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Laval Flood Watch



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The Berge aux Quatre-vents in Laval-Ouest, one of the most flood-impacted areas along the Rivière des Mille Îles, has seen some of the most severe springtime flooding in recent years. (Photo: Martin C. Barry, Laval News)

SWLSB hosted Montreal Regional Science and Technology Fair



Page 5

The council of commissioners paid homage to high school students for their robotics accomplishments.

"Emily in Paris" jacket shown in Laval at Lyceum fashion show



Page 10

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LAVAL

Laval among cities hoping Quebec will build new REM route across their territory

Proposed route could open eastern Laval up to massive development

MARTIN C. BARRY
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The mayors of Laval, Terrebonne, Mascouche, Repentigny and Montreal-East hope to persuade the Quebec transport ministry to support a proposed new rapid transit rail line route that would pass from Repentigny through Montreal-East and Laval to Terrebonne and Mascouche on the North Shore, triggering economic development across their territories.



From the left, Mascouche mayor Guillaume Tremblay, Montreal-East mayor Anne St-Laurent, Repentigny mayor Nicolas Dufour, Terrebonne mayor Mathieu Traversy and Laval mayor Stéphane Boyer at Monday's press conference when they announced their collective effort. (Photo: Martin C. Barry, Laval News)

Former REM de l'Est

The former REM de l'Est, which was renamed Projet struc-

turant de l'est (PSE) after being sent back to the drawing board following extensive public criticism, is being managed in its initial planning stages by the Autorité régionale de transport métropolitain (ARTM).

Laval mayor Stéphane Boyer and the four other mayors agree unanimously on the overall merits of the PSE project. The transport ministry issued a preliminary progress report in January, although no firm decisions have yet been taken about the route the PSE will eventually follow.

Route is under study

Before issuing more definitive recommendations in June, the transport ministry is analyzing the situation and in the meantime is recommending that options be studied for PSE extensions northward to Rivière-des-Prairies, Laval and Lanaudière.

Some initial route proposals for the project, which was originally managed by CDPQ Infra, are being retained in the revised version, which the mayors say they support in principle. A good deal of the interest being expressed by the five cities stems from the economic stimulus that each is almost certain to receive should the route pass across their territory.

Key to economic development

"Today we are extending our hand to the government of Quebec and the ARTM by unanimously endorsing one of their proposals," Boyer said during a press conference held last Monday at Laval's interim city hall on Saint-Martin Blvd.

"We feel certain that it is this route that will facilitate a better economic development on our territories and optimal mobility to the betterment of our citizens today and tomorrow," he added, while noting that the proposed route would pass through Laval's eastern territory, which remains largely undeveloped compared to the west.

Would spur growth, say mayors

In a statement the five mayors issued on Monday, they said they were inviting the ARTM and the provincial transport ministry to pursue their analysis, while focusing on the recommendation in January to follow a route from Repentigny through Montreal, Laval and onto the North Shore.

"Such a transportation project would not only facilitate providing service to the population of the east of Montreal, the east of Laval and the north-east shore, meaning more than 500,000 people, but also would consolidate and support the economic and demographic growth of the east end of the Montreal Metropolitan Community (CMM)," the mayors said in their statement.



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Springtime flooding threatens homes once again in Laval

City deploys 1.2 kms. of anti-flood barriers alongside the Rivière des Mille Îles



Riviera St. in Laval-Ouest, which runs right next to the Rivière des Mille Îles, has been fortified with a cement block barrier to protect against springtime flooding from the river. (Photo: Martin C. Barry, Laval News)

MARTIN C. BARRY

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With significant rain forecast for Laval since the beginning of this week and over the coming days, officials with the city are determined not to be caught off-guard with rising floodwaters this time, compared to past years when preventive measures were taken late.

Since April 20, according to the city, teams with the public works department have been setting up a variety of barriers in especially flood-prone spots (such as on Riviera St. along the Rivière des Mille Îles in Laval-Ouest) as a precaution against the threat of rising waters.

Flood guards deployed

According to an inventory conducted by the city, more than 209 homes in affected areas of Laval are threatened by flooding. As a result, the City of Laval has erected 1.2 kilometres of flood-resistant barriers (equal to 10 football fields), including a wall of massive concrete blocks, and Citadel anti-flood protective barriers.

New data from World Resources Institute's Aqueduct Floods Tool projects that by 2030 the number of people worldwide impacted by floods will double from 65 million to 132 million due to river flooding, and from 7 million to 15 million due to coastal flooding.

Flood damage increases

The amount of urban property damaged by river floods is expected to increase threefold – from \$157 billion to \$535 billion, while it will increase tenfold due to coastal storm surge and sea level rise from \$17 billion to \$177 billion. By 2050, the numbers are expected to be catastrophic: 191 million, while 30 million people will be at risk of river and coastal flooding respectively each year.

The city says that Laval-Ouest is considered to be the sector of Laval most at risk of flooding from the Rivière des Mille Îles. As such, Riviera St. near 20th St. in particular is being monitored closely, since in past years it was the epicentre of flooding, while potentially heavy rainfall is expected all this week.

Measure of prevention

Although the city acknowledges that weather patterns are especially unpredictable these past few years, they say the flood barriers have been moved into place largely for preventive reasons – better to be prepared instead of leaving it for when it might be too late. In addition to the barriers, the city is not ruling out also resorting to hand-filled sandbags stacked strategically against the rising waters.

The city is inviting all Laval residents living in areas potentially vulnerable to rising floodwaters to take action as soon as possible to safeguard their property and possessions. As well, it should be remembered that the highest priority should always be accorded to safeguarding health and personal safety.

Get the latest flood info

In addition to this, the city is recommending that anyone who wants to be kept up to date with the most current information regarding the flooding situation should go to the web site abonnement.laval.ca where various options are available to receive texts or e-mail notices. It should be noted that these services are most useful when emergencies are underway.

Rapidly updated information on the flooding situation, including instructions on how to prepare should an evacuation become necessary, can also be obtained at the website inondations.laval.ca. The City of Laval's resident relations agents can also be reached by phone by calling 3-1-1.

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OPINION & Editorial



Higher productivity can meet the labour shortage challenge

*But governments must first reduce the tax burden on companies
to give them the room they need to improve their productivity*

Quebec has a shortage of workers. Before the start of the pandemic, the lack of labour was already one of the top concerns of Quebec companies. The situation hasn't improved since then.

In the fourth quarter of 2019, Quebec companies had over 126,000 job vacancies. Today, that number has practically doubled to 246,230 job openings in the province.

