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## Ice storm aftermath

(Photo: George Batsoulis, Laval News)

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Benoit Collette is the new director-general



**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
[marty@newsfirst.ca](mailto:marty@newsfirst.ca)

Mayor Stéphane Boyer announced during the April 4 meeting of Laval city council that Benoit Collette, a 30-year veteran of the city's administration, has been chosen to become the City of Laval's new director-general.

Collette began his new position on April 10. Some of his previous postings with the city included director of culture, leisure, sport and social development, and interim-director of communications and marketing.

He has a Master's degree in sports administration from University of Ottawa, and also completed a course of studies in public administration at the National School of Public Administration.



**FAYÇAL EL-KHOURY**  
 MP FOR LAVAL-LES ÎLES  
[faycal.el-khoury@parl.gc.ca](mailto:faycal.el-khoury@parl.gc.ca)



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# Laval undertakes massive cleanup following early April ice storm

*Chomedey's beautiful and abundant trees suffered a significant blow*

**MARTIN C. BARRY**

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

The ice storm that raged through Laval and other areas of the greater Montreal region at the beginning of this month made a devastating impact on trees in neighbourhoods like Chomedey – although not to the same extent as the far more disastrous 1998 ice storm.

If anything, older trees with brittle trunks and limbs seemed to have been more susceptible to shearing off and falling. In Chomedey, on 90<sup>th</sup> Ave. near the corner of 7<sup>th</sup> St., one of the neighbourhood's oldest and stateliest trees fell halfway across the road.

## Assessing the damage

On close-by Notre-Dame Blvd. near Curé Labelle, there was less severe damage, even though the remainders of smaller trees fell across the pavement, forcing traffic to detour around until the arrival of city employees who were already working double-time all over Laval on the clean-up.

At Berthiaume-Du Tremblay Park in Chomedey in the days following the ice storm, the scene was also one of fairly-extensive tree devastation. Like the 1998 ice storm, this one will be keeping city crews, contractors, as well as private property owners busy tidying up over the coming months.

In the aftermath of the ice storm, the City of Laval is undertaking a massive cleanup operation, taking into account that it's now spring



and the regular post-winter operations also need to be done.

## On with the cleanup

Do you have branches that have fallen off due to the April 2023 ice storm? You can dispose of your tree branches and trunks at the Ecocentre and the dry material reception area. They were accepting branches and tree trunks free of charge until April 16, with no limit on the quantities accepted, although the city has not said what happens after that date.

The city has also made some arrangements since the ice storm to pick up branches and tree trunks, although the following conditions apply: Branches must be less than 8 feet in length; they must be placed at the curb in front of the

residence; no wood will be collected in the backyard; wood must be bundled according to the size of the logs and branches must be separated; wood must be placed at the edge of the public road to avoid the need for City employees and their machinery to drive on your property.

The city is making the following recommendations: It is suggested that certified arborists be used for forestry work; and if a tree or branches threaten to fall on a wire or a power pole, contact Hydro-Québec. The collection of organic waste is limited to what goes into the bin. Branches left next to the bin will not be collected at this time.

## Types of collection

As well, collection services differ based on who prunes the branches or fells the trees:

- Collection by the city: Municipal crews usually cut branches or trees that are diseased (mainly ash trees) or that occupy a right-of-way. The collection is carried out by the public works department. Residents should usually allow for a period of 7 to 10 days for the collection. Delays can vary considerably, depending on the season and the weather (strong winds, glazed frost, etc.)
- Collection by a pruner: Pruners are responsible for collecting the branches they cut. It is up to the resident to ensure that the pruner provides this service, however.
- Collection by a resident
- Organic waste collection: Branches are accepted in the organic waste collection, but certain criteria apply. Please view the page on organic waste for further information.
- Garbage collection: Tree stumps, branches and trunks are accepted in the garbage collection, but certain criteria apply. Please view the page on garbage collection for further information.
- Debris sites for dry materials: Tree branches, trunks and stumps within Laval city limits are accepted at debris sites under certain conditions. Fees may also apply. Please view the page on debris sites for further information.



In Chomedey, on 90th Ave. near the corner of 7th St., one of the neighbourhood's oldest and stateliest trees fell halfway across the road. (Photo: Martin C. Barry, Laval News)



On Notre-Dame Blvd. near Curé Labelle Blvd., there was less severe damage, even though the remainders of smaller trees fell across the pavement, forcing traffic to detour (Photo: Martin C. Barry, Laval News)



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450-686-0166 | [Sona.LakhoianOlivier.CHOM@assnat.qc.ca](mailto:Sona.LakhoianOlivier.CHOM@assnat.qc.ca)

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3860, boul. Notre-Dame, # 304,  
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Tel: 450-978-9999 • Fax: 450-687-6330

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#### Editorial Staff:

Martin C. Barry  
Renata Isopo  
Maria Diamantis  
Robert Vairo  
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# OPINION & Editorial



## Canada Strong and Free. Really?

I have never heard so many Canadians displeased, unhappy, and downright disgusted with the state of our country today. No need to chat up the bartender to find out how people are feeling. No need for a survey that tells us that three out of four Canadians believe our country is broken.

"Broken". That's the word that is being used. I have never heard of anyone saying Canada is broken before, ever. We all love our Canada, its people and its scenery. But that's where it stops these days. True, we don't have the spectacular structures, monuments, temples and pyramids of the middle east, Europe and Asia. But we do love each other, appreciate our countryside, our Laurentian mountains, Rockies, Cabane a Sucre, lush forests, and impressive fresh water lakes. Travelling to our far north provides a spectacular natural phenomenon we have come to know as the aurora borealis.

Do we appreciate our freedom? That all depends on what is meant by freedom. In comparison to North Korea, China, Russia, and Venezuela, absolutely we do. The Oxford dictionary defines freedom as "the power or right to act, speak, or think as one wants without hindrance or restraint". We do not have that kind of freedom, not even in Canada, which is supposedly meant to be "strong and free." We can not say whatever we want without severe push back, and sometimes life-threatening social media threats. It appears freedom is relative. It's not supposed to be. Free is free, free whether it be to think, speak, or act, without libel or defamation of course.

