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Page 24

Greek Festival

When the rain finally subsided during the early evening last Canada Day, Montreal and Laval Hellenic community officials, as well as elected reps from Ottawa, Quebec and Laval, gathered to cut the Canada Day cake.



Our office will be closed for the vacation period!

Our next issue will be published on **August 16th**.

We wish you a pleasant and safe vacation!

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ROGERS Authorized Dealer

Canada, Quebec announce \$308 million for nearly more 1,600 affordable homes

Laval to receive \$7.8 million as part of federal/provincial agreement

MARTIN C. BARRY

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

Federal Minister of Housing and Diversity Ahmed Hussen was in Laval last week with Quebec Housing Minister France-Élaine Duranceau and other elected officials to announce the construction of 1,581 new social and affordable homes, spanning 54 projects, that will be built throughout Quebec in the coming years.

Rapid Housing Initiative

The new social and affordable housing is being made possible thanks to more than \$308 million provided by the government of Canada through the Third Canada-Quebec agreement on the Rapid Housing Initiative (RHI), as well as contributions from Quebec.

The funds will go towards homes intended for vulnerable populations with special housing needs, including but not limited to women and children fleeing violence, people who are homeless or at risk of becoming homeless, seniors, veterans, recent immigrants, refugees, people with disabilities, black Canadians, and Indigenous peoples.

Laval to get \$7.8 million

Of the total investment, a minimum of \$57.4 million will be allocated to the following cities in Quebec:

- City of Laval (\$7.8 million)
- City of Montreal (\$28.3 million)
- City of Québec (\$8.1 million)
- City of Longueuil (\$7.3 million)
- City of Gatineau (\$5.9 million)



As part of the funding agreement, the government of Quebec has committed to funding rent supplements for select projects. With this assistance, eligible tenants will pay only 25 per cent of their income for housing.

Two previous agreements

The announcement was in addition to the two previous Canada-Quebec agreements through the Rapid Housing Initiative signed in 2020 and 2021. These agreements have already provided investments of nearly \$517 million to Quebec and are in the process of creating over 3,200 safe, secure, and deeply affordable homes throughout Quebec.

“Every Quebecer deserves a safe and affordable place to call home,” said Hussen. “The government of Canada is proud to announce the creation of nearly 1,600 new affordable homes for the most vulnerable through the Third Canada-Quebec agreement on the Rapid Housing Initiative (RHI).”

‘No one left behind’

“Today’s announcement builds on two successful rounds of the RHI, which are expected to create nearly 15,000 affordable homes across the country including nearly 4,800 homes right here in Quebec,” he continued. “This demonstrates our unwavering commitment in ensuring that no one in Quebec is left behind.”

“Our efforts are enhanced tenfold by the financial support of the federal government,” said Duranceau. “As a result, we will be able to provide lasting, sustainable solutions to housing issues. This announcement is tangible proof of this.”

A third phase coming

“It adds to all our efforts to build more housing, as soon as possible, whether through partnerships with key players in the Quebec economy, including municipalities, or through our own programs,” she added. “As we did with the first two Canada-Quebec agreements under the Rapid Housing Initiative, our government will work to facilitate the deployment of this third phase, so that Quebec households can benefit from new housing as quickly as possible.”

“With the help of the Rapid Housing Initiative, together we’re building a generation of new homes we can all be proud of,” said Soraya Martinez Ferrada, MP for Hochelaga, and Parliamentary Secretary to Hussen for housing dossiers. “This investment will continue to help Quebecers gain access to safe, affordable housing that meets their needs, while creating jobs for the local economy.”



From the left, Laval city councillor Nicholas Borne (responsible for housing issues on city council), Vimy MP Annie Koutrakis, Quebec Housing Minister France-Élaine Duranceau, Hochelaga MP Soraya Martinez Ferrada, federal Housing and Diversity Minister Ahmed Hussen, and Laval-Les Îles MP Fayçal El-Khoury.



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OPINION & Editorial



Students and Public Education before Profit

The COVID-19 pandemic has been an unprecedented disruptor to in-person education throughout the world and Canada was no exception. With little to no notice at all, teachers across the country found themselves teaching their students through computer screens and apps instead of in their classrooms. Switching to virtual learning created many challenges, such as securing sufficient devices and high-speed internet access for teachers and students, but the damaging legacy of the sudden change continues.

Emergency remote virtual learning became part of the daily routine of secondary, elementary, and even kindergarten students. But even as the severity of the pandemic waned, and students returned to in-person learning, repercussions of rash solutions introduced in 2020 remain. Those digital solutions, although practical to making virtual teaching and learning possible when being in school was not, have led to massive data trails left by students. Like easily found breadcrumbs, these trails have been gobbled up by edu-businesses looking to profit off the backs of students. From student assessment data to personal details, companies have obtained troves of information to monetize

children and publicly funded public education.

Although technology companies have been working their way into classrooms for some time now, the pandemic fast-tracked student data collection. Governments enthusiastically invited big tech into the classroom, and the technological advances that made it possible for students and teachers to stay somewhat connected while school buildings were closed came at the cost of privacy and the very principles of publicly funded public education.

When schools pivoted to emergency remote-learning, tech companies had the opportunity to analyse data streams produced by students the same way they analyse the rest of the Internet – for marketing purposes. Suddenly, students became vulnerable like never before.

The mere existence of data is not the concern, but the way it is handled and sold is. Student assessment data only belongs in the hands of qualified teachers and public institutions that use it to assess student learning needs and allocate resources accordingly. When student data is used to market private tutoring services, sell learning apps, or become an indicator of neighbourhood profitability for the real estate indus-

try, privatization and monetization threaten both equity and the very core of quality public education.

In response to the increasing and unchecked monetization of student data, the Canadian Teachers' Federation (CTF/FCE) strongly condemns any use of student assessment data for corporate profit. We call on the provincial and territorial governments to act by taking steps to protect privacy and prevent the misuse of student data. The CTF/FCE also calls upon the federal government to pass Bill C-27 to comprehensively protect consumer privacy and data of all Canadians.

While the CTF/FCE fully supports the use of appropriate technology in the professionally trained hands of teachers to help educate Canada's youth, a line must be drawn when technology becomes a gateway to profiteering from students and our publicly funded public education systems. We must act now to expel edu-businesses from our schools to once again make classrooms safe places to teach and learn, putting students and public education before profit.

Sam Hammond, CTF/FCE president

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Air travellers, here's what you need to know about compensation

What is a Canadian airline's responsibility to passengers as the summer travel season gets in full swing? What are your rights as a traveller? Here's what you need to know.

If a disruption is out of the airline's control

Airlines must comply with Canada's Air Passenger Protection Regulations (APPR). When a flight is delayed or cancelled, airlines must first inform passengers of the reason in plain language, regardless of whether the situation is in their control or not. They also must ensure that the traveller completes their journey.

According to a spokesperson for Air Canada recent Canada Day weekend disruptions were due to bad weather, particularly storms in the U.S. and Montreal. It also cited the busy travel season.

"As with any system, when it is operating at full capacity it may slow processes down and take longer to recover when issues arise," the statement said.

The APPR lists ten scenarios that would count as being outside of an airline's control, including bad weather, war, a medical emergency, airport issues or a security threat. If an earlier flight impacted by something out of the airline's control later affects a connecting flight, you won't be compensated for the second leg of your travels, either.

Airlines also don't have to provide food, drink or overnight lodging if they determine that a delay or cancellation was beyond their control.

But one advocate says not to give up if an airline shrugs its shoulders.

"Don't take Air Canada at their word that it's outside their control," said John Lawford, executive director of the Public Interest Advocacy Centre in Ottawa. "Because if you concede that something is outside their control, then they don't owe you compensation."

When a flight is delayed for more than three hours, the airline must rebook passengers on the soonest possible flight to their destination, should the traveller want them to.

But if your reason for travel was made futile by a missed flight or a long delay, the airline must refund the ticket if a customer asks them to and arrange for that person's return to their original location.

The airline always must communicate the reason for disrupting travels and what recourse an affected passenger might have against the carrier. Another rule under the APPR: Expect an update every thirty minutes until you have a new departure time or itinerary.

If a disruption is in the airline's control

If you're delayed for three hours or more, or if your flight is cancelled, the airline has to provide a refund or arrange alternate travel free of charge — either on the next available flight (on that airline or a different one) that is travelling on a similar route within nine hours of the original departure time.

They could also offer transportation to another airport within a reasonable distance that has an



Sleeping at the airports was a common burden for last year's passengers.

appropriate flight for you.

If your trip becomes useless because of the disruption, or if the arrangements offered don't fit your needs for another reason, the airline has to refund your ticket and get you on a flight back to your original location.

Refunds have to be sent within 30 days after the day it becomes the airline's responsibility to provide them, and they must be made in the original form of payment; the airline can also offer a different form of refund — such as a voucher — with some conditions.

There are different levels of financial compensation depending on how long your flight has

been delayed. For delays at arrival between three to six hours, the amount is \$400; between six and 9 hours, it's \$700; and for nine hours or more, it's \$1,000 — though these numbers could change if you're travelling with a smaller airline.

What travellers can do

Once three days have passed after you arrive at your final destination, you can file a formal claim with the airline customer relations to seek compensation. If 30 days pass after that and you aren't satisfied with how the claim has been handled, you can kick it up to the Canadian Transportation Agency.

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Opposition parties agree: A new park is needed in downtown Laval *But administration wants to put a library on vacant lot on Jacques Tétréault St.*

In a relatively rare instance of agreement, Laval city council's two main opposition parties and a third political entity without council seats have all agreed that a vacant lot owned by the city in Laval's rapidly growing downtown sector should be used for a badly-needed public park, rather than for a library as planned by the Boyer administration.

Site chosen for new library

The lot, on Jacques Tétréault St. and a short distance from the Montmorency Metro, has already been singled out by the city as the location for a new municipal library building with a cultural centre.

Still, the three parties, as well as some residents in this mixed commercial/residential area, believe it would be much wiser to establish a park because of the crying local lack of green space in an area that is over-saturated as it is with asphalt and concrete.

Saying no to pavement

To make their point, the leaders of the official opposition Parti Laval, the secondary opposition Action Laval, and the unelected Ma Ville Maintenant, planted a sapling tree last week in a corner of the vacant lot to illustrate their point that greenery is needed much more in the area than pavement, bricks and steel.

"This planting could be the first phase of the implementation of a future green space," said Parti Laval interim-leader Claude Larochelle, who is the city councillor for Fabreville, adding that "Mayor Boyer should stop repeating the errors of the past."