Unless a pool of workers roughly the size of the population of Longueuil suddenly appears, these positions will not be filled anytime soon just by relying on recruitment.

Thankfully, there's another way to meet the challenge of a staffing shortage: increasing productivity.

Being more productive doesn't mean putting in more hours and sacrificing one's weekends. To measure productivity, we divide the size of the province's economy by the total number of hours worked.

Productivity, therefore, represents the average contribution of an hour of work to the province's economic activity (salaries, taxes, profits). Increasing productivity means producing more per hour worked.

In 2021, the most recent year for which the data are available, Quebec's average productivity was \$54.50 per hour worked. In Ontario, productivity averaged \$59.40, while the Canadian average was \$61.50.

The gap might seem small, but when multiplied by the number of hours worked by all

Quebec workers, this lower productivity costs Quebecers billions of dollars each year.

And comparing ourselves to other developed countries is no better. A study from HEC Montréal's Centre for Productivity and Prosperity shows that the productivity gap between Quebec and OECD countries has grown wider since 1981.

While Quebec's productivity lag dates back to the start of Confederation, we shouldn't be fatalistic about it. Ontario workers themselves have nothing on Quebec workers.

Instead, it's the quality of the physical capital available to workers (such as machinery, equipment, and infrastructure) that is the main determinant of productivity. And that's where the gap comes from.

So if Quebec underperforms in terms of productivity, it's because our provincial and local governments have not managed to create an environment conducive to investment in productive physical capital.

We're paying the price today for their failings, with lower incomes and living standards than our fellow Canadians and a heavier tax burden for a comparable basket of services.

And since this gap stems from our governments' decisions, it's up to them to introduce the most favourable public policies to stimulate investments in productivity.

The economic literature is very clear on the relationship between companies' tax burden and their level of investment in machinery,

equipment, and infrastructure.

For instance, a 2010 study looking at 85 countries, including developing countries, found a "consistent and large adverse effect of corporate taxes on both investment and entrepreneurship."

Same thing for a 2019 study looking specifically at Canadian provinces. Its authors confirm that there is an inverse relationship between the level of corporate taxes and the level of investment, productivity, and economic growth.

Just this past July, another study from the National Bureau of Economic Research noted that corporate tax cuts lead to increases in GDP and productivity, with a maximum effect five to eight years after the cuts.

It's true that there are some studies that refute the impact of the tax burden on investments in productivity. It should be noted, however, that these remain marginal compared to the overwhelming majority of economic literature that confirms the inverse relation between taxes and investment levels.

Quebec companies are calling for help, loud and clear. But governments are not magicians: they can't just conjure up a quarter of a million workers out of thin air.

What they can do, however, is reduce the tax burden on companies to give them the room they need to improve their productivity. That's the public policy governments should look at, if they really want to relieve the adverse effects of the labour shortage.

Nathalie Elgrably-Lévy

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SWLSB recognizes student achievements in science, tech and robotics

Laurier Senior, LTM students excelled at science and robotics fairs

MARTIN C. BARRY

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During the Sir Wilfrid Laurier School Board's regular council meeting on April 26, the commissioners recognized the exceptional achievements of Laval Senior Academy in the recent Montreal Regional Science and Technology Fair, as well as Lake of Two Mountains High School students in the CRC Robotics Competition.

Laval Senior Academy hosted the 2023 Montreal Regional Science and Technology Fair, which took place from March 26 to 28. Over 100 students from 13 high schools and colleges participated in the event. It wouldn't be an overstatement to say that LSA students performed exceptionally well.

Numerous distinctions

"Tonight, we want to recognize and celebrate the hard work and dedication of the students from Laval Senior Academy who received numerous distinctions and awards at the science fair," said SWLSB chairman Paolo Galati during a presentation prior to the council's meeting.

"Students, I cannot help but express my admiration and appreciation for your remarkable achievements," he said. "Your dedication and hard work in pursuing your passion for science have not gone unnoticed. It is an honour for the council to recognize your outstanding accomplishments."

Some winning projects

Present at SWLSB headquarters in Rosemère

were Nathan Aruna and Christos Velmachos of LSA, representing their project, Reconnaissance and Medical Drone, as well as Leila Ramzy and Keira Ramzy for their project Artificial Pancreas.

Participating on Zoom were Tharaka Gunaratnam and Katya Potchka for their project Urban Fishing Farming in Montreal. Students who were not able to make it were Ethan Everton and Liam Valois Reilly for their project, The Future of Park Cleanliness, and Agam-veer Sansoe and Adam Pish-dadi for their project, Privacy Based RPi Home Server.

A real team effort

Three teams participated in the Québec Super Expo Science Fair held just a few days before: Ethan Everton and Liam Valois Reilly; Nathan Aruna and Christos Velmachos; and Leila Ramzy and Keira Ramzy. Nathan Aruna and Christos Velmachos will be moving on to compete and represent the SWLSB at the 2023 Dallas Regeneron International Science and Engineering Fair (ISEF) in May.

Galati said that without the tireless efforts of the steering committee comprised of Laval Senior Academy staff and head office staff who dedicated countless hours to organizing the Montreal Regional Science Fair held at LSA, none of this would have been possible.

"As we all know, hosting an event of this magnitude requires a tremendous amount of planning and coordination, and the committee's commitment to excellence has made it all possible," he said.

Committee's commitment

He singled out for thanks Nathalie Rollin, LSA principal (represented by her VP Chris Kavallos), Jennifer Abrantes, LSA Vice-Principal, Silvana Di Medio, LSA Administration Officer, Cynthia Robillard, Science and Technology Consultant in PSD, Heather McPherson, Senior Science teacher at LSA and professor at McGill, Robin Bennett, Director, Information Ressources, Pascal Quenneville, Technician, Information Ressources, Susan O'Keeffe, Graphic Design Technician, Communications Services, and Yves Cholette, Coordinator, Material Resources and Transportation Department.

"We are immensely grateful to the committee for their hard work and unwavering dedication in making this event a success," said Galati. "This was an ambitious undertaking, and yet, despite their regular duties and responsibilities, were able to make it happen. Education really is a team effort, and the success of our students in these events is a testament to the hard work and dedication of the entire school community."

LTM student robotics

Moving on from science and tech to robotics, the council of commissioners paid homage to students from Lake of Two Mountains High School on the North Shore for their robotics accomplishments. Earlier in the year, LTM students participated in the CRC Robotics Competition Avia 2023, which took place in Laval from Feb. 16 to 18.

