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Pages 2-3



The Laval News EXCLUSIVE

Exclusive interview with Pablo Rodriguez

Ex-Alouettes star Anthony Calvillo visits Laval



Pages 10 & 12

LAVAL HONOURS GREEK INDEPENDENCE DAY Pages 8-9

The Consul General of Greece signed Laval's Golden Book



On Wednesday March 22 at Laval City Hall, municipal authorities honored our National Holiday.

For this purpose, the Consul General of Greece in Montreal, Katerina Varvarigou, was invited to sign the municipality's Golden Book. The host was the president of the city council, Ms. Cecilia Macedo, standing in for Mayor Stephane Boyer, who was on a business trip to the Nordic countries.

In her speech, Ms. Macedo, after welcoming the Greek diplomat, praised the Lavallers of Greek origin for their continuous progress and for their achievements in the social and economic spheres in the Municipality of Laval. In her speech – in fluent French – Ms. Varvarigou also thanked the municipality for its hospitality, stressing that she looks forward to greater cooperation.



PHOTOS: Martin Alarie

Under the gaze of Laval municipal councillors Aglaia Revelakis and Vassilios Karydogiannis, the Consul General of Greece in Montreal donated a Cycladic statue KOUROS to the president of the municipal council, Mrs. Cecilia Macedo.



Isabelle Piché
 Conseillère municipale
 St-François

Achille Cifelli
 Conseiller municipal
 Val-des-Arbres

David De Cotis
 Conseiller municipal
 St-Bruno

Aglaia Revelakis
 Conseillère municipale
 Chomedey

Paolo Galati
 Conseiller municipal
 St-Vincent-de-Paul

Your city councillors wish you a Happy Easter!

LAVAL At the service of our citizens!

New Trudeau budget has fixes for grocery prices, dental bills and new green economy

'We're working on affordability,' says Liberal cabinet's Rodriguez, point man for Quebec

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

There are three points to be remembered in the new federal budget tabled by Finance Minister Chrystia Freeland in Ottawa last week, according to Canadian Heritage Minister Pablo Rodriguez who is the Trudeau government's lieutenant for Quebec.

The first, household grocery purchasing power during an inflationary period, is being addressed through a special rebate, for a one-shot payment of \$467 for eligible couples with children, \$234 for single Canadians without children, and \$225 for seniors.

The affordability problem

"We're working on affordability," he said in an exclusive interview this week with Newsfirst Multimedia. "You've seen it and felt it, I'm sure. Things are costing more all the time, especially the groceries, and people are suffering."

He said the sums will help households pay the

groceries at a time when virtually everyone is being impacted.

The second element, he continued, is designed to help people get the dental care they need and make life more affordable. As such, by the end of this year the Liberal government expects to begin rolling out the Canadian Dental Care Plan.

Public dental coverage

The plan will be fully implemented by 2025, providing dental coverage for up to nine million Canadians. This is being supported by an investment written into the Trudeau government's Budget 2023 of \$13 billion over five years starting in 2023-24, and \$4.4 billion in ongoing, permanent funding.

"No one should have to choose between taking care of their teeth and paying their bills," Prime Minister Justin Trudeau said in a statement regarding the dental program, while adding that "Budget 2023 will help millions of Canadians see a dentist and provide much-needed relief for families."

For \$90,000 and less families

"Whoever's been to the dentist recently – and I've been there – it's become really, really expensive," said Rodriguez. "We're making sure that anyone who is not insured and makes \$90,000 and less benefits from this program. And I'm thinking more specifically about our seniors, for example.

"This is more than just health coverage," he added. "It has a huge impact on their lives. When a senior doesn't have enough money to have a denture, that person may very well decide to isolate and not go out because they don't feel comfortable and will stay away from others. So, dental care is a health issue, but it's also a social issue, a quality-of-life issue."

Towards a clean economy

Outlining a third element, Rodriguez maintained the 2023 budget makes transformative investments to build Canada's clean economy, fight climate change and create new opportunities for Canadian businesses and Canadian workers.

He said this includes significant measures that will deliver cleaner and more affordable energy, support investment in communities and the creation of well-paying jobs, while ensuring that Canadian workers are able to produce and provide the goods and resources that Canadians and others need.

"We're talking about building the economy of the future," said Rodriguez, noting that the government has set aside \$80 billion over 10 years for projects that include electrification of transportation, production of green energy and green technologies.

The post-Covid economy

While tabling the 2023 federal budget last week, the government claimed that the country has made a remarkable recovery from the Covid recession, that Canada's economic growth was the strongest in the G7 over the last year, and today 830,000 more Canadians are employed than before the pandemic.

▶ Continued on page 3



My best wishes to all for a Happy Easter

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(450) 689-5516
Alice.Abou-Khalil.FABR@assnat.qc.ca
538, rue Principale
Laval, QC H7X 1C8



Sending you all my best wishes for a Happy Easter



SONA LAKHOYAN OLIVIER
MNA for Chomedey
450-686-0166 | Sona.LakhoyanOlivier.CHOM@assnat.qc.ca



◀ Continued from page 2

In addition, Finance Minister Freeland and other cabinet members maintained that inflation in Canada has fallen for eight months in a row, the unemployment rate is near a record low, and that the labour force participation rate for women aged 25 to 54 reached a record high of 85.7 per cent in February supported by a Canada-wide system of affordable early learning and child care.

Predatory lending targeted

In the budget, the government also pledged to take action to crack down on hidden junk fees and predatory lending, to lower credit card transaction fees for small businesses, and to help Canadians keep more money in their pockets.

To strengthen Canada's universal public health care system, the Trudeau government also pledged to deliver \$198.3 billion to reduce backlogs, expand access to family health services and ensure provinces and territories can provide public health care efficiently.

Some basic facts on Ottawa's Budget 2023

- In 2023, the Canadian Dental Care Plan will become available to uninsured Canadians under 18, persons with disabilities, and seniors who have an annual family income of less than \$90,000. There will be no co-pays for those with an annual family income under \$70,000. By 2025, the Canadian Dental Care Plan will be fully implemented to cover all uninsured Canadians with an annual family income under \$90,000.
- Budget 2023 also proposes to invest:
 - \$250 million over three years, starting in 2025-26, and \$75 million ongoing to establish an Oral Health Access Fund,

which will address oral health gaps among vulnerable populations and reduce identified barriers to accessing dental care, including in rural and remote communities, complementing the Canadian Dental Care Plan.