We are free to celebrate and protest with "Black Lives Matter" and take a knee next to our Prime Minister, but we cannot condone a protest by the Ottawa truck caravan over Covid's restriction on cross border truckers. We are not free to criticize Justin Trudeau's actions. If this Prime Minister does not agree with what you say, you are a racist, misogynist, a flat earth believer, or

as Trudeau prefers to say, a "flat earther". And, you evidently belong to a small, irrelevant gang of right-wing yahoos.

Yes, saying what you think can and will get you in trouble. Saying what we think about the residential schools for Indigenous children is a glaring example. Atrocities were committed, as police and the catholic church tore children away from their mothers' arms. Violence and sexual abuse happened. But saying many also died because of the deadly tuberculosis disease, rampant in the 50's and 60's, can get you fired. For example, teacher Jim McMurtry of the Abbotsford School Board in British Columbia. Fired for speaking out, in Canada. And don't you dare say there are only two genders, not even in a Roman Catholic school. In a Renfrew Ontario school class discussion about male students using female washrooms, gender dysphoria and male breastfeeding, student Josh Alexander said there were only two genders and that gender does not trump biology. He was expelled and then arrested by two police officers the next day for trespassing. Now I may not necessarily agree with what was said, but it does not matter what I think. What matters is Canadians have the right to say it.

So, you see, we are not "strong and free".

China infiltrates our governments and elections and our Prime Minister is concerned about who leaked this information. Really? Should he not be outraged and act to stop a foreign nation from challenging our sovereignty? Our last Liberal budget was a fiscal illusion. We have amassed more debt under this government since 1867, with no regard to applying a tourniquet to this hemorrhage. Our justice system is a mess with too many repeat violent offenders. Countless shootings and stabbings, and eight policemen have died since last September. Bureaucracy has increased more than in any other government and we all know it is not reflected in the services,

at airports, passport offices etc. Conflicts of interest and ethical shortcomings occur almost every week. Bill C-11 will control social media content. Relatives of a minister and a cottage neighbour have been chosen to chair some of the most responsible positions, including one who will oversee a closed-door investigation of China's intrusion. This is a nightmare.

We are weak and chained. We are not free from incomprehensible tax levies including the trickle-down effects of the carbon tax and absurdly high cost of groceries. We are not free to take home a pay cheque and be able to save. We are not free from galloping mortgage payments, from the ability to buy that first home, to be ill and receive quick attention at any one of Canada's thirteen hundred hospitals. If you have had the misfortune of visiting an emergency room lately, you have counted the hours waiting. I realize that this is a provincial responsibility, but should there not be federal leadership to help fix what was once an enviable health care system? After all, it is called the Canada Health Act, a statute of the Parliament of Canada.

How are we to have confidence in a government that appoints a Pierre Elliott Trudeau Trust Fund director and personal friend like David Johnston as "rapporteur". What is a rapporteur? I could guess its meaning but I had to look up this seldom, if ever used word. It is one utilized by a smug and arrogant PM who treats us as fools.

Our oil and gas industry is dead. Bill C-69 prevents any nation building project in our energy rich country, when the world is practically begging for our oil and gas. What nation does that? When Germany and Japan came calling for gas exports, our Prime Minister said no, and preached his pseudo virtues of environment preservation. What an embarrassment.

Can we not be strong and free?

Robert Vairo  
*That's What I'm Thinking*

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# Chevaliers de Colomb to hold 'Spaghetti Day' on Sunday, April 30

*All-day event taking place at Embassy Plaza*

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

The Chevaliers de Colomb's five councils in Laval have decided to come together in order to hold a Spaghetti Day event that will be taking place on Sunday April 30 from 10 am to 7 pm at the Embassy Plaza on Curé Labelle Blvd.

It has been three years since the Laval Chevaliers de Colomb last held one of these traditional spaghetti dinner fundraisers.

## Postponed by Covid

Most recently, the Laval Chevaliers held annual spaghetti fundraisers beginning in 2018, but were forced to suspend the practice two years later as the Covid pandemic was getting underway.



The Laval Chevaliers de Colomb held a spaghetti fundraiser in 2018 (seen here), but had to postpone further events for three years starting in 2020 because of the Covid pandemic. (Photo: Martin C. Barry, Laval News)



Representatives from several of the Laval-area Chevaliers de Colomb councils organizing the April 30 Spaghetti Day are seen here with Fabre MNA Alice Abou-Khalil who is among the elected officials supporting the fundraiser.

However, they were also holding spaghetti dinner fundraisers as far back as the 1980s, according to Chevaliers de Colomb Ste-Dorothée Council Grand Knight Pierre Côté, while adding that members of the Laval Police Dept. eventually took it on as a fundraiser.

and with as many as 1,000 guests expected, the Chevaliers de Colomb hope to raise \$15,000 for the cause.

The Chevaliers are getting the word out about their event through local media, as well as with leaflets and posters distributed at local restaurants and other retail establishments all over Laval.

## Maison de la Sérénité

All funds raised will be going towards the Maison de la Sérénité de Laval, a palliative care facility in Saint-Vincent-de-Paul. At \$15 a ticket

Members of the National Assembly from Laval, as well as Laval city council members, are also doing their part by spreading the word to constituents.



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## City to adopt new policy to eliminate natural gas

With its eyes set on reducing greenhouse gas emissions while playing a role in the ongoing struggle against climate change, the City of Laval is planning on passing new by-law legislation that will make it illegal to install cooking and heating equipment fuelled by natural gas in new residential neighbourhoods.

During the April 5 city council meeting, council members unanimously agreed to give the municipal administration a mandate to draft a by-law which will impose a moratorium on new natural gas installations.

According to the city, Laval's residential sector accounts for 6 per cent of greenhouse gas emissions in Quebec. The city is

one of the first municipalities in the province to adopt such a policy. Laval previously made a commitment to reduce its greenhouse gas emissions by 33 per cent by 2035.

"We know that municipalities have a first-tier role in the fight against climate change," says Mayor Stéphane Boyer. "Just as we recently adopted our climate plan, Laval is taking another step forward to reach its targets for greenhouse gas reduction. It's our responsibility to do more for future generations and I am proud of the considerable efforts by our administration to make Laval a leader in Quebec in the struggle against climate change."

"This new policy shows the determination by our administration to tackle head-on the climate crisis while turning Laval into an innovative municipality when it comes to climate action," added Laval-des-Rapides city councillor Alexandre Warnet who is responsible for environmental dossiers.