Led by science teacher Gordon Truesdale, 10 junior and 14 senior students participated in



Nathan Aruna and Christos Velmachos of Laval Senior Academy, who will be moving on to compete and represent the SWLSB at the 2023 Dallas Regeneron International Science and Engineering Fair (ISEF) in May, are seen here with SWLSB chairman Paolo Galati who congratulated both for their exceptional 2023 science fair efforts.

(Photo: Martin C. Barry, Laval News)

the competition and demonstrated their passion and dedication to the field of robotics. In all, they came back with three awards: first place for website conception; third place for website content; and Overall Outstanding participation in the CRC 2023 Competition.

"I think I can speak on behalf of all commissioners, and everyone present here when I say that we are all truly impressed by your innovation and resourcefulness," Galati said following a demonstration of the robot by the LTM students. "Seeing our students follow their passions, be curious, and work hard to learn and improve their abilities is truly inspiring."



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Laval to present major plan on security

The City of Laval has announced a series of actions on its territory aimed at improving shared space between pedestrians and motorists.

The planned interventions, approved by the executive-committee and tabled during the May 2 city council meeting, includes reducing speed limits across a large area of the city, the implementation of more than 1,000 traffic calming measures, improved security at intersections, and new policies to encourage active mobility.

City receives award for excellence in tree cultivation

The City of Laval received an award on April 20 in recognition of its proficiency in cultivating trees.

The award was presented by the Société internationale d'arboriculture du Québec (SIAQ) during an awards ceremony.

The Prix du Grand Mérite de la feuille d'or recognizes projects which have had a major impact within a community or region, while ensuring the well-being of trees in an urban forest or other settings.

"Arboriculture plays an important role in the preservation and the creation of healthy and inspiring green spaces, while also contributing to the reduction of greenhouse gases and combating air pollution," said Mayor Stéphane Boyer. "The important transition by the City of Laval

in forestry is well underway and will continue over the coming years," he added. "I would like to point out the knowledge and dedication of our experts, who work diligently and guide us during this transition which allows us to protect and improve our forest heritage along with our natural spaces."

Since 2014, the City of Laval has put into place a number of measures to protect its trees, while enlarging the tree canopy. Whereas the city's team for this purpose numbered 20 or so employees nine years ago, that number has tripled since then.

The city has conducted an exhaustive inventory of its trees, finding that there are 120,000 "public" (city-owned) trees in Laval, not counting those in wooded areas. The city adopted an official tree policy in 2016. And in 2022 alone, the city planted 4,765 trees.

In addition to all this, the City of Laval recently recognized an exceptional former employee in its tree maintenance department. Normand Venne, a forestry technician who retired in 2021, served for 22 years. He was awarded the Prix Alphonse-Guimond, recognizing excellence in the domain of arboriculture. Normand Venne was also known as a mentor who contributed to training several tree experts.

City taking measures to empower metalurgy businesses

The city is making a \$20,000 contribution to the Comité sectoriel de la main-d'œuvre du secteur de la fabrication métallique industrielle (CSMOFMI), which oversees worker standards in the metals

business.

Around 130 businesses in Laval are involved in the metals sector, employing some 6,000 workers.

According to a statement from the city, the fund-

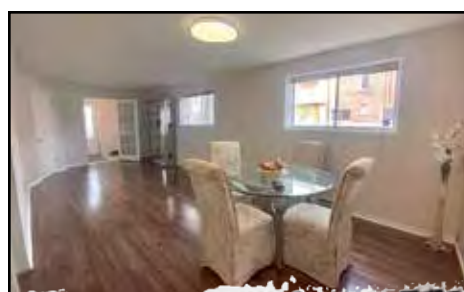
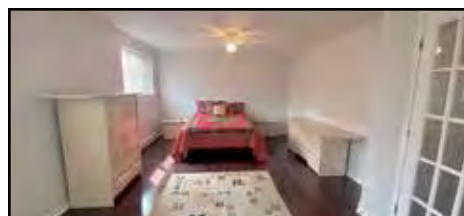
ing will be used to improve human resources, while helping with situations involving immigrants who are often hired on a temporary basis, as well as to improve training and skills development.



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Laval, a Biodiversity-Rich Island

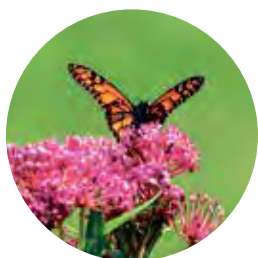
The island of Laval is home to a variety of animal and plant species that contribute to the balance of our society and our good health. Did you know that 80% of plant species depend on pollination? Pollinators, such as bees, bumblebees, and butterflies play an essential role in our ecosystems and the diversity of products in our grocery basket. While biodiversity is declining worldwide, it's our turn to do our part by taking the right steps to protect it.

Take the Dandelion Challenge (le Défi pissenlits)

The entire population is invited to take on the challenge by delaying the first lawn mowing for a few weeks, until the end of May. The goal is to let dandelions grow and bloom, which are the first source of food for bees when they wake up in spring. The City of Laval will join the movement by taking on the challenge on several of its properties!

Create a Biodiversity Oasis

Redesign your property or balcony to attract birds and pollinating insects:



Incorporate wildflowers, milkweed, or pollinator-friendly plants in colors that attract insects into your flower beds.



Replace your lawn or sow it with alternative ground covers, such as clover, which are more resistant and beneficial to biodiversity.



Create a vegetable garden in your front yard, backyard, or grow vegetables on your balcony.

As a Bee-Friendly City and Monarch-Friendly City, Laval will plant milkweed and native plants in many places on the island this summer. A pollinator garden will also be created in the downtown area.

Plant Trees

Did you know that the City offers a \$75 subsidy to plant a tree on your property? By planting a tree or shrub, you will provide habitat and food for wild species and contribute to the enrichment of biodiversity. In the past year, over 8,000 trees have been planted by the City in the Laval area. Join the movement!

To learn more, visit biodiversity.laval.ca

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It's your day, Mom

The perfect present for every mom


Are you looking for a Mother's Day present? If so, here are some gift ideas for different types of moms.

THE ECO-FRIENDLY MOM



To please this mom, give her something that will make a positive impact on the environment. Sustainable goods like reusable produce bags, beeswax food wraps, metal straws and reusable paper towels are a good idea. She's also likely to appreciate all-natural versions of everyday products like soaps and cosmetics.