- \$23.1 million over two years, starting in 2023-24, to collect data on oral health and dental care access in Canada and help the government's ability to support those who need it most through the Canadian Dental Care Plan.
- To make life more affordable while global inflation drove up the cost of living, the government has made significant investments and implemented key initiatives in the past year alone, including:
 - Doubling the Goods and Services Tax Credit (GSTC) for six months to help 11 million individuals and families with the rising cost of living – with couples with two children receiving up to an extra \$467 and seniors receiving an extra \$225 on average;
 - Launching the Canada Dental Benefit, which provides up to \$1,300 over two years to help get kids the dental care they need;
 - Providing low-income renters with \$500 to make life more affordable;
 - Enhancing the Canada Workers Benefit for our lowest-paid – and often most essential – workers, to provide up to \$1,428 for a single worker without children, up to \$2,461 to a family, and an additional \$737 for workers with disabilities;
 - Increasing Old Age Security (OAS) benefits for seniors age 75 and older by 10 per cent as of July 2022, which is providing more than \$800 in additional support to full pensioners; and
 - Delivering \$10-a-day child care or reducing child care fees by at least 50



The Laval News EXCLUSIVE

Federal Heritage Minister Pablo Rodriguez, the Liberal government's lieutenant for Quebec.

per cent on average in every province and territory, and strengthening the child

care system in Quebec with more child care spaces.

Nos vœux les plus chaleureux à vous et vos familles à l'occasion de Pâques !

Our best wishes to you and your families on the occasion of Easter!



FAYÇAL EL-KHOURY
MP FOR LAVAL-LES ÎLES
faycal.el-khoury.c1@parl.gc.ca



ANNIE KOUTRAKIS
MP FOR VIMY
annie.koutrakis@parl.gc.ca

Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising:

Jean Paul Chamberland

Editorial Staff:

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

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The other side of subsidized daycare

Raising children in Canada, is more expensive than ever - \$10,000 to \$15,000 per-year-per-child, excluding college/university, according to nation-wide estimates. Many families need two incomes. Even when not required of them, many women want to pursue lucrative, fulfilling careers; unsurprising that many parents, including mothers, work outside home.

Yes, women's progress leads to significant contributions to society, but tradeoffs abound. Women-in-the-workforce necessitates outside-home-child-care. For parents, decisions about work and home-child-care are difficult. Or are they?

Choices are compromised by insufficient reliable research. There's ample research on teenagers playing computer games and less doing homework; but relative to daycare, something that instinctively worries many parents, few are willing to take hard looks. Kids matter, right?

For several reasons, media constantly reporting alarming new risks to children rarely include information from studies on impact of daycare, especially when findings suggest that daycare can have significant negative outcomes. Reporters are reluctant to highlight such studies because the issue is politically-charged. Some worry that acknowledging downsides to daycare impedes women's equality by inviting conclusions that children are better off with mothers/fathers at home.

This bias and lack of information do serious disservice to parents who should know the best research to make fully-informed decisions, especially if the research does not validate their choices. Politicians must be more informed when considering policy reforms that could lead many families to revise their decisions about putting their children in daycare.

In fact, available research suggests that heavy/prolonged daycare use generates poor outcomes for many children. Subsidizing outside-the-home child-care effectively discourages other arrangements that do not show these negative effects.

In Québec, per-day subsidized daycare is a bargain at \$8.35, non-subsidized \$35 to \$60. Acknowledging evidence of drawbacks from daycare is not meant to demonize parents. Sustained research affirms that serious concerns have materialized about greater risks of "externalizing" behaviours - neediness, disobedience and bullying, from children's early and prolonged exposure to daycare.

Findings claiming that babies and young children essentially enjoy no benefit from full-time home-care are reported as good news, suggesting that mothers can decide, without guilt about work, or home with their children. The research paints complicated pictures. Conclusions focus on the effects of "maternal employment" in the "first year." But the data suggests that when mothers go back to work makes a difference: Starting work the first three months of the baby's life (and, in some analyses, in the first six/nine months) led to more

externalizing behaviour. Since 70% of mothers in the sample who worked at all in the first year went back to work in the first three months, highlighting the risks for mothers who go back to work early seems important. Researchers will not conduct controlled experiments because parents will never agree to randomly assign their children to home-care or daycare.

Two decades ago, Québec instituted major shifts in child-care policy, creating opportunities to assess the impact of daycare on children and families. In 1997, full-day kindergarten for five-year-olds and heavily-subsidized \$5 daycare for four-year-olds were enacted, extended to three-year-olds in 1998, two-year-olds in 1999, and babies-to-age-two in 2000. Non-family child-care grew by more than one-third.

Several extraordinary studies have been undertaken. The first report, "Universal Childcare, Maternal Labor Supply, and Family Well-Being," won the 2009 Doug Purvis Memorial Prize for the most significant written contribution to Canadian economic policy. The article stated: "We report striking evidence that children's outcomes have worsened since the program was introduced. This is manifested in increased aggressiveness and anxiety for the children, more hostile less consistent parenting for the adults; and worse adult mental health and relationship satisfaction."

A 2010 study on first-year maternal-employment and child-development, concluding that early maternal employment had neutral effects on children, cited 250 articles. It is astounding that the award-winning article on Québec daycare, published in 2008, was not included, probably because it did not fit the narrative.

Recent studies confirm profound negative effects of Québec daycare. A 2014 study, published by Canadian Labour Market and Skills Researcher Network, explored how age factored into the negative effects observed from Québec's program. These researchers uncovered widespread negative consequences. Emphasizing that earlier exposure to the child-care system resulted in larger problems, they wrote: "The estimates indicate that on average, children who gain access to subsidized child-care at earlier ages experience significantly larger negative impacts on motor-social-developmental scores, self-reported health status and behavioural outcomes including physical aggression and emotional anxiety."

Two 2015 Québec studies found that some negative effects observed among younger children persisted, even increasing into teen-age.

While researchers found that introduction of the Québec daycare program had "little impact on cognitive test scores," they posited that negative effects on non-cognitive skills appear to strongly persist into school-years, often growing larger as children get older. Anxiety, aggression, and hyperactivity were worse in older children than younger ones. Moreover, there was "worsening of both

health and life satisfaction among older youths exposed to the Québec child-care program."