The future to be considered

"To build and to keep building, without regard to the real needs of the population and the consequences for the quality of the living environment," he said. "There is already enough concrete in the downtown area and so little green space. We have to think about future generations."

Larochelle said the green space in the vacant piece of land could one day be comparable in grandeur to Dorchester Square in downtown Montreal or the Carré Saint-Louis some distance to the east of there.

A missed opportunity?

"Imagine what this island of refreshment and greenery could do for the residents of this area," he said. "This unique space opens the door towards creating an environment for living to inspire the people residing here or coming to this sector. The city shouldn't let this opportunity pass."

Action Laval finds it deplorable that the people living in the area were never fully consulted about the future of the lot, even though it's virtually the dead-centre of their living environment. While the administration did set up a web page with some information, Action



To make their point, the leaders of the official opposition Parti Laval, the secondary opposition Action Laval, and the unelected Ma Ville Maintenant, planted a sapling tree last week in a corner of the vacant lot to illustrate their point that greenery is needed much more in the area than pavement, bricks and steel. (Photo: Martin C. Barry, Laval News)

Laval doesn't consider that to have been an adequate consultation. "The next phase will be to consult all the citizens of the sector to learn their views," said Action Laval city councillor for Saint-Bruno David De Cotis.

'Makes no sense,' says De Cotis

"The Boyer administration is sacrificing one of the last vacant lots in the centre-city to implement a concrete monument that nobody asked for, and this makes no sense," added De Cotis. He suggested that a desperate need exists in other neighbourhoods of Laval for infrastructure such as community centres and libraries.

Pierre Anthian, a former Laval-des-Rapides city councillor who ran for mayor in the last municipal elections as leader of the Ma Ville Maintenant party, noted that the residents of Laval-des-Rapides "have very few places to find shelter in the shade just as heat waves are becoming more numerous."

Everybody benefits: Revelakis

Although the district of Chomedey has interests apart from those of Laval-des-Rapides, Chomedey city councillor Aglaia Revelakis said she is supporting the idea of the new park because it will eventually impact people from all over the city.

"This is the future downtown of Laval and it's a space that is going to be used by everybody," said Revelakis. "There are a lot of condos around the area here and the Metro is here. But there's no green space. We're not against the library or cultural centre. But at the same time, we have to think about what is best for the families who live around here."

Action Laval delivers half-year report on its accomplishments *Opposition party tabled seven notices of motion in last six months*

Over the last six months, elected members of Action Laval tabled seven notices of motion in Laval city council. This was in addition to numerous questions put to the executive-committee as well as to the directors the Société de transport de Laval.

Earlier this month around the year's half-way mark, Val-des-Arbres city councillor Archie Cifelli, who is Action Laval's interim-leader, outlined the opposition party's accomplishments.

Not all motions accepted

City councillor for the district of Saint-Bruno David De Cotis expressed disappointment that the Boyer administration turned down an opportunity proposed by Action Laval that the city take part in a pilot project by Élections Québec to test voting over the internet.

Action Laval also tabled a proposal for the city to create a hotline for architecture and engineering professionals to call the urban planning department so that the processing of files can be made as efficient as possible. However, the proposal was turned down by the Boyer administration.

Sign language motion passes

Action Laval city councillor for Saint-François Isabelle Piché scored a major victory when her proposal to enlarge sign language availability for hearing impaired persons was accepted by city council unanimously. Before then, only the question period was covered by sign language.

And finally, Action Laval city councillor for Chomedey Aglaia Revelakis recalled proudly that the Commission on Urban Violence, which council had set up following her suggestion, tabled its report a few weeks ago.

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CORPORATION ROSE-ART



Sainte-Rose Art Symposium takes place from July 27 - 30

Works by 70 talented artists to be shown in historic Vieux Sainte-Rose

MARTIN C. BARRY

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

In July every year, you always know summer has finally arrived in Laval when it's time again for the Corporation Rose-Art's Sainte-Rose Art Symposium.

This year, from Thursday July 27 to Sunday July 30, those with a discerning taste for fine sculpture and inspiring visual art will be coming from all over Quebec and areas of eastern Canada for the 27th symposium.

As always, it will be taking place alongside the Rivière des Mille-Îles in the charming and historic Laval neighbourhood known as Vieux Sainte-Rose.

Recognition for excellence

After winning a range of awards for excellence over nearly three decades, the organizing committee, led by Corporation Rose-Art president Oprina-Félicia Dolea, continues to uphold the standards that have established the Sainte-Rose Art Symposium's reputation for excellence in art circles across eastern Canada.

The organizers have received some significant recognitions. In 2019, the Laval Chamber of Commerce and Industry presented them with a Dunamis award for helping to promote tourism in Laval. They were also a finalist for a second Dunamis the following year, as a sustainable organization or enterprise.

Visitors from far and wide

More than 20,000 people are expected to attend this free event. Although most are usually from the Laval and greater Montreal regions, the busy vacation season is also known to bring in visitors from Ontario, New Brunswick and Nova Scotia, as well as from the U.S. states of Vermont, New Hampshire and New York.

It is notable that tourism has been growing by leaps and bounds in Laval over the past few years, as travellers from all over Canada and the U.S. begin to rediscover hidden treasures, such as the Symposium de Sainte-Rose, in an upsurge of interest in travel

since the end of the three-year Covid pandemic.

Showing 70 talented artists

Many visitors will be purchasing works produced by the 70 participating artists, expressing themselves in styles ranging from traditional and impressionistic to modern and abstract. This year, the event's honorary chairwoman will be Sainte-Rose city councillor Flavia Alexandra Novac. The symposium's official spokesperson is Québécois actor Nico Racicot.

During a press conference at the Vieille Caserne art gallery last week, where the board unveiled details of this year's symposium, they paid homage to two of the event's founders: Aline Cyr and Yolande Lapallice Daneau.



From the left, Quebec actor Nico Racicot, Laval city councillor Pierre Brabant (representing Sainte-Rose councillor Flavia Alexandra Novac) and Corporation Rose-Art president Oprina-Félicia Dolea provided details about the Sainte-Rose Art Symposium during a press conference last week. (Photo: Martin C. Barry, Laval News)



Artists belonging to the Corporation Rose-Art collective were on hand at La Vieille Caserne in Sainte-Rose last week for the announcement of the upcoming Sainte-Rose Art Symposium. (Photo: Martin C. Barry, Laval News)

The corporation is staging a special exhibit of the two women's artistic achievements next to the gallery at the Vieille Caserne. As well, works by Corporation Rose-Art members will be featured in the gallery. Works by Nico Racicot will also be displayed on the ground floor.

How to get there

The Symposium will be taking place along a stretch of the main street in downtown Sainte-Rose, next to La Vieille Caserne (216 Ste-Rose Blvd.), a stone's throw from the historic Sainte-Rose-de-Lima church, between Filion and Deslaurier-Hotte streets.

The hours are as follows: Thursday, Friday and Saturday, 10 am to 6 pm; Sunday, 10 am to 5 pm. Additional information is available on the website www.roseart.ca. E-mail: roseart@videotron.ca. Phone: (450) 625-7925.

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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Mona Arsenault



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Junior Academy. Through this project, senior volunteers met with a group of grade 8 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Jessica Marsillo and Victoria Tiscione.

This project is made possible through Official Languages Support Programs with The Department of Canadian Heritage.

Article written by Maya Sabo, Lucas Renke, Dante Sforza

Introduction

Mona Arsenault was born in 1951, in Canada. She was raised in Laval. At 14 months old, she had Poliomyelitis with her twin brother. After approximately six weeks her brother fully recovered, but she did not recover. It affected her leg, so she needed a crutch to walk, but she still went to school and even went to CEGEP. Almost 30 years later, Mona found out from her doctor that she has Post Polio Syndrome, a disorder of the nerves and muscles that made her get a wheelchair.

But even after she went through all of it, it did not stop her from meeting new people from around the world. Her favorite food is cake, so Mona loves to bake and make desserts for her and her family. When she was a child, she slipped in the snow, and someone tried to help her get up, but they broke her hand while try-

ing to help her. She wanted to be a baker, but she got rejected numerous times because she could not carry heavy loads of baking products. Instead, Mona decided to be a volunteer counselor to help people with extra needs.

Childhood

Growing up Mona had a lot of trouble. At school, she would stay at lunch because she was a slower learner than the other kids, so she would get extra help. She had wonderful friends who supported her all her life, and she loved to hang out with her friends. The best thing that happened to her was meeting her husband. He is always there with her and supports all her ideas.

In a wheelchair

Mona had a hard time moving around in a wheelchair, and she had to change her house to an apartment



for her to move around more. She also has a hard time getting on an elevator and getting to the doctor. Mona cannot cross the street without assistance. There are no more treatments for her post-polio, so she has to live with it for the rest of her life. She is very grateful that she has her husband who helps her around and loves her with much care and support. "I'm very thankful and lucky to have a husband like him," she said.

about technology with Zoom and met numerous people from the US to India. She would also call her family. After a while of protecting herself, she, unfortunately, got Covid, and it was pretty hard, and she ended up recovering from it.

Canada

Mona loves her home country and does not want to change anything about Canada. She loves everything about Canada, especially her freedom. Mrs. Arsenault does not think there is a better country than where she was born. She says Montreal is the most accessible place for her as she could move more easily here than anywhere else.

Love for young people

Mona adores young people. She loves them asking about how she moves around in a wheelchair and how she ended up in a wheelchair.

She also tries to protect others by telling people "Hope we will not see another virus, and if we do, take proper precautions and not miss out"-Mona Arsenault



Mrs. Arsenault taught many people through Zoom about Poliomyelitis and likes it when people ask her questions about how she feels in a wheelchair and how she ended up in that position.

Pandemic

During the pandemic, Mona learned



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Kathy Morrow



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Junior Academy. Through this project, senior volunteers met with a group of grade 8 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Jessica Marsillo and Victoria Tiscione.

This project is made possible through Official Languages Support Programs with The Department of Canadian Heritage.

Article written by Sev Ohayon, Rose Marcogliese, Loukas Logothetis, Stephanie Valente-Beland

Growing up in southern Quebec Kathy raised 3 kids by herself. For her, the 80's was by far her favorite decade. She got married in 1973 (but then sadly divorced later on 1980) and had her first daughter in 1978. Her second daughter was born in 1986, and she adopted her grand-daughter when she was 2 years old.