"Natural gas is not a viable solution for energy transition," he added. "And I am proud of this new phase in our steps forward towards the carbon-neutralization of buildings in Laval. I hope that this meaningful step will serve to inspire other municipalities to speed up their goals towards becoming carbon neutral."

## Galati says offer to assist Urban Planning Dept. was refused by city council

Action Laval city councillor for Saint-Vincent-de-Paul Paolo Galati says that during the April 4 city council meeting, a proposal he made to create a new direct line for planning professionals to be able call the Urban Planning Department was voted down by the council majority.

"The mayor says he is open to ideas and that he is extending his hand towards the opposition, but the facts say the opposite," Galati said in a statement.

He maintains that developers, architects and others are seeing the plans they submit to the city for projects being refused, leading to weeks of delays while waiting for reviews. "They tell us that Laval is among the worst cities," said Galati.

"This administration has no solutions to the city's problems," added Action Laval city councillor for Saint-Bruno David De Cotis. "The mayor invites the opposition to submit its ideas to him by contacting his office directly, then refuses the ones we submit publicly. Does he really believe we don't see through his ruse?"

Action Laval maintains that the city's delays in its urban planning department are well-known throughout the Montreal region and that Mayor Stéphane Boyer pledged to resolve the situation. "The stubbornness of the mayor has no logical justification," said De Cotis. "To us, the mayor's refusal is pure partisanship."

## Laval switched into spring flood-watch mode since Monday

Officials with the city announced earlier this week that round-the-clock monitoring has started on Laval's waterfronts, especially along the Rivière-des-Mille-Îles and Lake of Two Mountains, as rainfall is expected to raise springtime water runoff to dangerously high levels.

Beginning last Monday, a 24-hour watch had begun. Laval has 14 telemetry stations installed all around the waterfront edge of its territory to accurately measure the water levels as they rise. The stations are calibrated with measurements from previous historic high water levels.

The city is advising property owners in known flood zones located at or near the water's edge to consult the City of Laval web page for safety and emergency information about measures which can be taken, as well as to receive alerts should rapid flooding take place.

**Hours:**  
Friday May 5, from 4 pm to 9 pm;  
Saturday May 6, from 10 am to 5 pm;  
Sunday May 7, from 10 am to 1 pm.  
**Prices:**  
Books and comic art: \$3.50/kg;  
CDs and DVDs: \$1 per unit;  
Magazines: 0.10 per unit.



## Municipal library to hold annual sale May 5 - 7

Laval's municipal library system will be holding its annual sale of used and surplus books and other materials from May 5 to May 7 at the Cartier Arena. More than 50,000 items in a range of topics and for many different ages will be available.

Among the items up for grabs will be novels, documentaries, comic book art, encyclopedias, magazines, CDs, DVDs and others. There will be so much, in fact, that stock will regularly be replenished on the display tables.

"Over the past 20 years, the library sale has been something everyone has looked forward to not only in Laval, but also

throughout the North Shore region," says city councillor Flavia Alexandra Novac, who is responsible for the library system.

"This popularity attests to the importance of providing everyone with access to culture, to learning and to entertainment that comes from books," she continued. "Laval's libraries do this year-around through the various services they offer."

Those going to the library sale are advised to bring bags as well as boxes to take away their purchases. Payment will be exclusively in cash or by Interac electronic debit. The Cartier Arena is located at 100 Montée Major, Laval-des-Rapides.

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# Nuits de Beyrouth owners say they're being doubly-victimimized

## Multiple fire-bombings prompt cancellation of insurance and mall lease

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

A supportive cross-section of Laval's Lebanese community gathered outside a well-known Lebanese restaurant on Curé Labelle Blvd. in Chomedey earlier this month to show encouragement for the owners who say they are being doubly-victimimized after several fire-bombing incidents.

Nuits de Beyrouth, which has been the target of as many as four firebombing attempts in the past eight to nine months, is just one of several restaurants in the Laval and Montreal regions which have been similarly targeted.

### Standing up to criminals

"We're all united here to take a stand against what's going on against all of the restaurant business owners in the Laval and Montreal areas," Kevin Al-Sabek, speaking on behalf of his parents who are co-owners of Nuits de Beyrouth, said in an interview with The Laval News.

"We've been victims of vandalism and death threats against our businesses and the families that own them," he said. "We're also here to take a stand against all the choices that our landlords and our insurers have made. We have been here for nine years and we have always followed the rules, always paid our taxes.

### Insurance cancelled

"We paid our insurance company and never made a claim. All the damages that were made

we've paid out of our own pocket. We never made any insurance claim, but they decided to rescind our policy. The landlord has also put a new lock on the door and is not allowing us in, even though we paid our April monthly rent. We have food and equipment inside, but they're not allowing us in."

Police in Laval and Montreal announced in recent weeks that they were working together to solve dozens of cases of violence and intimidation targeting local businesses. Up to March 31, they had arrested 19 people, with possibly more arrests expected.

### Victims of extortion

Al-Sabek maintained that Nuits de Beyrouth is the victim of an extortion racket. He said a representative of the perpetrators, whom



"We've been victims of vandalism and death threats," says Kevin Al-Sabek, son of Nuits de Beyrouth's owners. (Photo: Martin C. Barry, Laval News)



Members of Laval's Lebanese community gathered outside Nuits de Beyrouth on April 8 to show support for the owners who say they are victims of an extortion racket. (Photo: Martin C. Barry, Laval News)

restaurant management had never met before, walked in one day and demanded money in exchange for protection from unspecified consequences should they not get paid.

"We are not connected to these people by any means," said Al-Sabek. "They came in, they asked for money. That is the only contact we had with them. They entered, they wanted to sell us protection, we declined the offer. After they came, we reported everything to the authorities."

### Can't I.D. the suspects

Although the owners had a security camera

system inside Nuits de Beyrouth, the fire-bombing suspects managed to conceal their identity by wearing head and face coverings, Al-Sabek added. "We don't know if this is organized crime," he said. "Our only hope is that this will stop, because it's not just us: all of the restaurants in the area are afraid now."

He noted that since opening nearly a decade ago, Nuits de Beyrouth has become a popular gathering place for many in Laval's Lebanese community. "People come here to be reminded of their culture and their roots," said Al-Sabek. "It has become a landmark where they come to relax among friends."