The study's most startling discovery? The program appears to have generated an increase in criminal behaviour among teens. As cohorts in Québec became more exposed to the program, their crime rates rose, relative to the rest of Canada. More exposed cohorts exhibiting higher differential crime rates at every age.

It has been reliably documented that daycare children display higher levels of cortisol - the primary stress hormone - compared to home-settings. Daily patterns revealed significant increases from-morning-to-afternoon, but at daycare only. The effect of daycare on cortisol excretion was especially notable in children younger than three, speculating that daycare children show elevated cortisol levels, due to stressful interactions in group-settings.

Worrisome findings? Certainly, since elevated cortisol levels are often omens of physical and emotional illness. Undoubtedly, studies on the Québec child-care program and on cortisol levels show negative effects related to children's daycare experiences as well as negative outcomes that persist into teen years, which certainly questions commonly-held-conclusions that daycare appears "neutral," with positive-and-negative effects canceling each other.

Research suggests that younger children are vulnerable to lasting harm from daycare, especially when exposed early, something parents deserve to know. Parents value time with their children. Some are skeptical about daycare.

Rather than incentivizing use of paid child-care, policymakers must expand support for parents, particularly of lower incomes, to assist in raising their children whether at home or paying for child-care.

As aggressive behaviour can increase with prolonged daycare away from parents, more part-time work would ease strains on families. As more full-time working parents become part-time workers - stress, anxiety, and aggression in some children may lessen, making classroom-disruption in later years less likely.

Parents must balance benefits of income against benefits of staying home to care for children. Researchers must be honest with the public about what their data shows, especially when results contradict popular opinion. Future generations are too important to continue making individual decisions and public policies from biased or distorted information.

The media must not shy away from reporting reliable research, even if findings are uncomfortable. Ignoring studies is a disservice to policymakers, taxpayers, parents, and, most importantly children. The public deserves to have a robust debate about the best ways to help parents create an environment for children to thrive.

Renata Isopo
renata@newsfirst.ca

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Junior A Monteuil Eclairs finish first in their league

A true dream season for a real dream team

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

The Junior A Monteuil Eclairs hockey team had a dream season in 2022-2023.

They participated in three tournaments and won all of them: the Tournoi Provincial Junior de Lachenaie, followed by the Tournoi Provincial

M11-Junior Monteuil Laval, and finally the Tournoi Connie Dion Val des Sources.

First in league

The Junior A Monteuil Eclairs finished first in their league. During the last weekend in March, they won the Laval championship, defeating Laval-Est in a tough fought game 4-2.

Monteuil was down 1-0 in the first 3:11

minutes into the game. Then Monteuil tied the game in the second period and took a 2-1 lead. But Laval-Est tied the game with two seconds left in the second period.

An exciting match

With just under eight minutes left in the game, Monteuil took the lead and added a fourth goal, then never looked back. Their record this year

is 43 GP - 40 W - 3 T - 0 L.

They left last week for Shawinigan to participate in the Provincial Interrégionaux championship. They were trying to defend their title, which they won last year.

The Junior A Monteuil Eclairs team roster

Goalies:

Alexis Dion
William Turchet

Players:

Alexandro Kirouac
Marciano Pichirallo
Nathan Laviolette
Simon Huel (A)
Justin Frank Lavigne
Jonathan Vigneault
Stefano Laurichella
Francesco-Daniel Gaudio (A)
Nicholas Pouliezios
Liam Casale
Florent Rodrigue (C)
Cédric Corbiel
Félix Vigneault

Coaching Staff:

Head Coach
Oscar Marques

Assistant coaches:

Tony Pichirallo
Dionisios Pouliezios

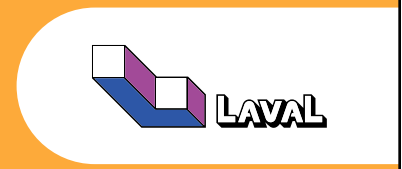


The Junior A Monteuil Eclairs hockey team had a dream season in 2022-2023.

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Before parking, check to see if maintenance operations are under way or scheduled.

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Council agrees to adopt Piché resolution on sign language

Laval city councillor for Saint-François Isabelle Piché saw yet another resolution she tabled recently adopted unanimously by the 21-member city council.

The resolution asked council to enlarge its sign language interpretation service, so that sign language is used throughout council meetings rather than only during question periods.

A previous resolution from Piché, also adopted, asked council to recognize Quebec Sign Language, which is a unique form of sign language used primarily in Quebec and other regions of French Canada.

"This community is faced with a large number of challenges in their communications," said Piché. "This a major step in the right direction for our municipality."

According to the city, sign language will also be used from now on whenever Mayor Stéphane Boyer, or the city manager or the chief of police, make important videocast announcements.

"In implementing the city's services, we must always take into consideration all of the population," added Piché. "The support of all the members of council showed the rightness of this request."

Quebec gives Laval nearly \$65 million for climate control efforts

The provincial government announced on March 31 that the City of Laval will be receiving \$64.8 million for municipal projects designed to deal with climate change in order to reduce the city's carbon impact.

According to a statement from Quebec, the funds will allow Laval to reduce its annual carbon emissions by the equivalent of around 4,000 round trips between Montreal and Paris by airliner.

The announcement was made by Quebec Environment Minister Benoit Charette with Sainte-Rose MNA Christopher Skeete, along with Laval Mayor Stéphane Boyer.

Among the measures the city plans to introduce through the new funding is the withdrawal

of oil, propane and natural gas heat and energy sources from up to 40 municipal buildings. As well, new buildings such as aquatic complex are being designed with renewable energy. In addition, the city plans to expand car-sharing services across Laval and install 140 new electric car-charging stations.

"This announcement shows that protecting the environment is everyone's business," said Mayor Stéphane Boyer. "This important financial support from the government illustrates this. To plan effectively on a scale like this, cooperation is without a doubt the key. Beyond the sums committed and the actions taken, we can see that everyone hopes to contribute and get involved."

City has a new strategic vision to help launch new businesses

Late last month, city officials unveiled a new strategic vision for economic development. The new strategy takes place over the next five years.

The vision comes with an additional \$2.25 million dollars added to the city's economic development budget for this purpose over the next three years.