Being a single mother was tough for Kathy. Her mom and family members often told her to stick it out and provided her with little to no help. She had to sacrifice her dream job, becoming a librarian due to her sudden divorce. Not to mention, becoming a librarian was actually a lot more expensive than going to business school at the time! Even though it was difficult for her to juggle going to business school with single parenting, she was still able to graduate and then was off to work at Sir Wilfred Laurier School Board for 20 years, then she even spent another 22 years at the Laval Teachers Union before retiring at age 69.

Though it was hard taking care of three kids by herself, some of her favorite memories while raising them, was when she would take them to different neighborhoods during Halloween. As well, since she often cooked for her kids every night for decades, she adores how two of her three kids now have become wonderful cooks.



After retirement, a lot of changes occurred in her life. First off, her father passed away. Throughout her life, her dad was her role model. He was a very upright man and Kathy aspired to be just as goal driven as he was. She wishes she could just have one more conversation with him. During Covid, she began to realize how lonely she had become, especially during quarantine. She turned



to scrapbooking as a fun hobby to keep her occupied. She discovered a photo album of her three kids as babies and decided during her free time to take them and turn it into a lovely scrapbook, which she plans on giving to her kids in the future.

Not to mention, she enjoyed how carefree she became due to age. When she was younger, she would care a lot about her looks and had low self esteem, but these days she's confident in herself and doesn't mind leaving the house in with no makeup or with messy hair. But sadly, along with age came many health problems. She finds she's not as ath-

letic as she used to be and wishes for her old flexible body back. As a teen, Kathy had a lot of self esteem issues, but now that she's older she's been able to gain her confidence back.

After she passes, she wishes to be remembered as a good mother. Her family means the world to her and she's not sure what she'd be doing now without them. Kathy lived an interesting, eventful life filled with obstacles and fun and she can't wait for others to learn a bit about her and her life! Hopefully some other single parents can read this and relate to her and see that everything will turn out well!



MAKE YOURSELF at home!

A note of welcome to new residents (and new Laval News readers)

We would like to take a moment to extend a warm welcome to all of you who have recently chosen to make Laval your new home.

Every year at this time, we publish the contact info for your city councillors, MPs and MNAs. All taxpayers should know who represents them.

We've also published for you the most important municipal by-laws.

At the same time, we would like to take this opportunity to thank our faithful readers for sticking with us and keeping us on our toes, as well as our local merchants - your advertising supports and enables us to provide the very best the community has to offer in terms of English media. We may not be the biggest, but we've got heart - and we'll go to the mat for Laval and our readers, each and every time. If there's a story you'd like to see us cover, something that bugs you, or a feature you love and would like to see more of - give us a call, drop us a line, or even drop by our offices... our doors are always open. Established in 1993, we are Laval's oldest English newspaper, thanks to you, our readers.

Visit us on the web anytime at www.lavalnews.ca to browse through our latest issue online, or even browse our archives.

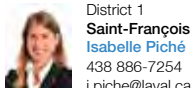
THE LAVAL news

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YOUR CITY COUNCIL



Mayor
Stéphane Boyer



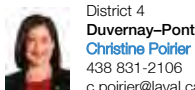
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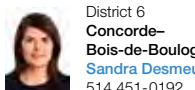
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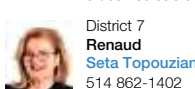
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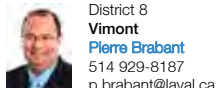
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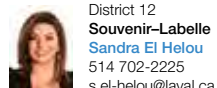
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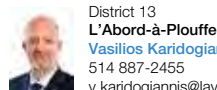
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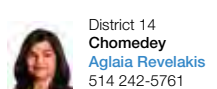
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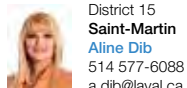
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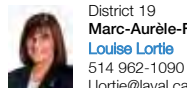
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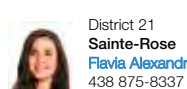
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citycouncil.laval.ca

All citizens should know that their Federal, Provincial and Municipal representatives are there to hear their concerns and try to solve their problems. They're just a phone call away.

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I would like to wish a warm welcome to all our new residents in the district of Chomedey

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

LAVAL'S MUNICIPAL BYLAWS

Both new and established residents will benefit from a glance at this handy list of services and Bylaws. Please note that the following information does not replace the provisions found in the official Bylaws.

AIR CONDITIONERS AND HEAT PUMPS



Air conditioners include heat pumps, central air conditioning systems, split units, and wall-mounted air conditioning units used to condition the air in a residence or heat a swimming pool.

Residents from the former municipality of Laval-sur-le-Lac must contact the Service de l'urbanisme as a specific bylaw applies to that sector.

The water-cooled air conditioners are prohibited.

No permit is required to install, move or change the location of an air-conditioner. However, the owner must ensure its installation meets the standards prescribed by zoning Bylaw L-2000.

In the event that the location of your device does not comply, the Service de l'urbanisme may require the necessary corrective measures or fines could be charged as stated in the bylaw. Please see the air conditioning and heat pump brochure below.

In order to reduce greenhouse gas emissions, the City of Laval offers a free collection service for cooling appliances, including air conditioners.

ALARMS

There are several types of residential and commercial alarms.



Alarm other than the "armed robbery" type

Burglar alarm: alarm triggered automatically in response to noise, movement or a break-in.

Panic button: alarm triggered by a person having a health problem or facing a life-threatening event.

"Armed robbery" alarm

Alarm triggered by a person to report that an armed robbery is underway.

False alarm

An alarm is false when it is triggered unnecessarily, incorrectly or for a reason other than the intended use of the device. This includes alarms set off by tests that generate a call to the 911

emergency call centre of Laval, by defective or substandard equipment, or by bad weather, excessive vibrations, power failures or neglect.

Fees

Fees are charged for all police interventions within a period of 183 days from the first intervention resulting from an unnecessary communication.

A communication is considered unnecessary when there is no evidence of an intruder, of a crime being perpetrated or attempted, or of any other threat to justify triggering the alarm system.

False alarm other than the "armed robbery" type

Number of interventions	1	2	3	4
Residential Building	Notice	\$110	\$140	\$171
Other building	Notice	\$168	\$234	\$301

False alarm of the "armed robbery" type

Number of interventions	1	2	3	4
Residential Building	Notice	\$140	\$264	\$317
Other building	Notice	\$234	\$435	\$522

For more information, contact faussesalarmes@ville.laval.qc.ca.

CHILD CARE



Bylaw L-11015 concerning safety, well-being and sanitation in health and social services establishments has been repealed, effective September 1, 2019. Consequently, a childcare operating permit is no longer required.

However, a certificate of occupancy is still required.

Please view the regulation concerning childcare and the requirement of the Ministère de la Famille.

COLLECTION OF RESIDUAL MATERIALS

The City of Laval has adopted the new Bylaw L-12424 (pending) governing the sorting, handling and collection of residual materials.

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Have you recently moved to Laval?



Check out our welcome guide to discover our city and your new community.



LAVAL'S MUNICIPAL BYLAWS

◀ Continued from page 12

Residents are now required to sort materials and participate in the organic waste collection aimed at reducing the quantity of materials destined for landfills.

This bylaw concerns owners of single-family homes, plexes and apartment buildings, as well as industries, businesses and institutions (IBI).



Obligations of property owners:

- Must be served by a recyclable materials collection by no later than September 1, 2023.
- Must be served by an organic waste collection by no later than June 1, 2024.
- Must allow occupants and users to participate in the sorting of materials (applicable to building owners).
- Must sort the materials destined for the collection.

To be compliant, the bin must:

- Be put out between 7 p.m. on the eve of the collection and 7 a.m. on the day of the collection.
- Be positioned on the curb or the sidewalk, with the wheels on the building side of the sidewalk.

- Contain only materials permitted under this collection.
- Be closed.
- Be removed by no later than noon on the day after the collection.
- Organic materials must be put in a cardboard box or a paper bag and placed alongside the brown bin, or they will not be collected.

It is prohibited to:

- Dispose of residual materials in a container belonging to someone else or in a municipal container belonging to the city.

FOSTER CARE FOR ADULTS



Bylaw L-11015 concerning safety, well-being and sanitation in health and social services establishments has been repealed, effective September 1, 2019.

However, a certificate of occupancy is still required.

For further information concerning the abolition of this by-law, please contact 450 978-6888, extension 4357 or go in person to the Service de l'urbanisme counter at 1333 Boulevard Chomedey.

GARAGE SALE

Garage sales, being the exhibiting of vari-

ous merchandise with the intention of selling it in places other than a public market or a commercial establishment, are permitted as complimentary use of the dwelling. They are permitted for a single period of 2 consecutive days per residential building during the same calendar year.



No permit is required for a garage sale on the land of a residential building.

To organize a garage sale on a municipal site, an authorization must first be requested.

INDOOR HEATING APPLIANCES AND FIREPLACES



Ville de Laval is concerned with providing a healthy environment for its population. Aware

of the harmful effects on air quality and on the health of the community, bylaw L-12792 was adopted by municipal authorities to regulate the use of heating appliances and solid fuel fireplaces, located in inside a property, on Laval territory.

Mandatory declaration concerning heating appliances and indoor fireplaces

Effective May 4, 2021, all building owners who have a heating appliance or an indoor fireplace must transmit a declaration to the City of Laval. This declaration form must be completed when an old appliance is removed or replaced or when a new appliance is installed.

To complete the form, you will need:

- Manufacturer's name
- Model name or number
- Appliance certification
- Number of grams per hour of particles emitted into the atmosphere

Where to find this information

You will find this information in the user manual for your appliance or on the manufacturer's website. Appliances manufactured after 1990 may feature a certification plate. Its location may differ, depending on the appliance.

Settlement Details

It is henceforth prohibited to:

- Install an appliance that emits more than 2.5 g/h of particles into the atmosphere. A heating appliance must be certified under the EPA or CSA standard.
- Use any type of fireplace during a smog

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The Members of Parliament would like to wish a warm welcome to all the newly arrived citizens of Laval!



Welcome

FAYÇAL

EL-KHOURY

MP FOR LAVAL-LES ÎLES

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



CHAMBRE DES COMMUNES
HOUSE OF COMMONS
CANADA

ANNIE

KOUTRAKIS

MP FOR VIMY

annie.koutrakis@parl.gc.ca

LAVAL'S MUNICIPAL BYLAWS

◀ Continued from page 13

warning, even if it is certified.