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# Earth Day

April 22, 2023

Invest in Our Planet



## How to encourage your friends and family to go green

Earth Day is celebrated annually on April 22 to demonstrate support for environmental protection. One of the ways we can invest in our planet is by focusing on engaging governments, institutions, businesses and citizens to do their part for the environment. Here are four ways to encourage your friends and family to live sustainably and join the world's largest environmental movement.

### 1. INTRODUCE THEM TO ECO-FRIENDLY PRODUCTS

If you love a company that cares about the environment, tell the people around you about it. Gift a friend an eco-friendly product, or let them borrow one of yours to see how they like it. This can help raise awareness for products and services that don't harm the planet.

### 2. SHARE RELEVANT CONTENT ON SOCIAL MEDIA

Share eco-friendly content you're passionate about on social media. This could be anything from recycling and upcycling to composting and conservation. You never know; it could inspire others to get involved with saving the planet.



### 3. EMPHASIZE THE BENEFITS OF ECO-FRIENDLY HABITS

Do you have a family member that always talks about saving money? Tell them how easy it is to find eco-friendly alternatives like energy-efficient light bulbs that can save money. If you have a health-conscious friend, tell them about the environmental benefits of buying local organic produce.

### 4. PLAN A FUN, PRO-EARTH ACTIVITY

Arrange an activity with friends or family to teach them about sustainability. For example, organize a nature walk in a local park to share the importance of protecting the environment. You could also invite someone to volunteer with you at a local pro-Earth initiative.

Getting your friends and family to care about the environment and change some of their habits is easier than you think!

## 4 eco-friendly apps to help you live more sustainably

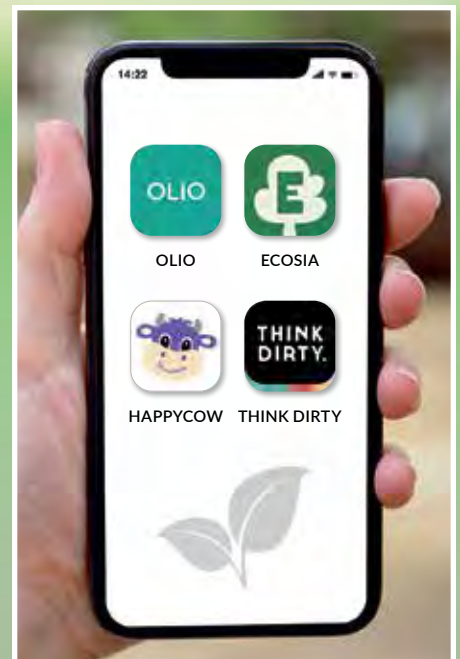
Today, technology is integrated into almost every area of daily life. The environment is no exception. Here are four eco-friendly apps to help you live more sustainably.

**1. Olio** connects neighbours and local businesses to give away surplus food instead of throwing it away. The app is available in various Canadian and US cities. Reducing food waste prevents excess methane from being released into the atmosphere.

**2. Ecosia** is a search engine available worldwide. The platform uses the ad revenue from user searches to plant trees where biodiversity is most threatened. Trees help cool the planet by absorbing harmful greenhouse gases like carbon dioxide.

**3. HappyCow** helps users find healthy, vegetarian and vegan food options worldwide. Eating less meat and exploring plant-based options is good for the environment.

**4. Think Dirty®** educates users on the potential toxins in their household, per-



sonal care and beauty products. Users can scan the barcodes of over 350,000 products sold in the US and Canada to learn what they're made of and discover healthier alternatives.

Using one of these apps is a great way to contribute to a healthier environment.

# HAPPY Earth DAY



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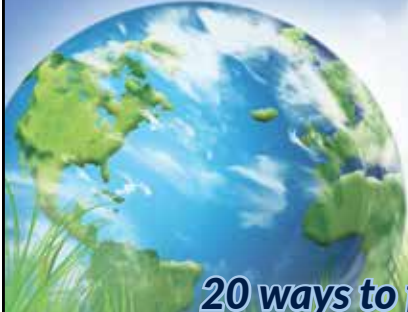


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# Earth Day

April 22, 2023

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## 20 ways to fight climate change

On April 22, more than a billion people around the world celebrate Earth Day. We must call on governments, corporations and individuals alike to strengthen responses to climate change. Here are 20 ways you can take action in your daily life.

### AT HOME

1. Install a programmable thermostat
2. Unplug electronics when you're not using them
3. Switch to energy-efficient light-bulbs and appliances
4. Wash clothes in cold water and hang



5. Install double-pane windows and seal cracks with caulking
6. Eat local and organic foods
7. Opt for meat-free dishes
8. Grow your own fruits and vegetables
9. Cook with seasonal ingredients
10. Reduce food waste and compost organic materials

### ON THE GO

11. Live near your workplace
12. Walk or bike when possible
13. Take public transit or carpool
14. Buy a hybrid or electric car
15. Reduce air travel and purchase carbon offsets when you fly

### IN YOUR COMMUNITY

16. Vote for politicians with strong platforms on the environment
17. Tell your government representative that you prioritize green policies
18. Support environmental movements
19. Volunteer for a non-profit organization
20. Encourage your family and friends to reduce their carbon footprint

Though it may seem that your individual actions won't amount to much in the fight against climate change, the truth is that forward momentum is only possible when enough individuals decide to take action.

## A focus on nature-based solutions

One of the ways we can help to restore our earth is by growing the understanding that humans can do more than simply mitigate the impacts of climate change. In addition to transforming the world's energy, urban and industrial systems, we can restore and use natural processes to combat climate change. Here are a few ways that will contribute to the fight.



### CAPTURING CARBON

To reduce the amount of carbon dioxide in the atmosphere, the power of nature can be harnessed in a number of ways. Solutions include planting trees, restoring coastal wetlands and adopting agricultur-

al practices that improve soil health.

In addition to capturing carbon emissions from the air and sequestering them in plants, soil and sediments, restored ecosystems increase biodiversity and help provide cleaner air and water.

In fact, according to the Global Commission on Adaptation, these types of ecological restoration projects can provide one-third of the climate mitigation needed over the next decade to keep global warming below two degrees Celsius.

### INCREASING RESILIENCE

Communities ranging from rural towns to major cities can become more resilient against the impacts of climate change by restoring and protecting natural ecosystems.