"I feel confident that we are on the right track to turn Laval into a true force when it comes to innovation and economic development," said Mayor Stéphane Boyer. "This vision will be catalyst for the growth of our businesses which are faced with numerous challenges and whom we wish to accompany so that they may maximize their opportunities."

"To seize opportunities as they become available, it is imperative for Laval's businesses to undergo a transformation," said Lidia Divry, executive director of the city's economic development agency, Laval économique. "To get there, they must be willing to experiment, leading towards new ideas, which will in turn lead to innovations."

Petits bonheurs:

More than 80 cultural activities for the very young

From May 5 to 14, the City of Laval will be hosting the festival Petits bonheurs, a fun springtime event for kids up to six years of age, offering more than 80 activities that include theatre, marionnettes, music, dance, visual arts, circus and more.

"The Maison des arts de Laval, which is known for its important role in creating cultural programs for young people, has been welcoming since its beginning this festival offering Laval's families a unique occasion to discover art," says city councillor for Sainte-Rose Flavia Alexandra Novac who is responsible for cultural dossiers.

Among the happenings

- Three percussionists will perform in L'archipel aux mille sons (Ensemble Sixtrum/Le Vivier);
- In *À table!*, three diplomats who don't speak the same language turn food into art;
- Marionnettes take centre stage, in a musical fable: *Dans mon baluchon* (Théâtre Advienne que pourra).

To master the arts, 11 workshops, including textile arts, juggling, marionnettes, dance, theatrical awakening and African music will be part of the festival.

Related free events will also be taking place at Laval's municipal library branches, the Cosmodôme, the Centre d'interprétation de l'eau (C.I.Eau), as well as at the Musée de la Santé Armand-Frappier.

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Quebec Budget 2023-2024

Boyer reacts to Legault government's latest financial exercise

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Laval mayor Stéphane Boyer was pleased with certain aspects of the Coalition Avenir Québec's latest annual budget, which was tabled in the National Assembly recently.

Although he said some measures answered several needs for the city, he maintained that others fell short. "On first reading this budget, I am pleased to see that several of our pre-budget requests were heard by the government of Quebec," said Boyer.

Boyer 'disappointed'

"I am nonetheless disappointed not to see more measures to allow us to face challenges in housing and transport. But I acknowledge that factors like inflation and a slowdown in the economy were not favourable."

Among other things, the Legault government announced a \$50 million allocation over the next five years to introduce new measures to combat violence involving weapons such as handguns. Part of this will be going to the City of Laval.

St-Martin transit project

The new budget also announced the creation of a project office for a major mass transit project to take place along Saint Martin Blvd. The measure is one that the City of Laval had asked for.



On the downside, Mayor Boyer said he was disappointed that another request, for a study on the feasibility of extending the Montreal Metro system's orange line northward towards Laval, was not mentioned in the budget.

Biodiversity projects

However, the provincial government is allocating \$475 million over five years for biodiversity conservation projects, including the acquisition of green spaces and forest lands. This falls into line with an ongoing project by the City of Laval to build up a large reserve of protected green space on its territory.

Regarding housing issues, Mayor Boyer said a \$1 billion investment the CAQ government has pledged to make for social and affordable housing is meaningful, but unfortunately insufficient to meet demands and needs, taking into consideration the housing crisis currently underway.

Wishing all my friends
in the Jewish community
a Happy Passover

Aglaia Revelakis
Municipal councillor
District of Chomedey
514-242-5761
a.revelakis@laval.ca

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Laval marks 202nd anniversary of Greek emancipation at War Cenotaph

Dignitaries gather outside City Hall to mark Greece's Independence Day

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Elected officials from three levels of government in the Laval region gathered at the war cenotaph near Laval city hall on March 25 to pay respects alongside residents of Hellenic origin to Greek veterans and soldiers on the occasion of the 202nd anniversary of Greece's independence.

On March 25 in the year 1821 in what was then Ottoman-dominated Greece, Bishop Germanos of the metropolis of Patras blessed a Greek flag and proclaimed an uprising by the Greeks against the occupying Ottomans. In the Montreal region, Laval currently has the highest concentration of residents of Greek heritage.

All proud Greeks

"We are all proud Greeks," Laval city councillor for Chomedey Aglaia Revelakis said in an interview last week with the Laval News during weekend-long events surrounding the Greek Independence Day.

"You have to remember our history," she continued. "It's because of the heroes of 2021 that we were liberated and we're here today. So, over the years this has become a big tradition that the whole community at large participates in. We all feel Greek, we are Greek, and this is

all part of our culture and heritage."

Proud to be Greek

L'Abord-à-Plouffe city councillor Vasiliou Karidogiannis said this year's independence commemoration was especially meaningful to him since he underwent the process of obtaining official Greek citizenship in the past year. Although his parents were originally from Greece, he was born in the Montreal region.

Laval-Les Îles MP Fayçal El-Khoury said he has always felt especially close to the Greek community since he was baptized in the Greek Orthodox church and a large number of his riding's constituents are Greek.



Vimy MP Annie Koutrakis, St-Laurent MP Emmanuella Lambropoulos, and Laval-Les Îles MP Fayçal El-Khoury, layed a wreath on behalf the Canadian Government.



PHOTOS: HARRY BARBAROUTSIS

A model for the world

Vimy MP Annie Koutrakis, who grew up within a traditional Greek family, said that for her, Greek Independence Day "symbolizes not only freedom for Greeks after 400 plus years of the Ottoman empire, but freedom in the world – especially with what's going on in the world nowadays."


"Knowing about my history and my roots, my heritage is very important," she added. "For me, it's very important to stand up together with the Greek community to say thanks to our forefathers who fought valiantly. It's very important never to forget."




Chomedey MNA Sona Lakhoyan-Olivier, layed a wreath on behalf of the Quebec Government.




Representing Mayor Stephane Boyer, City Council President Cecilia Macedo layed a wreath with city councillors Vasiliou Karidogiannis and Aglaia Revelakis and Sandra El-Helou.