Effective October 1, 2025, it will be prohibited to:

- Use an appliance that emits more than 7.5 g/h of particles into the atmosphere and that is not certified under the EPA or CSA standard.

NOISE



Under the bylaw regarding noise, residents must comply with the limits in effect in the daytime and at night.

Noise restrictions at night (between 9 p.m. and 7 a.m.)

Outdoor noise: Sound intensity measured within the limits of a property used in whole or in part for housing must not exceed 50 dB(A).

Noise inside an inhabited building: Sound intensity must not exceed 40 dB(A) inside a bedroom and 45 dB(A) inside any other room used as housing.

Noise restrictions during the day (between 7 a.m. and 9 p.m.)

Outdoor noise: Sound intensity measured within the limits of a property used in whole or

in part for housing must not exceed 55 dB(A).

Noise inside an inhabited building: Sound intensity must not exceed 45 dB(A) inside a bedroom and 50 dB(A) inside any other room used as housing.

Exceptions

The by-law concerning community noise does not apply to noise generated by:

- Construction work performed Monday to Friday between 7 a.m. and 7 p.m. and Saturday between 9 a.m. and 5 p.m.
- A community activity authorized or held on a public road or in a public park.
- Road vehicles, trains, aircraft and watercraft.
- Snow removal operations, residential or commercial, at all times.
- The use of a vehicle horn, a siren, an emergency vehicle, or a backup beeper.
- Bells or chimes used by a religious institution, a school or a college.
- Children's activities in a childcare centre (CPE), a daycare or a schoolyard.
- Activities practiced in a sports or recreation facility.

Landscape maintenance

Municipal regulations concerning noise do not apply to the noise generated by a lawnmower, a leaf blower, a rotary tiller, a chainsaw, a grass trimmer, a hedge trimmer, or any other electric or gas-powered appliance used for lawn maintenance or for cutting or splitting wood for heating purposes or personal use from Monday to Friday between 8 a.m. and 8 p.m., on Saturday and Sunday between 9 a.m. and 5 p.m., and on public holidays.

Fees

Any person who contravenes By-law L-12423

is committing an infraction and will be subject to the following fines:

	1 st offence	2 nd + offence
For an individual	Between \$200 and \$1,000	Between \$400 and \$2,000
For a corporation	Between \$400 and \$2,000	Between \$800 and \$4,000

A person who continues to act in violation of the by-law will be subject to separate legal action and subject to the fines mentioned above applied on daily basis.

The owner, tenant, occupant or person responsible for the building, part of the building, the property or part of the property in which the nuisance is committed, contravenes the by-law to the same extent that the person committing the noise nuisance does.

For information or a request for action concerning loud music, please contact the police department (911).

NUISANCES

Ville de Laval introduced a bylaw on nuisances in order to ensure a better quality environment and protect public health and safety.



Lawns and noxious plants

It is prohibited to maintain a lawn or weeds at a height of more than 20 cm on a property that has been built on, and at a height of more than 30 cm on a vacant property measuring less than 2,000 m². In addition to being unsightly, a poorly maintained property favours the spread of noxious or invasive plants in the neighbourhood.

Stagnant water

It is prohibited to keep a pond, a basin, an unmaintained swimming pool, or any other accumulation of stagnant water other than a stream on a property between June 1 and October 1. Stagnant water can become a breeding ground for mosquitoes.

Garbage

It is prohibited to let garbage accumulate on a private property or to place garbage on a public road. A property where garbage and unused objects are allowed to collect is unsightly and can be harmful to the environment. In addition, it can cause stagnant water and foul odours to accumulate, and can attract certain harmful animals.

Soot and smoke

During combustion, a non-certified stove or fireplace that is poorly maintained or used will emit a large quantity of fine particles into the atmosphere. These particles can have harmful effects on human health and the environment.

Lighting

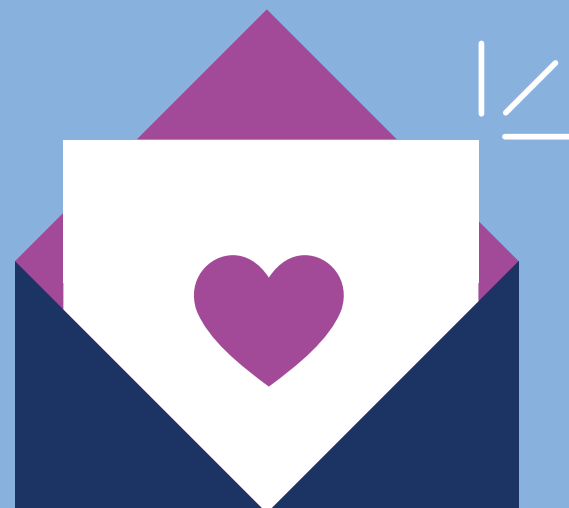
Most people prefer to sleep in darkness. However, blocking out light from outdoors

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LAVAL'S MUNICIPAL BYLAWS

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completely can be difficult, even with opaque curtains. Please bear in mind that a light fixture must be positioned in such a way that the light falls only on the property where it is located.

Noise

In accordance with municipal regulations concerning community noise, the sound level generated by equipment must be in compliance with the limitations in force during the day and at night. By following these restrictions, you can ensure peace and quiet and enjoy harmonious relations with your neighbours.

PARKINGS AND SNOW REMOVAL

Alternate Parking



Alternate parking is required during maintenance operations. When no maintenance operations are in progress or planned, residents can park where the signage says "Lors d'opérations d'entretien" (During maintenance operations) until the next operations.

Institutional Parking Sticker

A parking sticker is required to park vehicles on certain streets in Laval. Community organizations or public establishments with employees who offer physical, mental or psychosocial health care to residents at home can submit an application for an institutional parking sticker valid in residents-only street parking zones (SRRR).

Parking for Heavy Trucks



On-street parking is not allowed on Laval's public roads for road vehicle, or a combination of road vehicles, with a gross vehicle weight rating (GVWR) of 4,500 kg or more, recreational vehicle over 6 m in length and trailer.

Parking Permits

Street parking on streets reserved for residents is a bylaw allowing residents of a sector to park in zones reserved in their sector. Anyone possessing a car and a driver's license who lives in the designated zone can obtain a parking permit.

Snow Removal

Ville de Laval would like to remind snow removal contractors, business owners and



citizens that piling snow on a public road is strictly prohibited, whether on the street, sidewalks or median strips.

Trucking Network

Some of the highways in Laval are forbidden to heavy vehicles except for local delivery. You can consult the dynamic maps or downloadable PDF documents to verify which highways are accessible and their limitations to heavy vehicles.



PETS

With the collaboration of an advisory committee made up in part of animal experts, Laval has drawn on best practices to establish its municipal by-law concerning animal control: L-12430 (PDF in French, 469 kB).

Found or lost animals

If you find a pet with a municipal ID tag, please contact 311 so that its owner can be contacted. If the pet does not have an ID tag, you may be able to identify it through its microchip. To find out if the animal has a microchip, please bring it to Le Berger blanc, the organization

responsible for animal services in Laval. When Le Berger Blanc receives a lost animal, it posts the animal's photo on its website in an effort to find the owner. If the owner cannot be found, the animal is put up for adoption.

If you find a dead animal within Laval city limits, please contact Le Berger Blanc at 450-629-0075.

Pet owners who lose an animal are invited to visit Le Berger blanc's website to find out if it is there. If it is not, it is possible that a resident took in the animal. In this case, the pet owner can post a photo of the animal in a public space where doing so is permitted, making sure to include his or her contact information.

Dogs in public spaces

Control: Dog owners must be in control of their animals at all times to prevent them from escaping, including in dog parks.

Leash: When in public spaces, a dog must be kept on a leash at all times, except in dog parks. The leash must be no longer than 1.85 m.

Prohibited areas: Dogs are prohibited at sports facilities, playgrounds, schoolyards and daycare centres, places where signage prohibits their presence, and any place where food and beverages are served or sold, except where authorized. This prohibition does not apply to service dogs.

Excrement: Dogs owners must pick up their dog's excrement and dispose of it in a hygienic manner.

Parks: Dog owners can keep no more than two dogs on a leash in parking lots or pedestrian walkways, or on grassy areas in parks. If you wish to let your pet run free, please go to one of Laval's six dog parks.

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I would like to extend a warm welcome to our new neighbours in Fabre



ASSEMBLÉE
NATIONALE
DU QUÉBEC



J'aimerais souhaiter la bienvenue à nos nouveaux voisins à Fabre

ALICE ABOU-KHALIL

Députée de Fabre

(450) 689-5516

Alice.Abou-Khalil.FABR@assnat.qc.ca

538, rue Principale
Laval, QC H7X 1C8

Wishing a warm welcome to all new residents that chose to live in our beautiful riding!



ASSEMBLÉE
NATIONALE
DU QUÉBEC



SONA LAKHOIAN OLIVIER

MNA for Chomedey

450-686-0166 | Sona.LakhoianOlivier.CHOM@assnat.qc.ca

LAVAL'S MUNICIPAL BYLAWS

◀ Continued from page 15

Permitted and prohibited animal species in Laval

Permitted species: dog, cat, domestic rabbit, ferret, hamster, any species on the complete list of animal species permitted in Laval.

Prohibited species: chicken, Vietnamese pot-bellied or miniature pig, any species not on the complete list of animal species permitted in Laval (exceptions may apply in agricultural zones).

Number of animals allowed

No more than 4 animals are permitted in Laval, including a maximum of 2 dogs. However, a special permit may be issued to keep a maximum of 8 animals, including 4 dogs.

Obligations of dog owners

In addition to giving their pets the love and care they need, dog owners have a duty to fulfil certain essential responsibilities.

Animal welfare: Considering that an animal is endowed with sensitivity and biological needs, it is the responsibility of its owner to ensure the pet's welfare.

Annual permit and tag for dogs and cats: In Laval, all cat and dog owners are required to obtain a permit and ensure that their pets wear tags.

Mandatory sterilization for dogs and cats: Sterilization offers numerous benefits to the animal, both in terms of its health and behaviour. It also helps curb the overpopulation of undesired animals and reduce the number of animals that are euthanized. Thus, since January 1, 2019, any dog or cat that is over six months of age and kept within Laval city limits must be sterilized. Exceptions may apply, with written proof from a veterinarian.

Reporting an attack or a biting incident:

The owner of a dog that commits an act that could compromise the safety of a person or another animal (biting, attacking, etc.) must immediately report the act by calling 911 so that an inquiry can be initiated. This process can lead to the implementation of various measures, up to and including euthanasia.