THE ORGANIZED MOM



A woman who's always taking notes and making lists is sure to appreciate a stylish notebook or agenda. Or, if she's always digging through her purse to find what she needs, a handbag organizer with plenty of pockets will make her life easier.

THE GLOBE-TROTTERING MOM

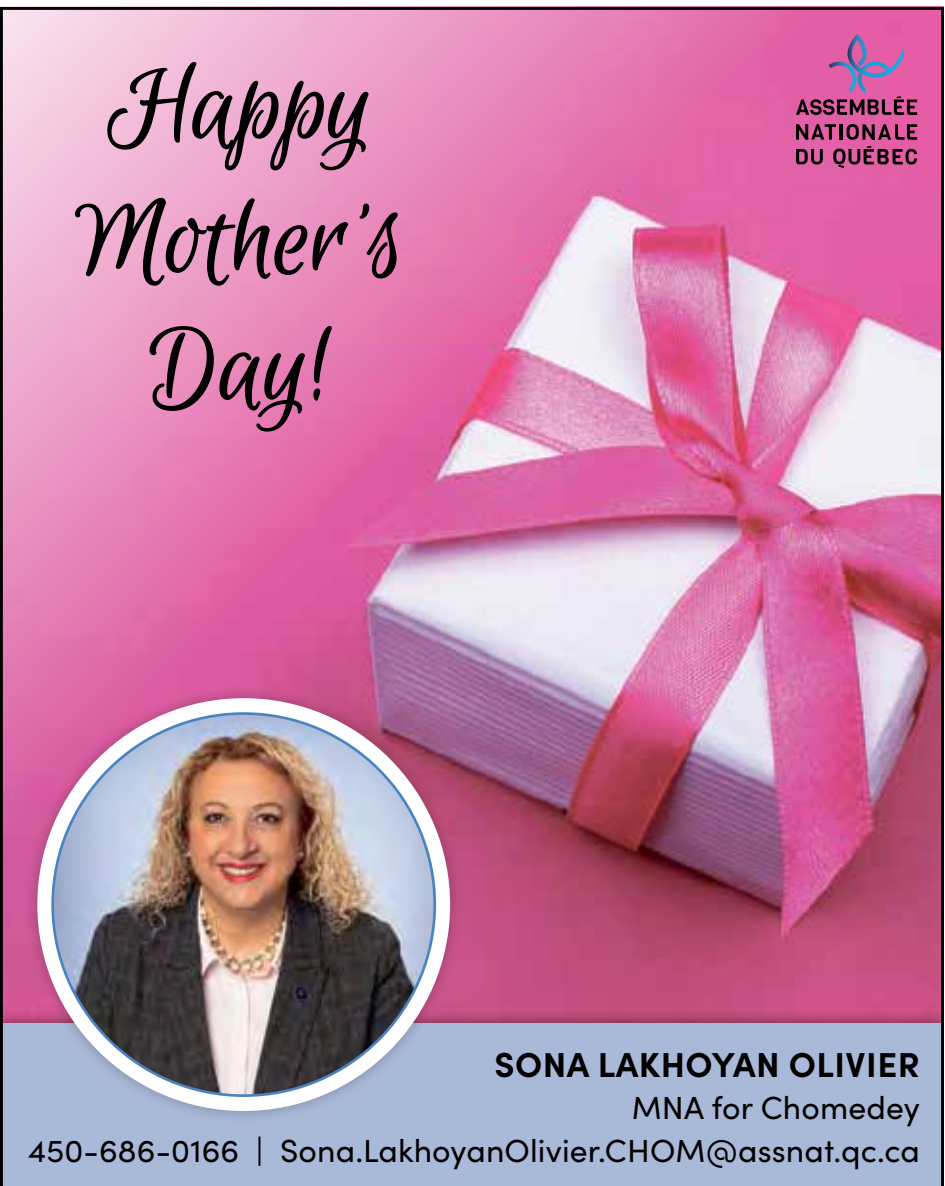
If your mom regularly travels, give her a gift that'll make her next voyage easier such as wireless headphones or a new carry-on bag. Alternatively, a scratch-off world map will remind her of past adventures and spark her inspiration for her next big trip.

THE STAY-AT-HOME MOM

Stay-at-home mothers often neglect to make time for themselves. If your mom or kids' mom is always on the go, give her the ultimate break from her routine: a day at the spa. Alternatively, you can bring the indulgence to her with a monthly box subscription. She can have tea, makeup, books or even beer delivered right to her front door.



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Surprise your mom this year!

Are you all out of Mother's Day gift ideas? Do you want to give your mom something unique that's different from what you've given her in the past? Here are a few original gift ideas to inspire you.

UNIQUE FLOWERS

Flower bouquets are old news. Instead, why not book a timeslot at a local garden and pick a bouquet of tulips together? If your mom prefers at-home activities, get her a flower bouquet in the form of a craft project, like paint by numbers or origami. For a more classic option, consider an everlasting rose that will stay beautiful for years to come.

PERSONALIZED ITEM

Pick out your best family photos and have them printed on an attractive, fun or practical object. Mugs, t-shirts, blankets, puzzles, pillows, drink coasters and bookmarks are some of the many possibilities.

LOCAL PRODUCTS

Create a gift box filled with local products, like handmade soaps, craft beers, cured meats, spirits, body lotion, jams, clothing, candles or anything else you think your mom might like. It'll give you a chance to make new local discoveries.

ART

If you have a decent budget, get your mom a piece of art from a local painter, sculptor or photographer. Choose something to match the decor in your mom's home or which holds a special meaning.

A DIY KIT

If your mom is the hands-on type, gift her a DIY kit so she can make something useful, such as a candle, wool blanket or terrarium. If she's a foodie, gift her a DIY cheese, bread or gin kit.

ACCESSORIES OR BEAUTY PRODUCTS

Upgrade your mother's hair dryer or flat iron to a more powerful model, or gift her personalized products based on her age and skincare needs. For example, collagen facial oil, lip care, brightening serum, foot cream, perfume and makeup are great options.

Visit the stores and boutiques near you to find a gift to surprise and delight your mom.



5 last-minute Mother's Day gifts

Mother's Day is coming up fast. Do you have a present for your mom yet? If not, here are five last-minute gift ideas guaranteed to put a smile on her face.

1. COFFEE OR TEA. Stick to what she loves or introduce her to a few new flavours.

2. BEAUTY PRODUCTS. Let your mom know she deserves to be pampered from head to toe. There's something for every mother, from nail polish and makeup to bubble bath and scented body lotions.