*Wishing a
Happy Passover
to the Jewish
community of
Chomedey*







SONA LAKHOYAN OLIVIER
MNA for Chomedey
450-686-0166 | Sona.LakhoyanOlivier.CHOM@assnat.qc.ca



*My best wishes to the
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Greeks show pride at 2023 Independence Day Gala

Greece received recognition as an independent nation in 1832

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Hundreds of patriotic Greek Montrealers converged on the Hellenic Community Centre in Montreal's Côte des Neiges district on the evening of Friday March 24 to take part in the annual Greek Independence Day gala.

For Greeks around the world, March 25 in the year 1821 marked the beginning of the revolutionary fight that ended 400 years of Ottoman rule.

A historic event

Following a protracted war in which Greek patriots received support from Russia, Britain and France, Greece finally received recognition from the world as an independent nation in 1832.

For Greeks every year, the commemoration date also has deeply religious significance as it falls on the feast of the Annunciation of the Virgin Mary in Christian Orthodox tradition.

Dignitaries present

Among the dignitaries seated at the head table at this year's celebration at the Hellenic Community Centre on Wilderton Ave. in



Elected officials and other dignitaries from Laval and Montreal are seen here in the foyer at the Hellenic Community Centre in Côte des Neiges on March 24 during the 2023 Greek Independence Day gala. (Photo: Martin C. Barry, Newsfirst Multimedia)

Montreal's Côte des Neiges district were Greek Consul General in Montreal Katerina Varvarigou, Hellenic Community of Greater Montreal president Dr. George Tsoukas, Saint-Laurent Liberal MP Emmanuella Lambropoulos, Park Extension city councillor Mary Deros, Brossard mayor Doreen Assaad, Chomedey MNA Sona Lakhoyan-Olivier, Vimy

MP Annie Koutrakis and Laval-Les Îles Liberal MP Fayçal El-Khoury.

Children's choir

Also among those seated at the head table were Laval city councillors Aglaia Revelakis and Vassilios Karydogiannis, Saint-Laurent Borough Mayor Alan DeSousa and Bordeaux-Cartierville

city councillor Effie Giannou.

A choir of children from Montreal-area Greek schools demonstrated their proficiency in the Greek language while performing Hellenic folk songs and reciting works of Greek poetry. The national anthems of Greece and Canada were sung by students from École Socrates-Démosthène.

*Nos vœux les plus chaleureux à vous et vos familles
à l'occasion de la Pâque juive !*

*Our best wishes to you and your families
on the occasion of Passover!*



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EL-KHOURY

MP FOR LAVAL-LES ÎLES

faycal.el-khoury.c1@parl.gc.ca



ANNIE

KOUTRAKIS

MP FOR VIMY

annie.koutrakis@parl.gc.ca

How did Anthony Calvillo end up as Als' jersey No. 13?

An 'unlucky' number brought good fortune, he tells Souvenir Elementary

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

Thirteen is not a number you usually associate with good luck – and certainly not with the sort of positive fortune it might take to prosper as a professional football player for 20 years, knowing that the average major league player's career is around four years.

Not so unlucky

So, how is it that No. 13, which is now among the jersey numbers officially retired by the Als as a permanent tribute to one of their greatest players, is the number Anthony Calvillo was assigned at the beginning of his career with the team?

As Calvillo told grade five and six students at Souvenir Elementary School in Chomedey where he gave a talk last week, he was in grade ten and part of a high-school football team while living in the U.S. state of California as a teen.

Luck of the draw

When jersey numbers were being assigned and his turn came around, the only number left between 0 and 20 turned out to be number 13. "Nobody wanted the number," he admitted to the Souvenir Elementary students, while adding



Former Alouettes star quarterback Anthony Calvillo spoke to Souvenir Elementary School students in Chomedey last week. (Photo: Martin C. Barry, Newsfirst Multimedia)

that he was left with little choice but to choose

number 13.

"And since then, it's just been with me every single place where it's been available," said Calvillo, noting that his partiality for the number just grew. "People think it's an unlucky number, but it's been very good for me."

Financially-rewarding career

After delivering a positive thinking message to the grade school students, with emphasis on good mental health and not being afraid to reach out to friends, parents or teachers should it be necessary to seek support when in emotional need, Calvillo was asked how much professional football players earn and whether he'd done well during his exceptionally long career.

Calvillo revealed a few days before, while

speaking to seniors at the Laval English-Speaking Senior Wellness Centre, that his first contract as a pro football player, which was in 1994 with the now defunct Las Vegas Posse, paid just \$35,000 a year.

Happy with CFL career

Regarding his remuneration while with the Alouettes, he noted that the pay in the Canadian Football League is a lot lower than what is paid in other sports leagues like the National Football League or the National Hockey League.

"Here in the CFL, we don't make that kind of money," said Calvillo, while going on to say that the pay rises to "pretty decent money" after a number of years. "I'm very fortunate to have played for 20 years."



The number 13 turned out to be very lucky for Anthony Calvillo. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Psychiatrists seek more time to assess Sainte-Rose daycare crash driver

Officials at the Pinel Institute for legal psychiatry asked a Quebec Court judge last week to grant them more time to evaluate Pierre Ny St-Amand, the driver of the Société de transport de Laval bus that crashed into a Sainte-Rose daycare in early February, killing two children and injuring others.

At the Palais de Justice de Laval on Tuesday last week, a judge heard from psychiatric evaluators at the institute that a report on St-Amand's mental state which was supposed to be ready was not and they needed an additional 30 days.

A mental health expert had previously evaluated St-Amand and declared him fit to stand trial. The judge agreed to postpone the next hearing until April 26.

St-Amand, 52, is charged with two counts of first-degree murder, as well as the attempted murder and assault of others, including at least six children who were in the daycare on Terrasse Dufferin on Feb. 8 when he is alleged to have crashed his STL bus into the building's entrance.

LPD arrests three connected to 2021 kidnapping attempt in Sainte-Rose

The Laval Police Dept. said on Tuesday last week that they arrested three suspects believed to be connected with a kidnapping attempt with firearms use outside a high school in Sainte-Rose in November 2021.

The LPD said they arrested Moussa Mohammed Hussein, age 21, and two other suspects who were minors at the time of the alleged incident and therefore cannot be identified.

The three face charges of attempted kidnapping, assault, using a firearm during a kidnapping attempt, as well as pointing and using a firearm.

On the afternoon of Nov. 16, 2021, an altercation broke out during a break outside the school.

Although one of the victims was punched and his assailants tried to force him into a car, they were stopped by the victim's friend, who was threatened at gunpoint. The suspects fired a warning shot and fled.