Keeping a dog on a property: A dog must be held by a device preventing him from leaving the land on which he is standing when the land is not securely fenced.

Responsibility of the owner: Adequate measures must be taken to ensure that a dog is kept on a property and prevented from leaving it when the property is not safely fenced off.

Microchipping: The microchip is a means of permanently identifying a pet for its entire lifespan. Specifically, it can resolve legal disputes concerning the ownership of an animal, save owners the cost of keeping a pet in an animal centre, and reduce the number of needless euthanasia procedures. Thus, effective January 1, 2020, all dogs or cats kept within Laval city limits must have a microchip.

Compliance with regulations, infractions

The following situations constitute a nuisance and therefore are deemed to be an infraction of the municipal by-law.

Infraction	Details	Minimum fine
Barking and meowing	A dog or a cat must not moan, bark, howl or meow in such a way as to disturb the peace.	\$300

Stray animals	Residents must not feed stray domestic animals if the animals cause an inconvenience to others.	\$300
Fights and attacks	It is strictly prohibited to organize, participate in, encourage or attend a dog fight, or allow a pet to take part in one. In addition, a dog must not be trained to attack.	\$1,000
Damage	An animal cannot cause damage to another person's property.	\$300
Odours	A pet owner cannot keep animals whose presence causes odours likely to pose an inconvenience to neighbours.	\$300
Waste	A pet cannot be permitted to search through household waste, move it, rip open bags, or knock over waste containers.	\$50

Private property	An animal is not allowed onto private property without the consent of the property owner, tenant or occupant.	\$50
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Infractions and fines

A scale has been established for fines, based on the severity of the infraction committed by the pet owner. Fines can range from \$50 to \$1,000 for individuals, and from \$100 to \$2,000 for corporations.

In the event of a repeat infraction, the minimum fine is doubled. The maximum fine is \$2,000 for an individual, and \$4,000 for a corporation.



Visit to the premises and identification

Any person responsible for applying the animal control by-law is authorized to visit a dwelling

▶ Continued on page 17

To make a request 24/7, go online.

Mon dossier. The citizen portal.

 mondossier.laval.ca



LAVAL'S MUNICIPAL BYLAWS

◀ Continued from page 16

unit or property, at any reasonable time, for purposes of an inspection aimed at ensuring compliance with the by-law. If there are grounds to believe that a person has committed an infraction, that person must identify themselves with supporting evidence. The person of authority can also enter any premises or vehicle housing an animal or seize any animal whose safety or welfare is compromised.

SMOKE DETECTORS

All properties must have a smoke detector (also called a smoke alarm) in working order. In the case of a multi-family building, the landlord must install a smoke detector in each housing unit. In a single-family home, each floor must have a smoke detector and the devices must be interconnected.



Make sure you verify, at least twice a year, if your alarm is working properly. Furthermore, change the batteries as needed, or at least twice a year when you change the time.

Have your chimney, connecting pipes and flues connected to an appliance using solid fuel swept each year, ideally after April 1 of the current year and just before the first cold days.

Fines

Any person who contravenes any provision of these regulations commits an offense and is liable:

	Minimum fine	Maximum fine
1 st offence	\$50	\$1,000
2 nd offence	\$100	\$2,000

Any corporation that contravenes any provision of these regulations commits an offense and is liable:

	Minimum fine	Maximum fine
1 st offence	\$100	\$2,000
2 nd offence	\$200	\$4,000

Procedures

Smoke detectors do not require a permit.

For more information concerning this bylaw, call the Service de sécurité incendie at 450 662-4450.

TREES IN RIGHT-OF-WAY AREAS

The City of Laval is responsible for maintaining trees on a public right-of-way, in accordance with the regulations concerning the use, development and maintenance of the unused portion of the public right-of-way.

Maintenance of trees in the right-of-way is included in the cyclical maintenance program, but any maintenance deemed to be urgent can be requested. To know the limit of the public right-of-way, you must refer to your certificate of location, since its width may vary from one property to another.



Detailed regulations

- Residents aren't required to maintain or take action on trees located on the unused part of the right-of-way.
- It is prohibited to take action on municipal trees.
- All property owners are responsible for the use, development and maintenance of the unused portion of the public right-of-way, including lawn mowing and the maintenance of other plants.
- It is prohibited to plant:
 - On a municipal right-of-way, less than 2 m from a public road. This 2 m is required for road maintenance - it is not the width of your right-of-way. Refer to your Certificate of Location for the municipal right-of-way limits.
 - Less than 2 metres from a fire hydrant, an exterior shut-off valve, a manhole or a municipal sewer drain.
- Minimum fines for non-compliance with the by-law have been revised upwards:
 - Between \$200 and \$1,000 for a legal entity
 - Between \$400 and \$2,000 for a moral person
- At any reasonable time and on presentation of an official identity card, the city can access

any property for purposes of inspecting its development and maintenance, or any activity carried out on the unused part of a public right-of-way.

In addition, it is important to add that the city can require the removal of any tree or bush and any other corrective work when one or more elements of a property is not compliant, causes damage to capital assets, facilities or equipment belonging to the city, or poses a danger to public safety.

Definitions

Public right-of-way: The portion of a lot adjacent to a public way (a street or a sidewalk), which occupies a property but is owned by the city. This right-of-way can vary in size from one street to another and can measure up to 10 metres or more. The city can exercise its right to use these public installations (sidewalk, wiring, etc.) at any time.

Borderline tree: A tree on both private and public property, or a tree overlapping the property limit between the 2. Under these circumstances, all property owners must provide their written consent to have any action taken on the tree in question.

Certificate of location: A document including a report and a plan in which a land surveyor states a professional opinion concerning a situation or the current condition of a land in relation to property titles, the cadastre, and the applicable regulations and by-laws.

WATERING BYLAW

Drinking water is a precious resource, and the City takes the necessary measures to preserve

▶ Continued on page 18

Check your watering schedule online.

Discover the postal code search tool.

bylaws.laval.ca, under Watering Bylaw



LAVAL'S MUNICIPAL BYLAWS

◀ Continued from page 17

it. This is why there are year-round regulations with specific time slots for watering lawns between May 1st and September 30th.



Find your Time Slot

Your lawn needs about 2.5 cm of water per week, including rainfall. It generally takes 2h of watering to get 2.5 cm of water and there is an average of 1.9 cm of rainfall per week in Laval during the summer.

Watering of flowers, vegetable gardens and flowerbeds is permitted at all times with a hand-held watering can.

The use of automatic and non-automatic watering systems is permitted 2 days per week for 90 minutes, for a total of 3 h per week. The use of these systems is prohibited between October 1st and April 30th.



Description of the watering methods

Non-automatic watering system

A system that must be turned on and off manually, and does not require

hand holding during use.

Hoses that are perforated, weeping, porous or microporous are considered non-automatic watering systems.

Hose equipped with a hand-held, release type shut-off device used specifically for watering lawns is also considered a non-automatic watering system.

Automatic watering system

Integrated piped system, programmable with timer that ensures automatic start and stop.



Hand-held hose with shut-off

Refers to watering with a hose, connected to a water system, equipped with a hand-held release closure during the period of use.

Watering can

Usually, a vessel with a spout used to sprinkle or pour water especially on plants.



Time Slots Compliance

Tickets are issued for offences involving watering outside of the authorized hours. Violators are subject to a fine ranging from \$100 to \$2,000. Repeat offenders are fined from \$250 to \$4,000.

Actions to Preserve Water

The regulation allows throughout the year the washing of certain equipment and furniture using a hose equipped with a handheld release shut-off device.

Allowed: decks and patios, pools and spas, vehicle (prioritize the use of a water bucket), windows.

It is allowed to use a hose (not equipped with a hand-held release device) to fill or stabilize the water level of a pool or spa.

As drinking water is a precious resource, discover simple everyday gestures that can lead to great savings in drinking water by visiting the page Preserving water, one drop at a time.

Prohibited throughout the year:

- Cleaning parking lots, sidewalks, walls and roofs with water (permitted once a year with a pressure washer hose between April 1 and May 15)
- Using a watering hose without a release nozzle (pistol)
- Using a watering hose to melt snow
- Using more than one watering hose at a time and attaching more than one wand
- Damaging or leaving in poor condition a water pipe, tap, toilet, pool or any other device, causing water to be wasted
- Letting water from a watering hose run into the street or onto neighbouring properties
- Using water from the municipal supply system to maintain the water level in a leaky pool or spa or to compensate for a defect in the water filtration system
- Installing or using a device that uses water from the municipal water system for air conditioning, refrigeration, cooling, heating or for a generator

Alternative ground covers such as white clover and thyme require much less maintenance and promote the conservation of biodiversity. They are a very good alternative to traditional lawns since they require much less watering.

Adjustments to Bylaw L-12778 mean that by 2025, the following systems will have to meet certain requirements:

- Automatic watering systems
- Water-cooled air-conditioning systems
- Water jets, cascades, fountains

Watering Permit

A watering permit may be issued for the installation of a new lawn, seeding, landscaping or pest control. Watering is then permitted for 15 consecutive days.

To get an exceptional watering permit, visit the www.laval.ca website.

WINTER CAR SHELTERS

Temporary car shelters may be erected as of October 15. The shelter must then be removed by April 30 of the following year.



For any additional information on the municipal bylaws, visit www.laval.ca.

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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
David McMullen



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Junior Academy. Through this project, senior volunteers met with a group of grade 8 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Jessica Marsillo and Victoria Tiscione.

This project is made possible through Official Languages Support Programs with The Department of Canadian Heritage.

Article written by *Llucas Branco, Chiara Di Minno, Stylianos Karabatsos*

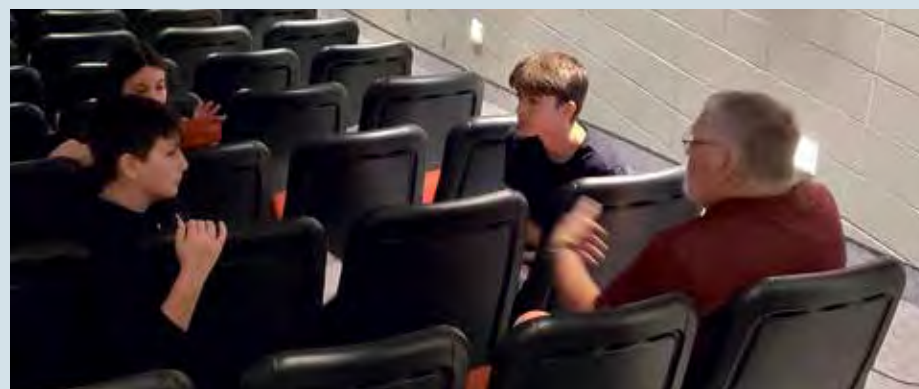
We interviewed a senior citizen named David McMullen. He grew up with his two siblings. When David was younger he grew up in an army camp with his siblings. He has been married to his wife for 55 years, has four kids and eight grand kids. His parents met during World War two.