3. SWEETS. Candies and chocolates are classic Mother's Day gifts, just be sure to choose what she enjoys.

4. A SUBSCRIPTION. Spoil your mom with magazine subscription, a streaming service or a monthly box from her favourite brand.

5. A BOOK. If you know which genres and authors she likes, the staff at a local bookstore can help you find a great read. Complete the gift with a personalized bookmark.

No matter what you give your mom for Mother's Day, be sure to include a card with a heartfelt message. It's a token she's likely to treasure for years to come.

*Nos vœux les plus chaleureux
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faycal.el-khoury.c1@parl.gc.ca



ANNIE

KOUTRAKIS

MP FOR VIMY

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Runway lights shine in support of local cancer research of world-wide impact

Lyceum of Greek Women of Montreal and Greek (Fashion) Designers Association assist Dr. Lucy Gilbert's DOvEEgene Clinical Research Project

RENATA ISOPO
renata@newsfirst.ca

This past week the Lyceum of Greek Women of Montreal (LGWM) staged a spectacular Greek Fashion Show at Laval's Palace Convention Centre. The gala event, held in support of the DOvEEgene Clinical Research Project that focuses on women's cancer issues, featured 14 major Greek designers coordinated by Greek Designers Association president Orsalia Parthenis who traveled from Greece to present the magnificent creations. Emceed by renowned Greek TV journalist-and-fashionista, Irene Nikolopoulou, the fund-raiser amassed \$30,000 for research into prevention-and-cure-of cancer research.

Palace Convention Centre kicks in \$15,000

Annie Koutrakis, Vimy MP and Parliamentary Secretary to the Minister of Transport and Emmanuella Lambropoulos, Ville Saint-Laurent MP, heads of the Liberal Female Caucus, were the show's honorary chairs; they were joined at the event by local leaders and various dignitaries from Greece.

LGWM has pledged \$100,000 for the DOvEEgene Project by end-of-2023. The \$45,000 proceeds from its 2022 Christmas Culinary Gala has already been donated; the group intends to complete its pledge with the community's support from this prestigious Fashion Show.

The April 25th event collected \$30,000, apart from action-filled auctions for five designer-dresses modeled by cancer survivors and avoiders. Bids ranged from \$400 to \$800 per dress. LGWM president Justine Frangouli-Argyris proudly announced a generous gift of \$15,000 from the Palace Convention Center.

Since 2019, LGWM has contributed \$300,000 to the DOvEEgene Clinical Research Project. Dr. Lucy Gilbert, the hero behind this research, stated that she wishes to headquarter the research in Canada, with intention to provide the findings to doctors all-over-the-world. Dr. Gilbert is in the final stages of the clinical research for the new molecular "Pap-type" test that will detect ovarian and endometrial cancer very early.

Many LGWM female members have already taken the test and two were diagnosed with pre-cancerous cells in their abdomen and underwent hysterectomy, saving them from the silent killer of ovarian cancer.

Ground-breaking research

While there's ample research into ovarian and endometrial cancers, Dr. Gilbert is the only local researcher looking for an early detection test, uniquely positioned to achieve this goal. Although US Labs have more funding, her medical expertise and her access to diversity-of-women within the public healthcare system are keys to clinical studies to confirm her discovery, a historical moment for Canada and for women all-over-the-world.

Justine Frangouli-Argyris proudly told TLN that Dr. Gilbert, director of gynecology and oncology at MUHC is the first in the world to have ground-breaking research saving a multitude of women.

Holding Canada Revenue Agency accreditation (CRA), Lyceum of Greek Women of Montreal is a non-profit that promotes



Chomedey municipal councillor Aglaia Revelakis, Consul General for Greece in Montreal Katerina Varvarigou, and Parc-Extension city councillor Mary Deros. (Photo: Harry Barba)

cultural and feminist issues. The 15 women from various professions and backgrounds who comprise the board of directors of are Canadian ladies of Hellenic origin with passion-and-fire.

From the organization's 2016 birth, they have promoted unique aspects of Greek culture, beginning with their first major undertaking - the STATUE OF THE GREEK IMMIGRANT - by esteemed international sculptor, Giorgos Houliaras. The work, donated to Montreal, on the occasion of the city's 375th anniversary, has become one of the metropolis's major landmarks.

Greece has an amazing wealth of fashion talent, and seeing these creative visionaries bring their show-stopping designs to life on the runway was truly epic. The theme surrounded a celebration of strength, hope, and compassion. Guests were totally blown away by the creativity, skill, and craftsmanship that went into each-and-every design, visual works of art, breathtaking as they were ethereal, playful, daring and stunning.

Early detection of silent killers

"(Our efforts) are specifically designed to raise much-needed public support and funds for ovarian awareness, prevention, and treatment programs through our long-standing partnerships with the Canadian Cancer Society (CCS) and the Québec Breast Cancer Foundation (QBCF)," Frangouli-Argyris stated in media releases. "Over-the-years, we've raised millions for breast cancer causes," she added, emphasizing that early detection also identifies uterus-and-ovarian-cancer, the silent killer.



Businesswoman Katerina Markakis, designer Orsalia Parthenis, president of the LGWM Justine Frangouli-Argyris, and journalist / fashionista Irene Nikolopoulou. (Photo: Harry Barba)

"This year's collection," she specified, "pays tribute to our ever-evolving lifestyle and perseverance Canadians show in adapting to our environment with empathy and compassion. The creations are inspired by light, sea, and the long history of Greece."

The spectacular event swept 500 guests on musical-fashion-journeys creatively blending DJ music with trend-setting fashions to bring excitement, glamour and lifestyle in up-close-and-personal ways, while aiding an extremely important worthy cause which will save women's lives all-over-the-world through the DOvEEgene Clinical Research Project headed by Dr. Lucy Gilbert.

With hope, on behalf of women

In her address to the gathering, Dr. Gilbert confided that she works with sadness, sorrow, and pain, but she works on behalf of women who have given up their lives, and for those whose lives were saved.

The runway, blending beach and casual/formal wear, gave the audience tastes of what's paramount in timeless Greek fashion. Described as 'the most stylish party of the year' was attended by 500 Greek local goddesses in search of a cure for cancers afflicting women all over the world.

Special thanks went to Maria Fotopoulos, the soul of the organization of this memorable event, and to Dr. Lucy Gilbert and her team at McGill University, the major force behind the DOvEEgene Clinical Research Project.