Anyone who believes they may have useful information to help the investigation is asked to call the LPD's info line at 450-662-4636, or 9-1-1. The file number is LVL-211116-054.

Laval among eight communities where search warrants executed against Hells Angels

Search warrants related to alleged drug trafficking by the Hells Angels were executed in eight locations across the province on Wednesday last week, including Laval.

According to initial media reports, full-patch members of the motorcycle club were targeted, although no arrests had been made by mid-day on Wednesday last week.

The searches, overseen by the Sûreté du Québec, took place in Laval, Montreal, Estérel, Saint-Joseph-du-Lac, Sainte-Sophie, Blainville and Mirabel. The operation was coordinated by the National Organized Crime Repression Squad (ENRCO), involving more than 70 officers.

ENRCO is composed of police officers from the Laval Police, the Montreal Police, the Ontario Provincial Police, the RCMP and the Canada Border Services Agency.

Son of slain former Laval dept. head found fit to stand trial

Emmanuel Gendron-Tardif, who is facing a second-degree murder charge related to the slaying in January of his mother, Lysane Tardif, a former City of Laval department head, was found fit to stand trial last week.

Gendron-Tardif was declared unfit on Feb. 28. Since then in court preliminary appearances, he had questioned psychiatric treatments at the Pinel Institute where he has been detained.

A judge presiding his case at the Palais de Justice in Montreal ordered he be given treatment in the eventuality he might improve to the point of being able to assist a defence lawyer.

Lysane Tardif, who was deputy director of the City of Laval's culture, leisure and sports department, was found lifeless inside her son's apartment on Fullum St. in Montreal on Jan. 25. Emmanuel Gendron-Tardif, 28, achieved a degree of acclaim as a Quebec-based film director.



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Family and serenity rank high for ex-Alouettes star QB Anthony Calvillo

CFL veteran brought a message of hope to Laval English-Speaking Senior Wellness Centre

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
marty@newsfirst.ca

If male attendance at the Laval English-Speaking Senior Wellness Centre on March 24 was somewhat higher than it usually is, this was perhaps not completely surprising, since men do tend to have a greater appreciation for sports heroes like legendary former Montreal Alouettes quarterback Anthony Calvillo.

But as the wellness centre's director, Kevin McLeod, pointed out, the story of Anthony Calvillo's journey through the 20 years he spent playing pro football isn't just about excelling at athletics. The 50-year-old native Californian, who retired from active play in 2013, has had quite a tough life journey.

Family first for Calvillo

As a teenager, Calvillo played a range of sports, but excelled especially at basketball and football. Having grown up in a family where his father was alcoholic and abusive, he found comfort from mentors that included many sports coaches, and eventually extended family members.

"For me, it's always been about family," Calvillo said. "I did not have the best environment growing up. I saw certain things, and I knew deep

in my heart that was not what I wanted for my family. I wanted to make sure that they did not have issues with alcohol. And, of course, domestic violence was the last thing I wanted for them. So, for me it was always important that I was able to break that cycle."

Made his mark with the Als

Calvillo today is the quarterbacks coach for the Alouettes. Although he began his career with the short-lived CFL U.S. expansion Las Vegas Posse and also played for the Hamilton Tiger Cats, it was with the Montreal Alouettes that he made his lasting mark.

He signed as a free agent with the Als in 1998, becoming one of the most outstanding quarterbacks in history. He led the Alouettes to the 2002 Grey Cup – their first in 25 years – and was named the most valuable player in the game.

In all, Calvillo won three Grey Cup championships, in 2002, 2009, and 2010, and was named the Grey Cup Most Valuable Player in 2002. He also won the CFL's Most Outstanding Player Award three times, in 2003, 2008 and 2009.

A life with ups and downs

Calvillo was professional football's all-time passing yards leader from 2011 to 2020, and remains first in all-time CFL passing yards. In



"It's never too late to do something that you want to do," said Anthony Calvillo, drawing on one of the lessons he said he learned during his 20-year career in professional football. (Photo: Martin C. Barry, Newsfirst Multimedia)

his career, he passed for 79,816 yards and is one of nine professional quarterbacks to have completed over 400 touchdown passes.

In 2010, following an on-field injury, Calvillo found out he might be suffering from cancer. It was not the first time he'd heard the C word, since his wife had previously received a cancer diagnosis. (Calvillo's in-laws are Chomedey residents of Greek heritage.)

Although he had surgery to remove his thyroid gland and knew his cancer wasn't life-threatening, his wife's was far more serious, although she achieved remission and is in good health today.

Through all of this, Anthony Calvillo eventually managed to arrive at an important conclusion. "It's never too late to do something that you want to do," he said, "something that you thought about and said you would do it – but what happens is you push it off."

State of the Alouettes

Regarding the currently lamentable state of the Alouettes (the team was eliminated last November from the 2022 Grey Cup finals by the Toronto Argonauts and hasn't made it all the way to the big game since 2010), Calvillo had this to say.

"For years, we had an owner with Mr. Bob Wetenhall, who I was associated with for many years," he said. "And I've learned this: that winning, in any organization, it starts from up top with leadership and it funnels its way on down."

Better days in store, he says

He said the last owner, Gary Stern, ran everything well financially. "The bills, everything was paid and stuff like that. But there were other things that were going on that I still don't know about that put a lot of pressure on Danny Maciocia, our general manager.

"But the current ownership with Mr. Péladeau, again there's a lot of excitement," he added. "It

seems that financially it's not going to be an issue. But what I'm encouraged about is the fact that, talking to Danny Maciocia the general manager, is Mr. Péladeau's going to let Danny do his job."



Bernice Chyfetz of Chomedey was one of two members of the Laval English-Speaking Senior Wellness Centre who won a draw for an Alouettes player jersey autographed by the team's former No. 13 star quarterback Anthony Calvillo. (Photo: Martin C. Barry, Newsfirst Multimedia)

Laval English-speaking Senior Wellness Centre

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DIRECT ANSWERS

FROM WAYNE & TAMARA

A BIT OF TURBULENCE

Q I'm a 26-year-old flight attendant engaged to be married in 10 weeks. Our wedding reception was to be held in a marquee in my in-laws' garden. On Saturday night my future mother-in-law flipped out at my fiancé for wanting to marry me.