For example, restoring mangrove forests helps protect coastal regions from rising seas and storm surges. Doing so is significantly cheaper than building breakwaters and other infrastructure. Plus, mangroves have the added benefit of storing carbon, preventing erosion and helping to sustain local fisheries.

For more information about Earth Day and how you can take action against climate change, visit [earthday.org](http://earthday.org).

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# Happy Earth Day





# Earth Day

April 22, 2023

*Celebrate Earth Day as a family by coming up with ways you can be more eco-friendly at home and in your daily lives.*

Invest in Our Planet



## 4 activities to teach kids about the environment

Do you want to teach your children about the importance of protecting the planet? Here are four fun activities you can do as a family.

**1. Gardening.** Whether you grow herbs on a windowsill or plant a vegetable garden in your backyard, this is a hands-on way for children to learn about responsibility and how food grows.

**2. Planting a tree.** Once it's in the ground, encourage your kids to observe how their tree changes with the seasons and provides a home for animals. They can even give it a name.

**3. Crafting.** Challenge your kids to make art out of cardboard boxes, bottle caps, plastic bottles, toilet paper rolls and other recyclable materials. A quick online search will provide plenty of inspiration.

**4. Exploring.** Children can learn a lot simply by getting close to nature on a hike or bike ride. Alternatively, you can visit a local farm, botanical garden or wildlife refuge. Many places also offer virtual tours.

Regardless of which activity you do, make sure to use the opportunity to start a conversation with your kids. Depending on their age, you can talk about how the environment affects their lives, why it's important to respect nature, and the ways they can help protect the planet.

## Canada's wildlife populations are rapidly declining

Earth Day is a worldwide event for raising awareness about the importance of environmental protection. We should consider the ways we can help endangered species on our planet to protect them.

In Canada, many of the country's best-known species including caribou, polar bears and narwhals are in decline due to factors like climate change, habitat loss and pollution.

The steep decline in wildlife species worldwide corresponds to the exponential growth of human populations and industry over the last century. In Canada, the main causes of species disappearance

include habitat loss from agriculture and industrial development; a climate that's warming at a rate nearly double the global average; pollution from factories, cities and agricultural run-off; and the over-harvesting of plants and animals, especially marine fish along the east coast.

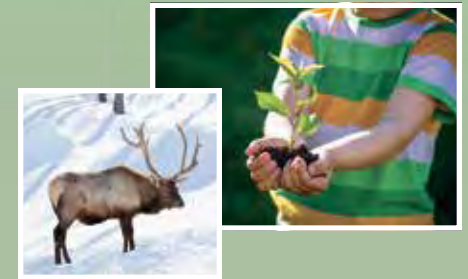
However, it's important not to lose hope. Recent studies show that some government regulations have been successful in protecting endangered species and limiting risk factors like pollution and overexploitation. In some cases, species on the edge of extinction have even been revived through extensive conservation efforts.

Here are three ways you can help protect our nation's wildlife:

- **Take steps to reduce your carbon footprint.** Think about how your lifestyle contributes to pollution and climate change. Reducing how much you drive your car, run your dryer and eat red meat are all ways to lower your carbon footprint.
- **Volunteer** at the local level. Research endangered and declining species in your region and look into ways to help. Volunteer to assist with conservation efforts or participate in local fundraisers.
- **Speak up.** Petition government officials and private companies about the importance of maintaining Canada's bio-

diversity. Ask your representatives at all levels of government to support policy that protects endangered species.

To find out more about how to help Canada's wildlife this Earth Day, visit the WWF Canada site ([wildlifer.wwf.ca](http://wildlifer.wwf.ca)).



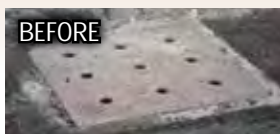
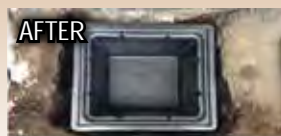
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## Chomedey mom won't serve time in 7-year-old daughter's death

The mother of a seven-year-old girl who died under nebulous circumstances in Laval in January 2021 won't have to serve jail time for failing to come to her seven-year-old daughter's assistance.

That was the ruling of a Quebec Superior Court judge at the Palais de Justice de Laval last week. Justice Yvan Poulin said the 38-year-old mother, originally from Afghanistan, had been in a unique situation leading up to the death of the girl who was suffering from mental problems.

Neither the mother's nor the girl's name can be disclosed because of a publication ban imposed by the court. The cause of death was determined to have been mostly from burns to 75 per cent of her body resulting from hot water.

According to information in the judge's report, the girl's younger sister claimed she saw a niece pour hot water on the girl in an attempt to control her behaviour. However, the judge also noted elsewhere that false claims by at least one family member were made to the police.

Testimony in the report suggested that the girl, while refusing to have anything to do with her mother, had violent tantrums resulting in injuries to the mother's face. Although the mother was charged with failing to provide the necessities of life to the girl, the judge questioned why a niece wasn't also charged since she had been delegated some responsibilities for the girl's care.

The niece reportedly explained injuries the girl sustained as being self-inflicted, according to the judge's report. Prosecution had been seeking a prison term of two years less a day. However, the judge agreed with the defence lawyer that the mother should receive two years of supervised probation, including 240 hours of community service.



Investigators were at the home on Le Boutillier St. in Chomedey in January 2020 where the 7-year-old girl was found lifeless. (Photo: Martin C. Barry, Newsfirst Multimedia)

## Sainte-Rose teen varrested after man stabbed in his home

A 16-year-old girl was arrested by Laval Police early last Monday morning after a man was stabbed at a home in Sainte-Rose.

The LPD said a 9-1-1 call they received just after midnight alerted them to the assault, after which officers arrived at the scene on Blaise street.

The victim, identified as a man in his early 50s, was transported to hospital with non-life-threatening injuries, according to an LPD spokesperson. Investigators were expected to interview him, but were waiting for his condition to improve.

The teenage suspect was arrested at the scene of the incident and was expected to meet with investigators. She was also

expected to be arraigned at the Palais de Justice de Laval on Saint Martin Blvd. Monday morning or afternoon.

Police would not comment on the relationship between the suspect and the victim, although they confirmed she is a minor, but could say nothing more as her identity is confidential under youth protection law.

## LPD officer suspended after wrecking police car

A Laval police officer has been suspended for 15 days without pay after he wrecked a patrol car and damaged five other vehicles when he hit a patch of ice while pursuing a suspect at high speed.

