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



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



**DURSO, Joseph**  
1952 — 2022

Joseph Michael Durso, loving husband to Diane (née Gabriel), kind and gentle father to Rachel (Claude), Julia (Matthew), Andrew and Joanna (Marc-Antoine), passed away peacefully on November 19, 2022, at the Bayview, where he resided for the last 19 years. He is predeceased by his parents Giuseppe and Anna, his sister Antoinette, and his brother André. He leaves behind his three beautiful grandchildren, Gabriel, Emma, and Matteo, and many nieces and nephews, including his niece Elsa, who has always been his "fourth daughter".



**CONCEICAO, Joao**  
1947 — 2022

We are deeply saddened to announce the death of Mr. Joao Conceicao, which occurred on Thursday, November 17, 2022 in Laval, at the age of 74.

He is survived by his wife Francelina Rosario, his daughters Elia and Marisa, brothers, sisters, sons-in-law, grandchildren, as well as his brothers-in-law and sisters-in-law, nephews and nieces, and friends. He loved us so much and will continue to watch over us.



**JULIEN, Yvan**  
1941 — 2022

In Laval, on November 16, 2022, at the age of 80, Mr. Yvan Julien passed away, husband of Mrs. Monique Lagacé.

Besides his wife, he is survived by his children, Stéphane, Eric (Nancy), Patrick (Sonia), his grandchildren Béatrice, Alexis, Nathan, Précillia (Iannick), Gabriel (Pamela), William (Mélicia), Émile, Laurence, his sister, Carmen, his brothers, Dominique, Vital, Placide, sisters-in-law, brothers-in-law, nephews and nieces, as well as many other relatives and friends.



**PLAMONDON, Rose-Hélène**  
1930 — 2022

It is with sadness that we announce the death of Mrs. Rose-Hélène Plamondon, occurred on November 15, 2022, at the age of 91. She was the wife of the late Jean-Charles Léveillé. She is survived by her children René (Rita Desrochers), Denis (Pierrette Morin), Michel, Hélène (Pierre Groleau), Lucie and Claude (Raymonde Desjardins), grandchildren Valérie, Annick, Marilou, Jean, Alexandre, Maxime, Guillaume and Jérémie, great-grandchildren, sister Angéline, brothers-in-law and sisters-in-law, nephews and nieces, as well as several relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue  
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Στέφανος Σβουρένος



# HOROSCOPE

Week of **NOVEMBER 27 TO DECEMBER 3, 2022**

The luckiest signs this week:  
**PISCES, ARIES AND TAURUS**



## ARIES

You'll find yourself in a crowded environment. At the very least, your social networks will be buzzing. You'll accept an invitation from your friends to go out and party to relieve some stress.



## TAURUS

At times, it's good to take a step back and see things from a different perspective. You'll be able to analyze a situation with the big picture in mind to find the solution.



## GEMINI

Luck will be on your side in both your professional and your love life. The right people will cross your path and make your life easier. Your sensitivity will be a strength.



## CANCER

Change often brings with it strong emotions. You'll experience something new that will benefit you. For example, you may get close to a family member you've been in conflict with.



## LEO

At work, you may make a deal that will significantly impact your career. You'll create a harmonious atmosphere; people trust you, and you'll guide them appropriately.



## VIRGO

You won't let things get to you this week. At work, you'll make changes to improve efficiency. You'll also enhance your dexterity as you start an artistic project.



## LIBRA

Your emotions may overwhelm you this week. You must clear up a complicated love affair. At work, you'll be moved by a show of gratitude.



## SCORPIO

You'll work from home more than usual this week. If you have young children, one of them may require your undivided attention. You must clear up a few things with certain people.



## SAGITTARIUS

You'll discover a new gadget that could help you improve your communication. This will make you more accessible. It's time to travel, so update your GPS to avoid getting lost.



## CAPRICORN

You'll spare no expense to impress others. You'll also replace some of your furniture and appliances. It's time to get rid of things cluttering your environment and your mind.



## AQUARIUS

You'll show initiative in a project. You'll take the lead and make sure people understand the direction you want to take. New beginnings are on the horizon in your personal and professional life.