On Sunday she verbally attacked me at their house. This woman, who is very unhappy with her husband, claims I am used goods, a gold digger, and not good enough for her son. My future father-in-law doesn't say much, as he can't handle his wife, but everyone else is happy for us.

I have one disadvantage in that I met my fiancé through his youngest brother, who I dated briefly. Since we did not see any future in the relationship, we stayed friends. My fiancé, a lawyer, loves me very much and thanks his brother for introducing us!

I come from a close loving family and find this very difficult. We've been engaged eight months, and everything seemed to be going well. I don't know what to do about our wedding. My fiancé would like to try for a reconciliation, but I don't know if I can forgive her after a scene full of such hatred.

Marissa

A Marissa, as a flight attendant, you must have dealt with many angry, unhappy people. A delay

at the ticket counter, a business deal gone awry, and you became a target.

Your prospective mother-in-law is a bitter woman. She knows you are in no position to retaliate. You are like the employee of a business who must control her tongue before a rude customer. Only the owner of the business is free to say, "Go somewhere else!"

Usually we recommend being forthright in stating feelings lest the person making the scene be allowed to win. However, in this case it may not be necessary. Everyone knows what the situation is.

When you are around this woman, you can use the pleasant manner you use at work, play deaf, or give simple, factual responses. The most important thing is this. Your future mother-in-law must understand she is not the deciding factor in whether you marry her son. The sooner she understands she has no power to stop this, the better.

You must also be prepared to move the wedding to another location, even at the last moment, if that becomes necessary. In one way, this situation is an excellent opportunity. It is a chance for your fiancé to demonstrate he is free from his mother's apron strings and ready to take a wife.

Wayne & Tamara

A DUBIOUS ADMISSION

Q Please explain my wife's actions if you can. In 10 years of marriage we overcame many obstacles and roadblocks. Perhaps the largest one was my inability to come clean to my wife when I may have erred. Finally I took the major step forward she pleaded for so long.

Should I not feel anger when she says now it's over and done with? Isn't this a case where the best thing is to let her go and get on with my life?

Lewis

A Lewis, you're right. The best thing is to let her go and get on with your life. The saying which fits is "too little, too late."

When you noticed some subtle change in your wife, unconsciously you knew she'd left the relationship emotionally, though she hadn't left physically. Only when she was halfway out the door could you admit you "may" have erred.

You wouldn't change until it came down to your last chance, and you are mad she didn't warn you time was up. But the truth is, if she wasn't leaving, you wouldn't consider change. If now she stayed, you'd think change was unnecessary.

If you can't admit you're wrong, if you can't say you're sorry, chances are your life will repeat itself. When we can't admit our mistakes, the same mistakes keep happening.

Wayne

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

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In Memoriam & Obituaries

After you're GONE



Funerals. Burials. End-of-life services.

4 services offered by funeral homes

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

1. LEGAL ASSISTANCE

Many funeral directors are familiar with the legal aspects that need to be taken care of. They'll be able to ensure nothing falls through the cracks.

2. FUNERAL PLANNING

This involves choosing a coffin or an urn, determining what kind of reception to hold, when to hold it, whether there'll be a viewing and more. You'll also need to select flowers and make decisions about other aspects of the ceremony. A funeral director can assist you with all of this, and some may even help you make arrangements with places of worship and cemeteries. They can also organize for there to be a hearse and driver.

3. REPATRIATION OF REMAINS

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

4. PRE-PLANNING

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

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



LABONVILLE, Jean-Paul
1930 – 2023

In Laval, on March 30, 2023, at the age of 92, passed away Mr. Jean-Paul Labonville, spouse of Mrs. Michelle Lalonde.

Besides his wife, he is survived by his children Richard (Dominique) and Claude, his wife's children Christiane (Yvon) and Normand (Caroline), his grandchildren Philippe (Audrey), Jacynthe (Jonathan) and François (Amélie), his great-grandsons Rémy, Victhor, Justin, Alexis, Louis and Mathis, his brother Réjean (Gertrude), his sisters-in-law Yvette, Gisèle, Pierrette and Lise, his brothers-in-law Pierre (Hélène) and Gilles, his nephews and nieces, as well as several relatives and friends.



DELORME, Suzanne
1937 – 2023

In Laval, on March 29, 2023, at the age of 85, passed away Mrs. Suzanne Delorme (née Favreau), wife of the late Pierre Delorme.

She is survived by her children Louise (Michel), Chantal (Jean-Pierre) and Robert, her grandchildren Stéphane (Annie), Alexandre (Jason), Bruno (Marie-Pier), Simon (Élise), Julie, Tristan (Marie-Christine), Magali (Gabriel), Jérémy (Anaïs), Rafaël and Sofia, her great-grandchildren Orphée, Joshua, Antoine, Adèle and Clarence, her brother Michel (Suzanne), her sisters-in-law Dolores and Huguette, her nephews and nieces, as well as many relatives and friends.



TREMBLAY, Joanne
1953 – 2023

It is with sadness that we announce the death of Mrs. Joanne Tremblay, which occurred on March 28, 2023, at the age of 69. She was the spouse of Mr. Mario Bussièrès.

Besides her husband, she leaves to mourn her daughters Geneviève and Cynthia, her grandchildren, Annabel, Élyane and Noémy, her brothers and sisters, her brothers-in-law and her sisters-in-law, her nephews and nieces, several relatives and friends, as well as her cat Grizzly.



CÔTÉ, Mariette
1938 – 2023

It is with sadness that we announce the death of Mariette Côté (née Godin), who passed away in Fabreville on March 28, 2023, at the age of 84, wife of the late Mr. Jean-Guy Côté.

Madame Côté leaves to mourn her children Pierre, Jeanne, Paul (Rachel) and Jean, her grandchildren David, the late Pénélope Geneviève, Ève and Marianne, her brother Rosaire and her sister Lucille. She also leaves to mourn her nephews and nieces, cousins, other relatives and many friends.

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Week of **APRIL 9 TO 15, 2023**

The luckiest signs this week:
CAPRICORN, AQUARIUS AND PISCES



ARIES

You'll feel deeply inclined to take a trip abroad or explore your local area. Some people could make it difficult if you've planned to go on this adventure with a group.