A provincial police ethics committee made the decision to suspend Félix Gagnon for the November 2019 incident. Just before 5:30 a.m. that day, Gagnon and a partner responded to a 9-1-1 call about a potential domestic-violence incident.

The woman who called said her ex-spouse was outside her home and seemed to be drunk. The man was known to police as a suspected pimp with a record for becoming violent.

When the two police officers arrived at the intersection of Laval Blvd. and Trait-Carré St., Gagnon spotted a black pickup truck, which was the only other vehicle travelling near the intersection that early morning. Gagnon told the investigators that the driver of the pickup truck saw his patrol car and accelerated away.

The police chase continued on to McNamara St., where Gagnon travelled through eight intersections at speeds reaching 110 kilometres per hour in zones designated for 50 and 40 km/h. The committee was told there were no other vehicles in the area at the time and there seemed also to be no pedestrians.

When the pickup truck made a left-hand turn, the patrol car

tried to follow, but sped over a patch of black ice. Gagnon lost control in a residential neighbourhood and the cruiser crashed into five vehicles parked close to an apartment building. Both officers suffered minor injuries, but the other officer had to take five months off from work to recover.

In the meantime, the patrol car was a total loss, and the five parked cars were left with damage described as medium to minor. The investigators determined the crash was caused mostly by the presence on the street of black ice. However, they also noted the police car was travelling at 118 km/h when it through an intersection seconds before the crash.



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# PSYCHOLOGY FOR ALL

by Emmanuel Aliatas, MA, Psychologist

## Insight into Depression

Depression is often mentioned in public by many people. I hear in cafes and restaurants how they feel depressed. They use the term depression too lightly to describe the way they are feeling that day, usually sad. Depression is a serious disorder. Axis I in the DSM V describes depression as a serious illness. It is not just a sad day.

You may be able to determine if you are depressed or just sad if you add time to your sadness. In short, you have been feeling this sadness and indifference for a while now. Depression is not failing a grade or losing your hamster or goldfish. It is a very real and a serious condition if you are experiencing it. Moreover, there are several types of depression that I will go over but in an article this size I cannot go over all of them. However, I would like to give a brief insight into this subject.

I would suggest that if someone is experiencing this consistent sadness and indifference, they seek help in the medical system starting with their family physician. I will try to explain in a pragmatic way essentially what some of the different types of depression are and what one may be able to do to get help with their issues. I will focus on hereditary, situational, and seasonal depression with a quick assessment of the depressed individual.

First, hereditary depression is passed down from one family member to another, more than likely in the next generation. In short, if there was something wrong or eccentric about grandma or grandpa there is a possibility it skipped mom and dad and came straight to your lap. The best thing you can do about that if you are not feeling well is describe your feelings to your family doctor and take it from there. He may be able to help by referring you to a psychologist or possibly pharmacotherapy. I know most people are averse to taking medication, but it may help increase the quality of your life. Explore all options.

The second type of depression is one that, in my opinion, most people will experience in their lives. This would be a situational depression and may not stay with you forever. It follows the loss of a loved one, your job or the passing of a beloved pet. In one way or another we all experience loss, and it is a part of life. Here we have the same patterns to get help.

Visit your doctor and give him your history as accurately as you are capable of. The doctor should be able to determine which

treatment to follow from his interview with you. Perhaps pharmacotherapy would be an option just like psychotherapy or both. I believe situational depression in the hands of competent professionals can be overcome and the individual can get back to a reasonable quality of life.

The third and most common in my office over the years is seasonal affective disorder (SAD). This one slowly creeps in around the end of fall and beginning of winter. It has a lot to do with the decline in exposure to daylight. It has almost all the symptoms of the other depressions mentioned above and is debilitating to an individual. It is important to seek help immediately in the fall because it will likely exhaust the individual trying to get through winter. Help usually begins again with your family doctor. Perhaps medication to get you through the dark months and a psychologist skilled in working with depression will help.

Make no mistake about it. One type of depression is not worse than the other and all can be debilitating if not treated and simply assumed to be a sad and challenging time in one's life.

The assessment for depression briefly is quite simple. First, are you sleeping too little or too much? When you get up in the morning are you tired and does the fatigue persist all day or disappear after your first coffee? If you wake up at night several times and have difficulty falling back a sleep you may need a trip to your doctor. Moreover, if you are not eating three times a day with a snack in between meals that may be a red flag. Another indication that should be looked at is if you are gaining or losing weight. Do you get enough exercise during your week? Do you walk the dog every day or go to the gym 3-4 times a week? If not, that is another indication that there may be something wrong.

There are many different symptoms that can determine depression. I am just giving you a short, pragmatic list of some that show perhaps there may be a problem. There are symptoms of helplessness and hopelessness that are not discussed in this article. However, if you are experiencing issues with your mood, please see a doctor or a psychologist. There is help for you out there.

This article is based on my personal and professional experience, hopefully it is helpful to you.

Emmanuel Aliatas, MA  
Psychologist

# Quebec Education Ministry launches sex assault complaint line

*'Growth in the number of cases of violence in the education network troubles me,' says Drainville*



Quebec Education Minister Bernard Drainville last week announced that his ministry is launching a new province-wide hotline for anyone to report complaints about sexual assault or violence in educational settings.

Those wishing to file complaints can call 1 833 DENONCE. As well, the education ministry already has in place the e-mail address ([signalements@education.gouv.qc.ca](mailto:signalements@education.gouv.qc.ca)) for reports.

### Mon.-Fri. hotline

The phone line is open from 8:30 am to 4:30 pm from Monday to Friday and a voice mail box is available to leave messages on a 24/7 basis.

In a statement, the education ministry noted that the police continue to have responsibility for complaints about sexual assaults and related forms of violence subject to criminal charges.

"We encourage all persons who have been subjected to a criminal act in an educational setting, or who witnessed one, to declare the situation directly to the police by calling 9-1-1 or by going to a police station," said the ministry.

### Help available, says Drainville

The ministry also pointed out that there are numerous resources and community organizations that can provide help to youths in distress, while adding that teams from the education ministry can help to orient persons reporting

sexual violence or misconducts to the appropriate resources.

"The growth in the number of cases of violence in the education network troubles me," said Drainville. "Students who have been victims in our schools should be able to report these situations confidentially and securely."