He loves to learn, as well as reading books. He was a pinoy when he was younger. He loved playing games at the army camp he grew up in. He grew up in an army camp and played basketball with the other soldiers in the camp. But David also played many different

sports like soccer, basketball, hockey, football, and many more. He enjoys the outdoors and that's why he likes to go camping a lot.

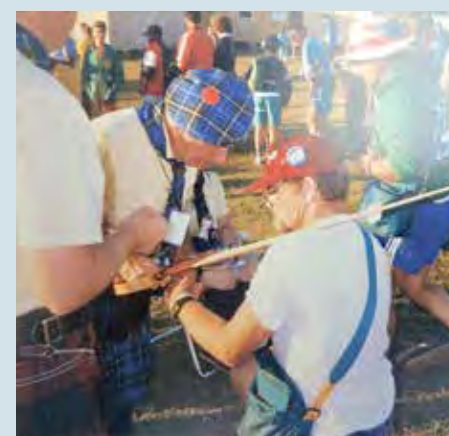
David began to talk about himself being a soccer coach. He asked us about what sports we play. Llucas and Stylianos said they played soccer, so he and David started talking about which one they liked better, Messi or Ronaldo. He said they are both great players, but he prefers Messi. They had a good bond between them. They started talking about the different positions and how Llucas played as a Midfielder. He asked Chiara what sport she plays. She responded saying she's on the Girls Basketball team. He continued to talk about the army camp he went to and how he played basketball there.



David met a prime minister of Canada named Brian Mulroney. He also met Jacques Plante, one of the best Canadian goaltenders of all time. Jacques was the man who created the hockey mask. He was super happy to have met him because he loves hockey. It was also a great experience because Jacques Plante actually went to watch a game while David was playing in nets for his team. Jacques Plante even began to give David tips at half time.

David thinks technology is overwhelming and sometimes can be confusing, but it is also great and it can help a lot in different ways. For example, if his kids need to call him. In his opinion, technology could affect socializing. He also has an iPad which he uses frequently.

At the end of the interview, he said he loves his wife and kids very much. He wants to be remembered for being a very caring and loving person. David gave some advice for us and other young kids. He told us to "Always help and care for others". He wanted to share a quote with everyone and that is "Be true to yourself".



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
John Rager



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Junior Academy. Through this project, senior volunteers met with a group of grade 8 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Jessica Marsillo and Victoria Tiscione.

This project is made possible through Official Languages Support Programs with The Department of Canadian Heritage.

Article written by Menelaos Tsakirakis, Joshua Arruda

We interviewed a senior citizen named John Rager. John used to live in New York and he was in the Navy with his brother. He has two sons: one is a professional jazz musician and the other hates the winter.

He met his wife on a train when he was traveling. Sadly, she died and he described to us that it was very hard for him because she was very sick. We didn't press him on the matter, but from what he told us she was very sick, and she kept forgetting a lot of things.

If we hadn't said it already, John loves to travel. He had lots of souvenirs with him, he had a Turkish hat and a Mexican hat, he even told us about his life in China. He lived in China for a year teaching adults English. He loved his time in China and how unique it is. He even mentioned how they have a giant feast during the Moon festival he went to. He also mentioned that he liked this cake he had, and it was called moon cake. He had these balls made of metal and they make noise when they make contact. He also shared the time when he was teaching at the University in Ottawa. Funny enough when we asked him, he said his favorite country was Bosnia.

A fun fact about Mr. Rager is that he met a few celebrities in his time. He met Jack Lemmon, a big movie star at the time and he even met Pierre Trudeau! The story was that John, his wife and his son went to a national research center open house (that happens once a year) where you can see cool science related things, and before he walked in he saw a black car pull up and a guy with an earpiece come out of it. He waited a little longer and out came Pierre Trudeau with his son Justin Trudeau. John put his hand out and



actually shook Pierre's hand, and Pierre introduced young Justin Trudeau to John and John introduced his kid to Pierre. Then they went on their way.

Before John left, he gave us, the

youth, some advice. One of the words of advice was that we as teenagers shouldn't worry about our looks. He mentions that you shouldn't be afraid to be yourself and that you shouldn't be afraid to look foolish,

being yourself is the bottom line. Another word of advice he gave us was, "If you have a chance to travel don't turn it down, you only live once, and you might also find something special, like I did."

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Influx of Ukrainian and Kurdish refugees turned to Agape in the past year for help

Ninety-five new files for people in need were opened at the English-speaking social services provider

MARTIN C. BARRY

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

Chomedey-based English-language social services provider Agape had a surge of new applications for assistance in the past year, with an influx of temporary settlers from war-torn Ukraine, but also Kurdish refugees from Turkey who came to Laval after arriving in Quebec through the highly-publicized Roxham Road U.S.-Canada border crossing.

“Agape, being the only English-speaking charitable organization in Laval, had to again scale back requests for Christmas baskets in December 2022,” board president Greg Young and secretary treasurer Elizabeth McLeod wrote in the 2022-2023 report of Agape’s activities, which was tabled June 29 at Agape’s annual general meeting.

‘Stabilization’ not foreseen

“We are not certain to see a stabilization of growth in demand for 2022-2023 due to the economic downturn and continued inflation of prices remaining, war with potential increases of refugees or asylum seekers (Ukrainian or others),” they continued.

However, on a more positive note, they added, “Our generous English-speaking community, Laval English schools, churches and private companies or individuals and The Laval News, are the reason why we can continue our mission. We sincerely thank everyone for their continued support and look forward to working with you through 2023-2024.”

Many more in need

Since Agape’s last AGM in June 2022, they opened up 95 new files for people in need of assistance. This represents 175 adults (compared to 89 in 2021-22), and 136 (compared to 61)

children. Among these, a total of 11 (12 in 2021-22) were single-parent families who were responsible for 23 (19 in 2021-22) children in total.

According to demographics compiled by Agape over the past year, the organization saw an increase in files for asylum seekers who claimed refugee status at an irregular land border.

While there were 12 families of Ukrainian origin out of a total of 51 files, there were many others of Kurdish origin, numbering 29 in all. Ten other families came from diverse countries, including Haiti, Syria, Lebanon, Columbia, Venezuela, Afghanistan, Tunisia, Nigeria, India, Algeria and Mexico.

Senior Wellness success

One of Agape’s most successful projects, the Senior Wellness Centre, underwent “a very successful year” in 2022-2023, with more than 400 membership enrollments now. A variety of activities can be found at the centre, including Tai Chi, chair yoga, exercise classes, health presentations and advanced workshops for iPad users.

The Agape Senior Wellness Centre has now expanded successfully to the second floor of an office building on Notre Dame Blvd., with a recreational room for seniors. According to the annual report, this year Agape will be looking to expand its English-speaking Seniors Wellness Centre activities in the hopes of reaching isolated seniors in Laval’s Duvernay district through a new resource centre where one or two wellness activities for seniors will be held weekly.

Another Agape project last year, for the support and promotion of mental health, received funding from the CHSSN (Community Health and Social Services Network) through the Public Health Agency of Canada. As part of the project, former CFL quarterback for the Montreal Alouettes Anthony Calvillo spoke



From the left, Agape assistant-director/social worker Ian Williams, board member Roderick McLeod, secretary treasurer Elizabeth McLeod, board president Gregory Young and executive-director Kevin McLeod are seen here on June 29 at the Agape Senior Wellness Centre during the organization’s annual general meeting. (Photo: Martin C. Barry, Laval News)

at nine different Laval schools, as well as to members as at the Senior Wellness Centre to share his personal experience and struggles to inspire children and youths who may also be having mental health issues.

Agape’s annual fundraisers

Apart from the subsidies and grants of money Agape receives from governments and other agencies throughout the year, the organization holds three important fundraisers. Last year’s John and Lois Hashimoto Annual Memorial Walk raised a total of \$5,207. This year’s event will take place on Saturday Sept. 16 at 11 am, beginning at 3950 Notre Dame Blvd. in Chomedey.

Another fundraiser, the Denise Williams Annual Seniors’ Love Walk, was held earlier this year on Feb. 17 and raised \$5,626. The next Love Walk will be taking place on Feb. 16, 2024 from 8:45 to 9:30 am, indoors at the Centre Laval Shopping Centre. (An added perk:

Longtime board member Roderick McLeod always picks up the bill for a complimentary breakfast afterwards at Nickels.)

Christmas fundraiser returning

Agape’s third major fundraiser, the Agape Annual Fundraising Christmas Dinner, hasn’t been held since 2019, because of the gap created by the three-year-long Covid pandemic. However, it will be back this year on Nov. 10 at 6 pm at the Embassy Plaza congress centre on Curé Labelle Blvd., where well-known Montreal-area standup comic Joey Elias will be top-billed, with support from fellow performer Carly Baker and MC Franco Taddeo.

As profits from this fundraiser are going to Agape’s English-speaking Senior Wellness Centre, SWC members can take advantage of a \$5 discount applicable to a ticket purchase. For more information on tickets and donations, contact Barbara at (450) 934-1122.



Former CFL quarterback for the Montreal Alouettes Anthony Calvillo spoke at nine different Laval schools, as well as to members as at the Senior Wellness Centre as part of an Agape project in the past year addressing mental health issues.

(Photo: Martin C. Barry, Laval News)



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Laval councillors and MNAs become 'ambassadors' for protective headgear



As many as 40 per cent of youths 13 to 17 who fall off bikes aren't wearing a helmet

MARTIN C. BARRY

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

Two local members of the Quebec National Assembly, two Laval city councillors and an eminent neurosurgeon met at a Laval-area park last week to throw their support behind a province-wide campaign to encourage all children and adults to wear protective helmets to safeguard against the devastating effects of head injuries.

Year-around head protection

Founded by Simon Poulin, he and his team are currently on a tour of the province promoting the Quebec City-based organization's *Jamais sans mon Casque's* (Never Without my Helmet) campaign to encourage the wearing of protective headgear by skateboarders and bike riders during the summer months, as well as skiers and snowboarders during the winter.