TAURUS

Some people will abuse your generosity. Fortunately, your outspoken nature will ensure the record is set straight so you can get the respect you deserve.



GEMINI

You must prepare for a negotiation. Whether for work or to make a significant acquisition, you must gather the necessary information. This will require much patience.



CANCER

This is an excellent week to resolve conflicts and wrongdoings. You'll get your way. You'll also have to consider various details to regain harmony around you.



LEO

Buying a property requires time and money. It's a very profitable project that will help you gain self-esteem. You'll feel a great deal of pride for this accomplishment. This isn't something everyone can do.



VIRGO

You'll enjoy beautiful moments with your family this week. You'll have to work on a project with your loved ones, such as moving homes because of a new job. You may also be told about a birth.



LIBRA

Spring is in the air, and you're ready to spoil yourself, especially with a new wardrobe. Your social life will be in full bloom. You have several outings planned.



SCORPIO

You have to look at home renovations as an investment. Emotional sharing is essential to a harmonious married life. Don't lend money to a friend to keep the relationship cordial.



SAGITTARIUS

You'll have a burst of energy, allowing you to undertake several initiatives. Each one will be more exciting than the last, despite certain time restrictions or a particular financial situation.



CAPRICORN

If you don't take the time to relax, you may find yourself under a lot of stress. Try to adopt a more spiritual lifestyle that aligns with your values to regain your sense of well-being.



AQUARIUS

Although you tend to be shy and discreet, you'll be in good company this week. You could be in charge of an important meeting at work or a family get-together.



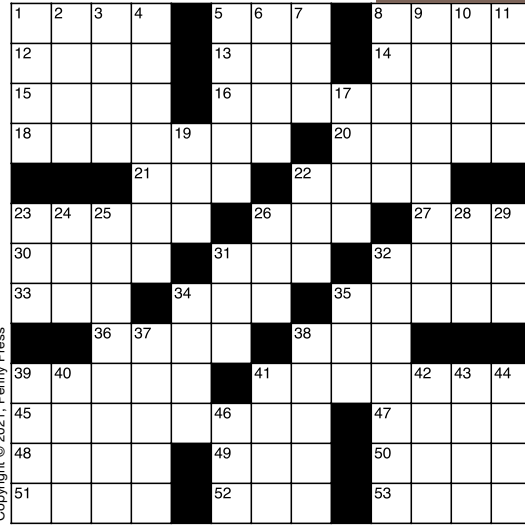
PISCES

You'll be entitled to a promotion at work. If you're looking for a job, you'll land one with good prospects and quick advancement.

Coffee Break

CROSSWORDS

PUZZLE NO. 146



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ACROSS

1. Bar bills
5. Cagey
8. Shed
12. Disorder
13. Great distress
14. Without end
15. Resting
16. Out-of-date
18. Shooting stars
20. More inferior
21. Sketch ____
22. Family rooms
23. Later
26. Cow's chew
27. In what manner?
30. Scorch
31. Cry
32. Dull-witted person
33. "____ Alibi"
34. Jolly
35. Sophocles, e.g.
36. Got bigger

DOWN

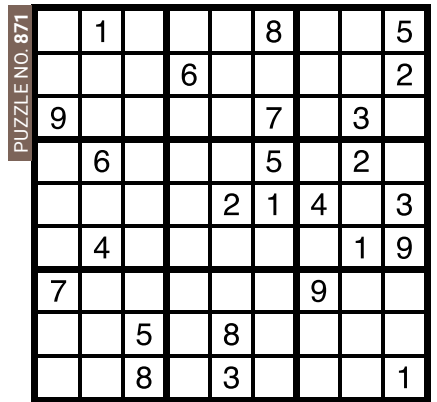
38. Slapstick prop
39. Luster
41. TV faultfinders
45. Memo
47. Pass by
48. Previously owned
49. Coal measure
50. Soften
51. Flower plots
52. Heavens
53. Colored
11. Aspen, e.g.
17. Felt obligated
19. Rowing implement
22. Name
23. Volcanic residue
24. Fixed charge
25. Aimed
26. Shy
28. Verse work
29. Chinese chef's item
31. Toothed tool
32. Attired
34. Polite chap
35. ____ rummy
37. Enjoys a book
38. Bronze coin
39. Ignore
40. Fireman's need
41. Chef
42. Fine
43. Move upward
44. Went fast
46. Common contraction

Sudoku

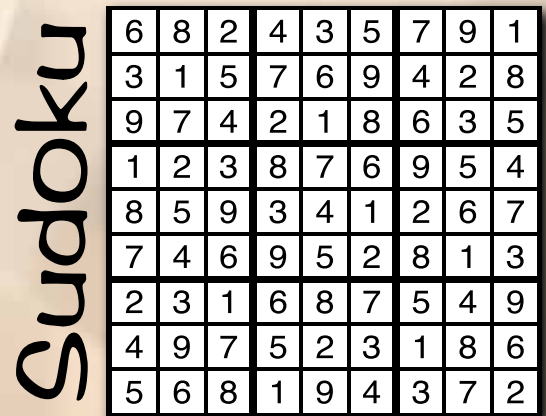
HOW TO PLAY:

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

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



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Full Banking Security Features

Call us for more information 450.978.9999



BASKET OF

Fruits and Vegetables

16 to 20 VARIETIES

THURSDAY ONLY from 10am to 7pm

In-Store with no reservations needed!

Fresh of the day at amazing prices!

Reserve yours today!



A value of
\$70+
at the supermarket
You pay only
\$39

*Fresh products!
Nice variety!
Excellent value!*

THIS WEEK'S BASKET:

- o Cotton Candy
- o Grapes
- o Corn (4)
- o Green beans
- o Pineapple
- o Green Peppers (2)
- o Mushrooms
- o Potatoes (~3lbs)
- o Rosemary
- o Romaine Hearts (3)
- o Micro-greens
- o Tomatoes (pack)
- o Cucumber
- o Eggplant
- o Zuchinnis (2)
- o Bananas (4)
- o Oranges (3)

Our weekly customers

save
\$1,700
up to
per year

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(near Curé-Labelle) Laval, Québec H7P 1T8

panierdufermier.ca | panierdufermier@gmail.com

2 EASY STEPS:

- 1 Book your basket online or by phone from Monday to Thursday
- 2 Pickup Thursday, Friday or Saturday. Delivery available