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Hitman arrested in Rizzuto A-440 murder attempt

The Sûreté du Québec announced last week that they had arrested, but then released, a suspect connected to a murder attempt against alleged Montreal Mafia leader Leonardo Rizzuto near the intersection of autoroutes 13 and 440 in Laval in March.

The provincial police force said the Escouade nationale de répression du crime organisé (ENRCO) arrested the 32-year-old suspected hitman in Mascouche the night before. However, by the next day, he had been released because of a lack of sufficient evidence.

All the same, last Friday, officers from ENRCO arrested another suspect in connection with the

shooting of Rizzuto. The 34-year-old male from Rivière-des-Prairies was taken into custody, according to a press release. And last Monday, police announced the arrest of a third suspect at a residence north-east of Montreal.

The attempt on Rizzuto's life took place on March 15 around 4:30 p.m., while Rizzuto was travelling in a black Mercedes on Highway 440 westbound.

As he was approaching Exit 17 leading to Autoroute 13, the occupant of a black Porsche Macan is alleged to have fired several times at Rizzuto's car, inflicting damage on the body and the tires, while also injuring Rizzuto lightly.

Police seek public's help after two from Laval arrested as suspected pimps

Two men from Laval are facing criminal charges in Trois-Rivières of pimping for prostitution-related crimes they allegedly committed in several regions of Quebec.

Sébastien Fleurant-Brisson, 32, and Patrick Côté, 41, both from Laval, are charged with inciting a person to offer or render sexual services for payment, knowingly promoting the offer of sexual services for payment, and benefiting financially from provided sexual services.

The Integrated Anti-Pimping Squad, which involves several police forces across the province, claims the events occurred between June 2020 and April 2022 in Quebec's Outaouais, Laurentians, Lanaudière, Mauricie, Chaudière-Appalaches and Saguenay-Lac-Saint-Jean regions.

The police believe there could be more victims and are asking anyone with information to contact the Sûreté du Québec's Criminal Information Centre at 1-800-659-4264.

Deadly Laval bus crash driver's case postponed to June 13

Although psychiatrists from Montreal's Pinel Institute tabled a report last week on the mental state of the STL bus driver who crashed into a Sainte-Rose daycare in February, his lawyers asked for a postponement of court proceedings until June 13 so they could evaluate the report's contents.

Both the prosecution and the defence told a judge at the Palais de Justice de Laval on Saint-Martin Blvd. that they had only received the 22-page report that morning.

The driver, Pierre Ny St-Amand, 51, was previously judged fit to stand trial, although his lawyer requested a second assessment to evaluate criminal responsibility, arguing that a medical concept of criminal responsibility is not the same as a legal one.

Two four-year-olds, Maeva David and Jacob

Gauthier, were killed in the Feb. 8 crash, which made national and international news, while six other children were injured.

Laval police arrest 13 in operation against North Shore drug ring

The City of Laval is one of several communities in the greater Montreal region where police on Monday made 13 arrests and seized cash and drugs after a year-old investigation culminated in the execution of search warrants.

The suspects, aged 20 to 53, were questioned by investigators and then released pending their next court appearance. Police allege the drug ring operated principally in Laval and on the North Shore.

The investigation, begun in August of 2022, was triggered by a tip from the public. It culminated with police seizing significant amounts of cocaine, methamphetamine and cannabis, as well as 24 cell phones, two air pistols, an electric stun gun and nearly \$12,000 in cash.



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Canada's Lanvac Surveillance goes to bat for Ajax Systems of Ukraine

Lanvac is Canada's last domestically-owned third-party alarm monitoring wholesaler

MARTIN C. BARRY

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

Lanvac Surveillance, Canada's leading third-party wholesaler of alarm monitoring services, recently marked a milestone – a partnership to provide support for Ukraine-based Ajax Systems' intrusion alarm products in Canada.

Since the promotional symbol of Ajax's slogan ("We stand against evil") is a short but rather intimidating baseball bat, Lanvac's Stephanos Georgoudes was poised bat in hands last week, as if to slam out a home-run, at the Lanvac booth during the Security Canada East trade show at the Laval Sheraton.

Security pros gathered

It was the second Security Canada East show to be held live and in-person since the onset of the Covid pandemic more than three years ago.

With Security Canada conventions also taking place this year in western and central Canada, it was time again to focus on building and renewing relationships with thousands of professionals deeply involved in Canada's security services sector.

"Ajax is exploding all over Europe and they have just entered the Canadian market," Georgoudes, who is one of several members

of a family deeply involved with Lanvac, said in an interview with Newsfirst Multimedia.

Standing up to bullies

Just as feisty Ukraine has been struggling for more than a year in an armed conflict to protect the integrity of its territory as well as its national identity, Georgoudes suggested Ajax has similarly garnered a reputation for combativeness – and "they don't let bullies push them around, if you know what I mean," he said.

Ajax's product line includes hardware for intrusion detection, fire detection, water leak prevention, as well as hardware and software for comfort and productivity. Lanvac is now the first central monitoring network in Canada to integrate and support them.

In spite of some diversification in recent years, Lanvac's main business remains the wholesaling of alarm monitoring. As such, it provides service to more than 2,500 alarm companies across Canada. The company has multiple central stations across the country, and increasingly an international scale.

Lanvac and Ukraine

Lanvac is betting big on Ajax, while showing support for Ukraine at the same time. "Our biggest partnership with a Ukraine-based company is Ajax," Georgoudes said. He noted that Lanvac went the distance by making a



Lanvac Surveillance's Stephanos Georgoudes (centre) is seen here going to bat for Ajax, with Lanvac's Jerry Korogiannis and Jake Bosse by his sides.
(Photo: Martin C. Barry, Newsfirst Multimedia)

generous donation to relief efforts for the purchase of medical supplies for those impacted in the war-torn nation.

In another significant development over the past year for Lanvac, the Montreal-headquartered company became this country's last remaining family- and Canadian-owned central station wholesaler, following the acquisition by U.S.-based AvantGuard of Canada's Armstrong Monitoring.

Proudly Canadian

"All other central stations in Canada are owned by a U.S. company," said Georgoudes. "We remain a hundred per cent Canadian and family-owned, which is very important to our customers." In view of changes like these sweeping the industry, he continued, Lanvac has seen a number of consumer-level alarm services dealers switch to Lanvac, "because the service has changed," he said, while adding that "we're benefiting from it."

Georgoudes maintains, however, that ever since AvantGuard took over Armstrong, they've made changes which are more in line with U.S. alarm service practices than what Canadians are used to. "Canada and Canadians are a niche market and they are used to a certain level of service," he said.