Parc du Bon Pasteur in Laval-des-Rapides was one of his latest stops last week.

According to statistics on preventing head traumas compiled from 2016 to 2019 by the Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP), 41 per cent of youths from 13 to 17 years old who fell from a bicycle weren't wearing a helmet.

Preventing brain trauma

The number rises to 61 per cent for accidents involving skateboards. According to a report

by the Institut national de santé publique du Québec (INSPQ), more than a quarter of patients who were hospitalized for a head injury linked to bicycling in Quebec from 2007 to 2015 suffered a brain trauma (25.9 per cent).

As part of the promotional tour through 17 regions of Quebec, *Jamais Sans Mon Casque* is giving away 23,000 bike helmets to children from needy families. Over the last few years, the organization has handed out 39,450 bike helmets, while also visiting more than 2,394 schools and reaching out to 328,000 students.

Prevention key, says neurosurgeon

"Although we are proud of the cutting-edge care that our entire team is able to offer to patients who have suffered a head injury, the best defence remains prevention," said Dr. Mathieu Laroche, a neurosurgeon at Hôpital du Sacré-Coeur in Cartierville. He is one of several people who agreed to serve as ambassadors for the cause.

"What would please us most would be to never have you as a patient," he added. "Protecting your head ought to be a priority for everyone."

"It is a pleasure for me to be able to serve as an ambassador for *Jamais sans mon Casque* in the Laval region," said Sainte-Rose MNA Christopher Skeete. "As much as the protection afforded by a helmet is already known, far too many head injuries continue to take place by not using one. Together, we must encourage everyone, but mostly our youths, to protect their noggin."



From the left, Laval city councillor Vasilius Karidogiannis, Sainte-Rose MNA Christopher Skeete, neurosurgeon Dr. Mathieu Laroche, Laval-des-Rapides MNA Céline Haytayan, Laval city councillor for Marigot Cecilia Macedo and *Jamais sans mon Casque* founder and director Simon Poulin during the launch of the Laval campaign at parc du Bon Pasteur last week. (Photo: Martin C. Barry)



Hôpital du Sacré Cœur neurosurgeon Dr. Mathieu Laroche wishes they'd see fewer head injuries at the hospital.

parents, I make this pledge: Take care of yourselves and wear a helmet. For our part, I can assure you that we are pursuing the improvement of our various infrastructures. Together for improved security in Laval."

Concussion in sport

Concussions are a common type of injury. Unintentional injuries are a leading cause of death, hospitalization, and disability among Canadians... and of these, concussions are among the most common.

Concussion Treatment: Rest for 24-48 hours, followed by a gradual, medically supervised return to activity.

Many youth experience concussions during sports and recreation activities, sometimes with tragic outcomes.

Approximately 46,000 diagnosed concussions in 2016-17 by hospital emergency departments for children and youth 5-19 years of age.

Males: approximately 26,000 from sports and recreation (54%), assaults/self-harm, and other unintentional causes.

Females: approximately 20,000 from sports and recreation (45%), assaults/self-harm, and other unintentional causes.

Ice hockey, rugby and ringette are the sports with the highest proportion of brain injuries among children and youth 5-19 years of age, ranging from 27% to 44% of all injuries that happened while playing these sports.

What do Canadians know about concussions?

- 1 in 2 Canadians have little or no knowledge about concussion
- 1 in 4 do not know how concussion is treated
- Only 15% can correctly identify the best ways to treat concussion
- Only 4 in 10 are aware of available concussion tools or resources

There is an ongoing need to integrate any new knowledge on concussion prevention and treatment among allied health professionals, coaches, athletes, parents, and education providers:

- Knowledge or training in diagnosis of concussion
- Awareness or compliance among coaches, athletes and parents
- Education and training among providers

Source: Public Health Agency of Canada

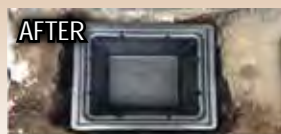
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By Martin C. Barry

Alleged Romanian shoplifting pros arrested in Laval

Suspected professional shoplifters believed to be connected to organized crime in Romania have been arrested in connection with the theft of more than \$70,000 worth of merchandise in Quebec.

Officers with the Laval Police made the arrests and are now encouraging shopkeepers to report similar thefts that may have been committed by the suspects.

An investigation uncovered a shoplifting scheme in electronics shops. Links were then established with other suspects operating in both Quebec and Ontario who were targeting computer

hardware shops, sportswear and equipment stores, as well as luxury clothing stores.

With the cooperation of the Canada Border Services Agency (CBSA), several suspects were identified, and LPD officers carried out a search in Chomedey, which resulted in the seizure of \$15,000 in cash, as well as \$40,000 worth of stolen merchandise allegedly destined for export to Romania.

Laval police say they were able to establish that the suspects were staying in Canada after applying for asylum. They would stay for a few months before leaving the country.

One of the suspects, Laurentiu Baicu, age 37, was in custody following his arrest. Tiberius Léonard Miron, aged 40, was released with conditions following a court appearance. Claudia Macu, Vijai Alexe and Ionel Nitu, aged between 32 and 42, were released with conditions.

Valter Ionut Alexe, aged 29, and Timotei Ion, aged 27, are still wanted by the police, and an arrest warrant has been issued for them.

All are facing multiple charges of shoplifting over \$5,000 and receiving stolen goods over \$5,000.

Laval trio wrecks an SUV following police chase

Two teenagers and a young adult were arrested by the Laval Police last week following a frantic car chase that started in the parking lot of the Laval Hilton and ended on the front lawn of a residence in Fabreville.

Around 3:30 am, LPD patrollers saw a Honda Civic approach a Toyota Highlander SUV in the parking lot of the Laval Hilton on the edge of Autoroute 15. The officers suspected immediately that an attempted vehicle theft was underway.

Although the police immediately took action to immobilize the suspects, they fled, immediately setting off a chase. The suspects raced along the A-15 service road, Curé Labelle Blvd., Gabriel Blvd. and Dagenais Blvd., until finally the driver lost control.

The suspect vehicle flipped several times, hit a tree and a traffic sign, then landed upside down, wheels in the air in front of a residence on Firmin St. in Fabreville. Not terribly shaken up by the crash, the occupants (two aged 17, while the third was 18) managed to run off on foot.

Two were tracked down by the police and placed in handcuffs, while the last one was located and arrested later that night with the help of a tracking dog belonging to the LPD's canine squad.



LPD searching for SUV used in attempt on Garda officers

The Laval Police issued a photo recently of a sports utility vehicle they believe was used in an attempt to rob a Garda armored truck in Sainte-Dorothée during the night of June 19-20.

During the incident, two guards with the cash and valuables transport firm turned up for a routine stop at a Caisse Desjardins branch near the corner of Samson Blvd. and Autoroute 13 where they were scheduled to load an ATM.

A suspect opened fire in an apparent attempt to rob the guards and there was an exchange of shots from both sides, although no injuries were reported. The suspect fled on foot, heading along Bord-de-l'Eau Road.

Although the LPD was unable to make an arrest at that time, a later analysis of security camera footage revealed the presence of an SUV in the vicinity at the moment of the crime. Police investigators are now trying to locate the vehicle as well as potential suspects who were possibly inside.

Anyone who believes they have useful information can contact the LPD at 450 662-INFO (4636).

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Rain fails to dampen high spirits at Laval Hellenic Summer Festival

'The vibe this year has been great,' said HCGM Laval president Anna Giorganta



An open space was made under one of the tents for Hellenic dancers to perform. (Photo: Martin C. Barry, Laval News)



The makings for pork souvlaki were slowly grilled by volunteer chefs from the Laval and Montreal region's Hellenic community. (Photo: Martin C. Barry, Laval News)

MARTIN C. BARRY

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

Although the crowds were somewhat thinner than usual, a steady downpour of rain during the late afternoon on Canada Day didn't deter some patriotic Laval and greater Montreal residents from celebrating the country's birthday, while getting back in touch with their cultural roots at the 2023 Laval Hellenic Summer Festival.

If anything, the rain contributed to a greater sense of togetherness, as attendees gathered in the yard next to Holy Cross Church on Souvenir Road in Chomedey under tents and awnings that were erected in the event they'd be needed during this always fickle time for weather each year.

Moisture bad for the hair

With all that moisture hovering in the air, Vimy Liberal MP Annie Koutrakis was having a bad day for hair. "I think it's quite wet – it's a hundred per cent humid – and it does very little good for my hair, which is very upsetting – it's a girl thing," she confided during an interview with *The Laval News*.

While sudden thunderstorms are not unusual on Canada Day, few of those attending the three-day festival could remember an event as wet as the one this year. In an unusual departure, the Greek folk dancers were forced to perform in a small area cleared under one of the tents as the rain was coming down so fast outside, they'd have been soaked in an instant.

But the energy was there

If there was one thing that Anna Giorganta, the president for the Hellenic Community of Greater Montreal's Laval chapter, wanted to make clear, it was that the rain wasn't her fault. "But the vibe this year has been great, the energy too," she said, while noting that the

weather the day before was beautiful and it would improve significantly by day three. In the meantime, the rain finally stopped by evening on Canada Day, allowing everyone at the festival to let out a sigh of relief.

"This is all made possible by the support of everyone in the community," Giorganta added. "I truly think that when you believe in your community and you give it all you've got, no matter the weather, no matter the storm, the

outcome is always amazing. I think this is what we're seeing this weekend."

Good mood, despite rain

Regardless of the weather, said Laval city councillor for Chomedey Aglaia Revelakis, the most important thing was that "we're all here together to celebrate Canada Day. Still, here they went to all this trouble organizing the Laval Hellenic Summer Festival and here it is pouring rain. But

there's lot still to do. And tomorrow they are announcing beautiful weather."

"Everybody's in a good festive mood, except that we can't go out in the rain," said Hellenic Community of Greater Montreal president Dr. George Tsoukas. Representing Laval mayor Stéphane Boyer, l'Abord-à-Plouffe city councillor Vasilios Karidogiannis was ready to party, along with his council colleague, Councillor Aline Dib from Saint-Martin district.



The last day of the festival, July 2nd, was a record number attendance with continuous dancing until the end of the night.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

DETOUR

Q I've been looking for so long to find someone to secretly talk to, to gain some insight, validation, or hope. My situation is the result of the choices I made, but I just need someone to hear me.