"Thanks to this new telephone line, we are giving them an additional resource to help," he continued. "The health and security of the students and education staff are my priorities and I will not compromise on these."

### Public inquiry coming

The education minister announced in March that his department plans to hold a public inquiry into reports of sexual misconduct or assault in public school settings. The following resources are available to anyone who feels the need to report a sexual misconduct or an act of sexual violence:

- **Tel-jeunes:** [teljeunes.com](http://teljeunes.com)
- **Info-aide violence sexuelle:** [infoaideviolencesexuelle.ca](http://infoaideviolencesexuelle.ca)
- **Centre d'expertise Marie-Vincent:** [marie-vincent.org](http://marie-vincent.org)
- **Centre d'aide aux victimes d'actes criminels (CAVAC):** [cavac.qc.ca](http://cavac.qc.ca)



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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## NINE LIVES

**Q** My husband of four years has been arrested for the fourth time for hurting me. This time, he strangled me. I always go back with him. He is in jail now with no money to post for his own bail. I thought I loved him, but lately I can't stand his behind. He is unemployed and so possessive it's hard for me to breathe sometimes. He follows me from room to room and, if I'm on the phone, mutes the television so he can listen. A year ago we separated, and I filed for divorce. We reconciled in November and I put the divorce on hold. Last week I called the clerk, and my divorce was put through. I am now divorced from a man who tried to kill me 10 days ago. Great, right? I am so sad and lonely and feel so bad for him sitting in jail that I can't get my head cleared out. I feel like I have no life other than work. I have no family and few friends. I feel he hurts me because I argue with him and put him in a corner like a scared animal. He has to strike out at me to defend his manhood. It's hard to explain. And yes, I have begun counseling. Forget him or love him, that is my question.

Tori

**A** Tori, most of us get many chances to change our life, but we don't get an unlimited number of chances. This man may take your last chance away from you.

Like the people held hostage by gunmen in a Stockholm bank, you have begun to identify with your captor. You see the world from his point of view and deny what he is doing to you. Or at least, that is what part of you does.

Another part of you chose to divorce him. That part realizes you have freedom. That part recognizes love is about caring, respect, and admiration which flow back and forth. That part of you knows this man can never give you what you most deeply need.

Now you're like an addict struggling with addiction. Loneliness is weakening your resolve, but you've got to remember the reason for quitting. Stay in counseling. Seek emotional support. Formulate a protection plan.

You have work, not everyone has that. That is something to build on. You have friends, not everyone has that. That is something to build on. You have life, that is something other women in your situation have lost.

Wayne & Tamara

## HAPPINESS IS...

**Q** I was raised to believe that the secret to happiness is to be interested in other people, be a good listener, and spend your time helping others. However, the happiest people I know are completely self-absorbed. Eagerly they bombard me with every thought that has passed through their mind, every excruciating detail of their mundane little weekends, every boring incident involving the computer at work. I am left grabbing for the Prozac, and wondering where I went wrong. In our modern world, is self-obsession the only way to go?

Chris

**A** Chris, ignorance may be bliss, but it isn't happiness. Happiness doesn't come from living in a closet or only looking at two colors in the rainbow.

People who can only talk about the weather or movies she hasn't seen, drive Tamara crazy. Her cure is gradually withdrawing from those people. That opens space in one's life for people who are vitally alive and growing.

By filling yourself up and growing, you will be attracted to you as well. Build on the relationships you find pleasure in, and start pulling back from the other ones. A friend of mine once explained how he lost the sense of joy in his life, and how he got it back. He told me, "I forgot to dream."

Wayne

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

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# In Memoriam & Obituaries

*Green burials:  
how death is  
becoming more  
environmentally  
friendly*



Increasingly, people who adopt ecologically sustainable practices during their lifetime are forgoing traditional burial practices in favour of those that are more environmentally friendly. Here's what you should know.

## NATURAL BURIALS

Traditional burial practices rely on coffins and urns that release toxic chemicals into the soil. Plus, the carcinogenic compounds used in embalming and treating wood are likely to end up in the water table.

In contrast, natural burials are interment practices that return the deceased's body to the Earth with a minimal amount of environmental impact. They use either biodegradable shrouds, or coffins made of cardboard or untreated pine wood.

If cremation is preferred over burial, biodegradable urns that grow a tree can be used.



## ECO-FRIENDLY CEMETERIES

An increasing number of cemeteries are eliminating environmentally damaging practices, such as using pesticides, herbicides and fertilizers to maintain their grounds. Many are also opting to use small, flat grave makers made of locally sourced stones or plants instead of large headstones.

If you want to be buried in such a graveyard, you'll have to respect fairly strict rules. For instance, some green cemeteries prohibit the use of coffins altogether, or won't allow embalmed remains to be interred on their grounds.

In order to help limit carbon emissions, it's also common for these places to restrict the ways bodies can be transported to their final resting place.

If a natural burial is right for you, consider pre-planning your funeral to ensure your wishes are respected.



**LAPOINTE, Marcel**  
1929 – 2023

In Laval, on Friday, April 14, 2023, at the age of 94, passed away Marcel Lapointe, husband of the late Jacqueline D'Amour.

He is survived by his children Lise (Luc), Diane (Georges), Pierre (Lyne) and Jacques (Diane), his grandchildren and great-grandchildren, as well as other relatives and friends.



**ALVARO, Giuseppe**  
1928 – 2023

It is with great sadness that the Alvaro family announces the passing of its patriarch Giuseppe Alvaro, on Tuesday, April 11, 2023, at the age of 94. He will be greatly missed by his devoted wife of 64 years, Raffaëlina Rinaldi, his cherished sons and daughters-in-law Antonio (Antonietta) and Cetto (Jacqueline), his loving grandchildren Lina (late Gasparino), Anna (Joey), Giuseppe (Amélie) and Vanessa (Pericles), and his nine beloved great grandchildren, Adriano, Luca, Gennaro, Aviana, Cataleya, Kiara, Cetto, Maria and Lambros. He also leaves behind his sister Franca and sisters-in-law Franca, Effie, Maria, Carolina, as well as numerous nephews, nieces, other relatives and friends.



**MARCOUX, Isabelle**  
1954 – 2023

It is with sadness that we announce the death of Mrs. Isabelle Marcoux, which occurred on April 11, 2023, at the age of 68.