"Now with the changes being made by the U.S.-based company, that service is no longer there. Canadians want to be served a certain

way and with a certain quality. And we maintain that level because we are one hundred per cent Canadian and family-owned."

Lanvac the contender

Lanvac's roots go back more than 40 years, during which the company developed a reputation for being dedicated to providing quality monitoring services for alarm dealers across the country and their customers.

Lanvac was founded by brothers John and Bill Georgoudes. Raised in Montreal's Park Extension district – which was at one time home for most of the city's Greeks – they turned their initially small burglar alarm company into the big-time contender which is now Lanvac.

Rooted in Montreal

Lanvac's first monitoring station was in Montreal's Park Extension neighbourhood, in the basement of a building at the corner of Durocher and Jean Talon. Bill got his elementary education at Barclay School on Wiseman Ave., while John attended Strathcona Academy in Outremont.

Bill received his secondary education at the former William Hingston High School, which has since become the area's most important community centre. John attended another legendary secondary school, Baron Byng High, which was made famous by novelist Mordecai Richler.



Around 70 security industry professionals from eastern Canada gathered for the 2023 Security Canada East trade show on April 26 at the Laval Sheraton.
(Photo: Martin C. Barry, Newsfirst Multimedia)

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DIRECT ANSWERS

FROM WAYNE & TAMARA

REALITY CHECK

teeth. What a mess, eh?

Javier

Q Two years ago, I made the greatest mistake of my life. I started dating a coworker. She is this beautiful young girl that totally captivated my world when I met her.

As time went by, I realized we have almost nothing in common, including music, food, sports, movies, and outdoor activities, to name just a few. Worst of all, there is no passion between us.

Furthermore, I do not feel welcomed at her house, and I don't fit within her circle of friends for two reasons. I'm seven years older and come from South America. Although I learned to speak English, I have difficulties saying what's on my mind, and when I mispronounce a word, I become the clown of the crowd.

When I mention how we aren't meant for each other, she becomes very emotional and begs me not to finish it. You may wonder, what's the big deal, just break it up if it's not working. I don't find that easy. We not only work in the same place, but she sits next to me.

I have the kind of job that comes only once in a lifetime. It would be hard to quit, but it would be hard to break up and see each other unless I quit. She is a wonderful girl, but we aren't meant for each other. It hurts me more than anything when she asks if I love her and I lie through my

A Javier, you have nothing in common, there is no spark between you, and her friends belittle you. That is the reality. She wants the relationship to continue. That is unreality. An ancient prayer says, "lead me from the unreal to the real." That statement applies to everything, including relationships.

The relationship you two have is not a job relationship. It is a personal relationship. You don't need to give up your job over this, but if you don't act, what happens will come back to haunt you. Accept that there will be some discomfort at work for a while.

Your letter reminds us of so many others. One man told us he just needed a date to a fraternity party. He inched toward marriage with a woman he didn't love, and they created two children. A woman recounted how she begged her mom, when her suitor called, "Tell him I'm not here!" They married and had four children.

Each marriage ended in divorce. Each divorce was initiated by the person who wanted the marriage. Realize that a person who prolongs a relationship you don't want, will leave the relationship when they no longer want it. That is the path you are on.

Wayne & Tamara

THE FIRST STEP

Q If a guy sees or knows a girl he fancies, and if he is a bit shy in asking her out, is there any other way he could do it?

Paul

A Paul, inaction turns things into monsters when they are not. Vacillation, fantasy and worry immobilize us, but doing a thing resolves a thing.

Each day, millions of guys ask girls out. Sometimes the girl says yes, sometimes no.

Either way, the world keeps turning. The playing field is more level than you realize. You may be hesitant to ask, but girls often feel stuck, waiting to be asked.

We are never guaranteed the end result. We won't know what will happen until we act. That's life. Part of getting the job is going to the interview. Part of scoring the goal is taking the field. Part of getting the girl is asking the girl.

You could send flowers and a note, but why not be direct? Clean your slate and move forward. You're not asking for a kidney or a pint of blood, just a date. Taking action sets you on the path to success, whether this particular girl says yes or no.

Tamara

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

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

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In Memoriam & Obituaries

A life remembered

5 things to consider when pre-planning a funeral

It's normal to feel uncomfortable about making arrangements for your funeral. However, doing it ensures that the burden doesn't fall on your loved ones. Here are some of the things you'll need to make decisions about when pre-planning a funeral.

1. THE FUNERAL HOME

If you want a traditional funeral service, you'll need to select a venue. Factors to keep in mind when choosing a funeral home include ambiance, location and pricing.

2. ARRANGEMENTS FOR THE BODY

Do you want to be buried or cremated? Or maybe you'd rather donate your body to medical research? Deciding what to do with your remains will also likely involve choosing a casket or urn.



3. PRESENTATION OF THE REMAINS

You can choose to present your body at your funeral in either a closed or open casket. If you opt for an open casket, think about the clothing, jewelry and accessories to be worn.

If you want your remains to be cremated, this can take place either before or after the funeral, making presentation of the body an option regardless.

4. TYPE OF FUNERAL SERVICE

Funeral services can be religious affairs or simple celebrations of life. Don't hesitate to personalize the service with a favourite piece of music, poem or bit of scripture. Be sure to also consider floral arrangements and other decor or mementos you may want present.

5. FINAL RESTING PLACE

If you want to be buried, you'll need to select a plot in a cemetery. If you want to be cremated, you'll need to decide where your ashes will be placed. Your final resting place may be incorporated into your funeral service, but it doesn't have to be.

Pre-planning a funeral isn't easy, but you don't have to do it alone. Invite a friend or family member to help you, or work with a funeral home that can walk you through the whole process.



CLÉMENT, Huguette
1936 – 2023

In Laval, on April 26, 2023 passed away Mrs. Huguette Clément.

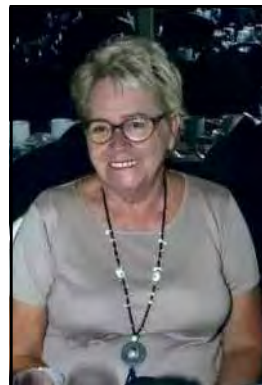
She is survived by her children Daniel Thérberge (Jocelyne Vachon) and Lucie Thérberge (Daniel Payette), her grandchildren Maxime (Nathalie), Mathieu (Jacynthe), Yanick (Catherine) and Kim (Mickael), her eight great-grandchildren, her brother Pierre-Paul and her sister Yolande, as well as several relatives and friends.