I have been married eight years. During the short time we dated, I knew he wasn't the true person I thought I'd spend my life with. The day I was going to tell him I didn't want to see him anymore was the day I learned I was pregnant. It was not intentional. While switching birth control pills, and continually being on them, I didn't use a backup method.

I was not raised to have a child out of wedlock, so I did what I thought was right. He wanted to marry me. I thought it was the right thing to do despite our start, but not surprisingly, we had problems.

The first three or four years were horrible, with small pockets of being so-so. He treated my daughter from a previous marriage with disdain, which hurts a child who tries to be loving. He's controlling and broken our vows. I know he had an affair because I found evidence and confronted him. He doesn't respect me enough to be honest.

A few years ago, after failed attempts at counseling, I left him. When people found out, he acted like he was the victim. I was furious because he knew the reasons, but led others to believe I abandoned him. I returned, but I am emotionally drained, hardened, angry and bitter.

I tried to make it work. Now, after all the headache and heartache, I can barely tolerate spending time with him. When he says a line he used to give me while stepping out on me, I flip my lid. It's like a trigger.

Now he says he doesn't want to lose his family. He wants me to say I love him, but I can't because I don't. Should I lie and say it anyway, just to make him feel better? I've built up this façade, so people don't know how

miserable I am.

I'm a professional, driven person and this has minimized me to nothing. I've lost my motivation for things I enjoy because I see no hope for the future. How can you build on feelings that were not there in the first place?

Peggy

A Peggy, going back was a mistake. It doesn't matter what other people think, especially when what they think makes

you live a lie, because then there is no truth anywhere. They don't see the truth, you aren't living the truth, so it is lies all around.

Some people say love is a decision, but you tried that and blatantly failed. Love is not a decision, and you knew he wasn't the right one in the first place. Without love, the relationship has been a disaster on both sides. All you had in common was sex and the child the two of you created.

People think an impostor can stand in the stead of love, but it can't. That is trying to trick yourself out of the real thing. Once you have been around false love for a while, you begin thinking what it would be like to have the real thing.

At what point would some people tell our children that false, made-up, worked-on feelings can replace love? Forget Shakespeare and Elizabeth Barrett Browning. Children can't be allowed to see this poetry because it will touch their hearts. You don't want children to grow up thinking there is real emotion, if you are going to teach the false.

So where are you now, Peggy? You are right back where you were in the beginning. It is time to tell this man you have taken the long way around to return to what you always knew was the right decision.

Wayne & 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

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Funeral rituals: more varied and personalized than ever

Funeral rites and rituals are evolving and diversifying at an increasingly rapid pace. Today, all manner of options are available to create a ceremony that truly reflects the personality of the deceased, no matter what his or her values were.

To say goodbye and pay your last respects to a loved one, it's possible to organize the funeral service at the location of your choosing, whether that's at home or somewhere the deceased enjoyed spending time (a golf club or a library, for example). Of course, it's important to get permission from the venue beforehand.

Cremation allows for various rituals when it comes to spreading the ashes. Ice urns and organic urns, for instance, are now commonly available on the market. The former are ideal for spreading ashes in the water: as it melts, the container slowly releases the ashes in the desired body of water. The latter are made from a biodegradable material and dissolve in the soil; the ashes are released and a tree eventually grows where the urn was buried.

Finally, grieving families have endless options when it comes to choosing a place to gather and celebrate their lost loved one. Nowadays, funeral personalization has very few limits, so don't hesitate to explore the possibilities.



TSIRIGOTIS, Voula
1933 – 2023

It is with great sadness that we announce the passing of Mrs. Voula Tsirigotis, on July 6, 2023, at the age of 89.



VINET, Alain
1958 – 2023

In Laval, on July 6, 2023, at the age of 64, passed away Mr. Alain Vinet, spouse of Mrs. Francine Tremblay.

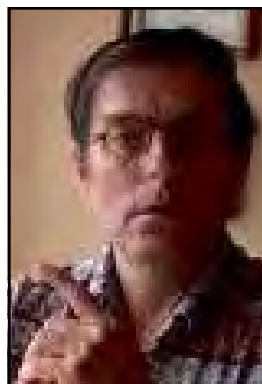
Besides his spouse, he is survived by his daughters Annie, Marie-Josée and Andréanne, his grandchildren Élysa-Belle, Jadiel and Jayden, his sister Denyse, his brothers Pierre (Sabine) and André, his mother Lorraine, as well as many relatives and friends.



MARCEAU, Jean-Marie
1939 – 2023

It is with sadness that we announce the death of Mr. Jean-Marie Marceau, which occurred on July 6, 2023, at the age of 84. He was the husband of Mrs. Yolande Labrecque.

Besides his wife, he is survived by his children Gilbert and Hélène, his grandchildren Christopher, Elizabeth, Laurence, Mélody and Maëly, his brothers Jacques (Laurence) and Gilles, brothers-in-law and sisters-in-law, his nephews and nieces, as well as many relatives and friends.



POIRIER, André
1946 – 2023

It is with sadness that we announce the death of Mr. André Poirier, which occurred on July 6, 2023, at the age of 76.

He leaves to mourn his brothers and sisters, brothers-in-law and sisters-in-law, his nephews and nieces, as well as many relatives and friends.

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

Week of JULY 16 TO 22, 2023

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO



ARIES

Self-esteem is essential for personal development. You'll be recognized for your accomplishments, which will fill you with pride. If you're single, having more self-confidence will get you noticed by the right person.



TAURUS

You don't have to go far to have an amazing summer vacation. Staying home and spending time with family is all you need. If you manage your time wisely, you'll be able to see all the people you haven't seen in a long time.



GEMINI

You'll feel restless and strike up conversations with several people. You'll spend hours discussing everything under the sun to get to know the people around you. You're naturally curious and will read anything you can get your hands on.



CANCER

Although you're still unsure about something, you'll look ahead and move forward with determination. You'll find the means to start your own business or treat yourself to a dream holiday.



LEO

A little excitement could do you good, as would maintaining dynamic relationships with your loved ones and developing new friendships. One activity won't wait for another. The New Moon could cause some confusion.



VIRGO

A little accumulated fatigue could slow you down. Try catching up on sleep. On the job, extra work combined with colleagues on vacation will force you to double your efforts.



LIBRA

Managing your social accounts will help you engage more effectively. You could organize a spontaneous trip or getaway with your loved ones, from which you'll bring back many unforgettable memories.



SCORPIO

You may take on a renovation or building project that will double the value of your home. The effort you put into improving your home will fill you with pride. Someone close to you will suggest an exciting outing.



SAGITTARIUS

You'll be given the opportunity to go on a getaway. You'll be inspired by a pilgrimage or spiritual activity. You may spend more time practicing new meditation techniques.



CAPRICORN

You'll have to get a handle on your emotions for one reason or another. You'll be called on for your generosity. At the very least, you'll have to take care of a loved one. Fatigue and stress could affect your mood; take some time off.



AQUARIUS

The new moon is the perfect time to create more harmony in your life. You could come across a new job opportunity, even in the middle of summer. You'll have to choose between two offers from people close to you.



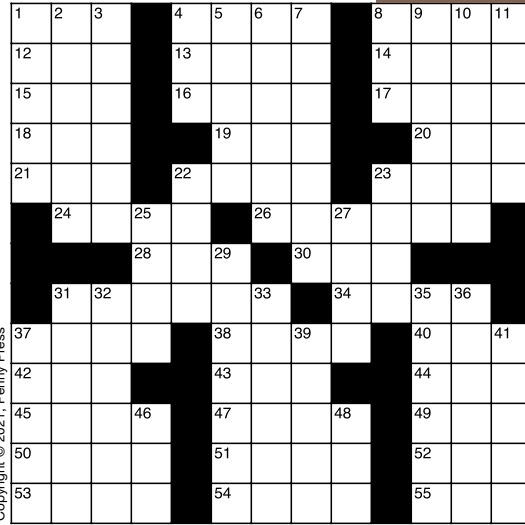
PISCES

The summer holidays are fast approaching! However, you won't take any time off until you've finished all your chores. At home, a deep cleaning or renovation project will bring you much satisfaction. Someone close to you will need you.

Coffee Break

CROSSWORDS

PUZZLE NO. 153



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ACROSS

- Hill builder
- Circular plate
- Poses a question
- Carpenter's cutter
- Indication of future events
- Examine
- Connection
- Filled tortilla
- Brave one
- ___ at ease
- Understood
- Capture
- Clergyman's title: abbr.
- Fender damage
- Morsels
- Food shop
- Mar
- Circle portion
- Like the Sahara
- Revolver

DOWN

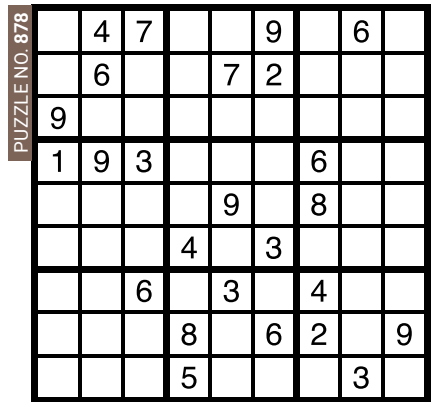
- To the ocean
- Dart
- Overly inquisitive
- 22nd letter
- Car engine's need
- Coffee container
- Give weapons to eye
- Seize
- Amend text
- Spotted playing cube
- List of activities
- Baseball's Rose
- Hearing organ
- Remarks further
- Part of a forest
- Stallone, to chums
- symbol
- Mental picture
- Minute part
- Tightly entangled
- Blond shade
- Pleasing to the eye
- A martial art
- Snooty ones
- ___-cheap
- Inlets
- Eyelid hair
- Fight
- Idea
- Coupled
- "Treasure ___"
- Noisier
- Dodges
- Antenna
- Belief
- Grudge
- ___ board (file)
- Motor coach
- Ball 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.

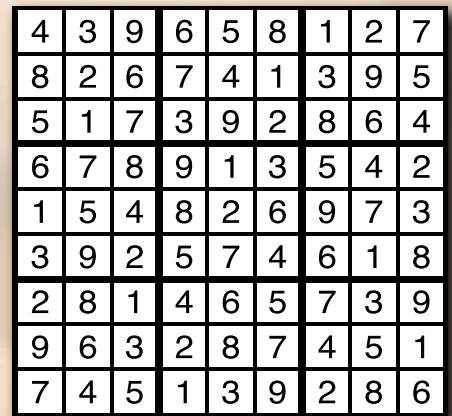
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**



Last Issues' Answers



Sudoku



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