Besides her husband, Mr. Ghislain Bilodeau, she is survived by her daughter Véronique (Jonathan), her daughter-in-law Maryse (Gilbert) and her son-in-law Luc (Annie), her grandchildren Jérémy, Anthony, Wylam, Alexandra and Magalie, her sisters Louise (Raymond) and Mireille (Alain), brothers-in-law and sisters-in-law Diane (Yves), Jacques (Lise) and Claude (Johanne), her nephews and nieces, as well as several relatives and friends.



**ST-JEAN, Huguette**  
1940 – 2023

In Laval, on April 10, 2023, at the age of 82, passed away Mrs. Huguette St-Jean, daughter of the late Roger St-Jean and the late Noëlla Ducharme.

She is survived by her sons, Alain, Daniel (Devra) and Michel (Sonia), her ten grandchildren, Cynthia, Ian, Nicolas, Janie, Olivier, Cédric, Charlie, Mahée, Lydie-Anne and Caleb, her four great-grandchildren, Brandon, Damien, Yoan and Sacha, her brother Jean-Marie, as well as several other relatives and friends.

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## TAURUS

You should be able to indulge in a bit of luxury. You may run into friends you haven't seen for a long time and talk to them for hours.



## GEMINI

You'll expand your summer wardrobe by shopping online and in-store. You'll be influenced by your friends to abuse your budget. Some comments will be inappropriate.



## CANCER

You'll set in motion specific ideas and other promising initiatives. You'll bring several people together for a large-scale project and overcome your financial worries.



## LEO

You'll enjoy going to a spa or wellness clinic for relaxation. You need to recharge your batteries and rest to regain your vitality.



## VIRGO

You'll be involved in a significant project as part of a well-oiled team. The project will be completed efficiently, and the results will delight you. You must take some quiet time at home to recover.



## LIBRA

You must carefully manage your personal and professional activities. You have many responsibilities on your shoulders. A sudden epiphany will strike you about your career.



## SCORPIO

You'll go on a spontaneous trip or getaway soon. It may be more spiritual; a pilgrimage would be a most rewarding adventure.



## SAGITTARIUS

You're craving change. You're bored with daily life and routine. You need to transform your reality to experience more passion and stimulation.



## CAPRICORN

It's hard to please everyone, but this is the kind of miracle you can accomplish. You'll complete a task or make a deal you thought impossible at work.



## AQUARIUS

You'll have many emergencies to deal with at work or elsewhere. You're a strong person and will manage to bring order to everything with sensitivity, humanity and empathy.



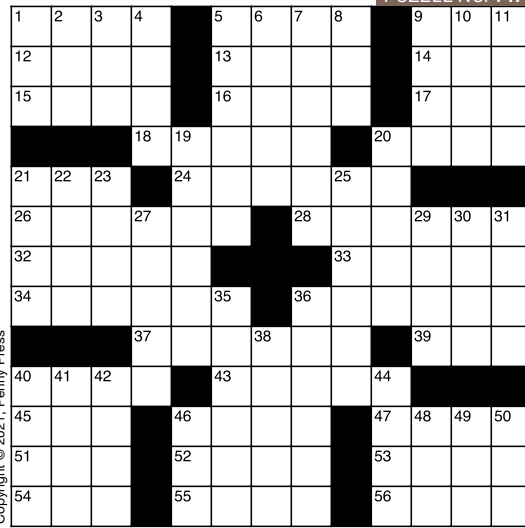
## PISCES

After a tough negotiation, you'll find yourself on a pedestal, much to your surprise. A family situation could leave you perplexed, and you'll have no choice but to deal with it.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 147



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### ACROSS

1. Trout, e.g.
5. Influence
9. Family member
12. Feel a dull pain
13. Coffeehouse
14. Exercise
15. Colorer
16. Breezes
17. Green soup
18. Hobby word
20. Bosc, e.g.
21. Accumulate years
24. Turn in
26. Frank
28. Unleash
32. Gnomes
33. String instrument
34. Studio couch
36. Jump the track
37. Not level
39. Have a look-see
40. Grocery vehicle

### DOWN

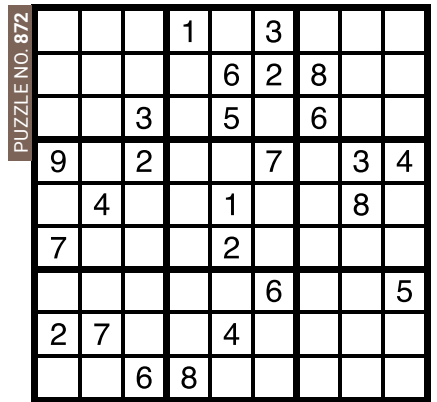
43. Screens
45. Mine product
46. Pleasant
47. Dude
51. Eye cover
52. Domain
53. Station wagon, e.g.
54. Promos
55. Better than better
56. Require
11. Expensive
19. Up and about
20. Actor Ustinov
21. Did well on
22. Festive party
23. Jealousy
25. New
27. Coming-out
29. Word of woe
30. Fastener
31. Devout
35. Craving
36. Conquer
38. Bad habits
40. Pop flavor
41. Like the Sahara
42. Scarlet and crimson
44. Read rapidly
46. Snatch
48. Tint
49. Enjoyed a pizza
50. Seed holder

# Sudoku

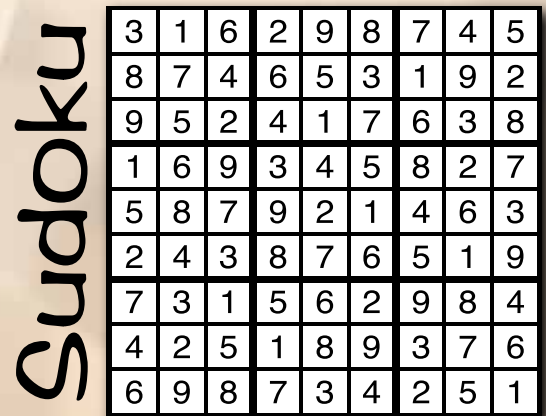
### HOW TO PLAY:

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



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- o Tomatoes
- o Cucumber
- o Pears
- o Mango
- o Dates
- o Oranges
- o Bananas
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### 2 EASY STEPS:

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- 2 Pickup Thursday, Friday or Saturday. Delivery available