MASSÉ (NÉE LAFRANCE), Monique
1941 – 2023

In Laval, on April 26, 2023, at the age of 81, passed away Mrs. Monique LaFrance, wife of the late Mr. Ghislain Massé.

She is survived by her children Stéphane and Julie (Martin), her grandchildren Camille, Emmanuel, Héloïse, Sandrine and Sophiane, her brothers and sisters, her brothers-in-law and sisters-in-law, her nephews and nieces, as well as many other relatives and friends.



BERNARD, Ginette
1953 – 2023

In Laval, on April 26, 2023, at the age of 70, passed away Mrs. Ginette Bernard, wife of Mr. Marc St-Pierre.

Besides her husband, she is survived by her sons Mario (Sonia) and Martin (Kimly), her grandchildren Cédric, Justin, Jeremy, Elisabeth and David, as well as several relatives and friends.



BERTHIAUME, Florence
1929 – 2023

In Laval, on Wednesday April 26, 2023, passed away, at the age of 94, Mrs. Florence Berthiaume.

She is survived by her children Michel (Louise), the late Jocelyne, the late Diane, Joanne and Marcel (Suzanne), her grandchildren Jonathan, Annie, Joliane and Marielle and their spouses, her great-grandchildren, her brother Jean (Carole), late Fernand (late Annette) and late Yolande (late René), as well as her nephews and nieces, relatives and friends.

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Week of MAY 7 TO 13, 2023

The luckiest signs this week:
CAPRICORN, AQUARIUS AND PISCES



ARIES

You'll start planning your summer holidays. You have no intention of missing out on fun adventures with your friends and family.



TAURUS

Whether it's about your relationship or your job, you may feel the need to run away. You feel impulsive and a little confused this week.



GEMINI

You'll struggle to create peace between people or groups with opposing interests. You'll find the right words to work miracles and ensure everyone understands each other.



CANCER

It's time to get rid of toxic friends who are draining your energy. Take some me-time and spoil yourself with a natural therapy like a massage or facial.



LEO

Self-esteem is essential to achieve success. You'll be proud if you can convince yourself to accomplish a brilliant feat.



VIRGO

You'll devote time and energy to a family member and your home. You'll be inspired to take a new approach to life, including learning to live in the present moment.



LIBRA

You'll be outspoken this week. Be careful not to give away any secrets. You could be dealing with someone who doesn't speak the same language as you, and communicating with them could prove rather difficult.



SCORPIO

You'll find the financial means to undertake a significant project. Whether buying a property or starting a business, the stars will align. Many people will listen to what you have to say.



SAGITTARIUS

Make reservations now for summer break. You're looking forward to an adventure that takes place far from home. Be mindful of the preparations, such as passports.



CAPRICORN

If you're feeling more tired than usual, it's a sign you need to slow down. Get enough sleep to recharge your batteries.



AQUARIUS

You'll find your perfect person and fall in love at first sight. You'll carve out more time for your social life, even if you feel exhausted and stressed.



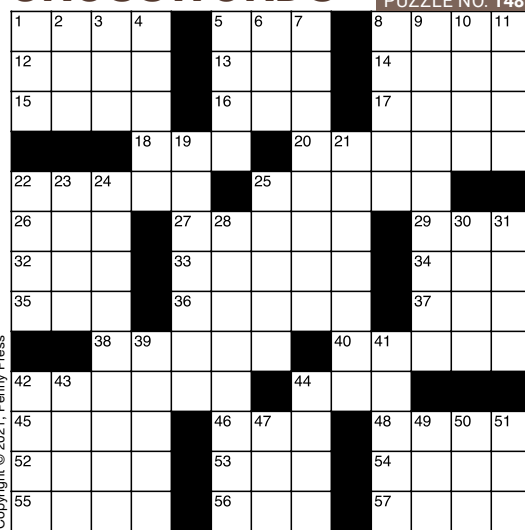
PISCES

You'll be given significant responsibilities at work. Even if you find them difficult, they'll provide excellent prospects, and a promotion will come soon enough.

Coffee Break

CROSSWORDS

PUZZLE NO. 148



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ACROSS

1. Stuns
5. Botch things up
8. Fraud
12. Chick's remark
13. Cloth coloring
14. Approach
15. Swiss archer
16. Hair cream
17. Gives weapons to
18. Frozen
20. Polar abodes
22. August, e.g.
25. Paying passengers
26. Important time
27. Excuse
29. Atlantic food fish
32. Circle section
33. Small breads
34. Keats poem
35. New York player
36. Bay
37. Whack!

DOWN

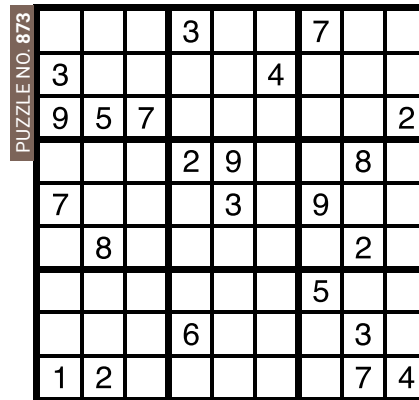
1. Competent
2. Small
3. Moray, e.g.
4. Tear in half
5. Uneasy
6. Hearty bread
7. Dependable
8. Fish feature
9. Star chart
10. Bullets
11. Military meal
19. "Swing Low, Sweet ____"
21. Tough part of a steak
22. Form of address
23. Giant
24. Type of peach
25. Occupies
28. "____ Dove"
30. Skunk feature
31. Moist
39. Actress Blair
41. Put forth
42. Papa's woman
43. ____ out (barely manages)
44. Chopped
47. Seek to persuade
49. Letter before dee
50. Coop layer
51. Puzzling

Sudoku

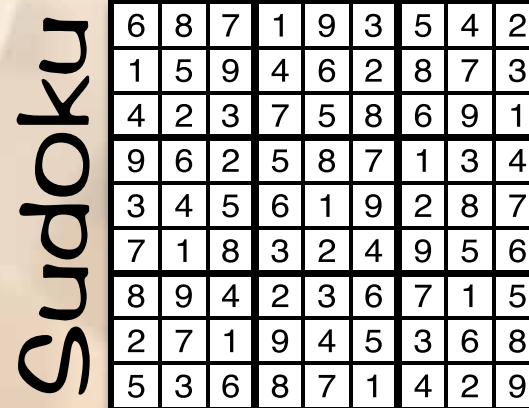
HOW TO PLAY:

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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