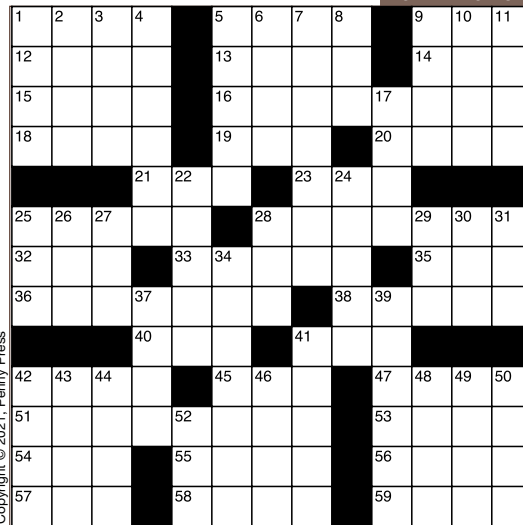
## PISCES

You'll feel fatigued this week. Make sure you slow down and give yourself time to set new goals. If you've been neglecting your loved ones, it's time to plan a reunion.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 137



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### ACROSS

1. Garbed
5. Cast a fly
9. Luxurious resort
12. Frilly
13. Throbbing pain
14. Here and \_\_\_\_
15. Baking compartment
16. Relic
18. Word from a crib
19. Make a misstep
20. Grew older
21. Hog heaven?
23. Swampy place
25. Hamburger extra
28. Fine points
32. Tire filler
33. Fang
35. Cauldron
36. Escaping
38. Foe
40. Nixon's gesture
41. Twisted, as a grin
42. Knowing words: 2

### DOWN

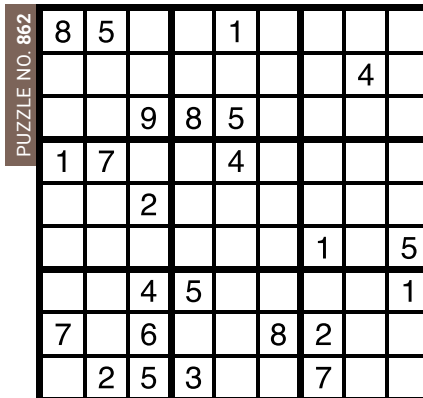
1. Dolt
2. Volcanic flow
3. Did well on
4. Hard-working person
5. Simulated
6. Cake froster
7. Frozen dessert
8. In the know
9. Unexpected problem
10. \_\_\_\_ fun at
11. Dazzled
17. Heroic narrative
22. Free from restraint
24. Alternate
25. Blockhead
26. Zero
27. Great anger
28. Pug
29. "\_\_\_\_ Got Sixpence"
30. Robber's run
31. Pig's abode
34. Former: hyph.
37. Always
39. Hose
41. Compass points
42. "Leave \_\_\_\_ Beaver": 2 wds.
43. Oracle
44. "\_\_\_\_ Tu"
46. Cut
48. Work on copy
49. Taboo: hyph.
50. Doodled
52. Of flying: pref.

# Sudoku

## HOW TO PLAY:

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

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

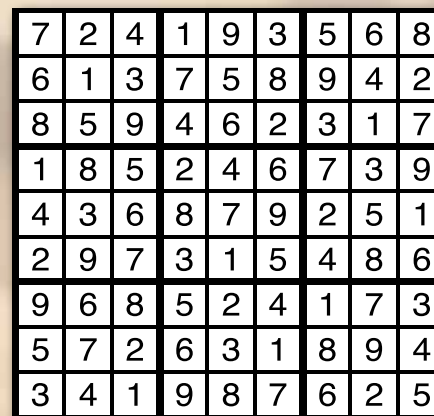


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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## THIS WEEK'S BASKET:

- Raspberries
- Blueberries or Blackberries
- Pineapple
- Bananas
- Kiwis
- Apples
- Oranges
- Lemons
- Ginger
- Mushrooms
- Green beans or Brussels sprouts
- Spinach
- Avocados
- Cucumber
- Tomatoes
- Basil
- Potatoes
- Zucchini
- Broccoli
- Mystery Item

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## 2 EASY STEPS:

**1**

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**2**

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